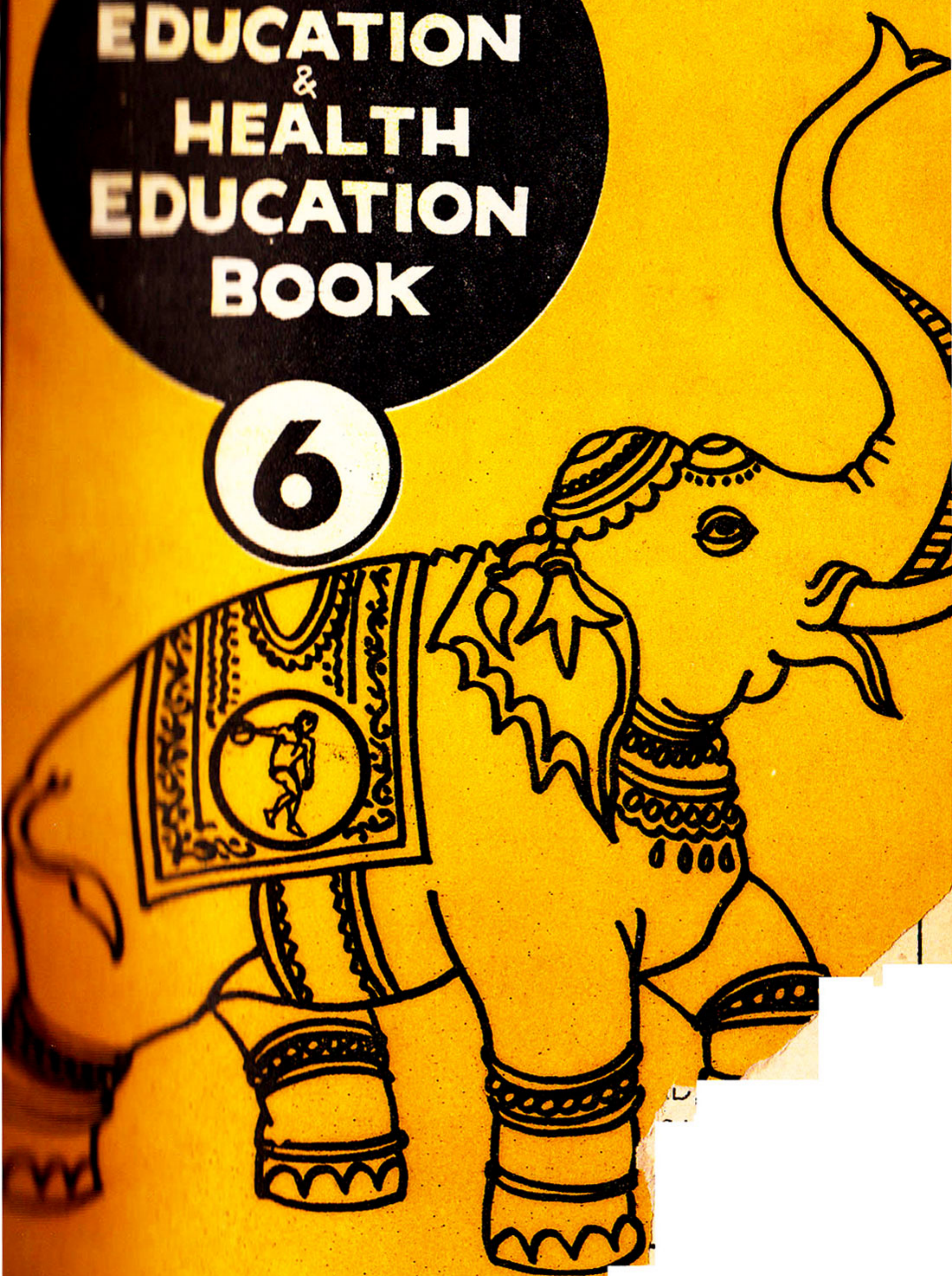


# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

6



**DR. S. NAVARAJ C**

M.A., M.P.Ed., Ph.D., D.Litt



# **PHYSICAL EDUCATION & HEALTH EDUCATION BOOK**

**VI Standard Boys & Girls**

(Based on The New Educational Policy Syllabus)

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## **VI Std Contents.**

<b>1. Track and Field</b>	<b>Page</b>	<b>5</b>
(a) Sprint	(b) Relay Races	
(c) Long Jump	(d) High Jump	
(e) Shot put		
<b>2. Health Education</b>	<b>Page</b>	<b>20</b>
<b>3. Major Games</b>		
(a) Football (P.26)	(b) Kho-Kho (P.33)	
(c) Cricket (P.40)	(d) Kabddi (P.45)	
(e) Tenikoit (P.51)	(f) Table Tennis (P.56)	
<b>4. Minor Games</b>	<b>Page</b>	<b>58</b>
<b>5. Body Building Exercises</b>	<b>Page</b>	<b>62</b>
<b>6. Asanas</b>	<b>Page</b>	<b>63</b>
<b>7. Rhythmic Exercises</b>	<b>Page</b>	<b>66</b>
<b>8. Gymnastics</b>	<b>Page</b>	<b>69</b>
<b>9. Marching</b>	<b>Page</b>	<b>70</b>



# VI STD

## SKILL TEST – GRADING SELECT ANY THREE SKILL TESTS

### 1. SIT-UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 24	- 10	ABOVE 26	- 10
24 - 22	- 9	26 - 24	- 9
21 - 18	- 8	23 - 21	- 8
17 - 15	- 7	20 - 18	- 7
14 - 12	- 6	17 - 15	- 6
11 - 9	- 5	14 - 12	- 5
8 - 6	- 4	11 - 9	- 4
5 - 4	- 3	8 - 6	- 3
BELOW 4	- 2	BELOW 6	- 2

### 2. LONG JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 1.30 M	- 10	ABOVE 3.80M	- 10
1.11M - 1.30M	- 9	3.61M - 3.80M	- 9
.91M - 1.10M	- 8	3.41M - 3.60M	- 8
.71M - .90M	- 7	3.21M - 3.40M	- 7
.51M - .70M	- 6	3.01M - 3.20M	- 6
.31M - .50M	- 5	2.51M - 3.00M	- 5
		2.31M - 2.50M	- 4
		2.11M - 2.30M	- 3
		BELOW 2.11M	- 2

### 3. HIGH JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE .95M	- 10	ABOVE 1M	- 10
.91M - .95M	- 9	.96M - 1.0M	- 9
.86M - .90M	- 8	.91M - .95M	- 8
.81M - .85M	- 7	.86M - .90M	- 7
.71M - .80M	- 6	.76M - .85M	- 6
.66M - .70M	- 5	.71M - .75M	- 5
.61M - .65M	- 4	.66M - .70M	- 4
.56M - .60M	- 3	.61M - .65M	- 3
BELOW .56M	- 2	BELOW .61M	- 2



#### 4. 50M RUNNING 10 MARKS

GIRLS	MARKS	BOYS	MARKS
BELOW 8.5 sec	- 10	BELOW 8 sec	- 10
8.5 sec - 9.5 sec	- 8	8 sec - 9 sec	- 8
9.5 sec - 10.5 sec	- 6	9 sec - 10 sec	- 6
10.5 sec - 11.5 sec	- 4	10 sec - 11 sec	- 4
11.5 sec - 12.5 sec	- 2	11 sec - 12 sec	- 2
ABOVE 12.5 sec	- 1	ABOVE 12 sec	- 1

#### 5. SHOT PUT 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 5.25 MTS	- 10	ABOVE 5.5 MTS	- 10
4.76M - 5.25M	- 9	5.01M - 5.50M	- 9
4.26M - 4.75M	- 8	4.51M - 5.00M	- 8
3.76M - 4.25M	- 7	4.01M - 4.50M	- 7
3.26M - 3.75M	- 6	3.51M - 4.00M	- 6
2.76M - 3.25M	- 5	3.01M - 3.50M	- 5
2.26M - 2.75M	- 4	2.76M - 3.00M	- 4
2.01M - 2.25M	- 3	2.51M - 2.50M	- 3
BELOW 2.01M	- 2	BELOW 2.51M	- 2

#### 6. ROPE SKIPPING 30 SECS. PULL UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 80	- 10	ABOVE 12	- 10
71 - 80	- 9	12	- 9
66 - 70	- 8	11	- 8
61 - 65	- 7	10	- 7
56 - 60	- 6	9	- 6
51 - 55	- 5	8	- 5
41 - 50	- 4	7	- 4
35 - 40	- 3	6	- 3
BELOW 35	- 2	5	- 2
		4	- 1

#### MARKS FOR PHYSICAL EDUCATION TEST

1. Major Games (Any Two)	20	Marks
2. Individual skills (Any Three)	30	Marks
3. Yogasanas (Any Two)	10	Marks
4. March Past (According to the merit)	10	Marks
5. Written Examination	30	Marks
Total	<u>100</u>	Marks



# TRACK AND FIELD

1. How many lanes are there in a Standard Track?

There are 8 lanes in a standard track.

2. What is the breadth of a lane?

The breadth of lane is between 1.22m and 1.25m.

3. What are the main types of running?

There are 6 types of running.

(a) Short distance running : 100m, 200m, 400m

(b) Middle distance running : 800m, 1500m

(c) Long distance running : 5000m, 10,000m

(d) Hurdle races : 110m, 400m

(e) Relay races : 4 x 100m, 4 x 400 m

(f) Marathon race : 42, 195m

4. Explain the skills of short distance running?

1. Start 2. Strides 3. Finish

5. What are the main types of start?

1. Standing start 2. Crouch start

6. How many divisions are there in crouch start?

1. Bunch or Bulet start

2. Medium start

3. Elongated start

7. Give brief explanation about the various starts?

1. **Bunch Start** :- The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

2. **Medium Start** :- The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start** :- In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

**8. What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

**9. What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

**10. Why is starting block used?**

Starting block helps the athlete to make a quick start.

**11. Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

**12. How is the winner decided in 100m dash?**

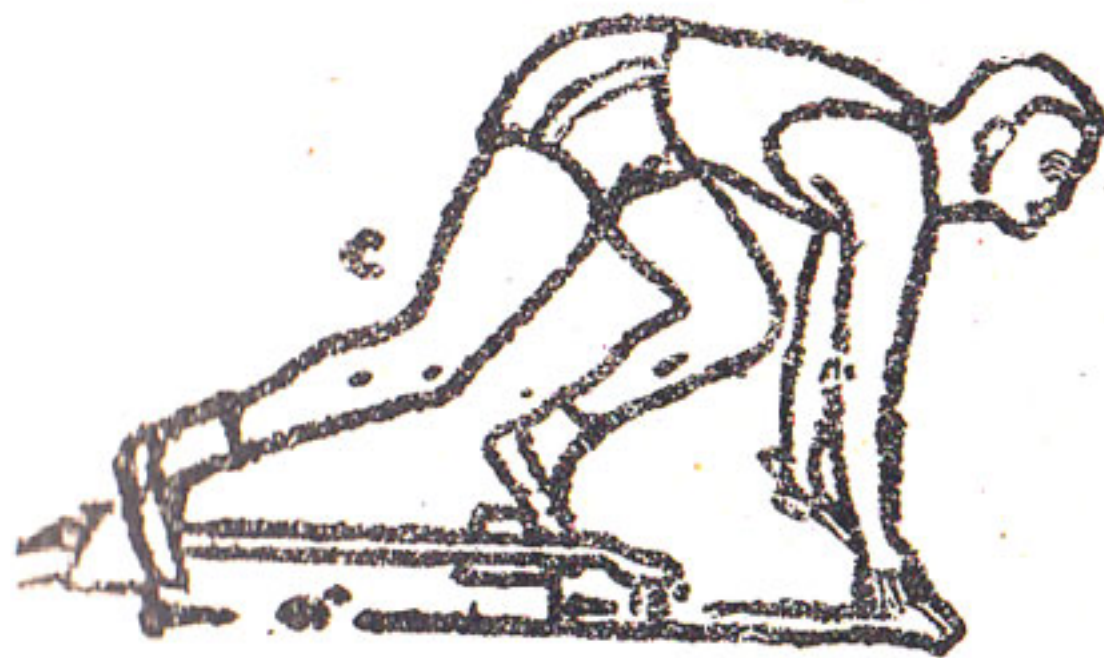
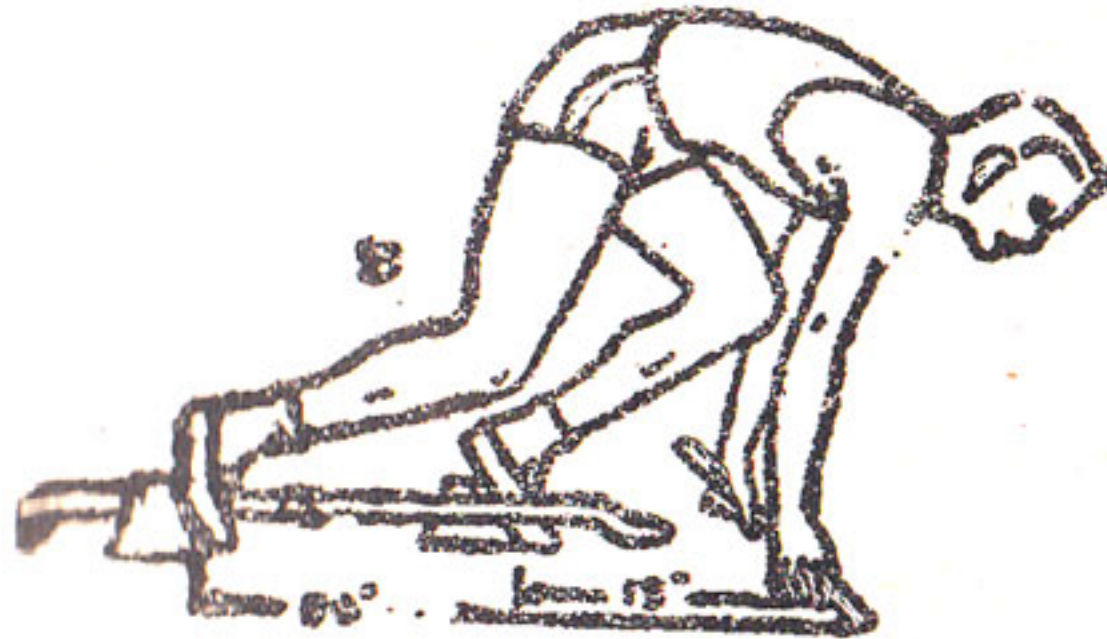
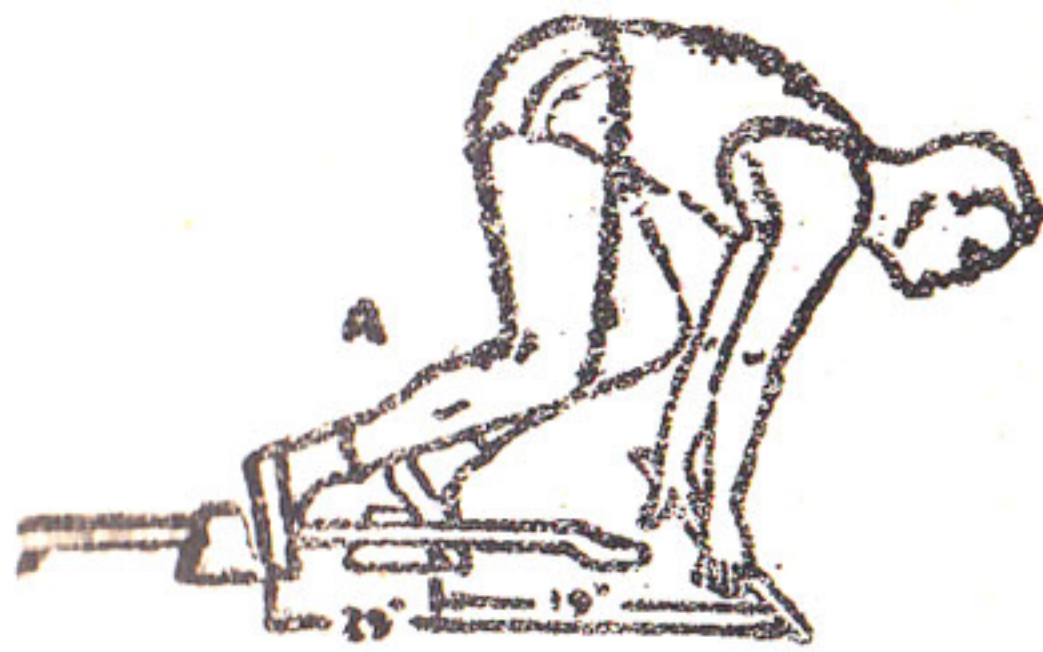
As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

**13. Which is the fastest start in 100m running?**

The bunch start is the fastest start.



# STARTING METHODS:



The way of the  
start is A.  
The way of the  
start is B.  
The way of the  
start is C.

The way of the  
start is D.  
The way of the  
start is E.  
The way of the  
start is F.



STARTING POSITION BEFORE START



YOUR MARKS:

SET:

GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.







# LONG JUMP

1. What are the measures of a landing area in long jump?

The length and breadth of Long Jump area is 9 metre X 2.75m (29.6" X 9 feet).

2. State the measurements of the runway and a take off board?

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22 long, 20m wide and 10 cm deep.

3. Explain the main skills of long jump?

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. What is approach?

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. What is the main aim of take-off in long jump?

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or board is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. Must a long jumper jump from one foot?

Yes, No double foot take-off is allowed. The 'somer-sault' technique also is prohibited.

7. What are the common styles of walking in the air?

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style.



**8. What is the aim of walking in the air technique?**

The basic flight technique is the hitch-kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

**9. How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

**10. What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 11/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If she takes take-off with both feet together.

**11. How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, six trials will be given to them.

**12. A competitor wishes to put a hand kerchief on the take off board or in the pit. Is it correct?**

No., As per the rules, the competitor cannot place a hand kerchief on the take-off board but he can place it on the side of the run way.

**13. What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the tie is decided.

**14. How many steps one can take for the approach run in long jump?**

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

**1. What is high jump?**

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

**2. What is the distance between the two upright stands?**

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high-jump should be marked by between 20m to 25m radius.

**3. What are the qualities of a good high jumper?**

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

**4. What are the various jumping styles in high jump?**

1. Scissor style.    2. Eastern cut off    3. Western roll
4. Straddle method    5. Fosbury Flop.

**5. What are the basic skills in high jump?**

1. Approach    2. Take-off    3. Crossing the bar
4. Landing.

**6. Why scissor style is neglected by the jumpers?**



This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. **Without foam mattress**, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

**12. How will you break the tie for the first place in high jump?**

1. The Competitor with the **lowest number of jumps** at the height at which the tie occurs, shall be awarded the first place.

2. If the tie remains, the competitor with the **lowest total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

3. If the tie still remains, if it is for the first place, the tying competitors shall have one more jump at the height at which they failed.

4. If no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced.

5. If the tie concerns with any other place, the competitors shall be awarded the same place in the competition.

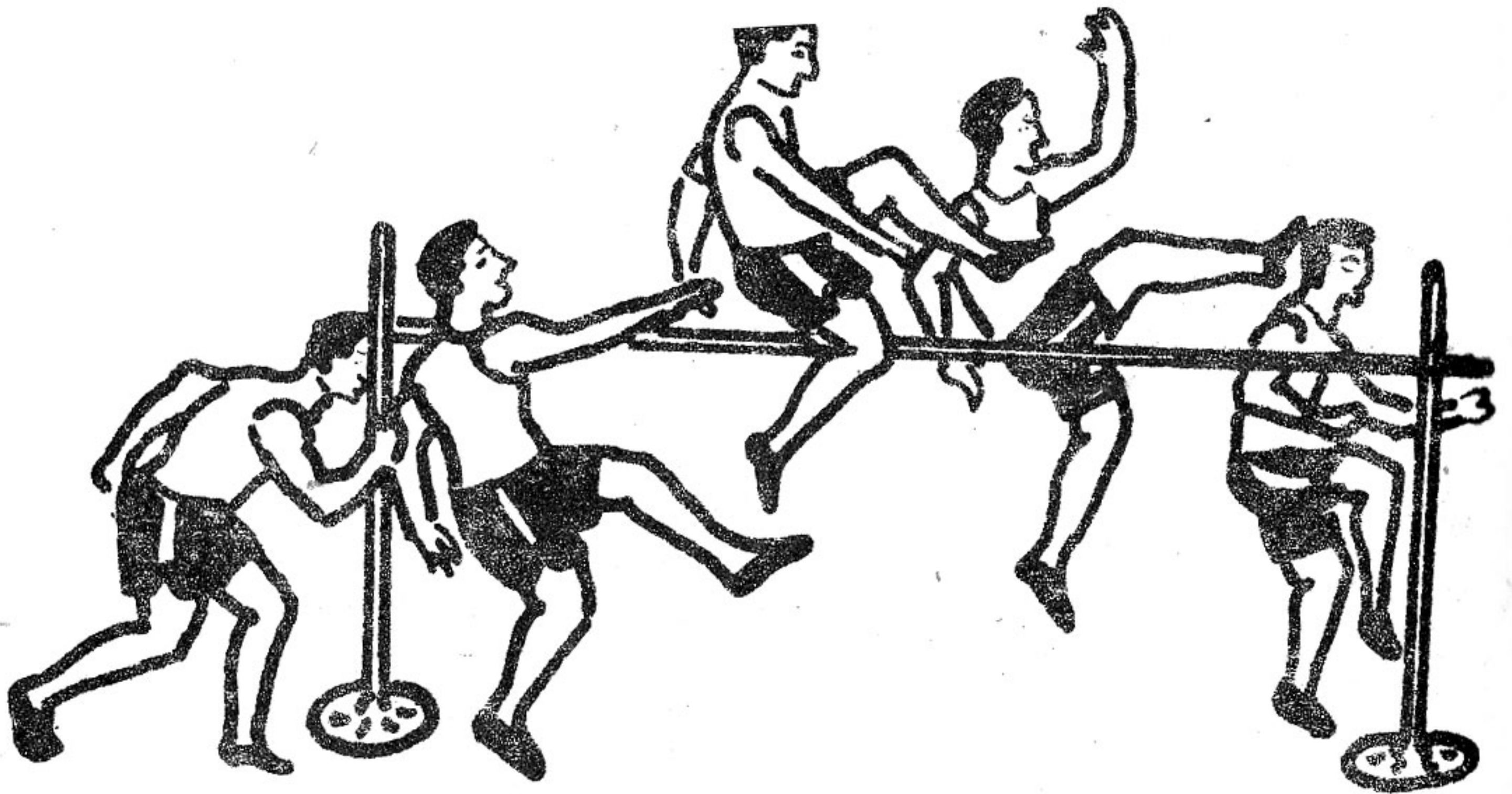




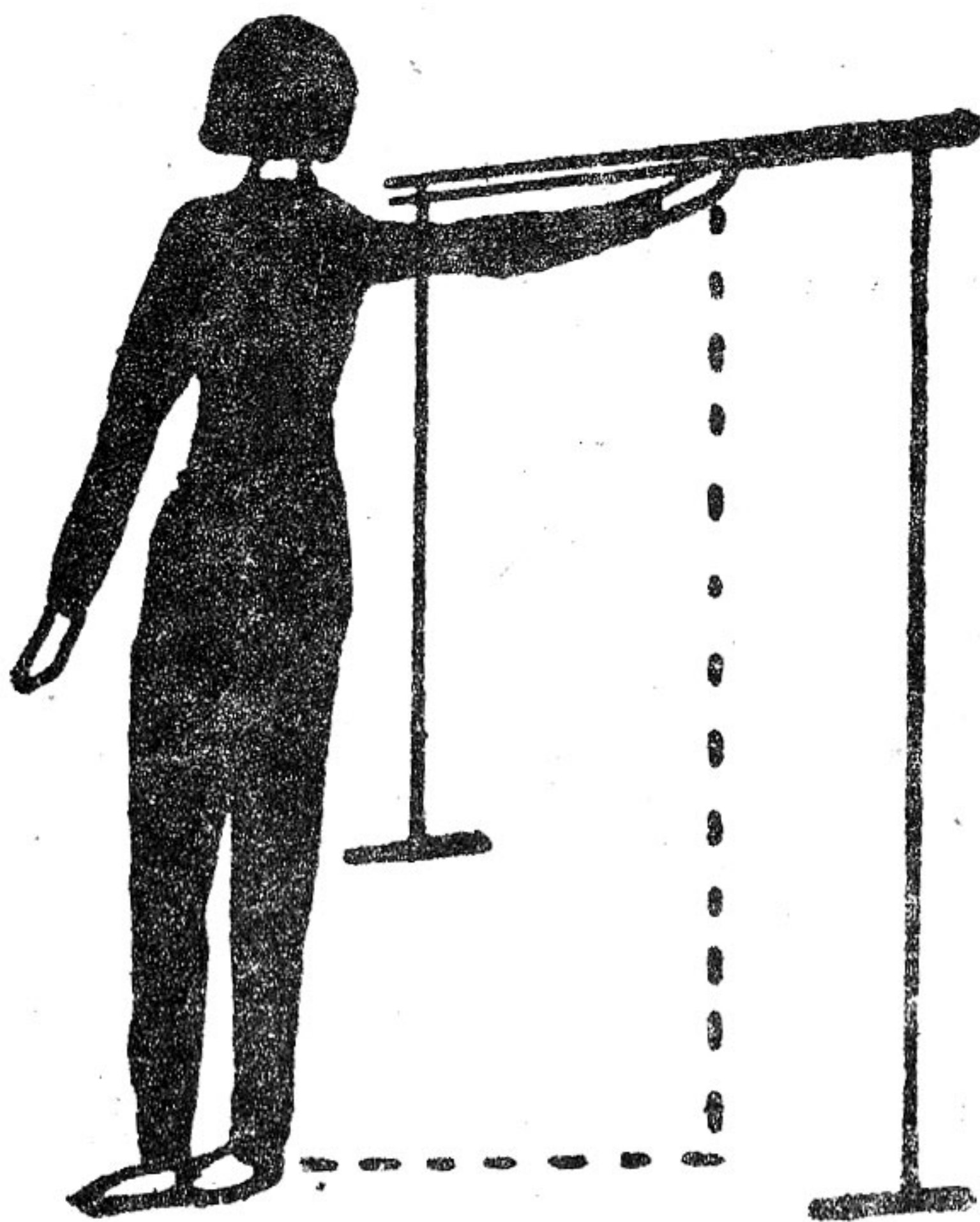
The Running Broad Jump.





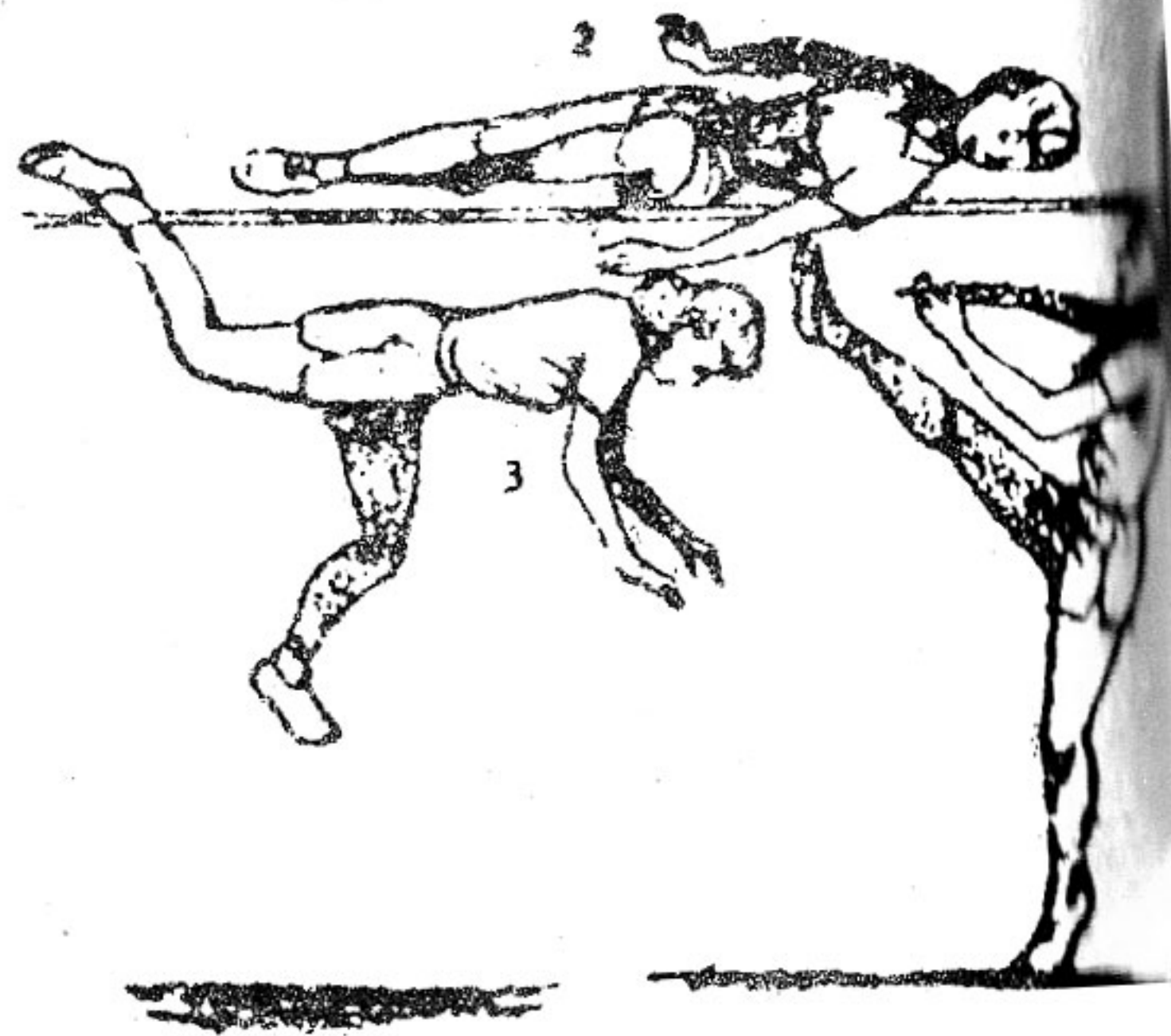


Scissors Style



Measuring takeoff

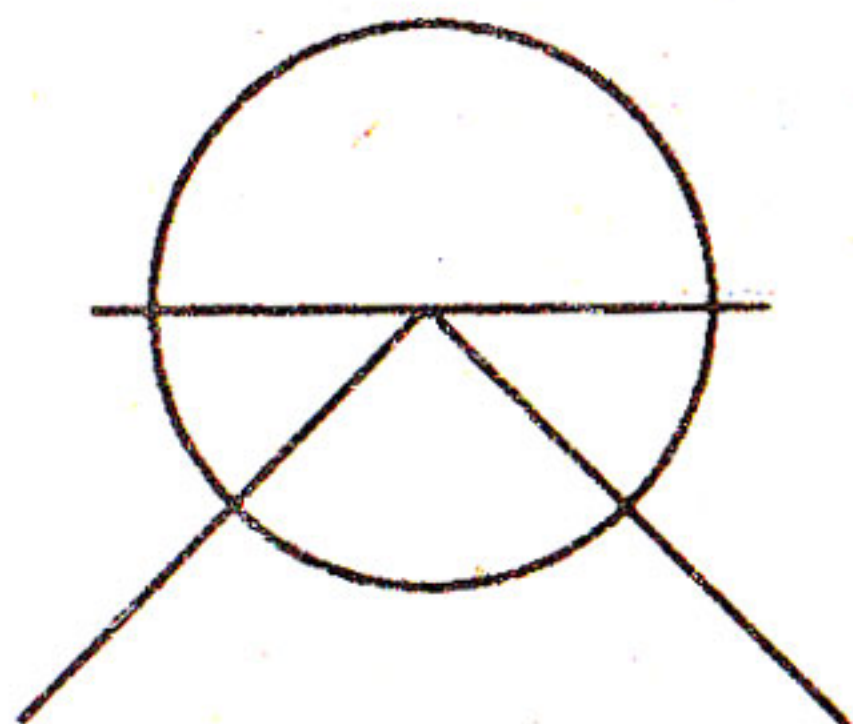
WESTERN ROLL





# SHOT PUT

## i The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

## ii What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys, below 18 years 5Kg.

## iii How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

## iv What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing

4. Glide 5. Throw 6. Release 7. Followup and balance

## v Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## vi What is leg-swing, and glide?

In leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg arm co-ordinations 6. Balancing.

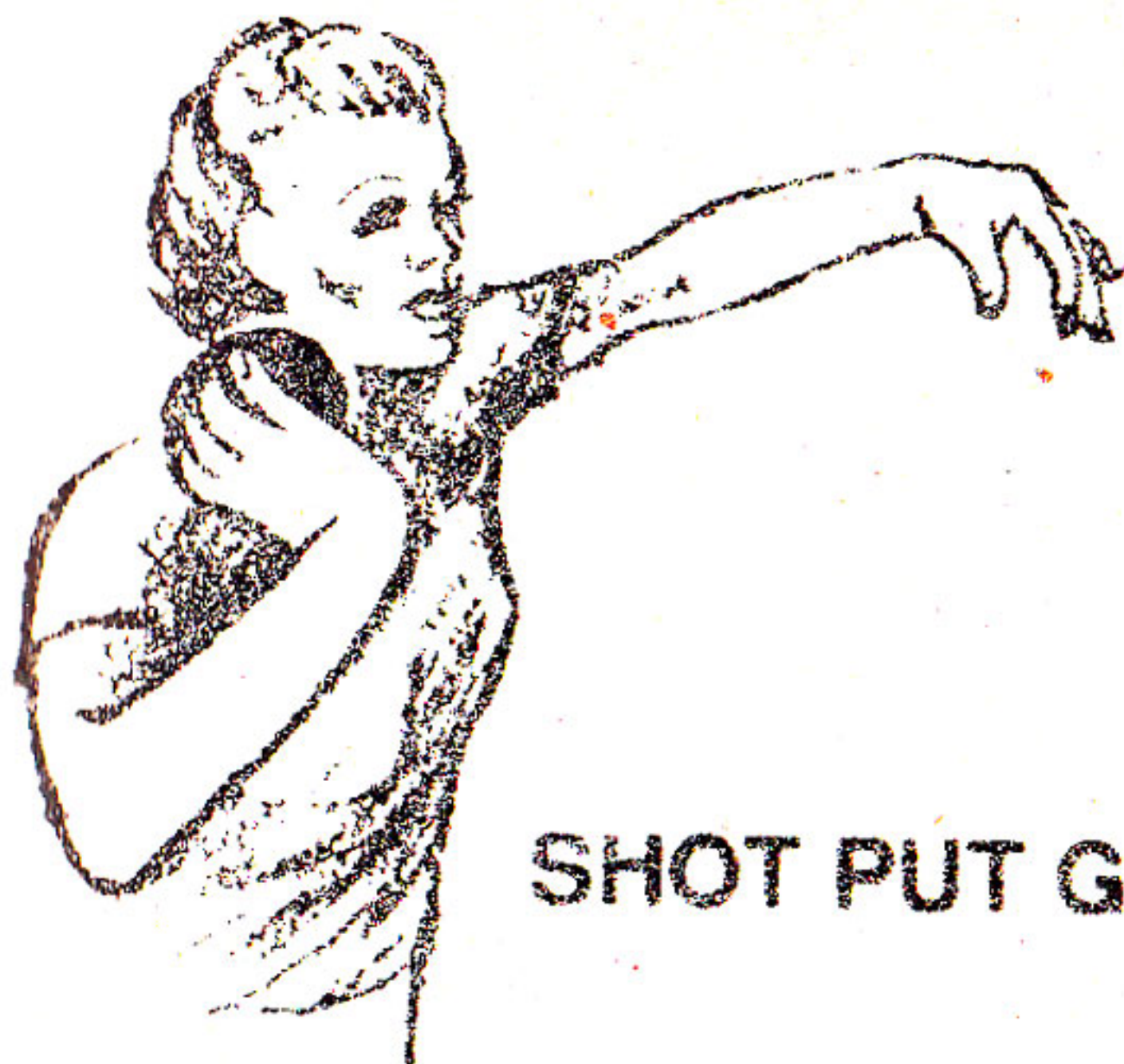
**10. What are the fouls in shot put?**

1. The shot is thrown by both hands. 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

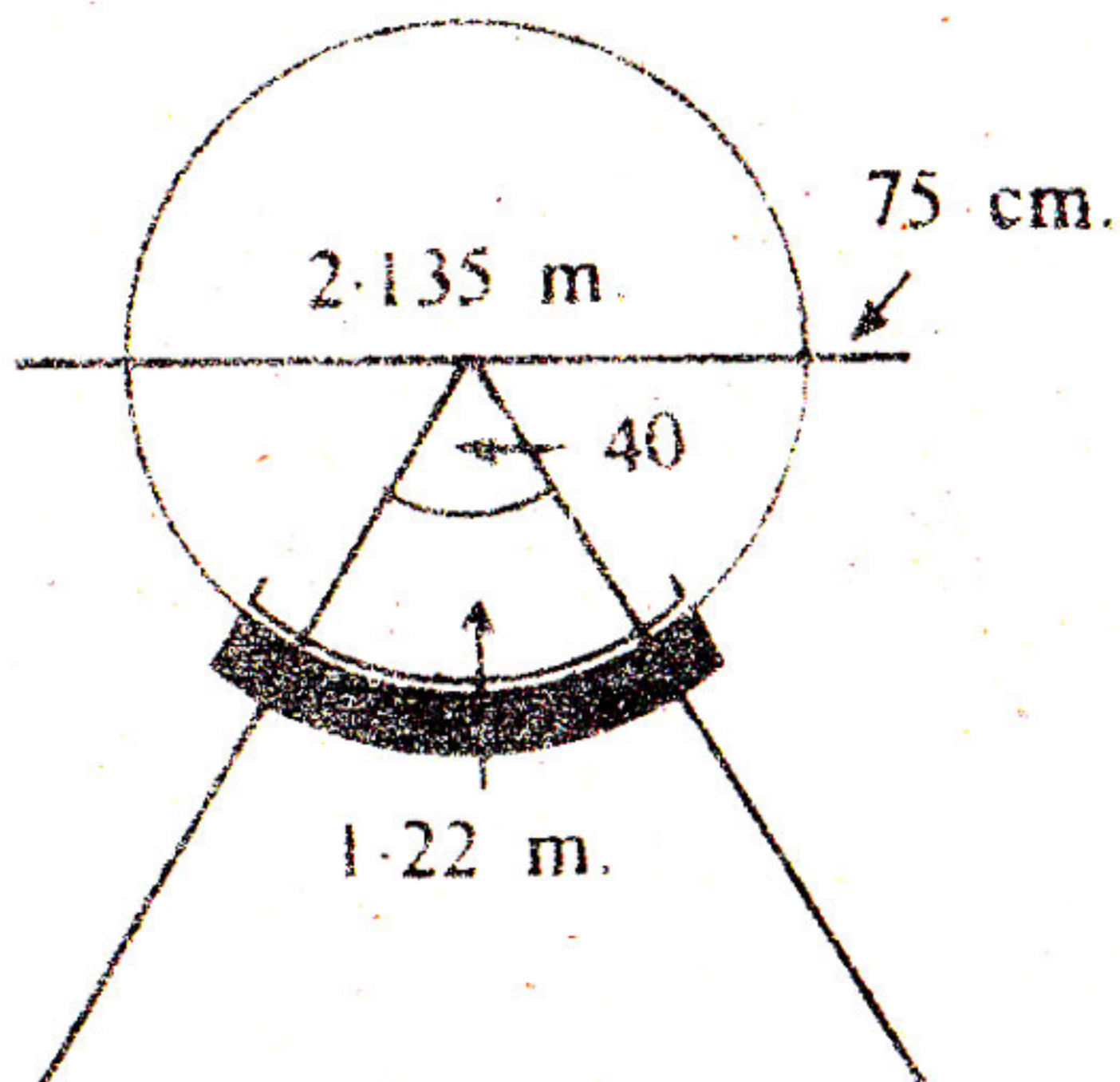
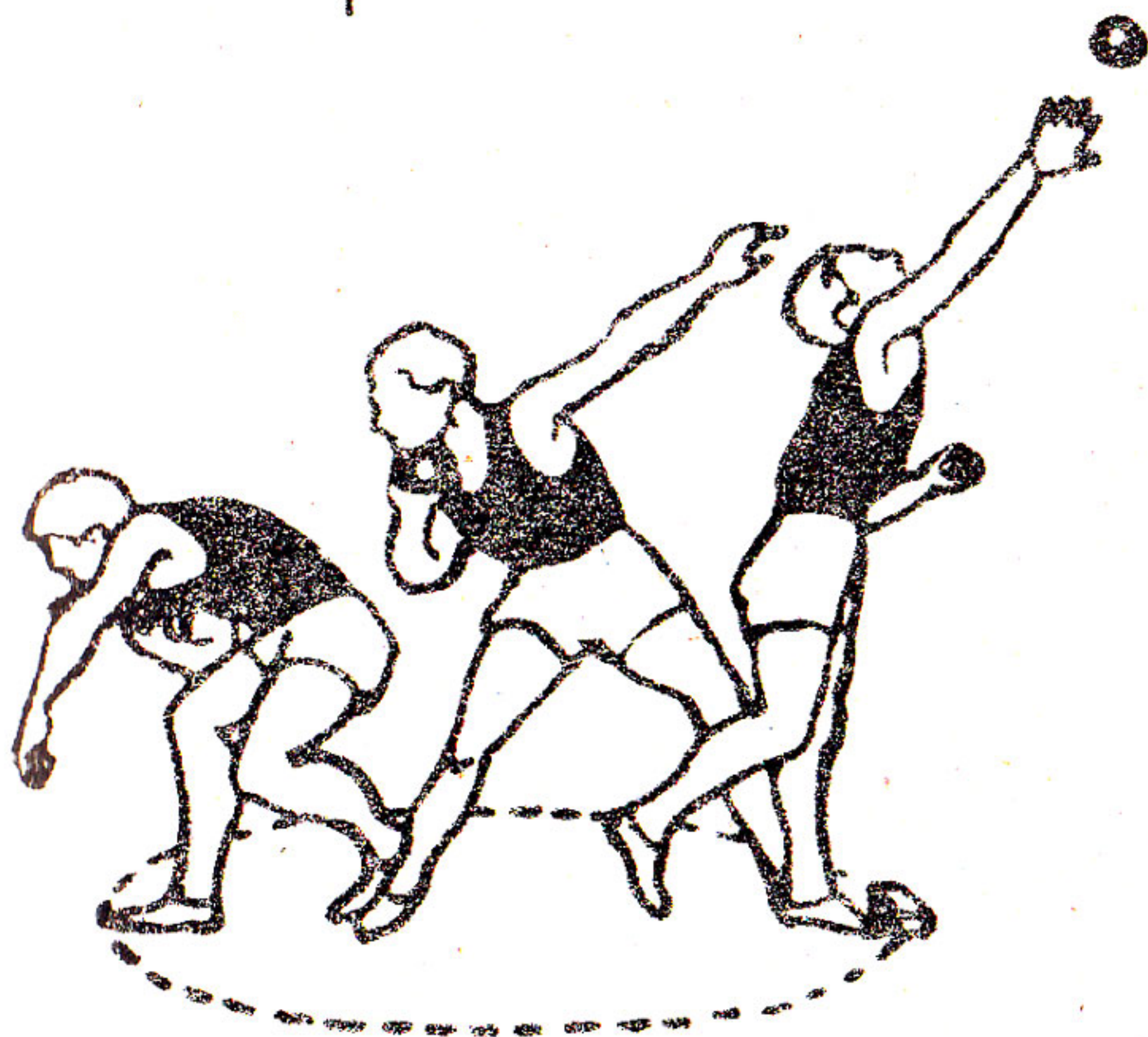
**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.





SHOT PUT GRIP





# HEALTH EDUCATION

Std.

## 1. What is health education?

Health education is an inter-disciplinary education in nature. It derives its contents from various sciences like biology, public health, nutrition, medicine, anatomy, physiology, environmental studies.

## 2. What is health?

Health is a condition of physical soundness. It is a good condition of the body's whole organism, expressing in joyous play and satisfactory work.

## 3. What is the aim of health?

Health is a quality of life which enables the individual to live most and serve best.

## 4. What is hygiene?

Hygiene is the science of preserving and promoting of health. So, hygiene means science of health.

## 5. What do you understand about hygiene?

Hygiene consists of all clean and healthy habits like nutrition food, regular exercises, proper rest, sleep, and prevention of diseases.

## 6. Write 5 healthy habits?

1. We must go to bed early and get up early in the morning.

2. We must take bath daily and clean our body properly.

3. We should wear always clean clothes.

4. We must eat clean, fresh and nourishing food.

5. We should always breathe through our nose.



### **Why do we need good sleep?**

Sleep is essential for giving rest to body and mind. It refreshes us and provides energy. Normally 6 to 8 hours sleep is necessary for us.

### **What is a good posture?**

Posture means an erect and correct position in which we hold our body while sitting, standing, walking and running.

### **What are the advantages of a correct posture?**

A good posture produces a grace in the body. It maintains and develops the vigour of the body. It helps the different parts of the body to work better.

### **What are the benefits we get through exercises?**

Regular exercise tones up the body. It keeps the weight of the body constant and gives shape to the body. It increases more respiration, blood circulation and makes us feel strong. We are successful in life through exercises.

### **Why do we need food?**

Food is necessary to live, work, grow and keep healthy. It makes us strong and protects us from illness.

### **What are the various components of food?**

1. Proteins. 2. Carbohydrates. 3. Fats. 4. Vitamins. 5. Water. 6. Minerals.

### **What do you know about a Balanced Diet?**

Balanced diet is a diet which contains all the above components in proper proportion to give energy, to aid growth, to do repair work and to protect from diseases.

### **What diseases will come when we don't have a balanced diet?**

If balanced diet is not taken, diseases like Rickets, Scurvy, Beri-Beri, Anaemia, Night blindness, Muscle



cramp, Loss up weight will come.

**15. How will you select food for our health?**

We have to include green vegetables, greens, fruits, egg, mutton, meat, peas, tomatoes, in our daily food for our better health and better life.

While selecting our food, we should pay better attention to take variety and nutritive value of the food items.

**16. What is safety education?**

Safety education is an education for safe living in a dangerous environments.

**17. What is the scope of safety education?**

Safety education is preparing young pupils against accidents through instruction and teach them to escape from them bravely and advice them to live safely and live effectively.

**18. State the rules of safety at home?**

1. Keeping out of reach of children from sharp objects like razor blades, knives, scissors, pins etc.

2. Warn people against standing on chairs and take things from the high place.

3. Walking recklessly against the edges of rugs.

4. Slipping over smooth and wet surfaces particularly on lavatory floor and well surfaces.

5. Storing all poisons and medicines away from the reach of children and label on the bottles in red to show that they are poisons.

6. Blunt tools, defective and broken tools are likely to cause injuries. Keep them in safe places.

7. Pet animals have to be kept always at a distance.

8. Falls may happen from smooth floors; tripping over carpets, fires from electrical apparatus and gas stoves.



9. Children should not be allowed to go and play on the parking vehicles like scooters and motor cycles, cycles, etc.

10. Parents should not allow the children to play in the kitchen when they work.

#### **ii. What are the basic principles of safety at school?**

1. The school should be located away from rail tracks, industrial areas and other dangerous environments.

2. The play grounds should be properly fenced to prevent trespass.

3. The school building should be fully protected against pupils falling from stair and verandas, provide parapet walls and hand rails.

4. Sports equipments should be kept under check at all times and in good repair.

5. Laboratory and other apparatus, class benches, chairs, tables should be kept well in condition.

6. The equipment in the gymnasium should be checked periodically for locating defects.

7. There should be adequate facilities installed for fire protection, on a model basis.

8. Thatched sheds are put up for expanding school needs, steps should be taken against fire hazards.

9. The school buildings should be a model of cleanliness and orderliness, conducive to safety.

#### **iii. What is First aid?**

First aid is the immediate and temporary treatment given in case of accident or sudden illness, before the services of a doctor can be secured.

#### **iv. What is the object of the first aid?**

The object of the first aid is to minimise the secondary dangers and to maintain the patient in a good condition



possible, until a doctor can start proper treatment.

**22. Explain cuts and scratches?**

Cuts may be occurred by blades, knives and sharp instruments. First aid may be done first by a wash with clean water and dry with clean cotton. Apply Iodine or Boric Powder and make a light bandage over the cut with bandage cloth.

**23. What are Burns? Explain.**

Burns injuries are caused by fire, electricity or acids. Burns will give shock to the patients.

First aider should try to create confidence to the patient and give him rest to overcome the shock. Then the patient must be given hot drinks like coffee or tea to take plenty. Then the patient must be sent to the nearby hospital or bring the doctor to the spot as early as possible.

**24. What is a fracture?**

A fracture is a break in the normal continuity of bone. Fractures are the commonest injuries involving the bone.

**25. What are the different types of fractures?**

1. **Simple fracture** is a clean break in the bone without the ends puncturing through the skin.

2. **Compound fracture** is one in which the broken ends peep through the skin.

3. **Complicated fracture** is one in which the broken ends of bones are shattered into many pieces. This may be simple or compound.

**26. What are the general symptoms of fractures?**

1. Pain at or near the place of fracture.

2. Swelling around the place of fracture.

3. Limitation of normal movements of the area.

4. Deformity of the limbs and irregularity of the bone



## **17. What is drowning?**

Drowning takes place in the river, lake, sea or swimming pool. In drowning, water enters into the lungs and shuts off the air and makes him unconscious.

## **18. What is the first aid for the victim?**

After the victim is removed from the water, water must be emptied from the lungs. Lay him face and abdomen down position and grasp him round the abdomen just above his hips and lift his body at his hips so that the water will run out of his mouth.

Remove his wet clothes. Provide warm drinks and send word to the doctor immediately.

## **19. What are the safety instructions to the swimmers?**

The careless swimmers and those who do not know swimming are involved in drowning.

So, when you go for swimming, go with your guides or some elders.

Swimmers should not swim far away from the shore or to deep water area.

After heavy meal or sick or feeling sick, should not go for swimming.

## **20. Some healthy rhymes.**

- 1 Early to bed and early to rise.  
Makes a man healthy, wealthy and wise.
- 2 Exercise you do exercise  
Youth will sparkle in your eyes;  
Body will get shape and size;  
Health and happiness is the prize.



# FOOT BALL

## 1. What is the length and width of a Football field?

Foot ball is played on a rectangular field, not more than 120m X 90m and not less than 90m X 45m. Anyway, the length must in all cases not exceed the breadth.

## 2. Explain the dimensions of the goal area?

The goal area is 18.32 x 5.50m (20x6 yards). The height of goal post is 2.44m. (8 feet) and the distance between two goal posts is 7.32m (24feet).

## 3. What is the weight and circumference of football?

The circumference is not more than 28 inches (0.71m) and not less than 7 inches. (0.69m). The weight of the ball is not more than 160 oz and not less than 140 oz (453g-396g) at the start of the game.

## 4. What is the uniform of a football player?

A player should have a jersey or shirt, shorts, stockings and boots. The goal keeper should wear colours which is different from the other players and the referee.

## 5. How many players and substitutes are there in a team?

There are 11 players and 5 substitutes in a foot ball team. The players' positions are 1 goal keeper, 2 full backs, 3 Half-backs and 5 forwards.

## 6. What is the playing time of a football match?

A match consists of two 45 minutes halves with the interval of 5 minutes between them.

## 7. What is the object of the Game? How?

The object of the game is to propel the ball into the opponent's goal. For that, the ball may be kicked, headed, or played with the body by all the players. The



goal keeper alone can use his hands. In the ball, only within his own penalty area.

### **How the game is started?**

At the beginning of a match, choice of ends or the chance to kick off the ball is decided by the toss of a coin. The team winning the toss will select the side or kick off.

### **Explain the term kick-off?**

1. The game is started by a kick-off. 2. A kick-off is a single kick by the centre forward, directing the ball into the opponent goal side. 3. The ball must move forward the distance of its circumference. 4. During the kick-off time, every player should remain in his own half of the field. The opponents must be at least 10 yards away from the ball. 5. The ball should not be played twice in succession by the kick-off player. 6. Direct goal cannot be scored by a kick-off.

### **What is Throw-in?**

1. During the play, when the ball has gone out of bounds, play will be started again by a throw-in. 2. A throw-in is done by a player of the team opposite to that of a player who has sent the ball out side the touch line. 3. Throw-in should be taken from the point where the ball has crossed the touch line. 4. The thrower should not play the ball again until it has been played by another player. A goal cannot be scored directly from throw-in.

### **What is a goal-kick?**

When the ball crosses over the goal line, by the player of an attacking team, then the defenders get the chance of goal kick. This is the method of putting the ball in play by the defenders.

### **How is Goal kick taken?**

Any defender can take a goal kick. All opponents



must remain outside the penalty area until the ball leaves the penalty area, it cannot be played. The kicker should not touch the ball again until it has been played by another player.

**13. What is a corner kick? Explain?**

1. If the ball is caused to go out of bounds over the goal line by the defending team, a corner kick shall be awarded to the attacking team. 2. The ball shall be placed within one yard of the corner of the field. 3. The kicker should not play the ball again until it has been played by another player. 4. A goal can be scored direct from a corner kick.

**14. Explain Penalty kick and its rules?**

1. When a player of the defending side intentionally commit any one of the 9 fouls within the penalty area, the penalty-kick is awarded to the attacking side. 2. The opposing goal keeper and the player taking the kick alone take part in the penalty-kick. 3. All players should stand outside the penalty area. 4. The ball shall be placed on the penalty spot. 5. The goalkeeper must stand without moving his feet on his own goal line, between the goal posts until the ball is kicked. 6. The ball must be kicked forward. 7. The player taking the kick, cannot play the ball twice.

**15. What is off-side? Describe briefly.**

Off-side means playing from the wrong place. A player is off-side if he is nearer to his opponent's goal than the ball, at the moment of the ball played.

He is not off-side when (a) he is in his own half of the field. (b) two opponents are nearer to their goal than he. (c) his opponent last touched the ball. (d) he receives the ball directly from the goal-kick, corner kick, throw-in, dropped ball by a referee.



## **16 What is a foul and its punishment?**

A foul is an infringement of the rules for which a free kick is awarded to the opponents.

Two types of free kick.

1. Direct Free kick.
2. Indirect free kick.

## **17 When is indirect free kick awarded?**

Indirect free kick is awarded for the following fouls.

1. Playing the ball twice by a player.
2. Goalkeeper carrying the ball more than 4 steps within his penalty area.
3. Goalkeeper failing to send the ball within 5 seconds.
4. off side.
5. ungentlemanly conduct.
6. Dangerous play.
7. Disobeying the decision of an official.

Note: 1. The free kick is awarded at the point of violation.

2. A goal cannot be scored directly from an indirect free kick. The ball first must touch another player.

## **18 When is Direct free kick awarded?**

Direct free kicks are awarded for the following intentional fouls.

1. Kicks or attempts to kick an opponent.
2. Trips at an opponent.
3. Jumps at an opponent.
4. Charges an opponent in a dangerous manner.
5. Charges an opponent from behind.
6. Strikes or attempts from behind.
6. Strikes or attempts to strike an opponent.
7. Holds an opponent with his hand.
8. Handles the ball.
9. Pushes an opponent with his hand.

Note: 1. If the above fouls occur within the penalty area, penalty kick is awarded.

2. If the above fouls occur outside the penalty area, direct free kick is awarded at the place of violation.



3. A goal may be scored directly.

**19. What is a goal?**

A goal is scored when the whole ball legally goes under the cross bar, between the goal posts, over the goal line.

**20. How the winner is decided in a match?**

The team scoring more goals, will be declared as winner it will be decided by the tie breakers.

**21. State the officials for a foot ball match?**

1 Referee; Two Linesmen; 1 table official.

**22. Explain the different skills in football?**

1. Dribbling. 2. kicking. 3. passing. 4. Trapping. 5. Heading. 6. Tackling. 7. Dodging. 8. Intercepting. 9. Goalkeeping.

**23 State the different skills in kicking the ball?**

1. Inside of the foot kick. 2. Out side of the foot kick. 3. Instep kick. 4. Half volley. 5. Full volley.

**24. What are the different types in heading the ball?**

1. Forward direction. 2. Sideward direction. 3. Backward direction.

**25. What is dribbling?**

Dribbling is a series of short kicks or taps made by a player as he advances with the ball. The object of dribbling is to keep possession and control of the ball.

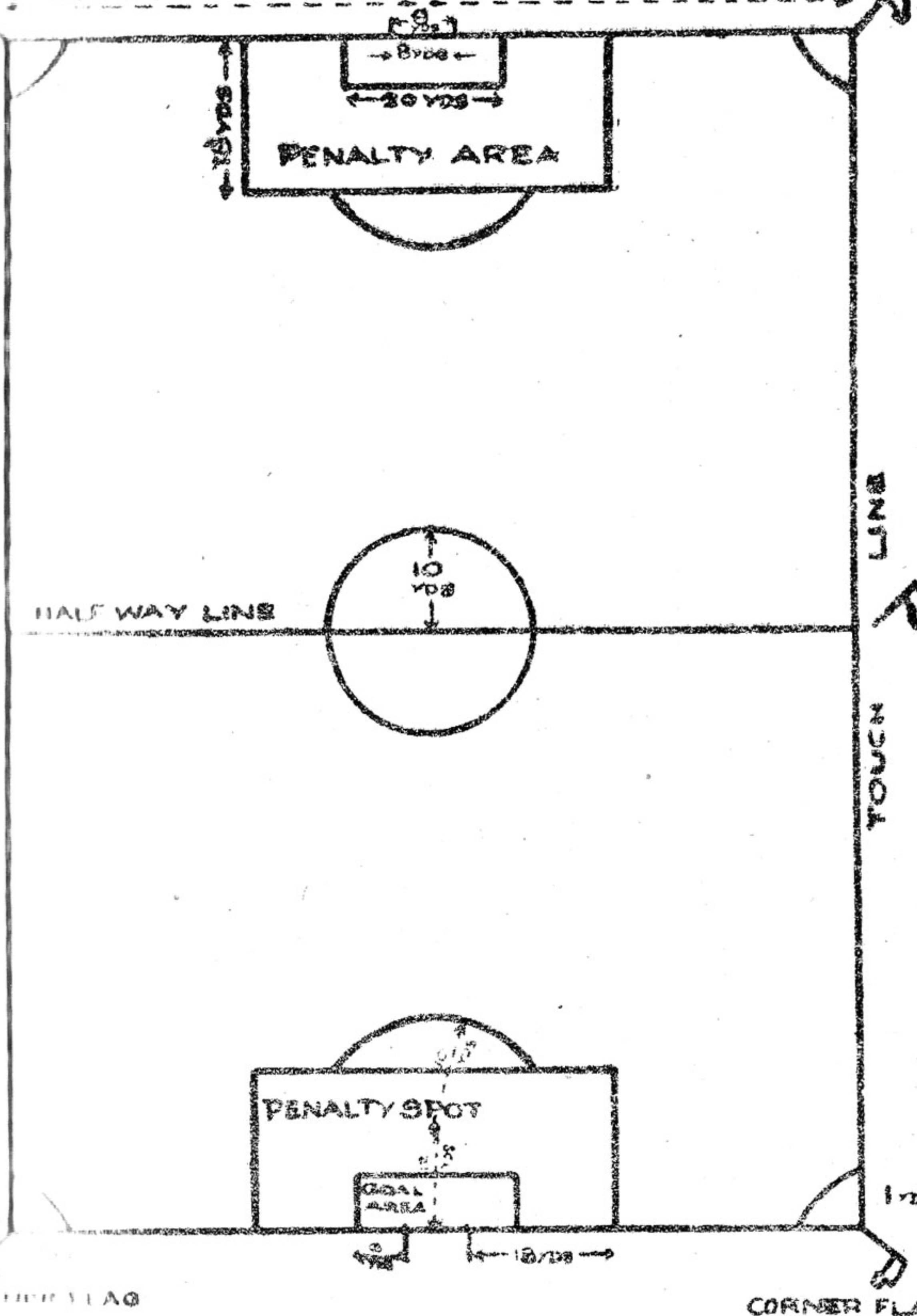
Dribbling may be done with inside foot, out side of the foot, and both feet intermittently.



# FOOTBALL FIELD

MAXIMUM 100 YDS

MINIMUM 80 YDS





## SOME SKILLS IN FOOTBALL

### SOME PASSES



STOPPING THE BALL



THROW-IN



HEADING THE BALL



KICKING THE BALL



DRIBBLING



INSTEP KICK



# KHO-KHO

## ■ Give the length and width of the Kho-kho ground?

The length of the kho-kho is 29m and the breadth is 16m.

## ■ What is the height and circumference of the Post and the distance between the two posts?

The height of the post is 120cm above the ground. The circumference is between 30 to 34cm. The distance between two posts is 23.60m.

## ■ What is central lane?

The rectangle 23.60m long and 30cm broad between the posts is dividing the play field into two halves, is known as the central lane.

## ■ What is square?

Each of the rectangle 30cm X 30cm formed the intersection of the central lane and cross lane is called a square.

## ■ What is cross-lane?

The intersecting of the central lane with 16m and 30cm broad at right angle at regular length is called cross lane. There are 8 cross lanes. (see the kho-kho ground).

## ■ What is the lobby?

The open space of 3 metres surrounding the limits of the play field is called the lobby.

## How does the kho-kho game begin?

The game is started by the spin of a coin by the referee. The winner of the toss has a right to opt for either chasing or running.



**8. Who are called chasers?**

The players sitting in the squares are known as chasers.

**9. How will the sitting chasers sit?**

The eight sitting chasers will sit in the squares facing alternate directions, while the ninth player will stand near the post as an Active chaser.

**10. Who are called as runners in Kho-Kho?**

The players of the side other than the chasers are known as runners.

**11. How many players are there in a team?**

There are two teams in a match with 12 players in a team. Only 9 players in a team enter the field for a match. The other 3 players will act as substitutes.

**12. What is the duration of a Kho-Kho game?**

A match consists of 2 innings. An inning consists of chasing turn and running turn. Each turn consists of 9 minutes. The interval between turns is 5 minutes. But, the interval between innings is 9 minutes.

**13. Who are called defenders?**

Runner's side sends 3 runners each time to the field. They are called defenders.

**14. How do the defenders enter for play?**

The defenders enter the ground in a group of three from a particular place only.

**15. What is a Foul in Kho-kho?**

If a sitting or active chaser violates any rule it is called a foul.

**16. Explain the rules for the chasers?**

(a) Active chaser should utter the word Kho loudly as



ground as he touches the sitting chaser by hand, from behind the sitting chaser.

(b) After giving a kho, an active chaser should sit down immediately on the square of the sitting chaser to whom kho is given.

(c) After receiving kho, the chaser has to go in the same direction, which he has first selected.

(d) An active chaser has to run from one post to another post without crossing the central lane. He is not allowed to change direction.

(e) Sitting chaser should not get up unless he is touched at his back by the active chaser.

(f) Sitting chasers should sit in a manner which shall not obstruct the runners by extending his hands or legs.

(g) If an active chaser goes out of limits, he can reenter the ground but should follow the chaser's rules strictly.

#### 17. What are the rules for the runners?

(a) Runner's side shall send 3 runners each time from one side of the field.

(b) The next three runners are put out, if they do not enter the court before 2 khos are given by the chasing side.

(c) If the runners enter the court late or enter out of turn, they shall be declared out.

(d) A runner shall not touch the sitting chasers. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

#### 18. When a runner is called out?

A runner shall be declared out if he is touched by hand by an active chaser without violating any rules.



**19. How is the winner decided?**

The chasing side scores 1 point for each runner who is put out. The side that scores more points is declared as winner of the match.

**20. How will you solve a Tie in kho-kho?**

If the points are equal, one more inning shall be played. If again, the points are equal, an additional inning shall be played as follows. In the inning turn, as soon as the first point is scored, the turn shall be closed by the referee. The time for scoring of the first point shall be noted. The side that takes less time for this first point minimum chase, is the winner of the match.

**21. How will you continue to finish the incomplete match?**

If a match is not completed for any reason, it shall be continued with the same players, same officials, and the completed turns of each side, in the **same session**.

If the match is not played in the same session, the entire match will be replayed from the beginning. In the case, the players and officials need not be the same.

**22. How many officials are there in a match?**

One referee; Two umpires; One time-keeper; One scorer.

**23. What are the basic skills in the game?**

For the chasers : 1.To get up straight 2.Perfect khc 3.Judgement kho 4.Tap 5.Dive.

**24. How to substitute a player in a kho-kho match?**

Chasing team can substitute at any time during the match. But, the running team can sbustitute its players only before the start of the match.



**25. What is perfect kho?**

The active chaser should utter the word kho loudly and distinctly as soon as he touches the sitting chaser by hand, from behind him. At the time, his foot should have contact with the cross lane. This is called perfect kho.

**26. Explain the skill 'judgement kho'?**

The kho given by the active chaser near the post is called judgement kho. With the help of this skill, the runner is forced to leave the post and come in front of the sitting chaser. Then the sitting chaser easily gets up and makes out the runner comfortably.

**27. Explain the single chain skill in kho-kho?**

The runner runs in a zig zag manner from one post to the another post, from the back of the each sitting chaser. (see the diagram) This is called single chain method.

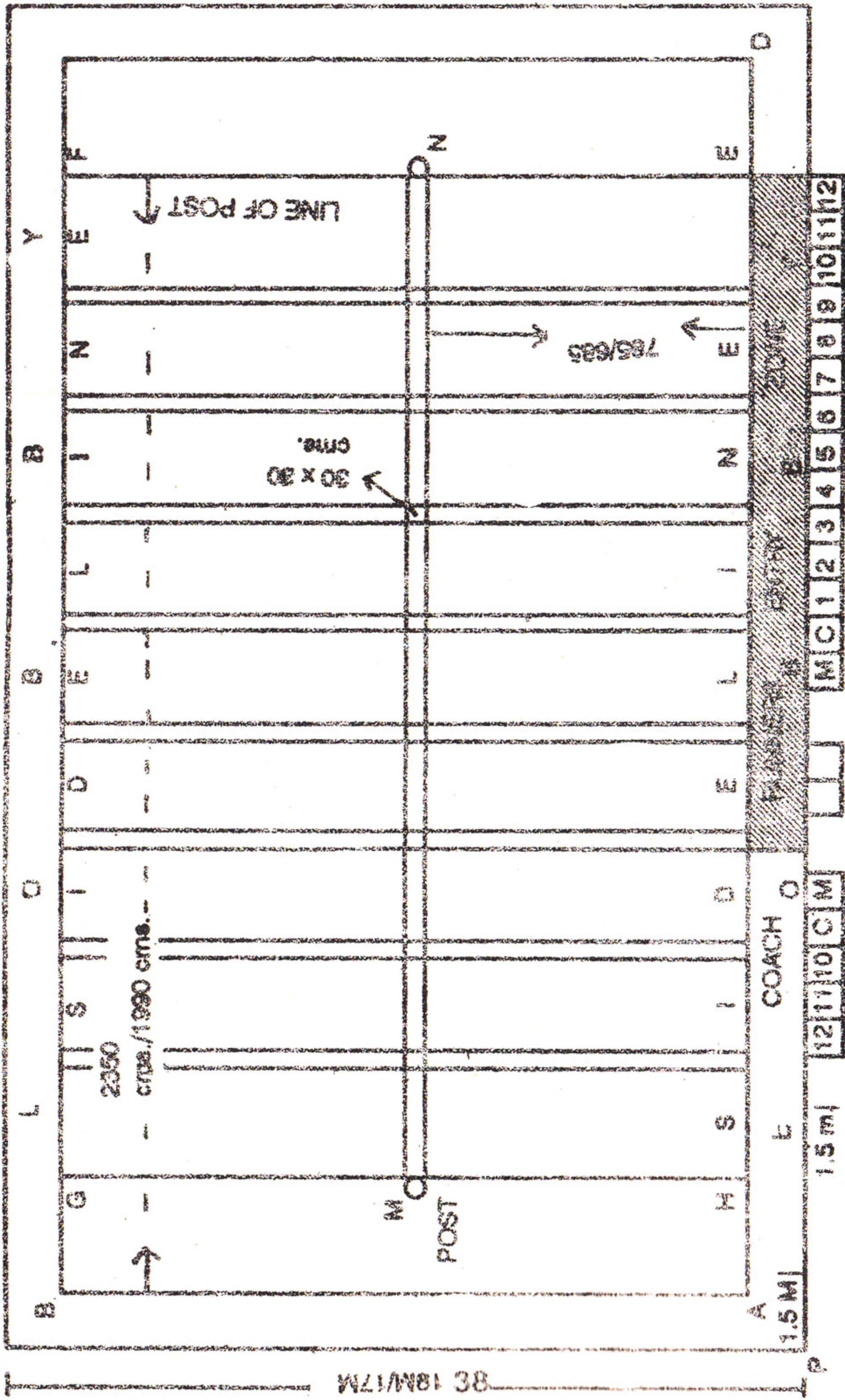
**28. What is 'Double chain' skill?**

In this skill, the runner runs behind the back of every 2 sitting chasers with zig zag running. (see the diagram).

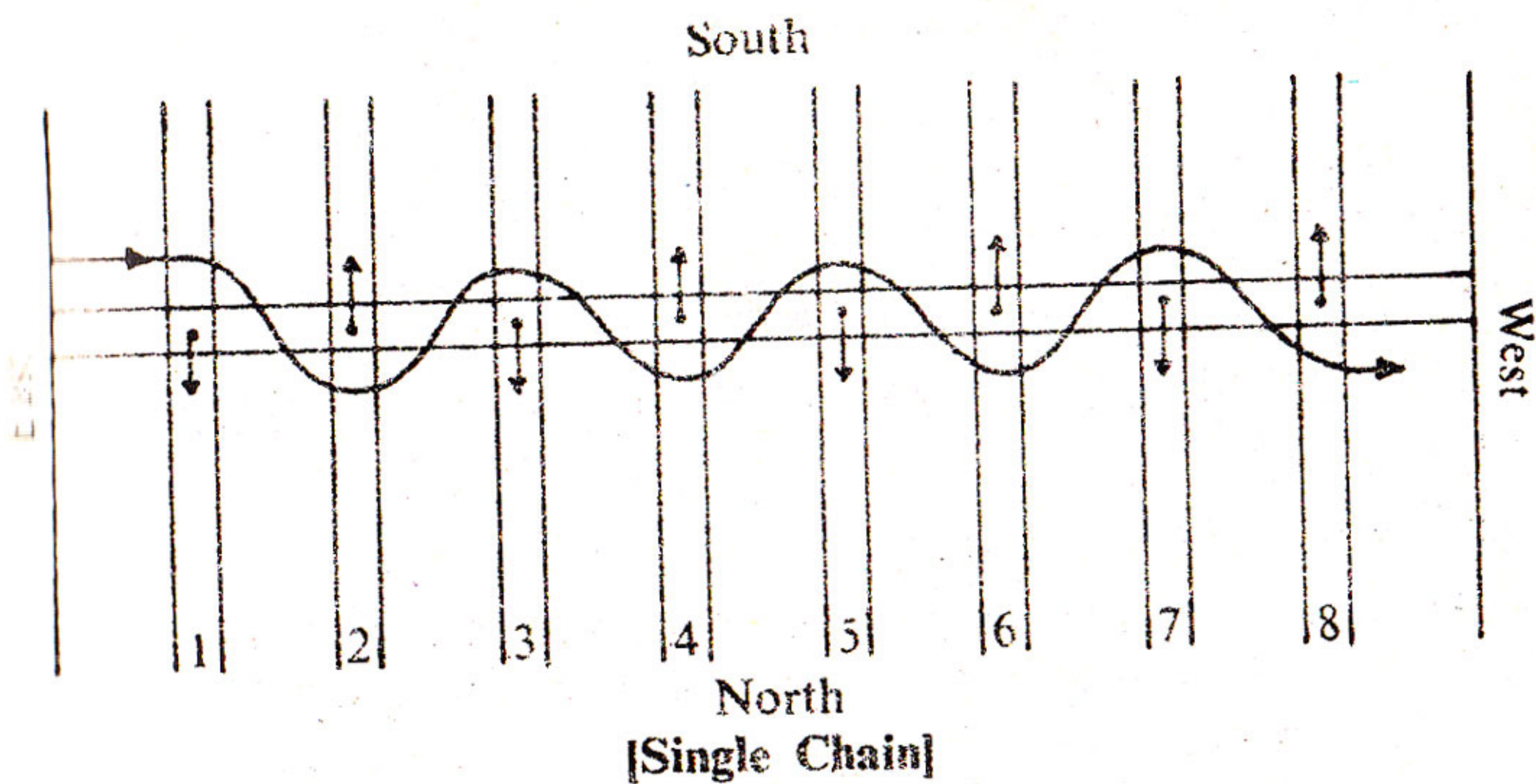
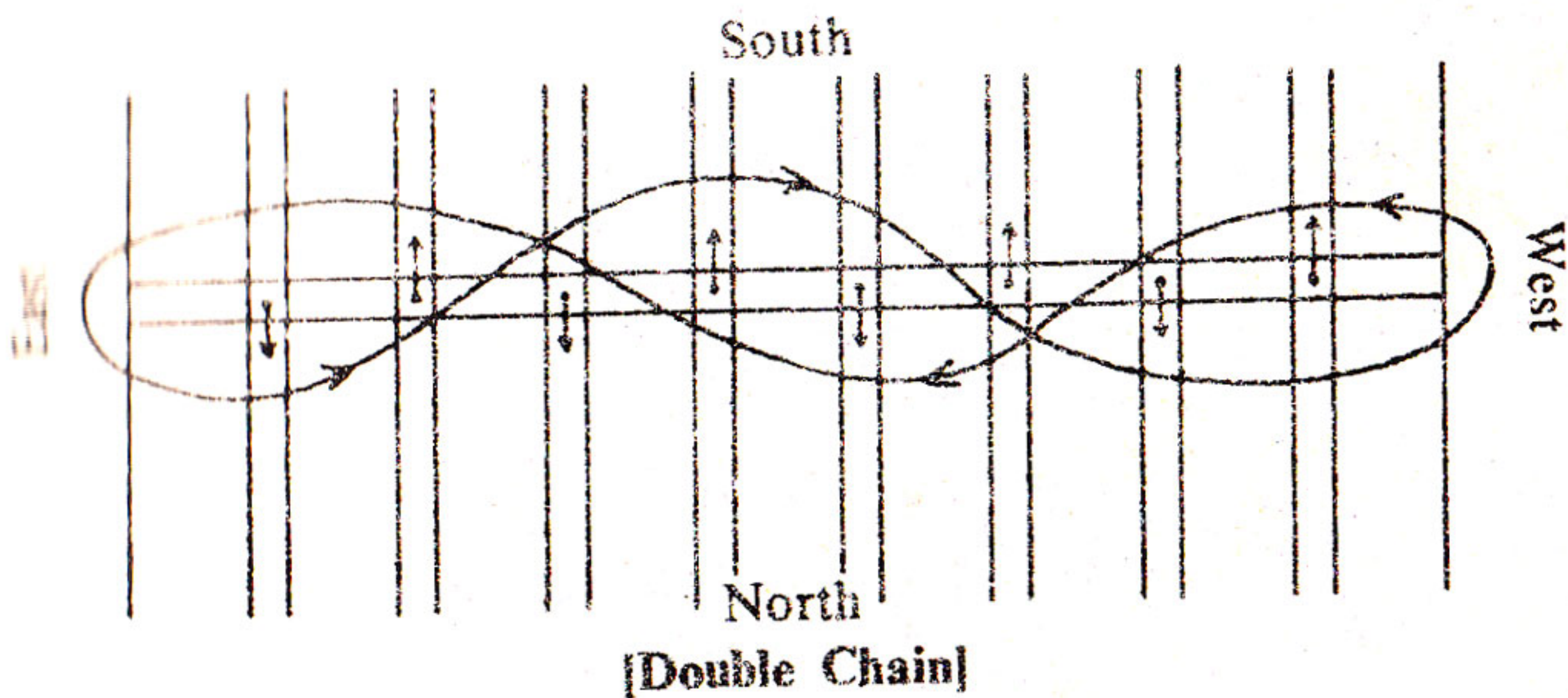
**29. Explain the skill turn in kho-kho?**

When the active chaser is trying to touch the runner, the runner goes to side and starts running in the opposite direction in order to escape from the chaser. This is called turn.











# CRICKET

## 1. Who does the toss and where?

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

## 2. What is the duty of the winner of the toss?

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

## 3. How many players play in a cricket team?

11 players and 5 substitutes.

## 4. What are the dimensions of a cricket ball?

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm

## 5. What are the dimensions of a cricket bat?

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

## 6. What is the length of a cricket pitch?

The length is yards (20.12 metres), width is 3.05 metres.

## 7. What are the dimensions of a wicket?

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 28 inches. (71.1cm). The length of the wooden bails is 11.11 cm. The width of a cricket is 9 inches.

## 8. What is the length of the bowling crease?

The length of the bowling crease is 8 feet 8 inches, straight in length.



**9. Where is the popping crease marked?**

The popping crease is marked 4 feet in front of the wicket at each end.

**10. What is boundary and why it is needed?**

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

**11. How many innings are to be played in a match?**

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

**12. What is a Run?**

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

**13. What is a Bye?**

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

**14. What is a Leg Bye?**

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

**15. What is an OVER?**

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

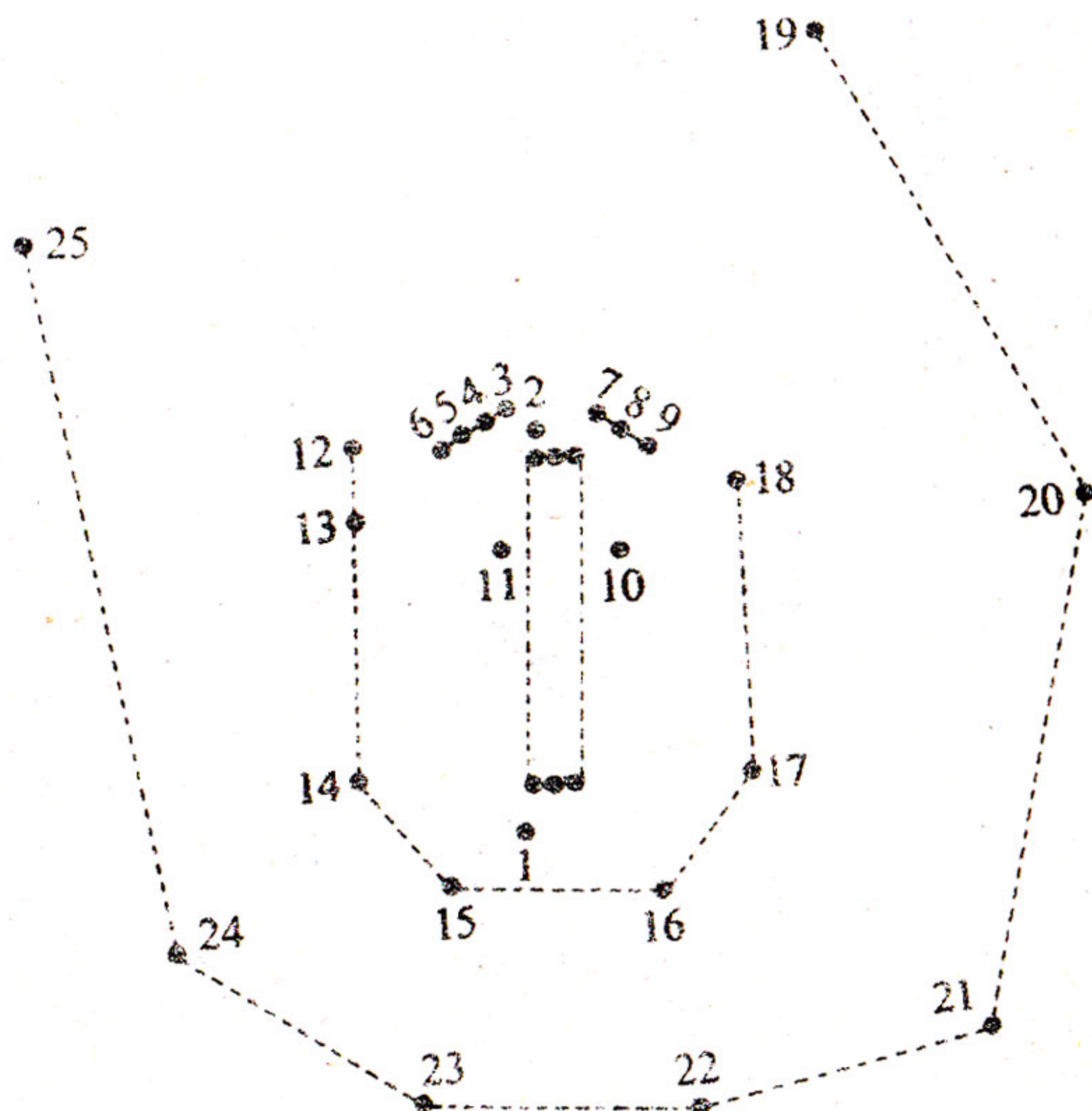
1. Leg Before Wicket. 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.





Position of the fielders on the ground

1. Bowler	10. Silly-mid-on	19. Long-leg
2. Wicket-keeper	11. Silly-mid-off	20. Deep-square-leg
3. First-slip	12. Short-third-man	21. Deep-mid-wicket
4. Second-slip	13. Cover-point	22. Long-on
5. Third-slip	14. Extra-cover	23. Long-off
6. Gully	15. Mid-off	24. Deep-extra-cover
7. Leg-slip	16. Mid-on	25. Deep-third-man
8. Backward-short-leg	17. Mid-wicket	
9. Forward-short-leg	18. Square-leg	

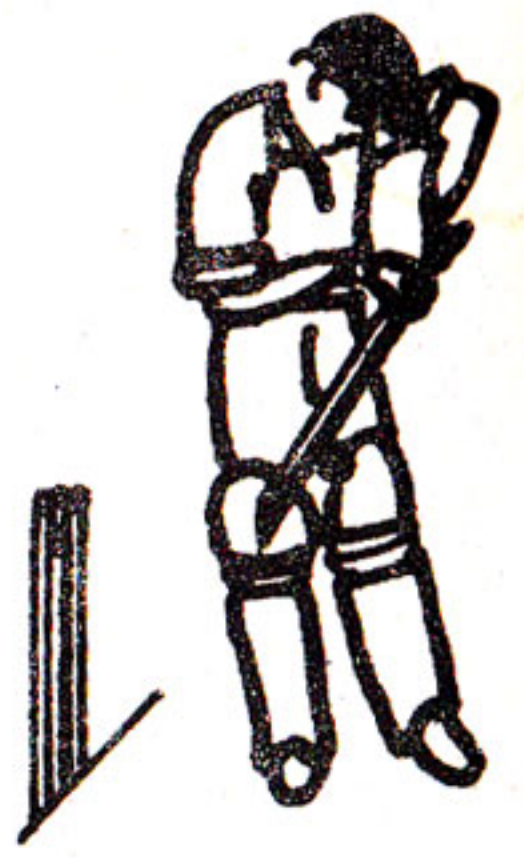




STANCE



FORWARD DEFENCE



BACK DEFENCE



THE LEG BREAK



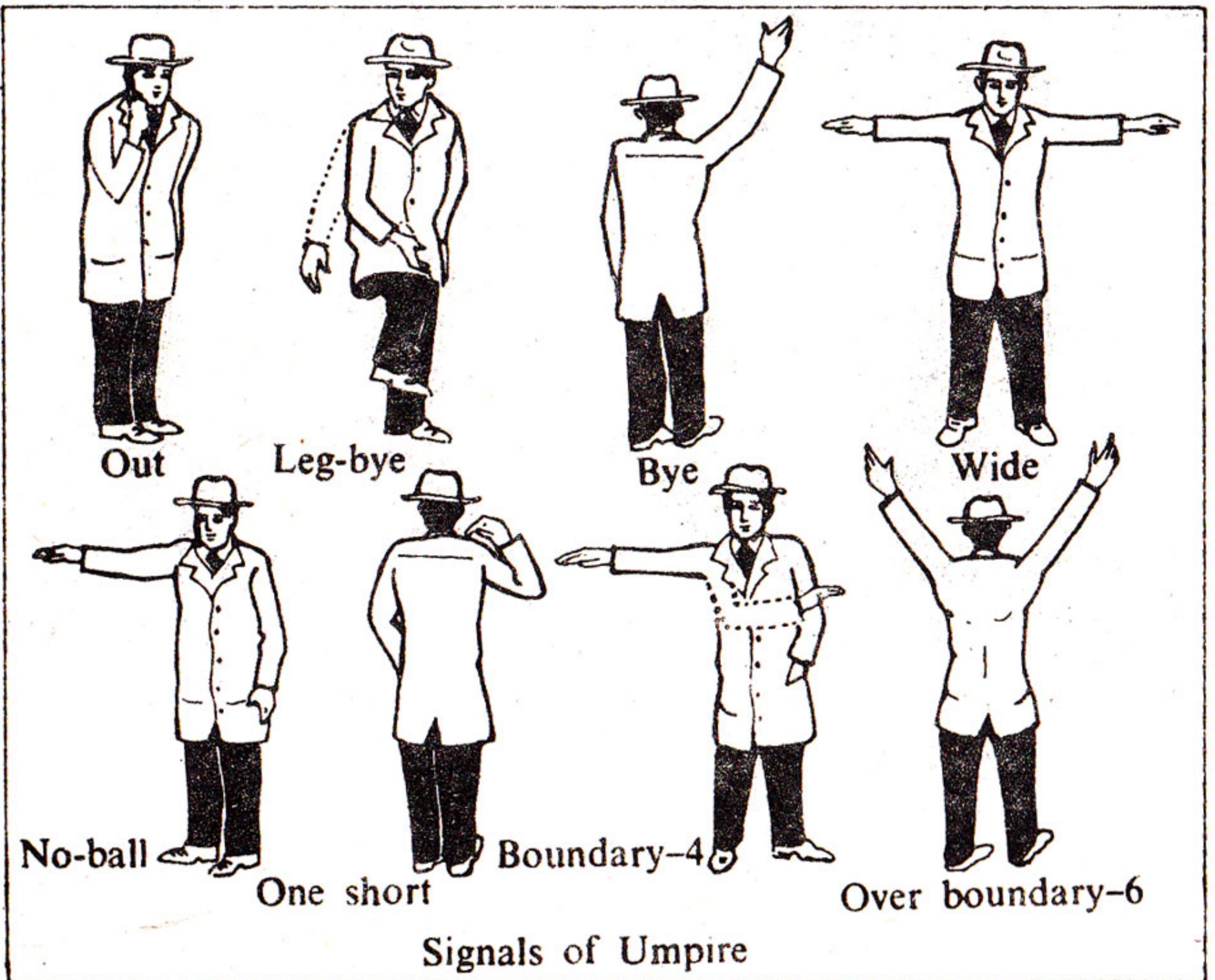
DEFENCE



CATCHING



THE OFF BREAK



Signals of Umpire



# KABADDI

## 1. Explain the measurements of the kabaddi ground?

For men : 12.50m X 10m

For women : 11m X 8m

The baulk line for men's ground 3.25m from the centre line and for women 2.5m from the centre line (see the diagram) Sitting block size : 8m X 2m

## 2. How many players are there in a game?

Each team has a total of 12 players. Seven players enter in a game as regular players and 5 players are substitutes.

## 3. How many players can be substituted in a game?

Maximum 3 players can be substituted during the game once. Substituted players cannot be replaced at any time.

## 4. What is the duration of a kabaddi match?

The match for men has 2 halves of 20 minutes each with 5 minutes interval (20m-5m-20m). The match for women and children has 2 halves of 15 minutes each with 5 minutes interval.

## 5. How will you break the Tie in the kabaddi match?

A team scores 1 point for each player put out by them. If a team puts out all opposition players, that team scores a lona, a bonus of 2 points.

At the end of the game, the team scoring more points, wins the game. If there is a tie, an extra 10 minutes is allowed. Still there is a tie after extra time, the side scoring the first leading point is declared as the winners.

## 6. What are the rules for the players in the game?

1. Players bodies and limbs must be free from any



greasy substances. 2. Banians must be clearly numbered at the back and front. 3. Nails must be closely clipped. 4. No metal or ring or belt shall be worn.

**7. Explain the terms Raiders and Anti raiders?**

The raider is one who goes into the court of opponents with the cant.

The players who are in the court the raider has entered, are called anti raiders.

**8. What are the rules for a raider?**

1. Only one raider must enter in the opponent's court at a time. 2. The raider must utter the word kabaddi loudly and clearly by repeating it with one respiration. 3. The raider must begin the cant before crossing the centre line.

**9. When is a raider out?**

1. If a raider loses his cant while he is in the opponent's court. 2. If he does not cross the Bauik line, he is out. 3. When a raider goes out of bounds, he is out. 4. When a raider pushes or pulls an opponent out of boundary he is out. 5. When a raider is caught by one or more antis, he is out.

**10. When can a raider use the lobby?**

A raider can use the lobby after the struggle.

**11. What is the new rule for the raiders?**

A raider is not compelled to touch an anti. He can hold on his cant and return home safely without touching any opponent. But a team does not touch any opponent after sending 3 players, the umpire shall award 1 point to the other side.

**12. What are the rules for the anti – raiders?**

The aniti raiders always try to catch the raider and



make him out. 2. When a raider is held, the antis shall not try to stifle his cant by shutting his mouth. 3. They shall not use violent tackling leading to injuries. 4. They should not wilfully push the raider out of the boundary. 6. The antis should not touch the boundary line or step into the opponents court when a raid is in progress.

**13. How is the revival made during the game?**

When a player is out, he must leave the field and go to the waiting block. He can reenter his court when an opponent is put out in the same order he was out.

**14. What are the basic skills in kabaddi?**

1. Cant 2. Raiding 3. Catching 4. Pursuit

**15. Name the officials in a kabaddi match?**

1 Referee, 2 Umpires, 1 Scorer, 1 Time keeper, 2 Linesmen.

**16. What are the various kinds of basic skills for a raider?**

1. Toe touch. 2. Front kick. 3. Side kick. 4. Cross kick. 5. Roll kick. 6. Mule kick. 7. Aero kick. 8. Squat leg thrust. 9. Jumping over antis.

**17. What are the various kinds of basic skills for anti raiders?**

1. Wrist catch. 2. Crocodile catch. 3. Ankle catch. 4. Double ankle catch. 5. Knee catch. 6. Thigh catch. 7. Trunk catch. 8. Lift catch. 9. Washerman catch.

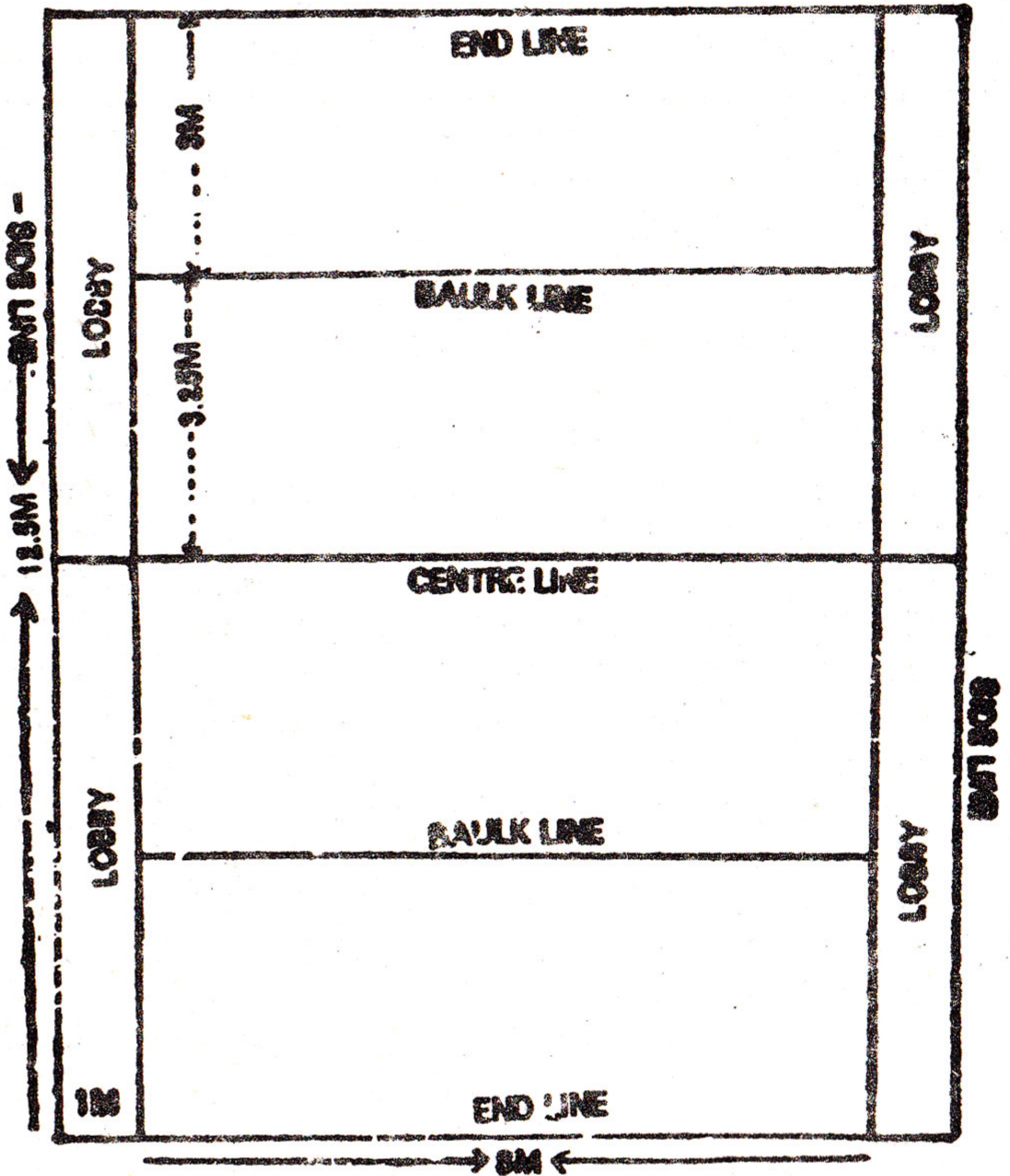
**18. In a match, if one team has 5 players only and it wants to play. What will you do?**

As per the rule, a team can start a match with one or two players less. So, the team with 5 or 6 players will be allowed to play the match. When all the players of that team are out, absentees too shall be counted as out and points will be awarded accordingly to the other team along with 2 extra points as lona.



# KABADDI FIELD

SITTING BLOCK



SITTING BLOCK



# KABADDI SKILLS



Toe Touch



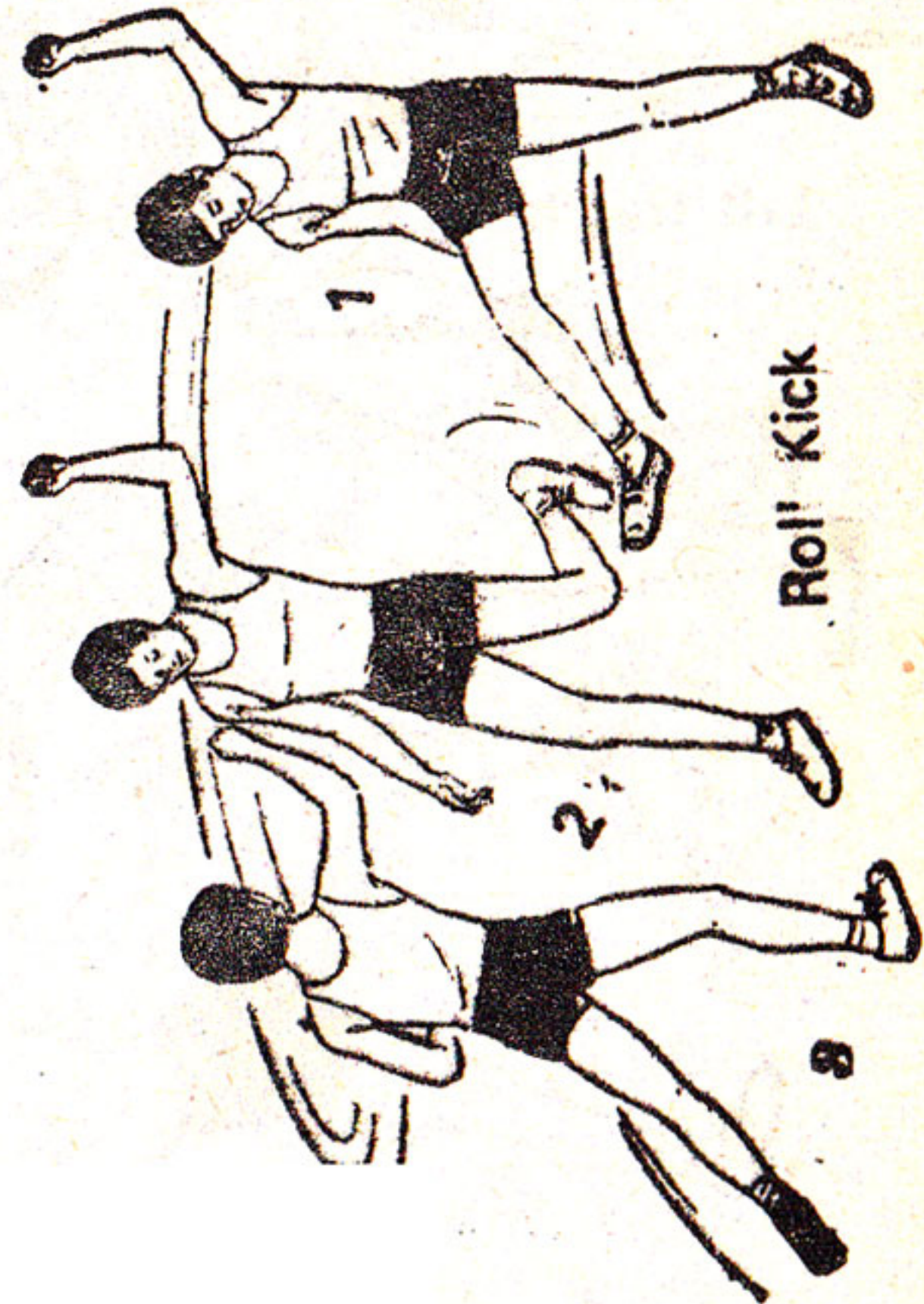
Side Kick,



Cross kick,



Aero kick



Roll Kick





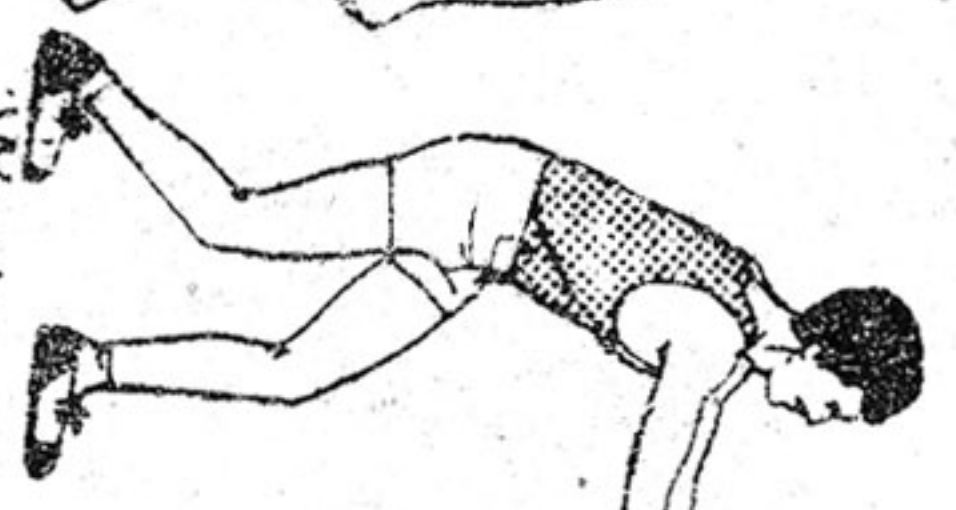
Wrist catch



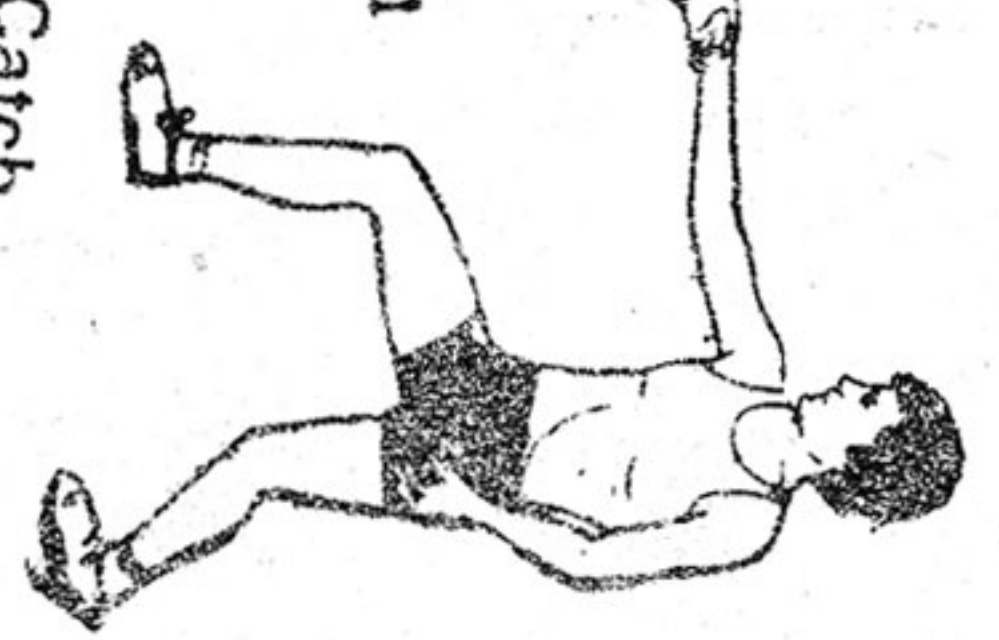
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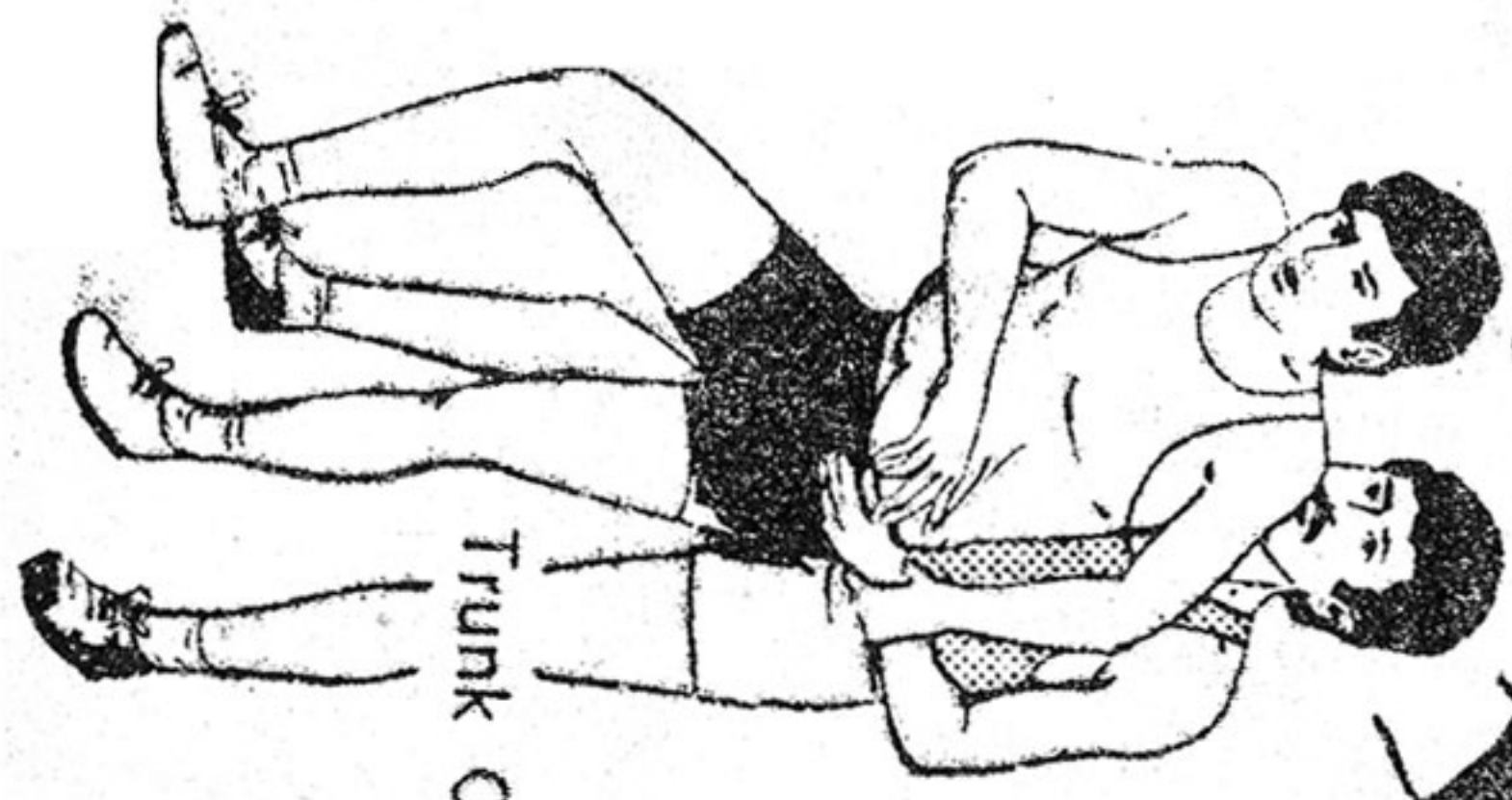
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Washerman's Catch



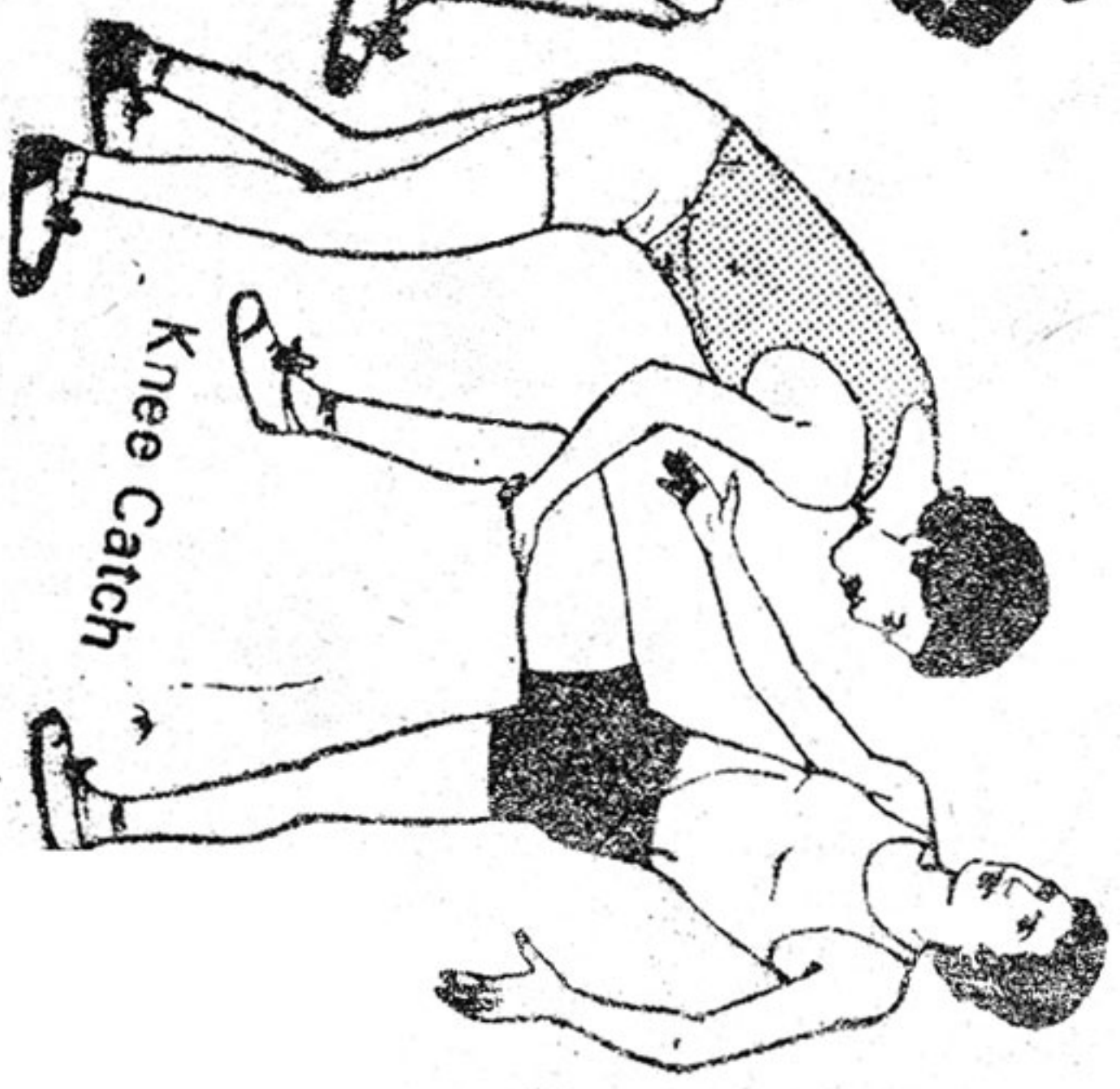
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Trunk Catch



Lift Catch



Knee Catch



# TENIKOIT

**1. Mention the length and width of the Tenikoit court?**

The court for singles and doubles game shall be 40 feet X 18 feet.

**2. What is the height of the net?**

The height of the net is 6 feet.

**3. State the diameter and thickness of tae ring?**

The diameter of the ring is 7 inches and the ring is made up of rubber with 1 1/4 inches thickness.

**4. What are the basic skills in tenikoit?**

1. Service. 2. Receiving the ring. 3. Returning the ring.

**5. When does a team win the match?**

A team has to get 15 points first to win a game. A team has to win 2 games out of 3 games.

**6. Mention some important rules for the server?**

1. The server shall stand at the right side of the court behind the end line and serve always to the cross court. 2. The server shall not touch the end line when the time of service. The ring shall not touch the net when it is going to the opposite court. 3. Wobbling is not allowed.

**7. What are the important rules for the receiver?**

1. The receiver should catch the ring by one hand only. The ring must be returned by the hand in which the ring is caught. 2. The receiver can send the ring to his opponents court any where he likes. 3. The ring must be sent back from the same spot where he catches the ring. He shall not walk or jump when throw-



ing the ring. 4. The ring must be returned immediately and not retained in the hand for more than a second.

**8. What are the fouls in playing the ring?**

1. If the ring in service, falls in the neutral ground, it is fault. 2. overhand in any form is fault. Cheating action like throwing action is fault.

**9. Give your decision when the ring falls on the boundary lines?**

The ring striking on any boundary line is correct.

**10. Explain the Table tennis point system in a tenikolt match?**

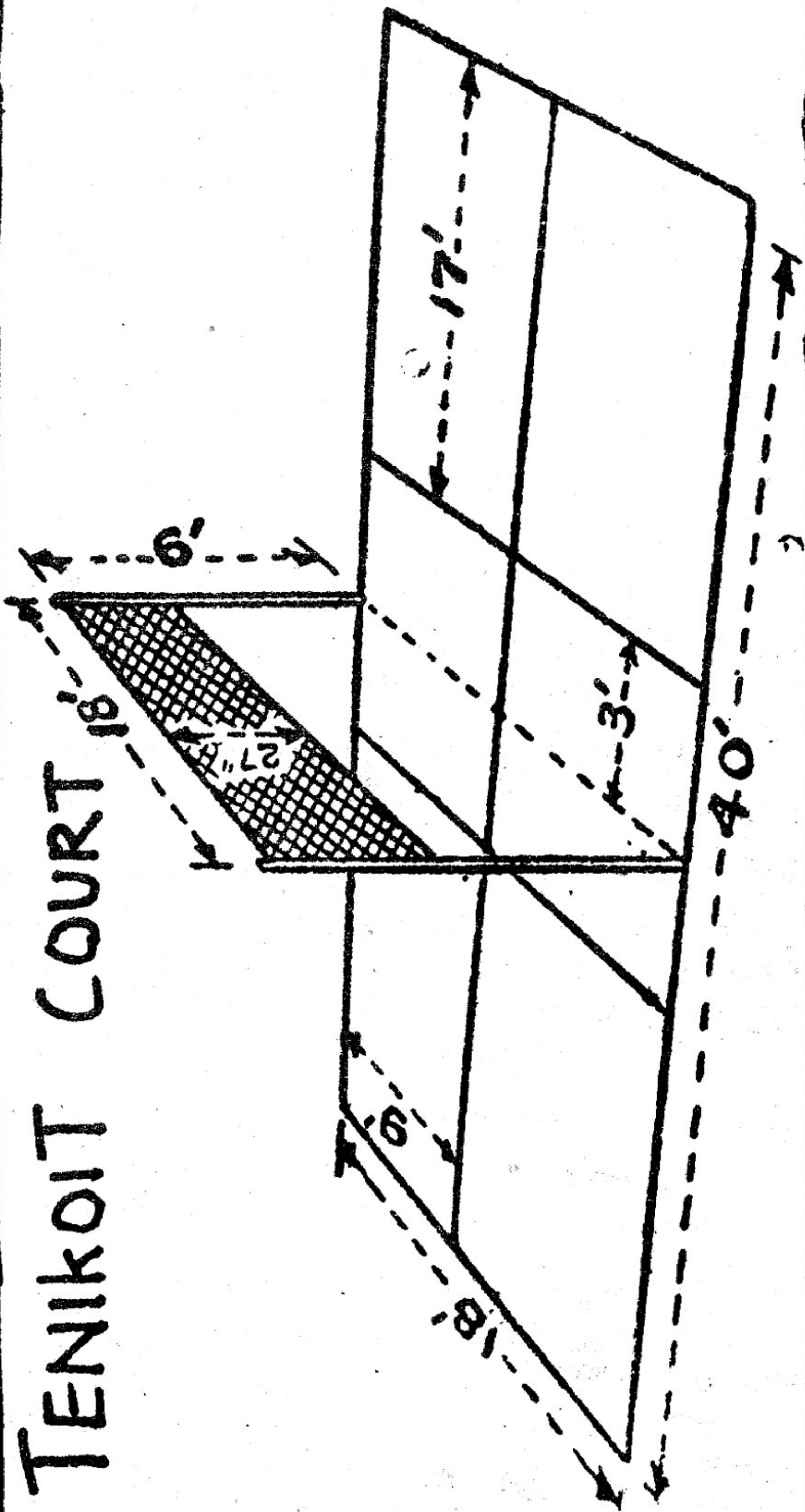
In a Table Tennis point system, a team has to get 21 points to win a game. The service system is as follows.

One player has to serve 5 services continuously. After 5 services, service is changed when the score comes like 5, 10, 15, 20.

If both teams are 20 each, the game shall be won by the player or pairs first scoring subsequently 2 points more than opponents.



# TENIKOIT COURT 18'





# TABLE TENNIS

1. **What is the length and breadth of a Table Tennis Table?**

The length of the Table is 9 feet (274 cms) width is 5 feet (152 cms) and the height from the floor is 2 1/2 feet (76 cms).

2. **What is the size of a Table Tennis ball?**

The circumference of the ball is 11.43cm to 12.06cm (4 1/4 to 4 3/4"). The weight is between 2.40 to .53 grammes. The ball is made up of celluloid of similar plastic white colour.

3. **What is the length of a Table Tennis net?**

The length of the net is 6 feet (183cm). The height of the net is 6 inches (15.25cm)

4. **What are the grips of holding the racket?**

Two types :1. Pen holder grip                      2. Tennis grip

5. **How is the winner decided in a match?**

The team which scores 21 points first will be announced as winners. If both teams score 20 points each, the team first scoring 2 points more than the opposing team will be the winner.

6. **What are the types of service in Table Tennis?**

1. Simple service.    2. Top spin service.    3. Bottom spin service.    4. Mixed spin service.

7. **What are the rules for a good service?**

For a good service, the ball should be placed on the palm of the free hand, which should open and flat, with fingers together and thumb free. Then the server shall project the ball and do the service. At the time of service, the ball should be always visible. The ball shall be struck



so that it touches first the server's court and then passing directly to the opponent's court without touching the net. It is called good service.

**8. What is a good return?**

The ball after having been served should be struck so that it may pass directly over or around the net and it should touch directly the opponent's court.

**9. What are the fouls in the Table Tennis game?**

1. If the ball touches the receiver's hand, wrist, body or his dress etc. 2. If a player strikes the ball twice successively. 3. If the player touches the surface of the table. 4. If the receiver smashes the ball before it touches his table are the fouls in the game.

**10. When does a player lose his point?**

When a player or a team loses point:—

1. If he is unable to make a good service. 2. If he fails to make a good return. 3. When he is playing, his other hand touches the table. 4. If he returns the ball with volley.

**11. What is Let?**

1. If a service is good but the ball touches the net and falls correctly in the other court. 2. When the service is delivered and the opponent is not yet ready to play the ball. It is called let.



DOUBLE LINE

--- 76.25cm --- 2Ft. 6in ---

274cm

(9 Ft.)

NET

POST

--- 152.5cm ---

(5 Ft.)



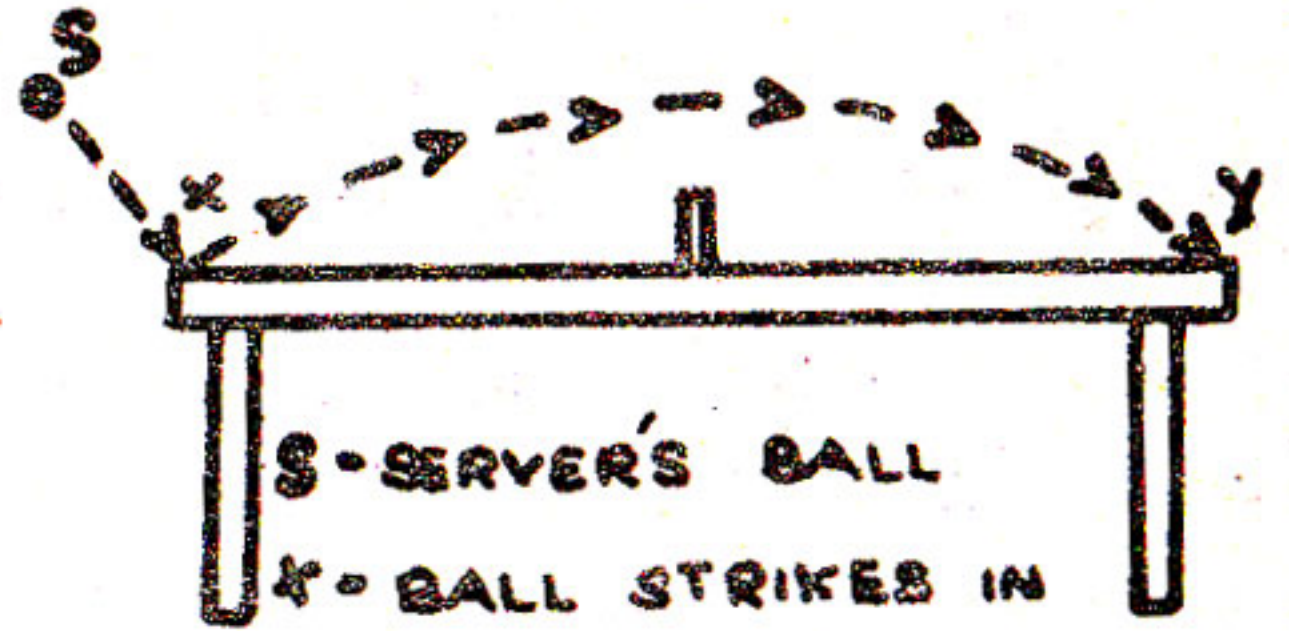
# TABLE TENNIS



BACKHAND



FOREHAND



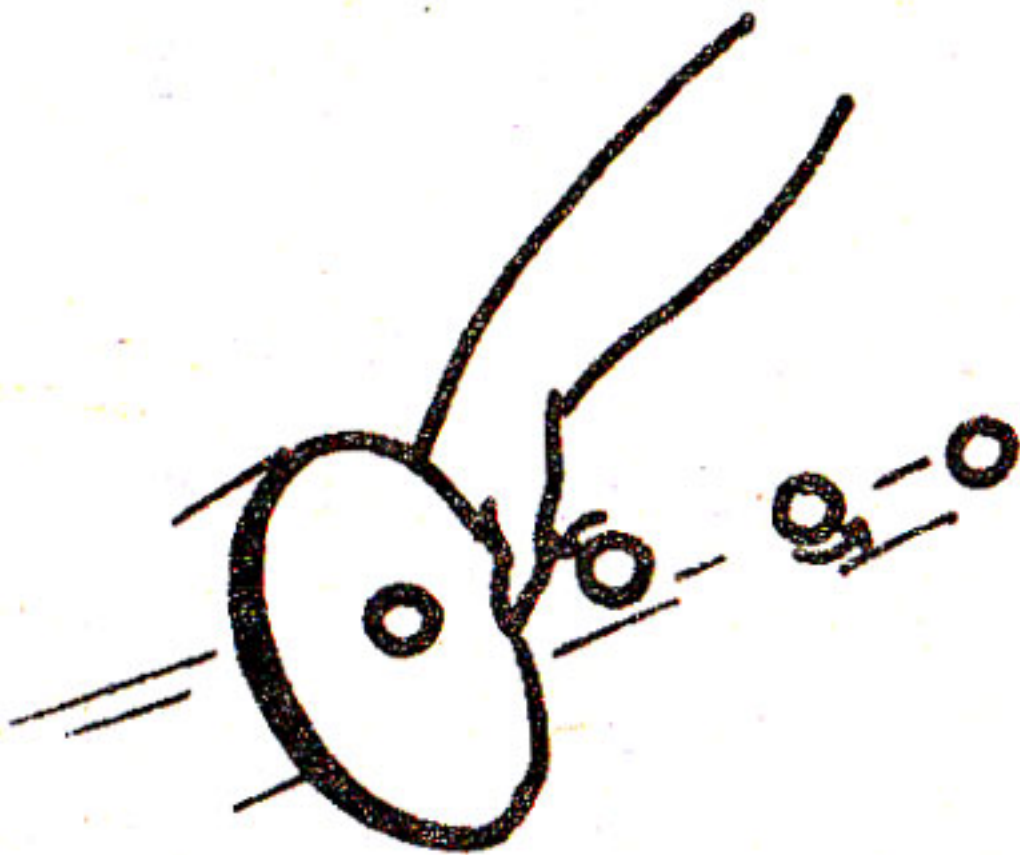
S - SERVER'S BALL

X - BALL STRIKES IN

SERVER'S COURT

Y - BALL STRIKES IN

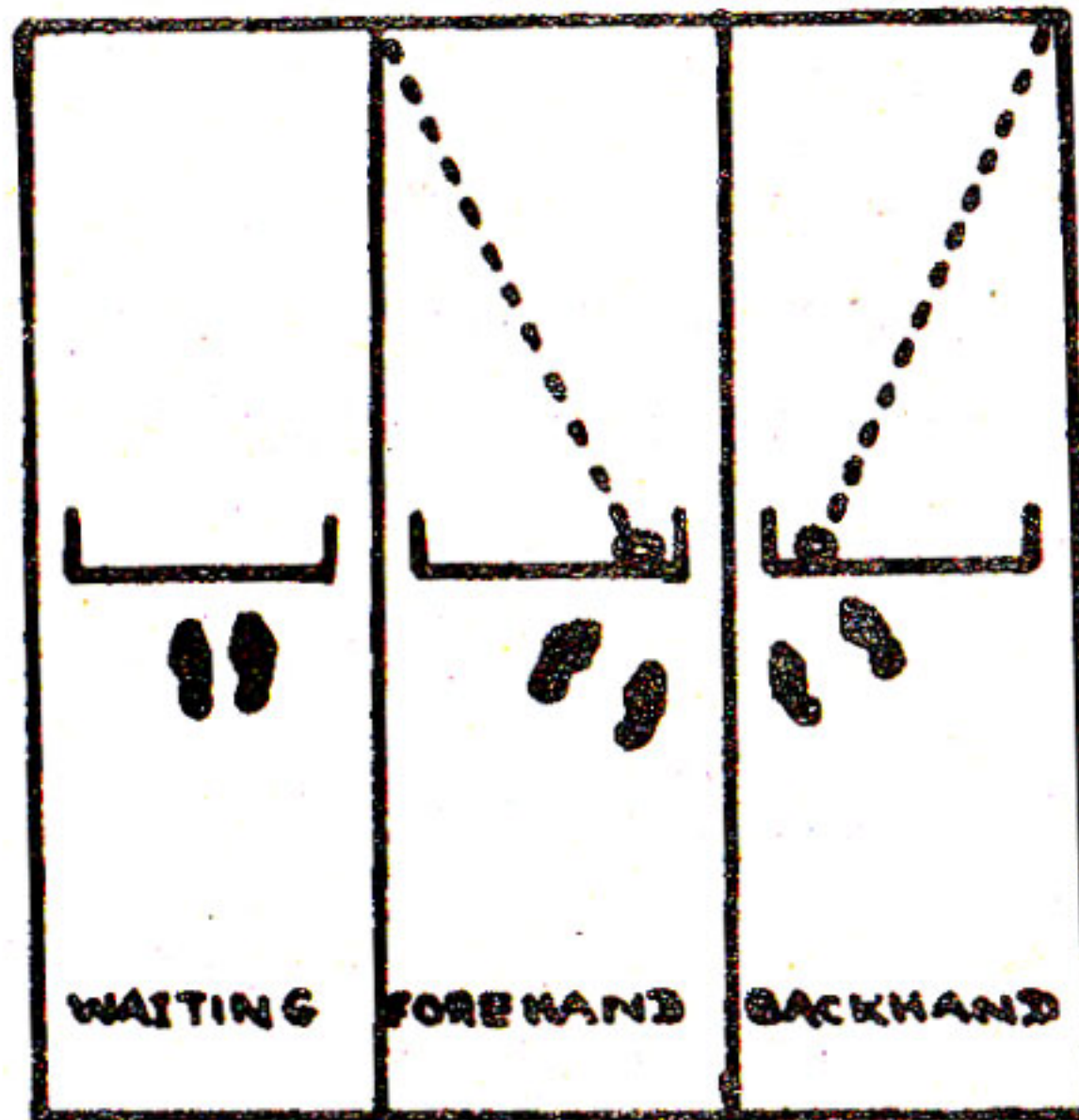
RESEVER'S COURT



BACKSPIN



TOPSPIN





## MINOR GAMES

### 1. **NONDI TAG** (Number 30 to 50. Area : Available place,

One of the students is selected as **IT**. At a signal, **it** tries to chase and tag any one among the students. He who is tagged, becomes **it**. This is ordinary Tag.

In Nondi Tag, **It**, should tag others by hopping on one foot. The one who is touched by **it**, becomes the **New it** and continues the game.

### 2. **SKIP TAG** (Number 30 to 50. Area : Big circle)

Form a circle first. Select a student as **it**. At a signal, **it** skips round outside and taps one and skips fast to reach the gap in the same direction. The one who is tapped chase him by skipping till **it** reaches the gap. If touched before reaching the gap, **it** has to continue the game again or else, the tapped student becomes the **New it**.

### 3. **OSTRICH TAG** (Number 30 to 50. Area : 50' X 50')

This is similar to ordinary tag. When **IT** comes to touch a player, he is safe when he stands on one foot; with the arm under the knee of the other leg raised high and grasping the nose. **It** shall try other players. Thus continues the game.

### 4. **SQUAT TAG** (Number 30 to 50. Area : 50' X 50')

This is also similar to ordinary tag. When **it** comes to touch them, players squat immediately. So, **it** has to see other players and keeps on moving. Squatting is allowed 3 times only to a player. After this the player must run and escape, being tagged by **it**. The **new it** continues the game like this.

### 5. **COME WITH ME** (Number 30 to 50. Area : 20 yards circle)

Except **it**, all are assigned places, marked in dots, round a circle. **It** goes round inside the circle with a magic



wand (1 foot stick), pointing it on somebody, commands him **Come with me**. Thus, 3 or 4 players are gathered, and they walk around.

Suddenly it shouts **go home**, those who followed it, must dash back to the places vacant on the circle. It also tries for a vacant place. He who has no place to stand takes the magic wand and continues the game.

**6. THE HUNTER AND THE BIRDS** (*Number 50. Area : 10 X 10m*)

It is the Hunter and the rest are Birds. They gather behind the hunter and follow him. After leading them to some distance, the hunter shouts, suddenly turns and chases them to the starting line.

All tagged, would become as the hunters, and continue the game. Otherwise, if one is tagged, he will be the next hunter.

**7. CROWS AND CRANES** (*Number 30 to 50. Area: 10 X 40m*)

Students are divided into two equal groups. One group as **Crows**, other as **Cranes**. They stand in their respective groups on two starting lines 6 feet apart, facing each other.

The teacher calls out in prolonged tone **CR..R..R..R** and ends as **ane** (Cranes) or **rows** (Crows) or **crows** whichever is called, that group should dash back to their original line (20 metres away from the starting line) and are chased by the other group. Those who are tagged, join the otherside.

Repeat the game like this, 4 or 5 times. Which side has the largest number at the end, wins the game.

**8. LUGGAGE VAN** (*31 boys : Area – 40 Metres square*)

Holding the waist of one another in a file, 5 students form a train. Like this, 6 trains are formed. One is selected as the luggage van. He is standing away at a distance of 10 metres.



On signal, the luggage van tries to attach itself with the tail end of one of the trains by hooking his arms around the waist of the last player in the train.

The front player in the train with outstretched his arms, jumps about, turning the train to and from to avoid the luggage van. The luggage van tries all the three trains. If he succeeds the player at the head of the train, becomes the next luggage van.

#### **9. FREE AND CAUGHT** (*Number 30 to 50. Area : 40m*)

Two or more ITS are chosen and the rest of the players scatter over the field. The ITS tag as many as they can. Immediately, a player is touched, he must squat, but can be released and he can take part in the game, by a touch from a free player. The object of the game is for the ITS to get everyone squatting, while the free players try to prevent it.

#### **10. POTATO RACE** (*Number 30, Area:10 X 30m Potato:12*)

Divide the players into 3 teams of 10 each and form a file of each team behind the starting line. In front of each team, mark 5 small circles about 10 feet away from one another in a straight line and place 1 potato in each of the first 4 circles, thus leaving the last one empty.

On signal, the first one from each team runs, and transfers one potato at a time, and thus all the potatoes to the last empty circle and returns to touch the second player in his team at the starting line.

The second person distributes the potatoes to each of the circles one by one as originally placed and touches the third. The last player will finish at the starting line.

#### **11. ZIG ZAG RUN**

The players are divided into 2 or more teams of equal size. Arrange the teams in parallel columns of files, ten feet apart. They stand behind the starting line.

Place 8 indian clubs in a line directly in front of each



team - clubs standing 10 feet apart. At signal, the first player of each team runs forward to the clubs, and travelling alternatively to the left and right of clubs, (zig zaging) runs to the farthest club, circles it, and zig zaging again returns to the starting line. Here, he touches off the second player, who repeats the same performance. This continues until all have completed. The team finishing first, wins.

## 12. OVER AND UNDER RELAY

Divide the players in teams of equal numbers and arrange them in files, facing front with the first players toeing the starting line. Space the players at arm's length apart. Establish a turning point 30 to 40 feet in front of each column and another 20 feet behind each column.

Give the first player of each team a ball. At the signal, the first player of each team with a ball runs forward, circling the point in front, comes back, crosses the starting line, and turning about with his back to the other players passes the ball back over his head to the second player, who passes it between his legs to the third, the third player over his head to the fourth, and so on alternately.

When the last player gets the ball, he runs to the rear, circles the object at the rear, runs forward and circling the object in front comes back to the head of the line and passes the ball back again as before over and under alternately. The team whose original player returns first to the finishing line, wins.



# BODY BUILDING EXERCISES

- |    |    |   |       |
|----|----|---|-------|
| 1. | 1. | Arms forward upward and heels             | Raise |
|    | 2. | Arms sideward downward and heels          | Sink  |
| 2. | 1. | Arms upward                               | Bend  |
|    | 2. | Arms sideward and head backward           | Press |
|    | 3. | Arms upward bend and head                 | Raise |
|    | 4. | Position                                  |       |
| 3. | 1. | Hands on hip                              | Place |
|    | 2. | Feet about 12 inches apart                | Jump  |
|    | 3. | Feet about 18 inches apart                | Jump  |
|    | 4. | Position                                  |       |
| 4. | 1. | Hands on hip                              | Place |
|    | 2. | Left arm forward raise and with right leg | Kick  |
|    | 3. | Right arm forward raise and with left leg | Kick  |
|    | 4. | Position                                  |       |
| 5. | 1. | Feet apart jump and hands overhead        | Clap  |
|    | 2. | Position                                  |       |
| 6. | 1. | Arms sideward                             | Raise |
|    | 2. | Trunk left sideward                       | Bend  |
|    | 3. | Trunk                                     | Raise |
|    | 4. | Position                                  |       |



# ASANAS

## 1. PADMASANA

Padma means Lotus. Asana means Position. Padmasana means, sitting in the lotus posture.

**One** : Sit on a blanket with legs fully stretched.

**Two** : Bend the right leg at the knee and fold it. Then lift the right foot and place the heel in the opposite groin.

**Three** : Fold the left leg similarly and place left heel on the right groin.

**Four** : Hold the trunk erect, keep the knees touching the ground and place the hands on the knees.

**Benefits** : It helps the correct carriage of the body; reduces the abdominal fat, help to cure heart and lung diseases and digestive disorders; improves respiration. It is good for meditation.

## 1. DHANURASANA

**Starting Position** : Lie prone on the ground with chin resting on it, and the arms placed along the side of the body.

**One** : Raise the head.

**Two** : Bend the legs in the knee joints.

**Three** : Grasp the ankles in the corresponding hands.

**Four** : Raise backward the chest and the thigh resting the whole body on the abdomen come to the original position in 4 counts.

**Benefits** : It strengthens the arms, shoulders, legs, ankles, back and neck. It improves the digestion and postural conditions. It improves the elasticity of the spine and spinal nerves and muscles.

## 3. HALASANA

This posture is called Halasana because in the final position, the body roughly resembles the Indian plough.



**One** : Lie flat on the back, keeping the legs together.

**Two** : Inhaling, press the palms down and raise both legs together until the toes touch the ground behind and beyond the head. Then, release in the reverse order.

**Benefits** : It develops the muscles of the back, hips, neck, shoulders, abdomen, and thighs. It removes constipation and improves digestion. Spinal cord and nerves get more strength.

#### 4. **BHUJANGASANA**

This is known as Cobra Posture.

Lie prone on the ground, touching it with forehead. Palms rest on the ground, by the side of the body.

**One** : Slowly raise the chest with arms support.

**Two** : Throw back the head slowly but fully.

**Three** : Take the toes in, rest them on the ground.

**Four** : Slowly raise the abdomen. Arms are slightly bent at the elbows.

**Benefits** : It helps to keep the spinal column elastic. It increases the blood circulation and removes the spine stiffness. It increases the lungs capacity and improves the digestive power.

#### 5. **ARDHA SALABASANA**

This is otherwise known as Locust Posture.

**Position** : Lie flat on your abdomen and chest. Clench the fists, allowing the arms to lie along the body.

**One** : Raise the right leg backward, making an angle of about 45 degree.

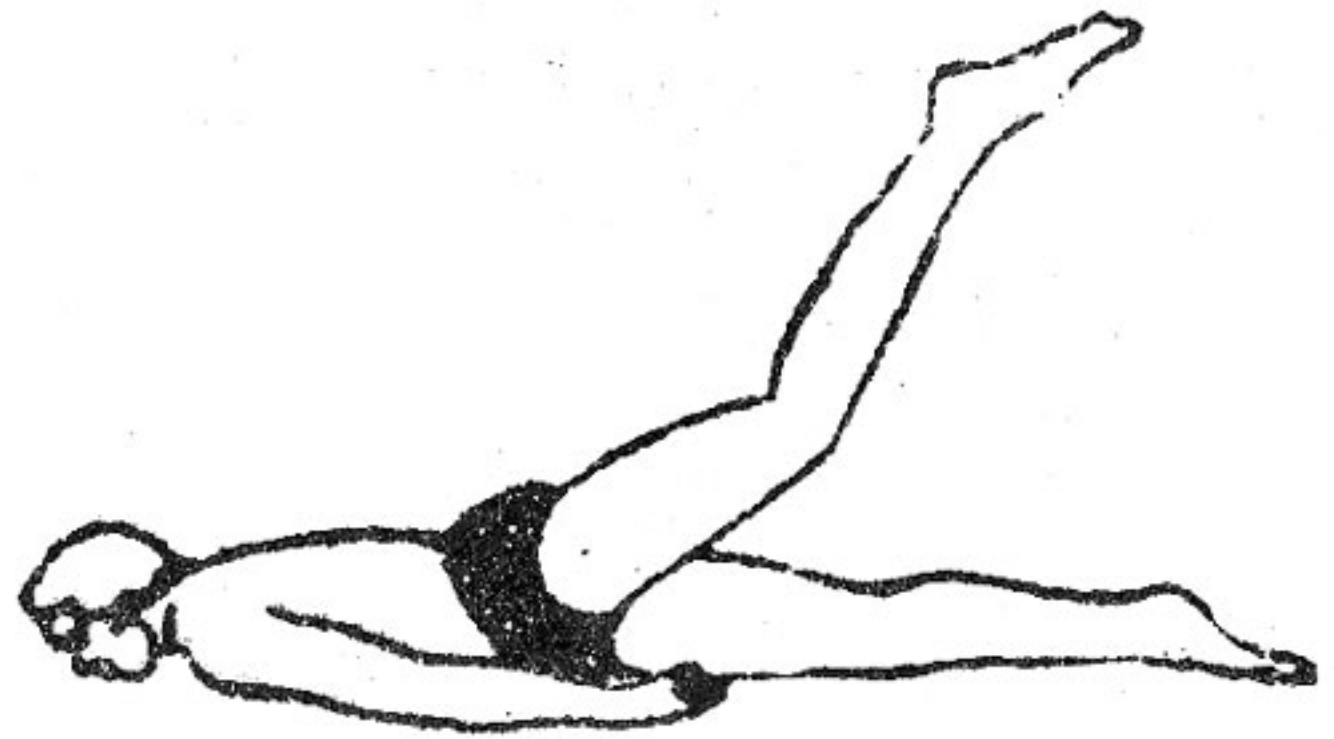
**Two** : Lower down the same to its original position. Repeat the movement with the left leg also.

**Benefits** : Good exercise for the internal parts of the body. It removes constipation. Abdominal muscles are strengthened.





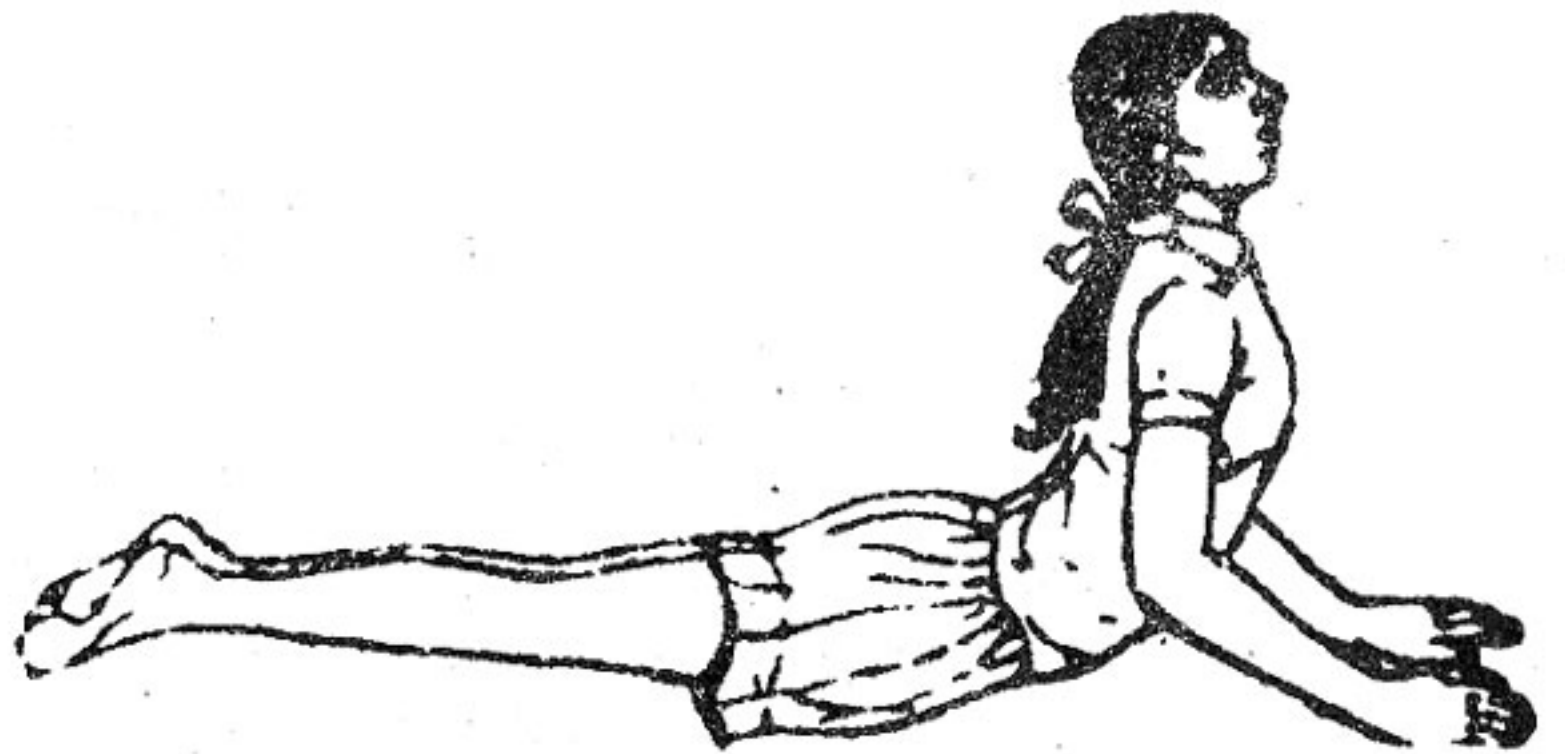
**VAJRASANA**



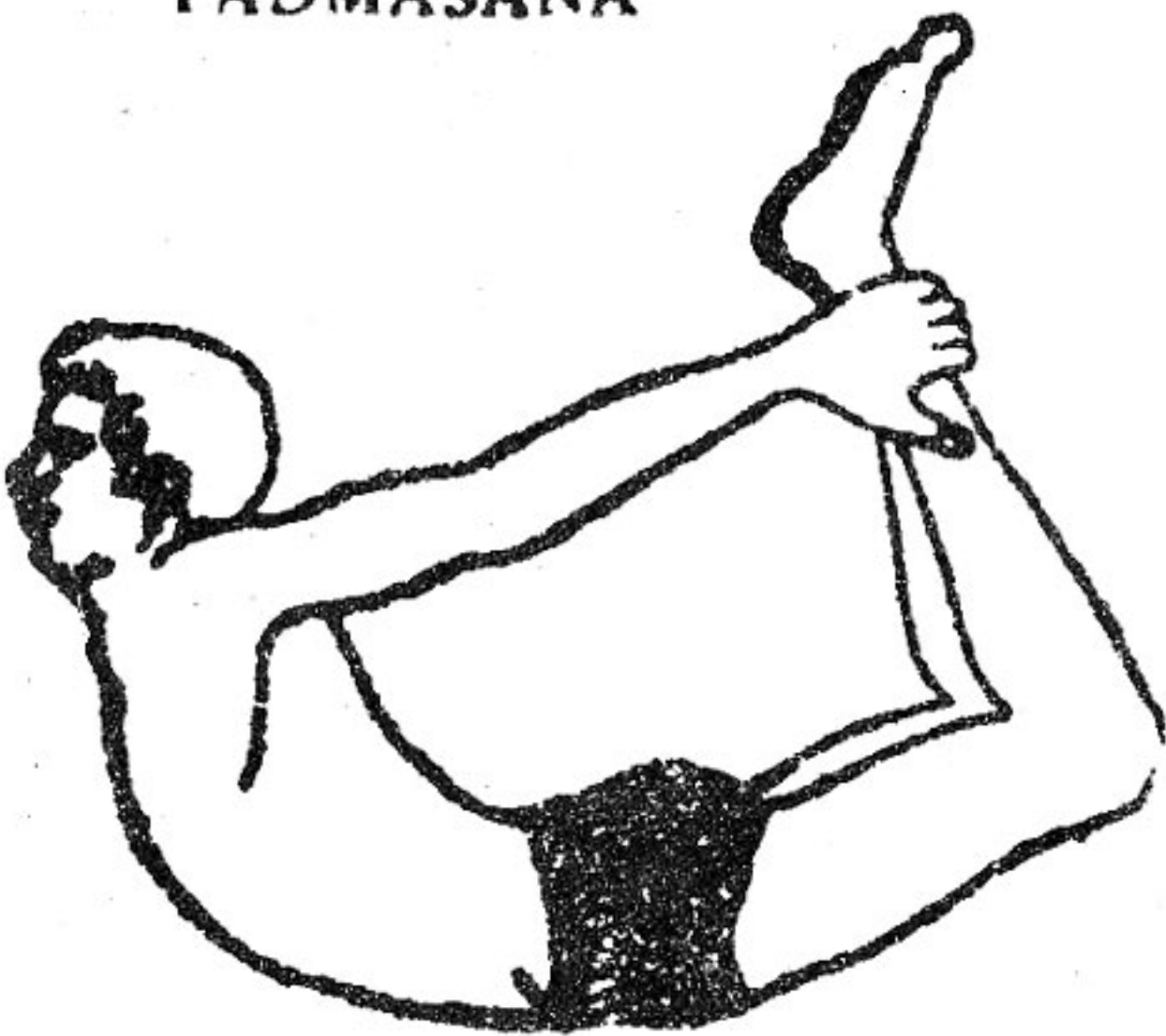
**ARDHA SALABASANA**



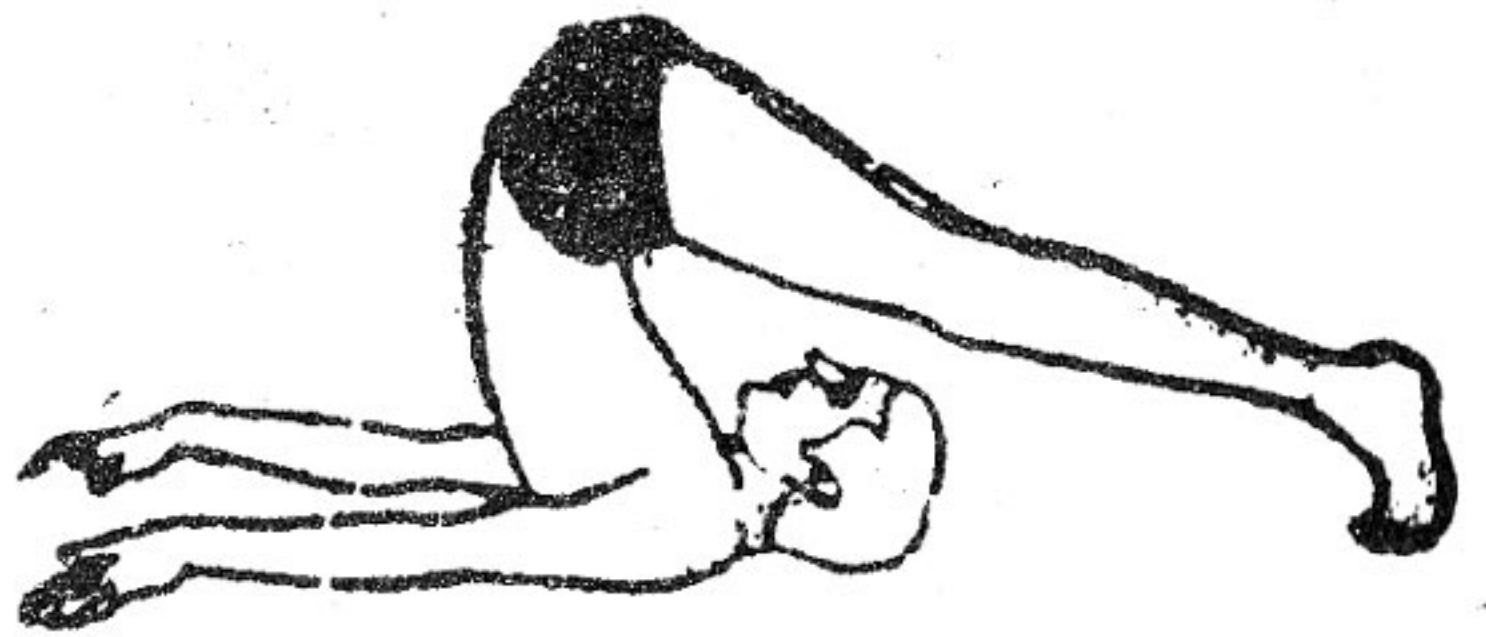
**PADMASANA**



**BUJANGASANA**



**DHANURASANA**



**HALASANA**



## 6. **VAJRASANA**

Vajra means 'Adamant' in sanskrit.

**One** : Sit erect and stretch out the legs.

**Two** : Fold legs back and place the feet on the sides of the buttocks with soles up turned.

**Three** : Place the buttocks on the floor between the heels.

**Four** : Keep the knees together, sit erect place palms on the knees.

**Benefits** : It gives strength to the muscles of the vertebral column and strengthens the pelvic region. Stiff joints will be loosend.

## **RHYTHMIC EXERCISES**

Rhythmic excercises develop the concept of good health, grace and poise. They will promote the sense of self expression and contribute to mental and physical health.

### 1. **DUMB BELLS EXERCISES**

1. 1. Bend body forward and swing the arms well back between the legs.  
2. Return to fundamental position.  
3. Thrust arms forward.  
4. Return to fundamental position.
2. 1. Thrust the arms forward.  
2. Fling the arms sideward.  
3. Fling the arms forward.  
4. Lower the arms.
3. 1. Swing the arms between the legs.



2. Return to fundamental position.
3. Thrust the arms sideward.
4. Return to fundamental position.
4.
  1. Thrust the arms sideward.
  2. Fling the arms forward.
  3. Fling the arms sideward.
  4. Lower the arms.
5.
  1. Swing the arms between the legs.
  2. Return to fundamental position.
  3. Thrust arms downward.
  4. Return to fundamental position.

## 2. **Flag Drill Exercises**

1.
  1. Stepping forward, flags front horizontal.
  2. Stepping sideward, flags side horizontal.
  3. Stepping backward, flags vertical.
  4. Return to position.
2.
  1. Toe touching forward, flags forward.
  2. Flags upward, toe sideward.
  3. Same as in one.
  4. Position.
3.
  1. Lunging sideward, flags side horizontal.
  2. Position.
4.
  1. Bending trunk forward, flags side Horizontal.
  2. Position.
5.
  1. Bending trunk sideward, flags upward in line with the trunk.
  2. Position.



### 3. Hoop Drill

Starting Position : Attention. The hoop is held in front of the knees with both the arms.

1.
  1. Bring the hoop smartly around the head on to the shoulders.
  2. Thrust the hoop vigorously upwards.
  3. Same as one.
  4. Starting position.
2.
  1. Bring the hoop to the left side and bring the right hand to the left shoulder.
  2. Pass the hoop over the head and lower it to around the waist.
  3. Bring the hoop to the right side and bring the left hand to the right shoulder.
  4. Starting position.
3.
  1. Make a pace to the left side and raise the hoop above the head, in a horizontal position, looking upwards.
  2. Make a pace back again to the starting point, at the same time lower the hoop around the waist.
  3. Same as one.
  4. Starting position.
4.
  1. Lunge to the left side with the left foot, bending the advanced knee and straightening the right and bring both arms to the right side.
  2. Starting position.
  3. Lunge to the right bringing both arms to the left.
  4. Starting position.

Girls can practice Pinnal Kolattam and Karagam.



# **GYMNASTICS**

## **(BOYS)**

### **8.1 STUNTS**

#### **1. Free Standing**

Stretch flat on back, arms fold on chest. Raise to standing position, keeping the arms on chest.

#### **2. Chicken walk**

Knees full squats, clasp the arms lightly in front below the knees. Walk on toes in this position.

### **8.1 TUMBLING**

#### **1. Forward roll position**

Knees between arms. Chin on chest. Hands flat on mats in front of feet – straighten knees and raise hips, putting body weights on toes. Start the roll at the back of the neck. Finish roll in the standing position.

#### **2. Hand stand**

The individual stands with one foot in front of the other and places the hands on the floor. Supporting the weight on the hands, the legs are kicked upward, until the body is inverted and balanced in an arched position with the head lifted and the toes pointed.

## **GYMNASTICS FOR GIRLS**

### **1. Becoming as tall and as small as they can**

Sitting with heel and toe and standing as tall as possible. Stand on toes.

### **2. Balancing on the beam**

1. Walk forward and backward – Arm extended side-ward to aid in balaning – Take short steps and flex knees slightly.



2. Hop forward and backward.
3. Squat on one leg.
4. Turn on balance beam.

### **3. Forward roll**

Stand with feet wide apart. Bend knees and place hands on mat. Bend the head forward on the neck and back. Keeping knees bent while going over. Grasp the ankles while coming up to the position of attention.



# 1. MARCHING

Marching is taught to move the student groups from one place to another place in an orderly manner. It helps children to walk with erect posture. Marching can produce spectacular and group effect.

## POSITIONS AND EXPLANATIONS

### 1. Attention: (Command: Class.. Atten.. tion)

On hearing the command, the class will come to the following position.

Heels closed, toes turned out at an angle of 30 Degrees. Knees pressed in straight, body erect resting equally on hips; shoulders in level; chest forward; abdomen in; Arms hanging down, fingers half closed; thumb in front, neck erect, head balanced, eyes looking at their own height, breathing freely.

### 2. Stand at ease:

At the command, carry the left foot 12 inches to the left, so that the weight of the body rests evenly on both the feet. At the same time, carry the hands behind, and the palm of the right hand should be in the palm of the left hand, grasping it firmly with the fingers and the thumb. Arms should be allowed to hang at their full length.

### 3. Stand Easy:

In this position, relax the limbs. Head and body may move; but the students should not move their feet.

Talking, turning back, and using hand-kerchief are not permitted. This position gives the students short rests



among the strong movements.

#### **4. Dressing up:**

(Command: Right Dress or Left Dress)

On hearing the command, the shortest student at the flank will stand erect and face towards the front. Each student except him, will move up forward or backward to get in correct alignment.

To dress correctly, each man must be able to see the lower part of the face of the student next but one to him.

According to the command, the students will dress up in right side or left side.

#### **5. Eyes Front**

When the squad (students) is dressed correctly, the teacher will give the order EYES FRONT; on which, all students look to their front, turning their head smartly.

#### **6. Right - Turn**

The movement is carried out on a Tow COUNT action with a pause between.

COUNT: 1 Slightly raise the left heel and right toe and turn the body 90 degree ( $1\frac{1}{4}$  circle) to the right.

Pause: Raise the left foot UP

COUNT 2: Close with the left foot assuming the position of ATTENTION.

#### **7. Left - Turn**

The movement is the opposite of Right Turn.

#### **8. About - Turn**

It is always made on the RIGHT, unless otherwise stated, and the turn is circle to the right.



## 9. Mark - Time March

On receiving the command, the class will begin marking time, lifting the left foot and right foot upward alternately.

Legs should be raised to 6 inches from the ground, knees to the front, hands to the sides, chest forward, head up looking to the front

The leader may give command 'Left - Right' or 'One - Two'.

## 10. Mark - Time Halt

The Command HALT is given as the right foot touches the ground. ( in two count Rhythm)

Count: ONE: The left foot takes a step for-ward.

Count: TWO: The right foot is brought up in a line with the left foot with a stamp and at the same time the hands are cut away smartly to the position of attention.

## 11. Salute

On command, bring the right hand smartly with a circular motion to the head; palm to the front fingers extended; point of the forefinger one inch above the right eye. Keep the tip of the fingers, wrist and elbow in a straight line.



# TRAINING AND WARM-UP EXERCISES FOR THE RUNNER



## *Abdominal Exercise.*

With knees straight, scissor kick the legs.



## *Arm and Shoulder Girdle Exercise.*

With body straight, touch chest to the ground, and then push up to arms-extended position.



## *Leg and Back Exercise.*

From an erect position, arms extended sideways, touch left toe with right hand, and repeat to other side.



## *Trunk-Stretching Exercise.*

Rotate the trunk as far to the right as possible, and repeat to the left.



## *Hip-Flexibility Exercise.*

Rotate the legs as in riding a bicycle. Start slowly and increase speed.

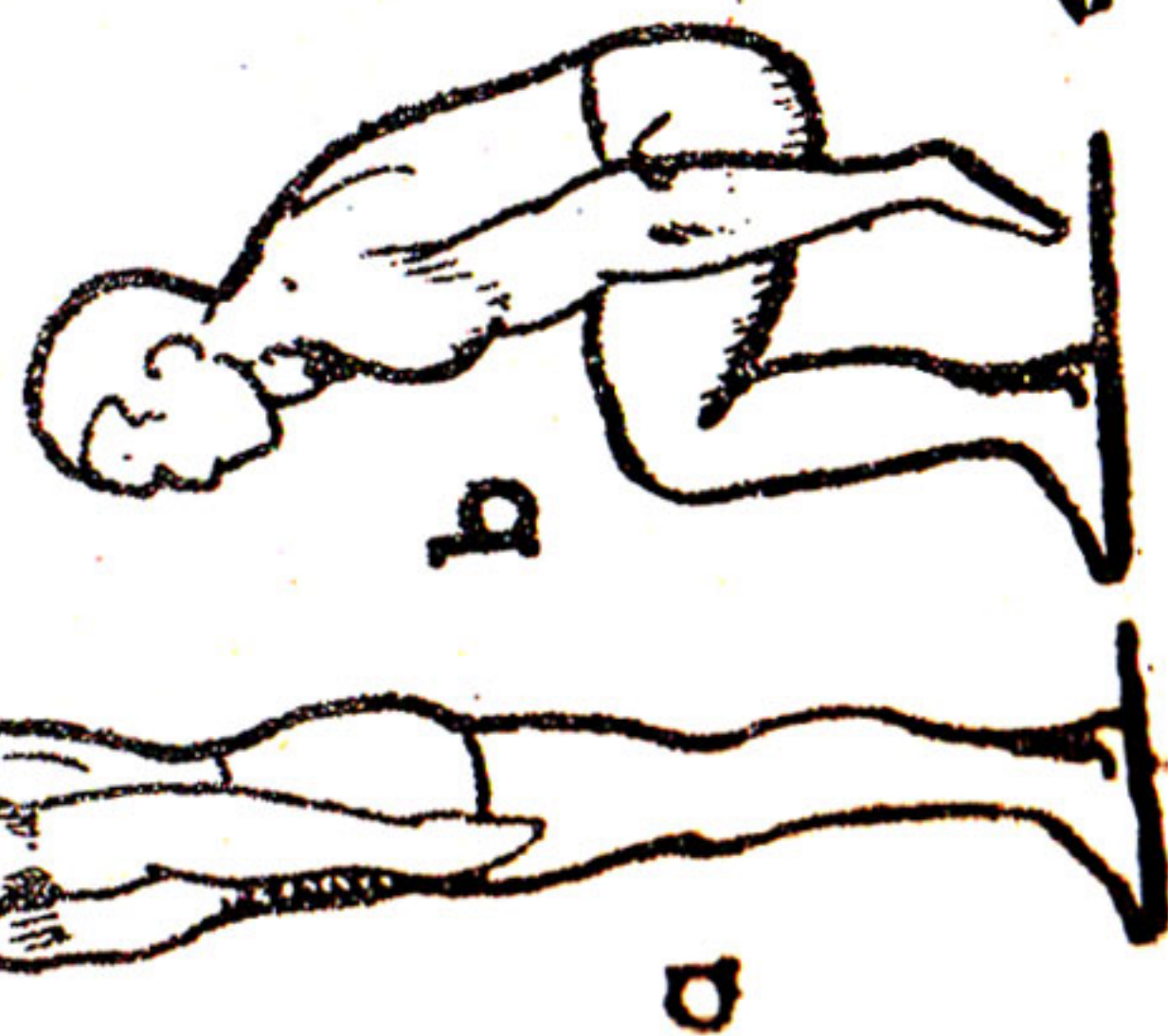


## *Knee-Lifting Exercise.*

Run in place, lifting the knees as high as possible.



Backward Roll



c



d

e



e



Forward Roll



b



c



d



e





# Double Roll

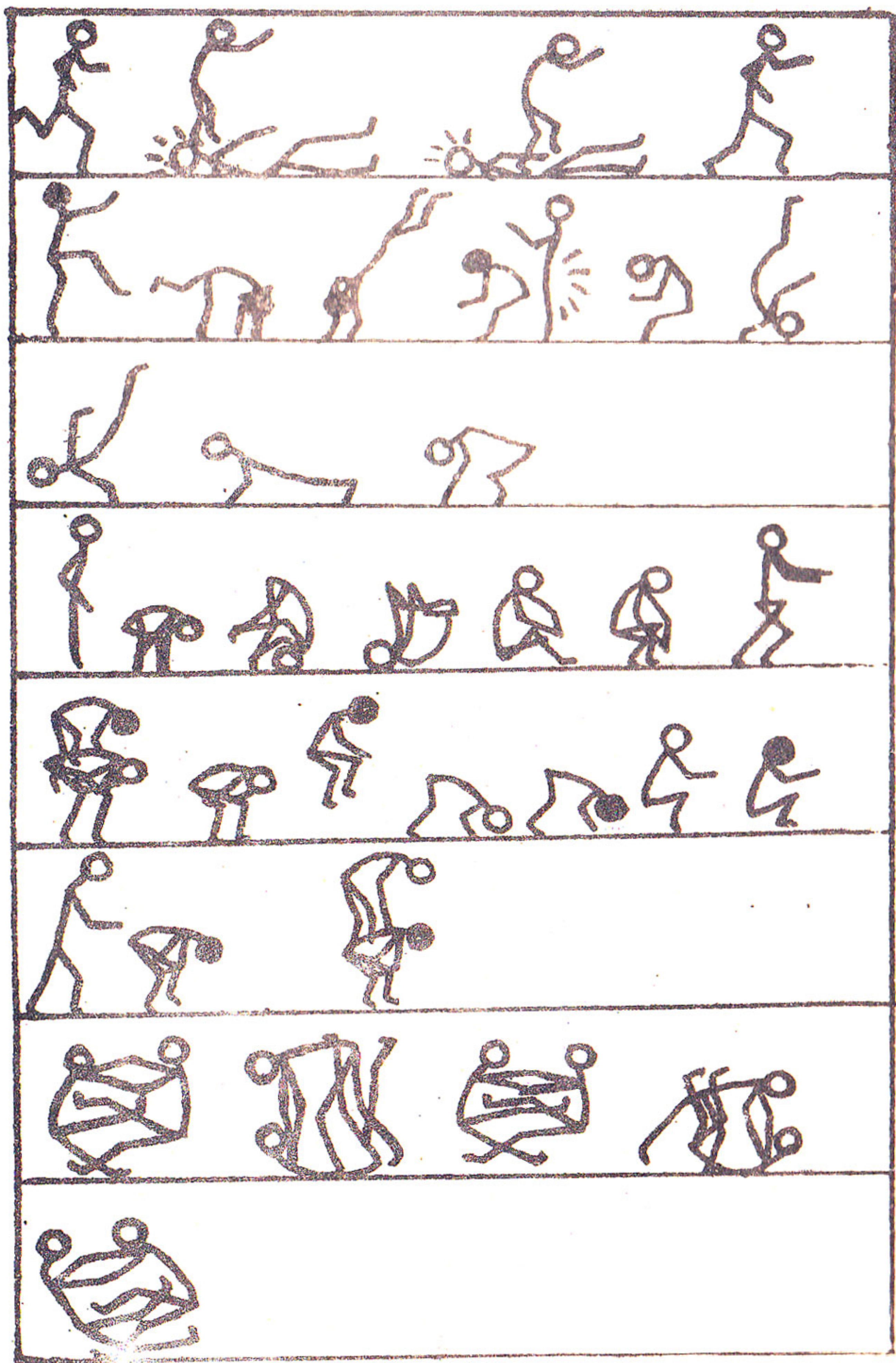


# Shoulder Roll



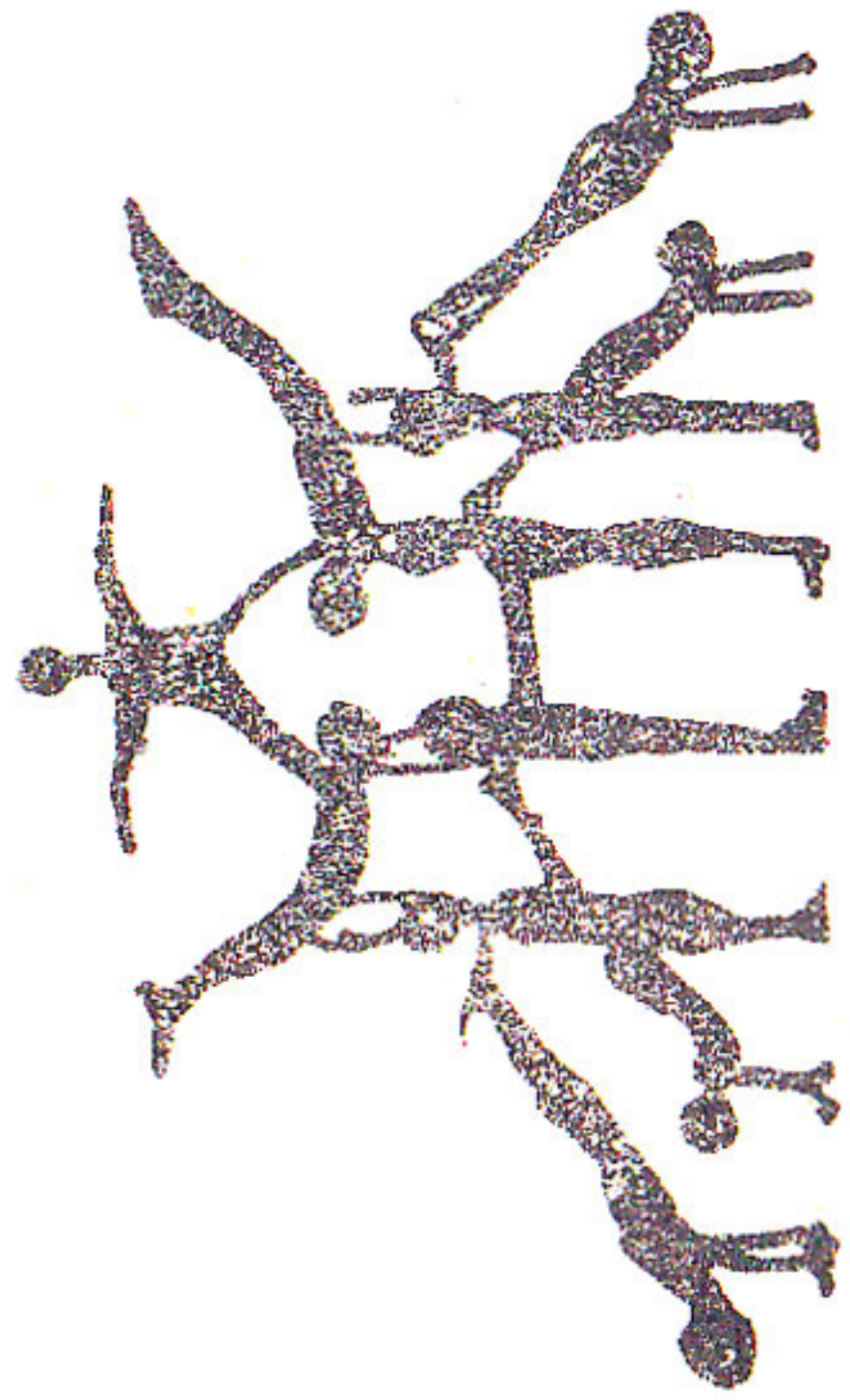
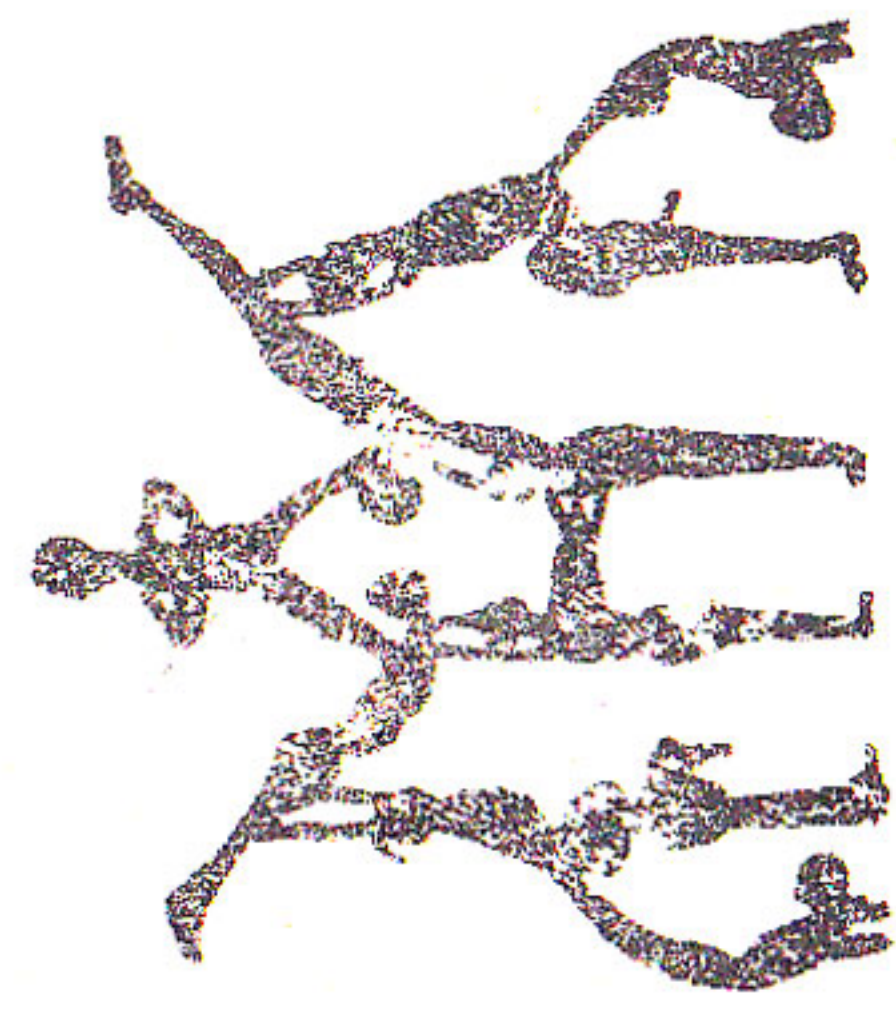
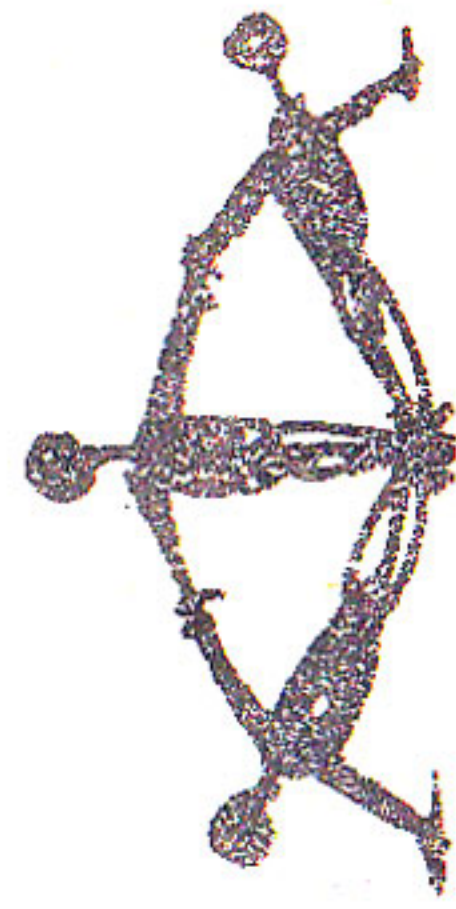
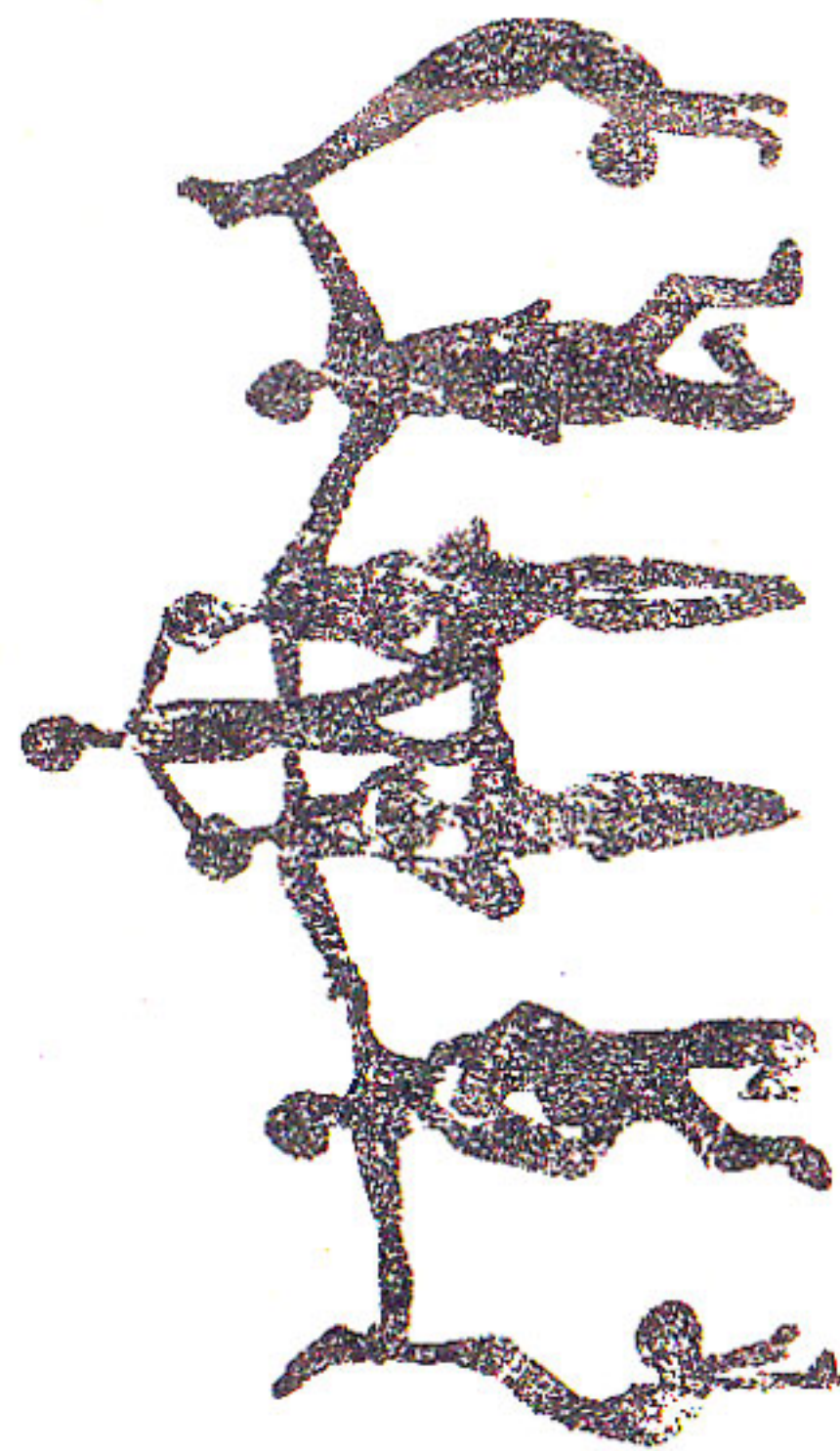


# TUMBLING

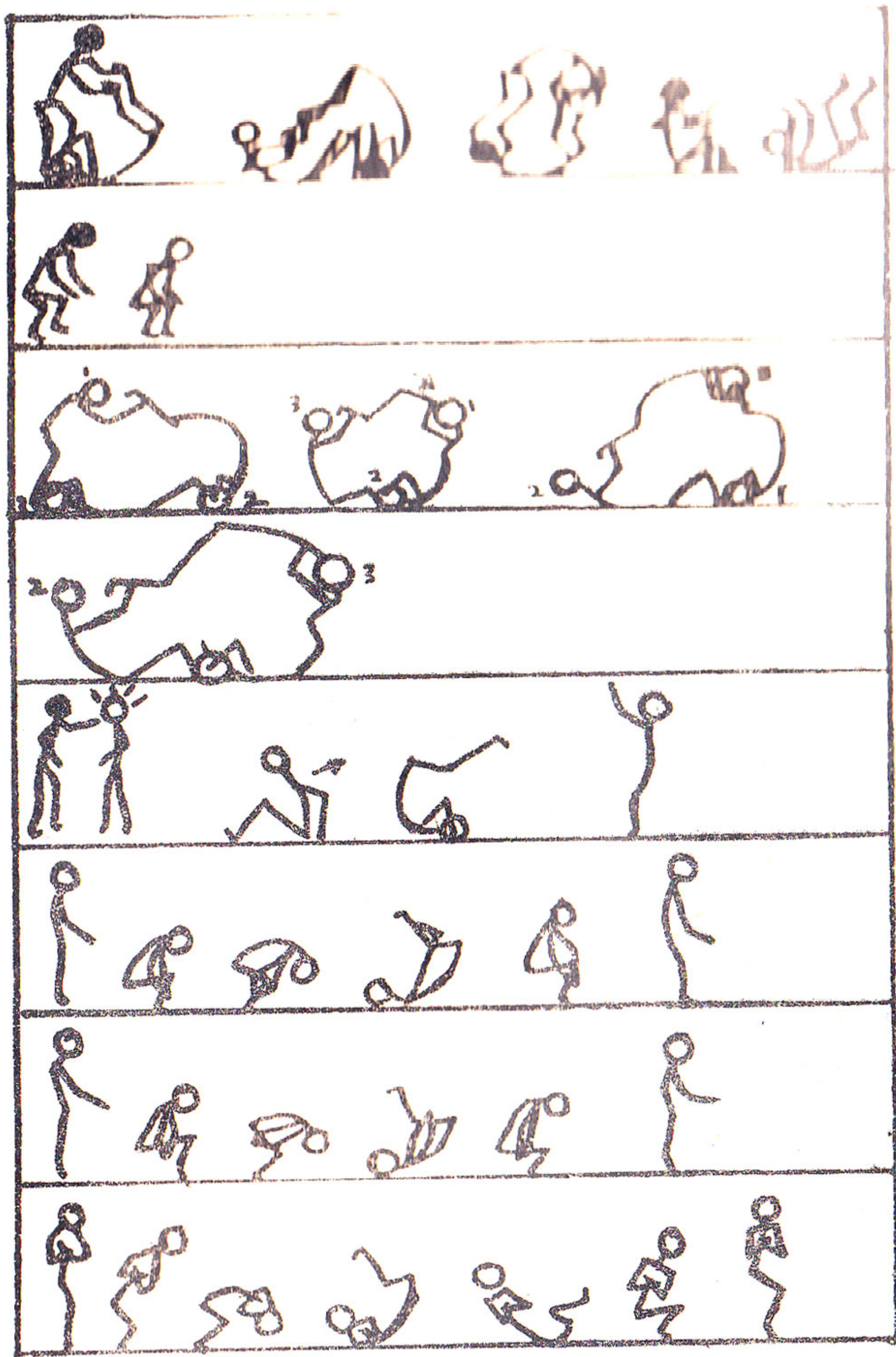




# PYRAMIDS (Eleven's Formation)









Dear Students,

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because, sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

**Dr. S. Navaraj Chelliah.**



**டாக்டர். எஸ். நவராஜ் செல்லையா,**  
**M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI, எழுதிய நூல்கள்**

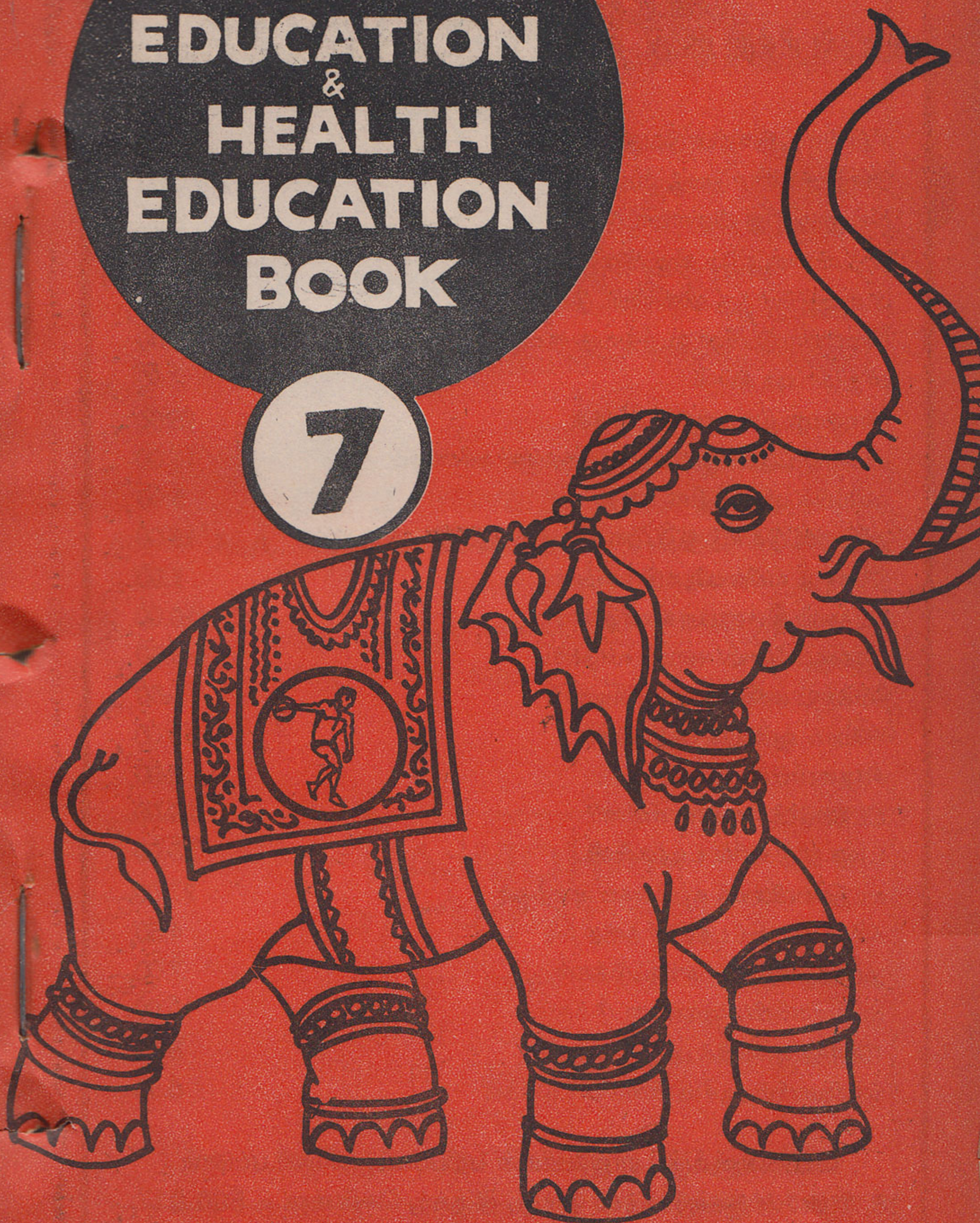
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# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

7



**DR. S. NAVARAJ CHELLIAH**

M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI



# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

VII Standard Boys & Girls

(Based on The New Educational Policy Syllabus)

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# CONTENTS

## 1. MAJOR GAMES

1.	Tenikoi	5
2.	Soft Ball	8
3.	Kho Kho	12
4.	Cricket	19
5.	Kabaddi	26
6.	Foot Ball	30

## 2. TRACK AND FIELD

1.	Running	37
2.	Relay Races	40
3.	Long Jump	42
4.	High Jump	44
5.	Shot Put	49

## 3. HEALTH EDUCATION

## 4. MINOR GAMES

## 5. BODY BUILDING EXERCISES

## 6. ASANAS

## 7. RHYTHMIC EXERCISES

## 8. MARCHING

## 9. STUNTS, TUMBLING, PYRAMID



## VII STD

### SKILL TEST - GRADING SELECT ANY THREE SKILL TESTS

#### 1. SIT-UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 26	- 10	ABOVE 28	- 10
23- 26	- 9	26 - 28	- 9
18 - 22	- 8	23 - 25	- 8
15 - 17	- 7	20 - 22	- 7
12 - 14	- 6	17 - 19	- 6
9 - 11	- 5	14 - 16	- 5
6 - 8	- 4	11 - 13	- 4
4 - 5	- 3	8 - 10	- 3
BELOW 4	- 2	BELOW 8	- 2

#### 2. LONG JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 3.40 M	- 10	ABOVE 3.50M	- 10
3.11M - 3.40M	- 9	3.21M - 3.50M	- 9
2.91M - 3.10M	- 8	3.11M - 3.20M	- 8
2.71M - 2.90M	- 7	2.91M - 3.10M	- 7
2.51M - 2.70M	- 6	2.71M - 2.90M	- 6
2.31M - 2.50M	- 5	2.51M - 2.70M	- 5
2.11M - 2.30M	- 4	2.31M - 2.50M	- 4
2.00M - 2.10M	- 3	2.11M - 2.30M	- 3
BELOW 2M	- 2	BELOW 2.11M	- 2

#### 3. HIGH JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 1M	- 10	ABOVE 1.05M	- 10
.91M - 1.0M	- 9	1.01M - 1.05M	- 9
.86M - .90M	- 8	.96M - 1.00M	- 8
.81M - .85M	- 7	.91M - .95M	- 7
.76M - .80M	- 6	.86M - .90M	- 6
.71M - .75M	- 5	.81M - .85M	- 5
.66M - .70M	- 4	.76M - .80M	- 4
.61M - .65M	- 3	.71M - .75M	- 3
BELOW .61M	- 2	.66M - .70M	- 2
		BELOW .66M	- 1



#### 4. 50M RUNNING 10 MARKS

GIRLS	MARKS	BOYS	MARKS
BELOW 8.5 sec	- 10	BELOW 8 sec	- 10
8.5 sec - 9.5 sec	- 8	8 sec - 9 sec	- 8
9.5 sec - 10.5 sec	- 6	9 sec - 10 sec	- 6
10.5 sec - 11.5 sec	- 4	10 sec - 11 sec	- 4
11.5 sec - 12.5 sec	- 2	11 sec - 12 sec	- 2
ABOVE 12.5 sec	- 1	ABOVE 12 sec	- 1

#### 5. SHOT PUT 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 5.25 MTS	- 10	ABOVE 5.50 MTS	- 10
4.76M - 5.25M	- 9	5.01M - 5.50M	- 9
4.26M - 4.75M	- 8	4.51M - 5.00M	- 8
3.76M - 4.25M	- 7	4.01M - 4.50M	- 7
3.26M - 3.75M	- 6	3.51M - 4.00M	- 6
2.76M - 3.25M	- 5	3.01M - 3.50M	- 5
2.26M - 2.75M	- 4	2.76M - 3.00M	- 4
2.01M - 2.25M	- 3	2.51M - 2.50M	- 3
BELOW 2.01M	- 2	BELOW 2.51M	- 2

#### 6. ROPE SKIPPING 30 SECS. PULL UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 80	- 10	ABOVE 12	- 10
71 - 80	- 9	12	- 9
66 - 70	- 8	11	- 8
61 - 65	- 7	10	- 7
56 - 60	- 6	9	- 6
51 - 55	- 5	8	- 5
41 - 50	- 4	7	- 4
35 - 40	- 3	6	- 3
BELOW 35	- 2	5	- 2
		4	- 1

#### MARKS FOR PHYSICAL EDUCATION TEST

1. Major Games (Any Two)	20	Marks
2. Individual skills (Any Three)	30	Marks
3. Yogasanas (Any Two)	10	Marks
4. March Past (According to the merit)	10	Marks
5. Written Examination	30	Marks
Total	100	Marks



# TENIKOIT

**1. Mention the length and width of the Tenikoit court?**

The court for singles and doubles game shall be 40 feet X 18 feet.

**2. What is the height of the net?**

The height of the net is 6 feet.

**3. State the diameter and thickness of tae ring?**

The diameter of the ring is 7 inches and the ring is made up of rubber with 1 1/4 inches thickness.

**4. What are the basic skills in tenikoit?**

1. Service. 2. Receiving the ring. 3. Returning the ring.

**5. When does a team win the match?**

A team has to get 15 points first to win a game. A team has to win 2 games out of 3 games.

**6. Mention some important rules for the server?**

1. The server shall stand at the right side of the court behind the end line and serve always to the cross court. 2. The server shall not touch the end line when the time of service. The ring shall not touch the net when it is going to the opposite court. 3. Wobbling is not allowed.

**7. What are the important rules for the receiver?**

1. The receiver should catch the ring by one hand only. The ring must be returned by the hand in which the ring is caught. 2. The receiver can send the ring to his opponents court any where he likes. 3. The ring must be sent back from the same spot where he catches the ring. He shall not walk or jump when throw-



ing the ring. 4. The ring must be returned immediately and not retained in the hand for more than a second.

**8. What are the fouls in playing the ring?**

1. If the ring in service, falls in the neutral ground, it is fault. 2. overhand in any form is fault. Cheating action like throwing action is fault.

**9. Give your decision when the ring falls on the boundary lines?**

The ring striking on any boundary line is correct.

**10. Explain the Table tennis point system in a tenikoit match?**

In a Table Tennis point system, a team has to get 21 points to win a game. The service system is as follows.

One player has to serve 5 services continuously. After 5 services, service is changed when the score comes like 5, 10, 15, 20.

If both teams are 20 each, the game shall be won by the player or pairs first scoring subsequently 2 points more than opponents.



# TENIKOIT COURT

18'

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12'

12'

16'

31'

17'

3'

40'

14'



# SOFT BALL

## 1. Write the measurements of the soft ball ground?

The measurement of the ground is 60 feet X 60 feet. The length and breadth of each base is 15" X 15". The pitching distance from the home base is 40 feet for women and 46 feet for men.

## 2. Give the measurement of Catcher's Box and Batter's box?

The catcher's box shall be 10 feet in length and 8.5" wide. The batter's box shall measure 7 feet X 3 feet.

## 3. Mention the position of the players?

A soft ball team consists of 9 players. Their playing positions shall be as follows.

1. Pitcher. 2. Catcher. 3. First Baseman. 4. Second baseman. 5. Third baseman. 6. Shortstop. 7. Left fielder. 8. Centre fielder. 9. Right fielder.

## 4. What is the playing duration of the game?

A regular game consists of 5 innings. An inning consists of 1 batting chance and 1 fielding chance. At the end of all the innings, the side that makes more runs shall be declared as the winner.

## 5. What are the basic skills in soft ball?

1. Pitching. 2. Catching. 3. Batting. 4. Throwing. 5. Base running.

## 6. How much is the weight of the ball and Bat?

The bat is of one piece of hard wood, no longer than 34 inches and not more than 2 1/4 inches in diameter. (863 X 57mm). The ball is 12 inches (304mm) in circumference and the weight is between 6 to 6 3/4 ounces.



**7. When does a batter gets a Run?**

The batter, after a Fair hit of the pitching ball, runs and touches the base in legal order that is first, second, third base and the home plate, gets a run.

**8. What is a right Hit ball?**

The meaning of the right hit ball is when a ball falls after the Correct hit, within the First base, home plate and the third base.

**9. What is foul Hit in soft ball game?**

After the hit, the ball falls in the wrong middle place, that is outside the marked area.

**10. What are the rules for a pitcher?**

1. A pitcher shall take a position with both feet firm on the ground and shall pitch the ball by taking one step only, towards the latter at the time of pitching.

2. The pitching ball should go above the batter's knee and below the shoulder level and should travel through his standing position.

**11. What are the regulations for a batter?**

1. The batting side players come to bat according to their team's batting order. 2. The batter should come and stand in the batter's box and he has to play the pitching ball.

**12. When is the batter given out?**

1. When a batter strikes a foul ball and it is caught. 2. When he hits the ball after the second strike. 3. Immediately when the third strike is struck. 4. Immediately when he hits, before he leaves the first box, reaches the first base man.

**13. What is strike? and what is ball?**

If the correct pitched ball is not hit by the batter, and



the ball touches any part of his body, the umpire shall call it as strike. If the pitched ball is wrong and not according to the rules, the umpire shall call it as ball.

**14. What are the circumstances for a base runner to be declared out by the umpire?**

1. A batter is out when he hits the pitched ball comming out of batter's box. 2. When the batter comes to bat out of batting order. 3. He hits the ball twice consequetively. 4. He bunts the ball after two strikes. 5. He is touched by the ball before he reaches the base.

**15. What is your decision, during the third strike, the ball is caught by the catcher?**

The batter is out.

**16. How will you break the tie in the soft ball match?**

If the two teams tie after 5 innings. One more inning is to be played to get the result.

**17. How will a base runner reach to the other base?**

A base runner should remain in his position and leave the base legally till the pitching of the ball by the pitcher.

**18. Name the officials in a soft ball match?**

1. Base Umpire, 1 Plate Umpire, 1 Scorer.



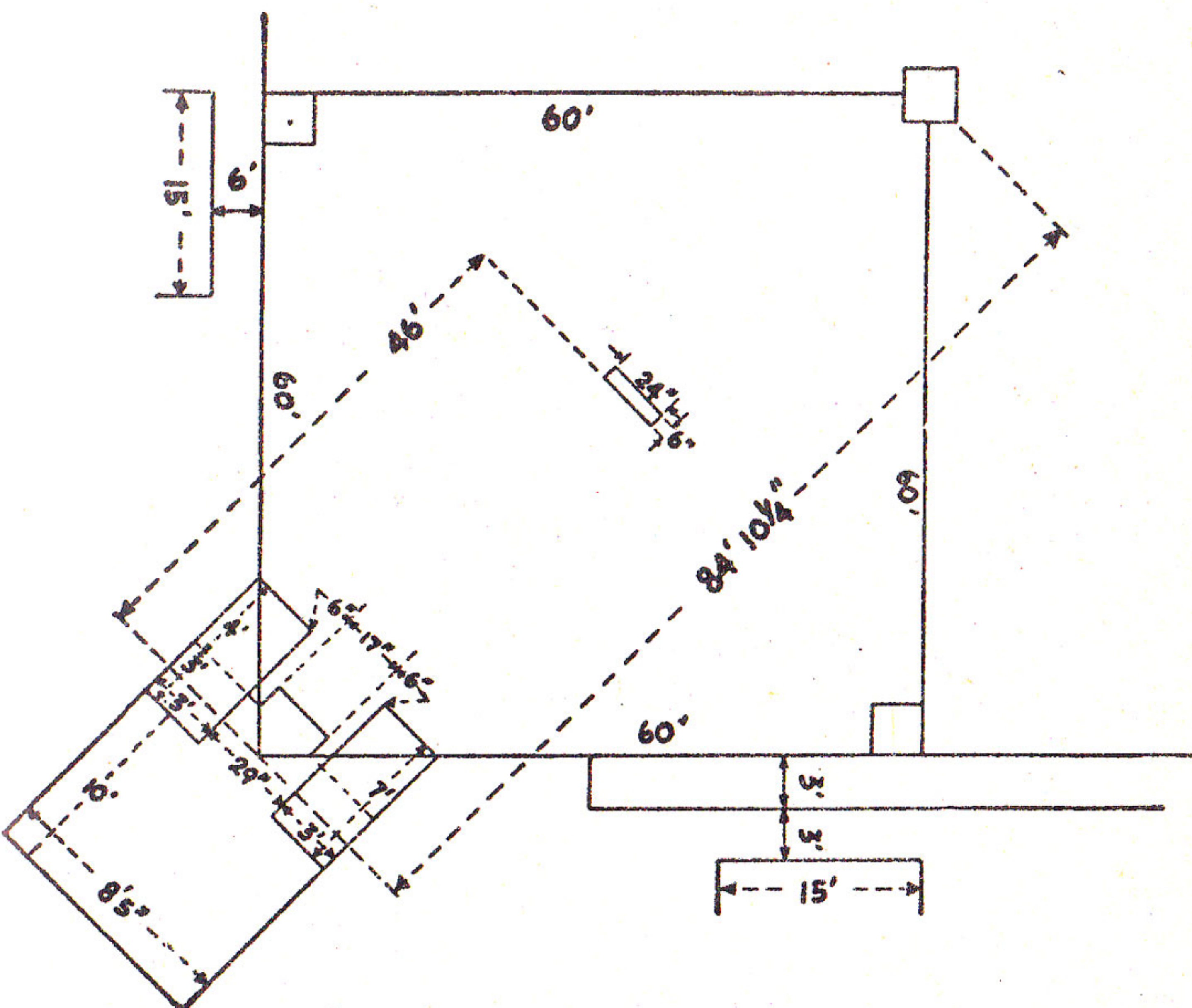


FIG. 111. *The softball diamond.*



# KHO-KHO

**1. Give the length and width of the Kho-kho ground?**

The length of the kho-kho is 29m and the breadth is 16m.

**2. What is the height and circumference of the Post and the distance between the two posts?**

The height of the post is 120cm above the ground. The circumference is between 30 to 34cm. The distance between two posts is 23.60m.

**3. What is central lane?**

The rectangle 23.60m long and 30cm broad between the posts is dividing the play field into two halves, is known as the central lane.

**4. What is square?**

Each of the rectangle 30cm X 30cm formed the intersection of the central lane and cross lane is called a square.

**5. What is cross-lane?**

The intersecting of the central lane with 16m and 30cm broad at right angle at regular length is called cross lane. There are 8 cross lanes. (see the kho-kho ground).

**6. What is the lobby?**

The open space of 3 metres surrounding the limits of the play field is called the lobby.

**7. How does the kho-kho game begin?**

The game is started by the spin of a coin by the referee. The winner of the toss has a right to opt for either chasing or running.



**8. Who are called chasers?**

The players sitting in the squares are known as chasers.

**9. How will the sitting chasers sit?**

The eight sitting chasers will sit in the squares facing alternate directions, while the ninth player will stand near the post as an Active chaser.

**10. Who are called as runners in Kho-Kho?**

The players of the side other than the chasers are known as runners.

**11. How many players are there in a team?**

There are two teams in a match with 12 players in a team. Only 9 players in a team enter the field for a match. The other 3 players will act as substitutes.

**12. What is the duration of a Kho-Kho game?**

A match consists of 2 innings. An inning consists of chasing turn and running turn. Each turn consists of 9 minutes. The interval between turns is 5 minutes. But, the interval between innings is 9 minutes.

**13. Who are called defenders?**

Runner's side sends 3 runners each time to the field. They are called defenders.

**14. How do the defenders enter for play?**

The defenders enter the ground in a group of three from a particular place only.

**15. What is a Foul in Kho-kho?**

If a sitting or active chaser violates any rule it is called a foul.

**16. Explain the rules for the chasers?**

(a) Active chaser should utter the word Kho loudly as



soon as he touches the sitting chaser by hand, from behind the sitting chaser.

(b) After giving a kho, an active chaser should sit down immediately on the square of the sitting chaser to whom kho is given.

(c) After receiving kho, the chaser has to go in the same direction, which he has first selected.

(d) An active chaser has to run from one post to another post without crossing the central lane. He is not allowed to change direction.

(e) Sitting chaser should not get up unless he is touched at his back by the active chaser.

(f) Sitting chasers should sit in a manner which shall not obstruct the runners by extending his hands or legs.

(g) If an active chaser goes out of limits, he can reenter the ground but should follow the chaser's rules strictly.

#### **17. What are the rules for the runners?**

(a) Runner's side shall send 3 runners each time from one side of the field.

(b) The next three runners are put out, if they do not enter the court before 2 khos are given by the chasing side.

(c) If the runners enter the court late or enter out of turn, they shall be declared out.

(d) A runner shall not touch the sitting chasers. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

#### **18. When a runner is called out?**

A runner shall be declared out if he is touched by hand by an active chaser without violating any rules.



**19. How is the winner decided?**

The chasing side scores 1 point for each runner who is put out. The side that scores more points is declared as winner of the match.

**20. How will you solve a Tie in kho-kho?**

If the points are equal, one more inning shall be played. If again, the points are equal, an additional inning shall be played as follows. In the inning turn, as soon as the **first point** is scored, the turn shall be closed by the referee. The time for scoring of the first point shall be noted. The side that takes less time for this first point minimum chase, is the winner of the match.

**21. How will you continue to finish the incomplete match?**

If a match is not completed for any reason, it shall be continued with the same players, same officials, and the completed turns of each side, in the **same session**.

If the match is not played in the same session, the entire match will be replayed from the beginning. In the case, the players and officials need not be the same.

**22. How many officials are there in a match?**

One referee; Two umpires; One time-keeper; One scorer.

**23. What are the basic skills in the game?**

For the chasers : 1.To get up straight 2.Perfect kho 3.Judgement kho 4.Tap 5.Dive.

**24. How to substitute a player in a kho-kho match?**

Chasing team can substitute at any time during the match. But, the running team can substitute its players only before the start of the match.



**25. What is perfect kho?**

The active chaser should utter the word kho loudly and distinctly as soon as he touches the sitting chaser by hand, from behind him. At the time, his foot should have contact with the cross lane. This is called perfect kho.

**26. Explain the skill 'judgement kho'?**

The kho given by the active chaser near the post is called judgement kho. With the help of this skill, the runner is forced to leave the post and come in front of the sitting chaser. Then the sitting chaser easily gets up and makes out the runner comfortably.

**27. Explain the single chain skill in kho-kho?**

The runner runs in a zig zag manner from one post to the another post, from the back of the each sitting chaser. (see the diagram) This is called single chain method.

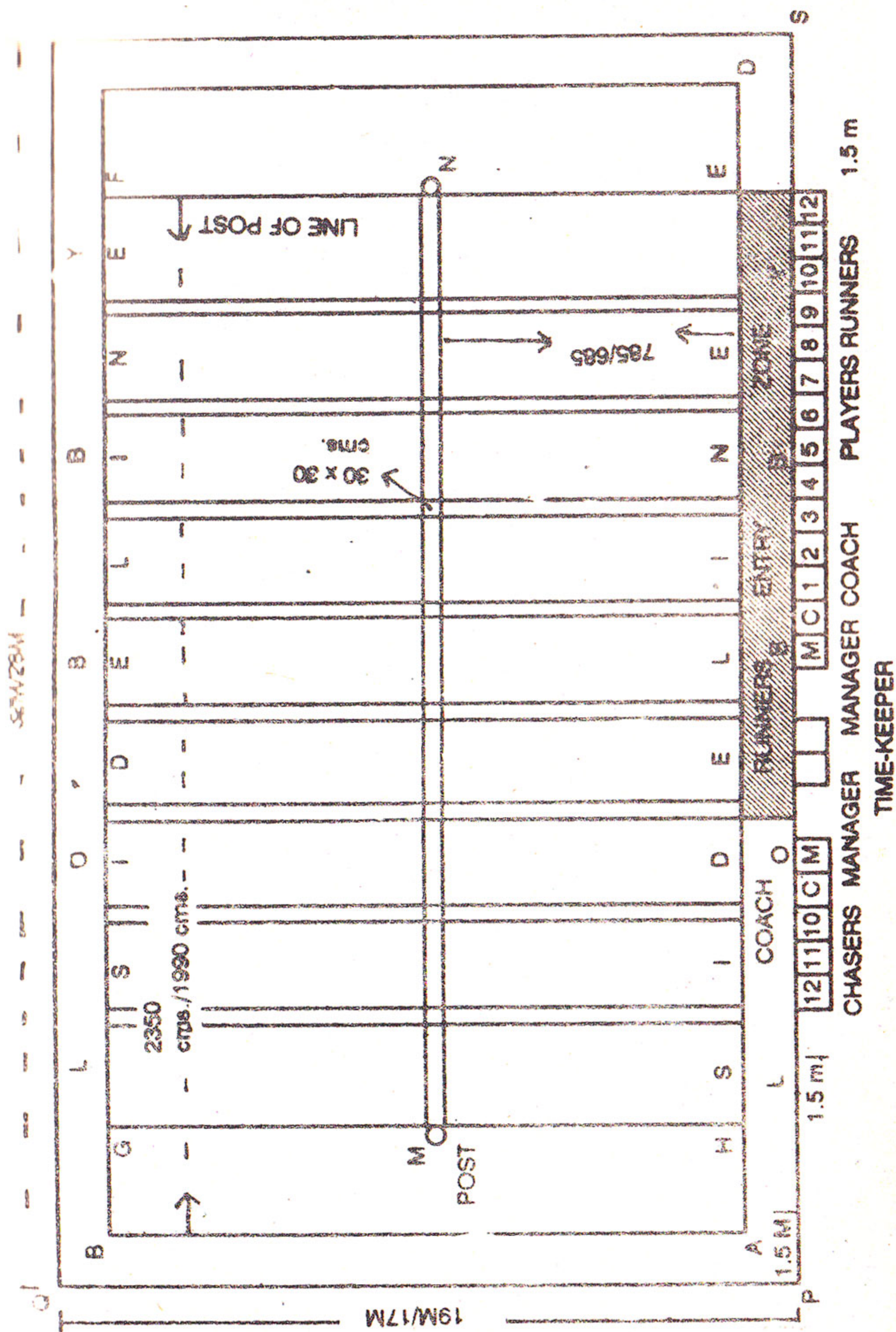
**28. What is 'Double chain' skill?**

In this skill, the runner runs behind the back of every 2 sitting chasers with zig zag running. (see the diagram).

**29. Explain the skill turn in kho-kho?**

When the active chaser is trying to touch the runner, the runner goes to side and starts running in the opposite direction in order to escape from the chaser. This is called turn.







# ASANAS

## 1. What is Yoga?

The word Yoga is derived from the Sanskrit word YUJ, meaning of Bind and Yoke. It is the true union of our WILL with the WILL of GOD.

## 2. What is the main aim of Yoga?

The main aim of Yoga is to have allround progress in human life physically, intellectually, morally and spiritually.

Yoga helps to secure purity of body, mind, and soul's final communication with God.

## 3. What is Pranayama? What are its advantages?

This word Pranayama is divided into two as Prana and Ayma.

Prana means breath, respiration, life, vitality, wind, energy, and strength. Ayma means length, expansion, stretching.

So, Pranayama means Breath and its Control. Pranayama the rhythmic breath control, is helping to achieve mental poise and inner peace. Through Pranayama, one can live longer life. It improves the power of memory, and eliminates mental disorders.

## 4. What is the main difference between Asanas and Physical exercises?

Physical exercises give more importance over external organs while Yogasanas give exercises to external body as well as the internal organs. So, Asanas are aiming to give exercise to every muscle, nerve and gland in the body.



# CRICKET

**1. Who does the toss and where?**

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

**2. What is the duty of the winner of the toss?**

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

**3. How many players play in a cricket team?**

11 players and 5 substitutes.

**4. What are the dimensions of a cricket ball?**

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm

**5. What are the dimensions of a cricket bat?**

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

**6. What is the length of a cricket pitch?**

The length is 20 yards (20.12 metres), width is 3.05 metres.

**7. What are the dimensions of a wicket?**

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 28 inches. (71.1cm). The length of the wooden bails is 11.11 cm. The width of a cricket is 9 inches.

**8. What is the length of the bowling crease?**

The length of the bowling crease is 8 feet 8 inches, straight in length.



**9. Where is the popping crease marked?**

The popping crease is marked 4 feet in front of the wicket at each end.

**10. What is boundary and why it is needed?**

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

**11. How many innings are to be played in a match?**

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

**12. What is a Run?**

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

**13. What is a Bye?**

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

**14. What is a Leg Bye?**

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

**15. What is an OVER?**

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

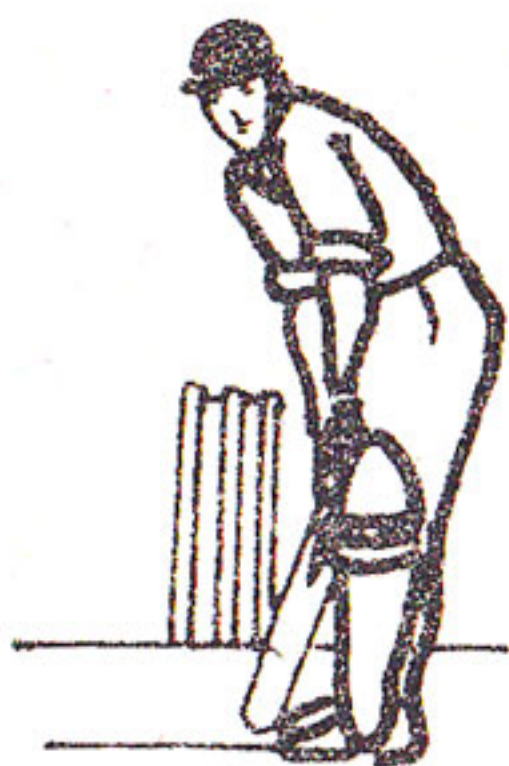
1. Leg Before Wicket. 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.

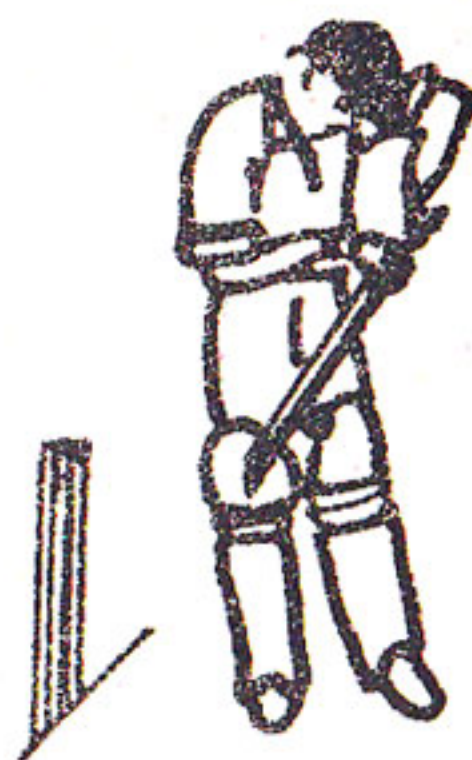




STANCE



FORWARD DEFENCE



BACK DEFENCE



THE LEG BREAK



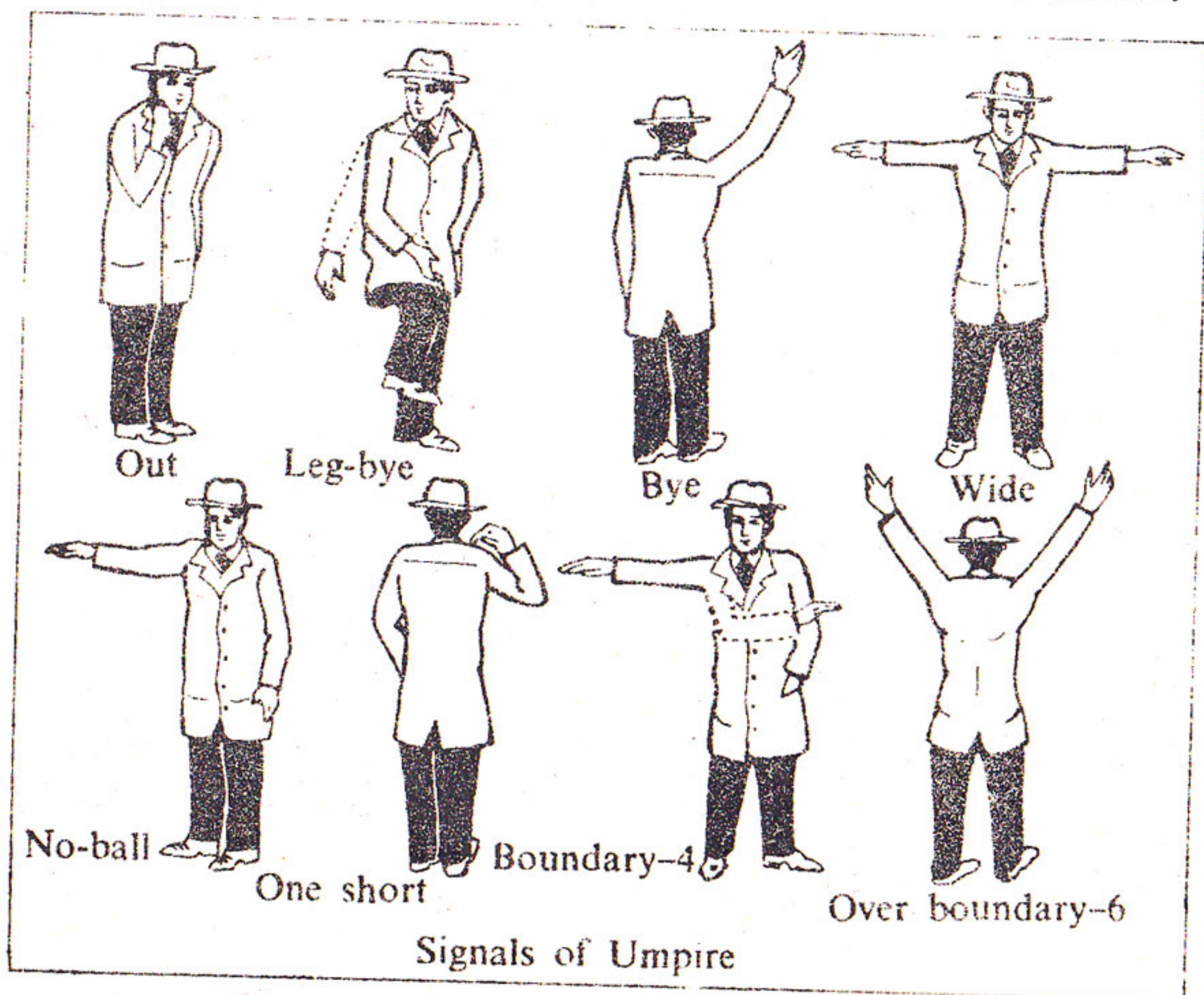
DEFENCE



CATCHING



THE OFF BREAK



Out

Leg-bye

Bye

Wide

No-ball

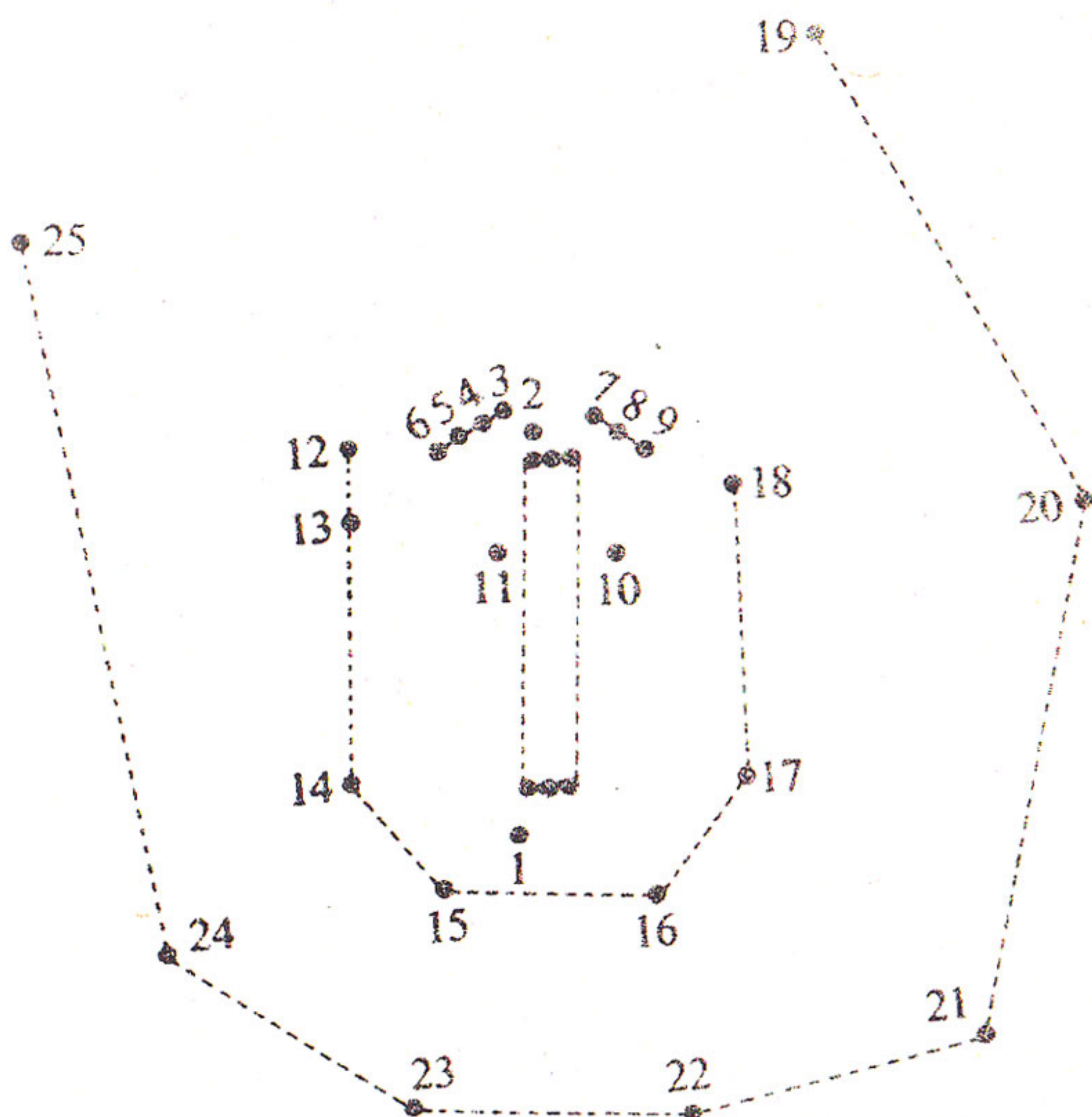
One short

Boundary-4

Over boundary-6

Signals of Umpire





**Position of the fielders on the ground**

1. Bowler	10. Silly-mid-on	19. Long-leg
2. Wicket-keeper	11. Silly-mid-off	20. Deep-square-leg
3. First-slip	12. Short-third-man	21. Deep-mid-wicket
4. Second-slip	13. Cover-point	22. Long-on
5. Third-slip	14. Extra-cover	23. Long-off
6. Gully	15. Mid-off	24. Deep-extra-cover
7. Leg-slip	16. Mid-on	25. Deep-third-man
8. Backward-short-leg	17. Mid-wicket	
9. Forward-short-leg	18. Square-leg	



# KABADDI

## 1. Explain the measurements of the kabaddi ground?

For men : 12.50m X 10m

For women : 11m X 8m

The baulk line for men's ground 3.25m from the centre line and for women 2.5m from the centre line (see the diagram) Sitting block size : 8m X 2m

## 2. How many players are there in a game?

Each team has a total of 12 players. Seven players enter in a game as regular players and 5 players are substitutes.

## 3. How many players can be substituted in a game?

Maximum 3 players can be substituted during the game once. Substituted players cannot be replaced at any time.

## 4. What is the duration of a kabaddi match?

The match for men has 2 halves of 20 minutes each with 5 minutes interval (20m–5m–20m). The match for women and children has 2 halves of 15 minutes each with 5 minutes interval.

## 5. How will you break the Tie in the kabaddi match?

A team scores 1 point for each player put out by them. If a team puts out all opposition players, that team scores a lona, a bonus of 2 points.

At the end of the game, the team scoring more points, wins the game. If there is a tie, an extra 10 minutes is allowed. Still there is a tie after extra time, the side scoring the first leading point is declared as the winners.

## 6. What are the rules for the players in the game?

1. Players bodies and limbs must be free from any



poorly substances. 2. Banians must be clearly numbered at the back and front. 3. Nails must be closely clipped. 4. No metal or ring or belt shall be worn.

**7. Explain the terms Raiders and Anti raiders?**

The raider is one who goes into the court of opponents with the cant.

The players who are in the court the raider has entered, are called anti raiders.

**8. What are the rules for a raider?**

1. Only one raider must enter in the opponent's court at a time. 2. The raider must utter the word kabaddi loudly and clearly by repeating it with one respiration. 3. The raider must begin the cant before crossing the centre line.

**9. When is a raider out?**

1. If a raider loses his cant while he is in the opponent's court. 2. If he does not cross the Baulk line, he is out. 3. When a raider goes out of bounds, he is out. 4. When a raider pushes or pulls an opponent out of boundary he is out. 5. When a raider is caught by one or more antis, he is out.

**10. When can a raider use the lobby?**

A raider can use the lobby after the struggle.

**11. What is the new rule for the raiders?**

A raider is not compelled to touch an anti. He can hold on his cant and return home safely without touching any opponent. But a team does not touch any opponent after sending 3 players, the umpire shall award 1 point to the other side.

**12. What are the rules for the anti – raiders?**

The anti raiders always try to catch the raider and



make him out. 2. When a raider is held, the antis shall not try to stifle his cant by shutting his mouth. 3. They shall not use violent tackling leading to injuries. 4. They should not wilfully push the raider out of the boundary. 6. The antis should not touch the boundary line or step into the opponents court when a raid is in progress.

**13. How is the revival made during the game?**

When a player is out, he must leave the field and go to the waiting block. He can reenter his court when an opponent is put out in the same order he was out.

**14. What are the basic skills in kabaddi?**

1. Cant 2. Raiding 3. Catching 4. Pursuit

**15. Name the officials in a kabaddi match?**

1 Referee, 2 Umpires, 1 Scorer, 1 Time keeper, 2 Linesmen.

**16. What are the various kinds of basic skills for a raider?**

1. Toe touch. 2. Front kick. 3. Side kick. 4. Cross kick. 5. Roll kick. 6. Mule kick. 7. Aero kick. 8. Squat leg thrust. 9. Jumping over antis.

**17. What are the various kinds of basic skills for anti raiders?**

1. Wrist catch. 2. Crocodile catch. 3. Ankle catch. 4. Double ankle catch. 5. Knee catch. 6. Thigh catch. 7. Trunk catch. 8. Lift catch. 9. Washerman catch.

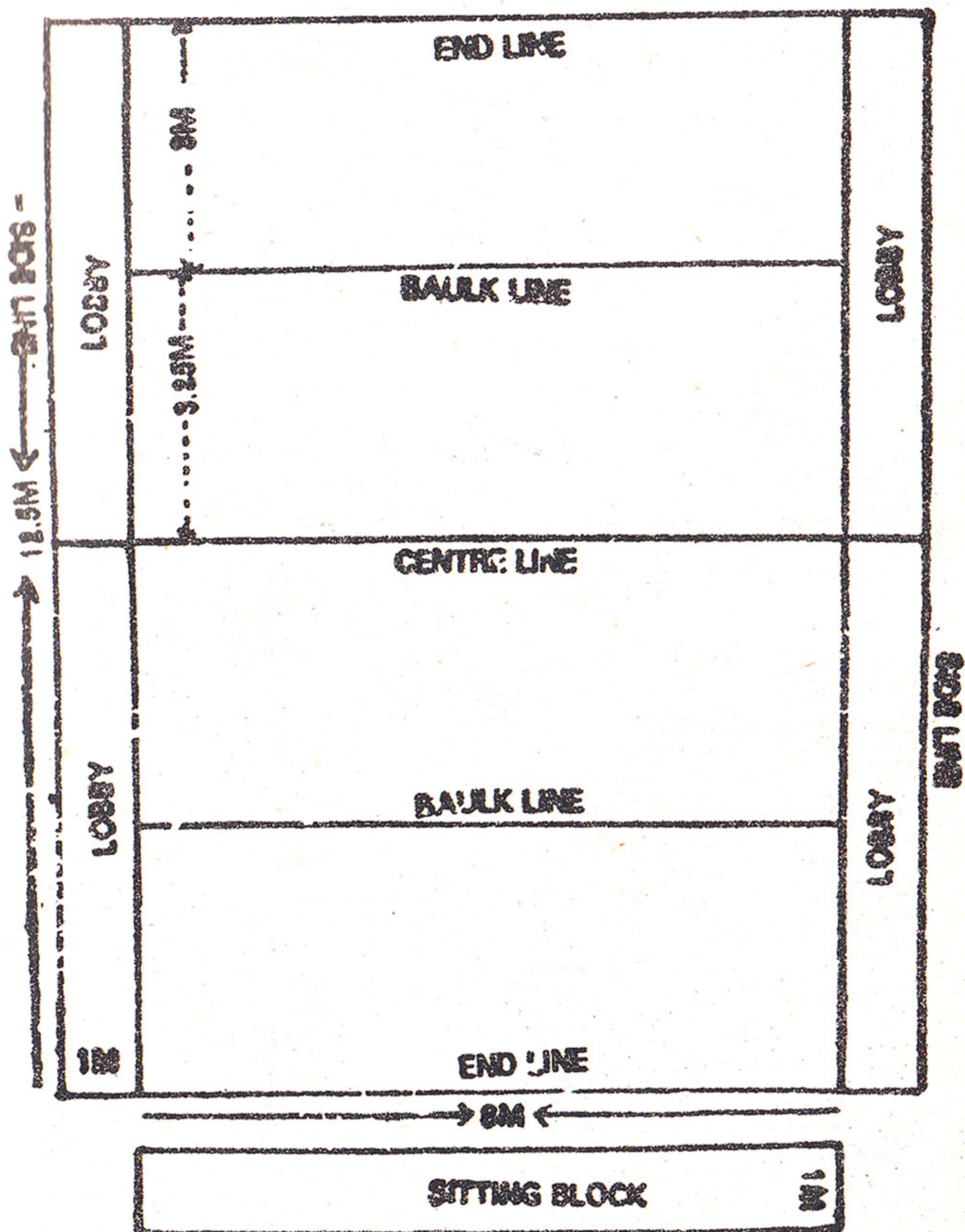
**18. In a match, if one team has 5 players only and it wants to play. What will you do?**

As per the rule, a team can start a match with one or two players less. So, the team with 5 or 6 players will be allowed to play the match. When all the players of that team are out, absentees too shall be counted as out and points will be awarded accordingly to the other team along with 2 extra points as lona.

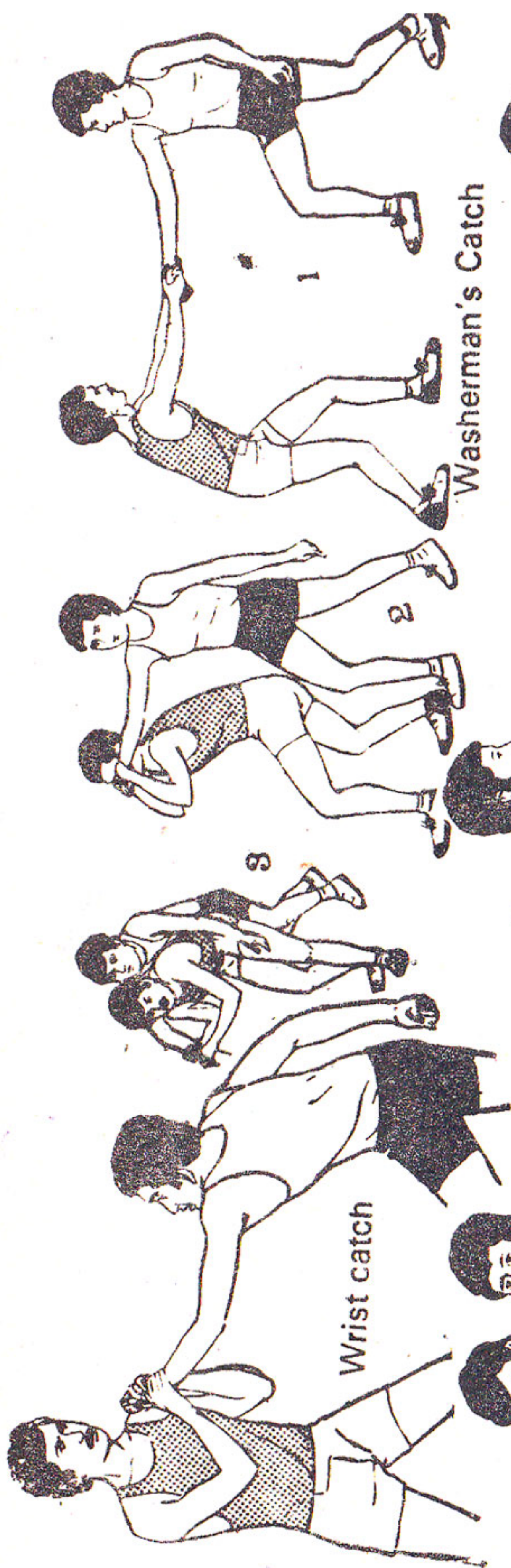


# KABADDI FIELD

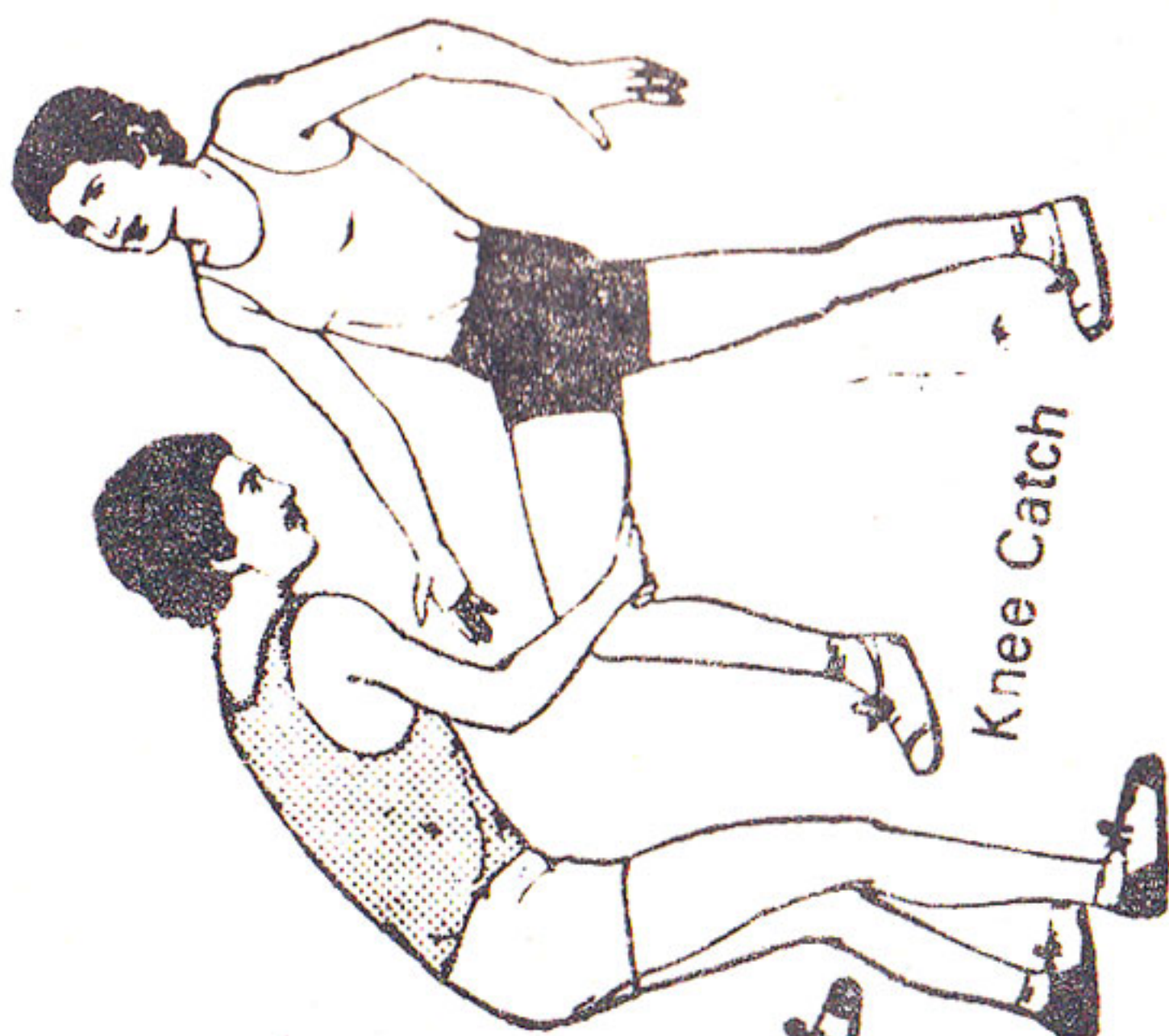
SITTING BLOCK







Washerman's Catch





# KABADDI SKILLS



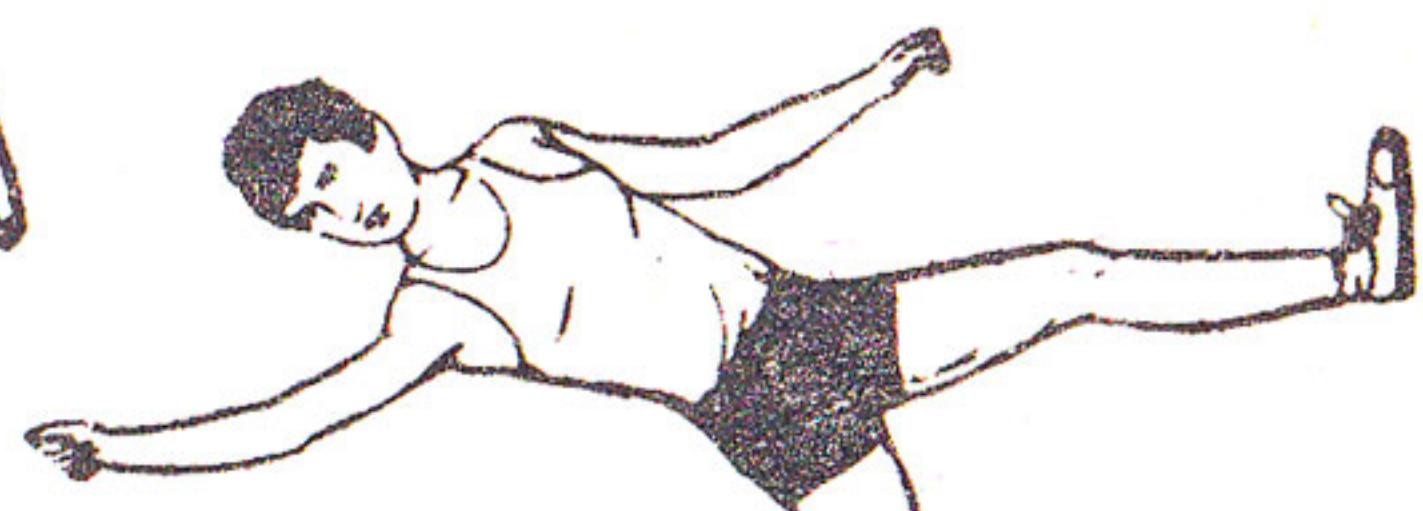
Toe Touch



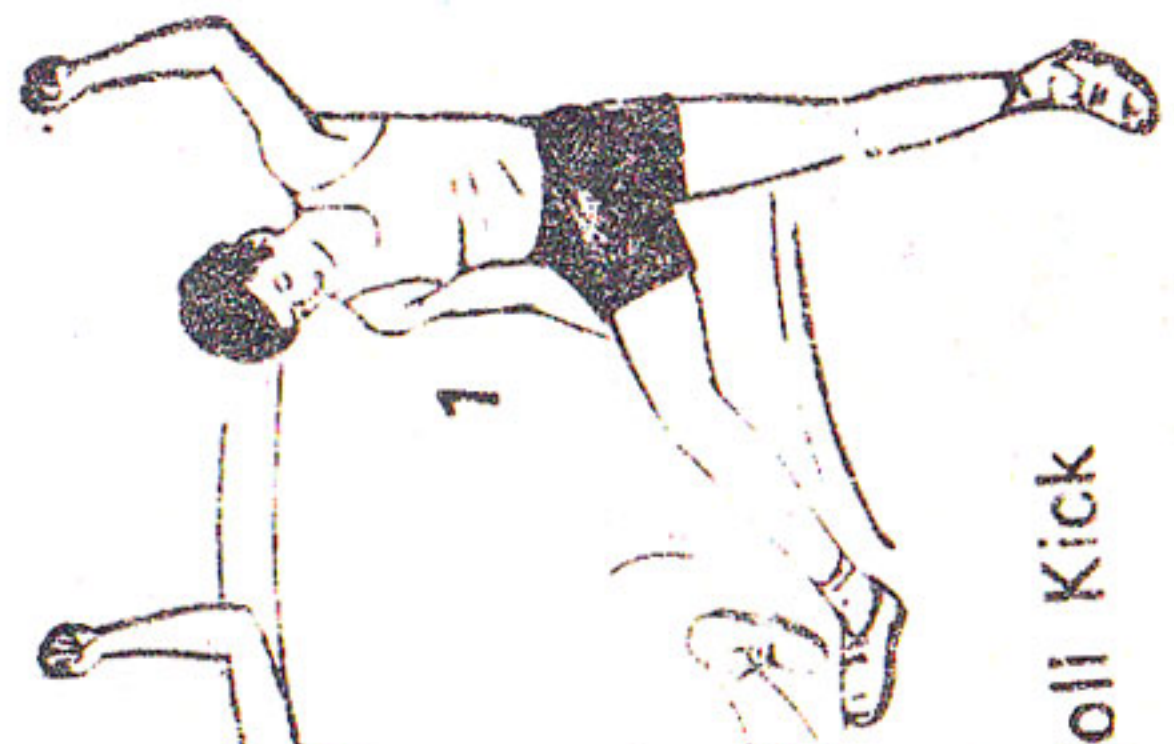
Side Kick)



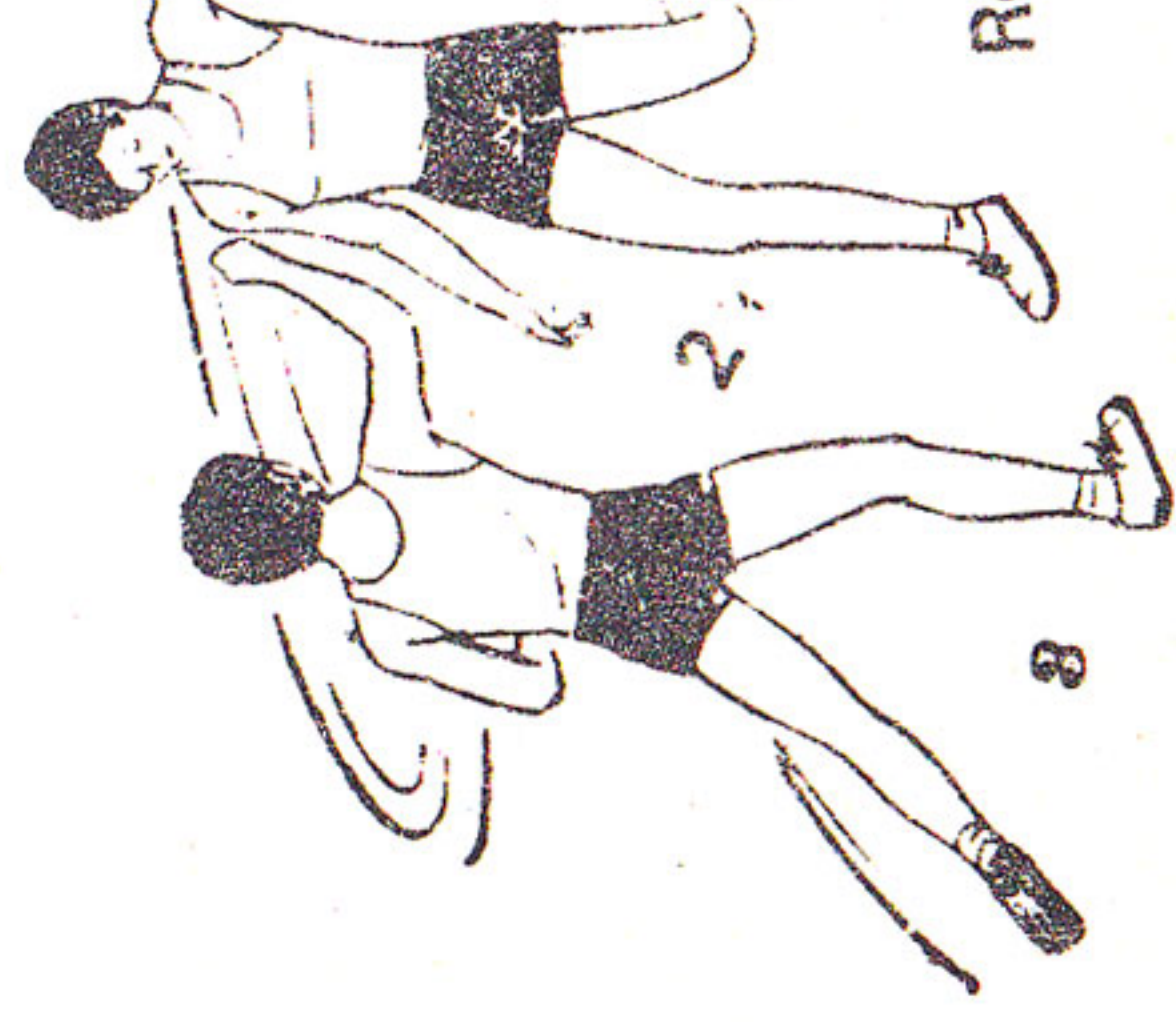
Cross kick



Aero kick



Roll Kick





# FOOT BALL

## 1. What is the length and width of a Football field?

Foot ball is played on a rectangular field, not more than 120m X 90m and not less than 90m X 45m. Anyway, the length must in all cases not exceed the breadth.

## 2. Explain the dimensions of the goal area?

The goal area is 18.32 x 5.50m (20x6 yards). The height of goal post is 2.44m. (8 feet) and the distance between two goal posts is 7.32m (24feet).

## 3. What is the weight and circumference of football?

The circumference is not more than 28 inches (0.71m) and not less than 7 inches. (0.69m). The weight of the ball is not more than 160 oz and not less than 140 oz (453g-396g) at the start of the game.

## 4. What is the uniform of a football player?

A player should have a jersey or shirt, shorts, stockings and boots. The goal keeper should wear colours which is different from the other players and the referee.

## 5. How many players and substitutes are there in a team?

There are 11 players and 5 substitutes in a foot ball team. The players' positions are 1 goal keeper, 2 full backs, 3 Half-backs and 5 forwards.

## 6. What is the playing time of a football match?

A match consists of two 45 minutes halves with the interval of 5 minutes between them.

## 7. What is the object of the Game? How?

The object of the game is to propel the ball into the opponent's goal. For that, the ball may be kicked, headed, or played with the body by all the players. The



goal keeper alone can use his hands. In the ball, only within his own penalty area.

ii. **How the game is started?**

At the beginning of a match, choice of ends or the chance to kick off the ball is decided by the toss of a coin. The team winning the toss will select the side or kick off.

iii. **Explain the term kick-off?**

1. The game is started by a kick-off. 2. A kick-off is a single kick by the centre forward, directing the ball into the opponent goal side. 3. The ball must move forward the distance of its circumference. 4. During the kick-off time, every player should remain in his own half of the field. The opponents must be at least 10 yards away from the ball. 5. The ball should not be played twice in succession by the kick-off player. 6. Direct goal cannot be scored by a kick-off.

iv. **What is Throw-in?**

1. During the play, when the ball has gone out of bounds, play will be started again by a throw-in. 2. A throw-in is done by a player of the team opposite to that of a player who has sent the ball out side the touch line. 3. Throw-in should be taken from the point where the ball has crossed the touch line. 4. The thrower should not play the ball again until it has been played by another player. A goal cannot be scored directly from throw-in.

v. **What is a goal-kick?**

When the ball crosses over the goal line, by the player of an attacking team, then the defenders get the chance of goal kick. This is the method of putting the ball in play by the defenders.

vi. **How is Goal kick taken?**

Any defender can take a goal kick. All opponents



must remain outside the penalty area until the ball leaves the penalty area, it cannot be played. The kicker should not touch the ball again until it has been played by another player.

**13. What is a corner kick? Explain?**

1. If the ball is caused to go out of bounds over the goal line by the defending team, a corner kick shall be awarded to the attacking team. 2. The ball shall be placed within one yard of the corner of the field. 3. The kicker should not play the ball again until it has been played by another player. 4. A goal can be scored direct from a corner kick.

**14. Explain Penalty kick and its rules?**

1. When a player of the defending side intentionally commit any one of the 9 fouls within the penalty area, the penalty-kick is awarded to the attacking side. 2. The opposing goal keeper and the player taking the kick alone take part in the penalty-kick. 3. All players should stand outside the penalty area. 4. The ball shall be placed on the penalty spot. 5. The goalkeeper must stand without moving his feet on his own goal line, between the goal posts until the ball is kicked. 6. The ball must be kicked forward. 7. The player taking the kick, cannot play the ball twice.

**15. What is off-side? Describe briefly.**

Off-side means playing from the wrong place. A player is off-side if he is nearer to his opponent's goal than the ball, at the moment of the ball played.

He is not off-side when (a) he is in his own half of the field. (b) two opponents are nearer to their goal than he. (c) his opponent last touched the ball. (d) he receives the ball directly from the goal-kick, corner kick, throw-in, dropped ball by a referee.



**16. What is a foul and its punishment?**

A foul is an infringement of the rules for which a free kick is awarded to the opponents.

Two types of free kick.

1. Direct Free kick. 2. Indirect free kick.

**17. When is indirect free kick awarded?**

Indirect free kick is awarded for the following fouls.

1. Playing the ball twice by a player. 2. Goalkeeper carrying the ball more than 4 steps within his penalty area. 3. Goalkeeper failing to send the ball within 5 seconds. 4. off side. 5. ungentlemanly conduct. 6. Dangerous play. 7. Disobeying the decision of an official.

Note: 1. The free kick is awarded at the point of violation.

2. A goal cannot be scored directly from an indirect free kick. The ball first must touch another player.

**18. When is Direct free kick awarded?**

Direct free kicks are awarded for the following intentional fouls.

1. kicks or attempts to kick an opponent. 2. Trips at an opponent. 3. Jumps at an opponent. 4. Charges an opponent in a dangerous manner. 5. Charges an opponent from behind. 6. Strikes or attempts from behind. 6. Strikes or attempts to strike an opponent. 7. Holds an opponent with his hand. 8. Handles the ball. 9. Pushes an opponent with his hand.

**Note:** 1. If the above fouls occur within the penalty area, penalty kick is awarded.

2. If the above fouls occur outside the penalty area, direct free kick is awarded at the place of violation.



3. A goal may be scored directly.

**19. What is a goal?**

A goal is scored when the whole ball legally goes under the cross bar, between the goal posts, over the goal line.

**20. How the winner is decided in a match?**

The team scoring more goals, will be declared as winner it will be decided by the tie breakers.

**21. State the officials for a foot ball match?**

1 Referee; Two Linesmen; 1 table official.

**22. Explain the different skills in football?**

1. Dribbling. 2. kicking. 3. passing. 4. Trapping. 5. Heading. 6. Tackling. 7. Dodging. 8. Intercepting. 9. Goalkeeping.

**23 State the different skills in kicking the ball?**

1. Inside of the foot kick. 2. Out side of the foot kick. 3. Instep kick. 4. Half volley. 5. Full volley.

**24. What are the different types in heading the ball?**

1. Forward direction. 2. Sideward direction. 3. Backward direction.

**25. What is dribbling?**

Dribbling is a series of short kicks or taps made by a player as he advances with the ball. The object of dribbling is to keep possession and control of the ball.

Dribbling may be done with inside foot, out side of the foot, and both feet intermittently.

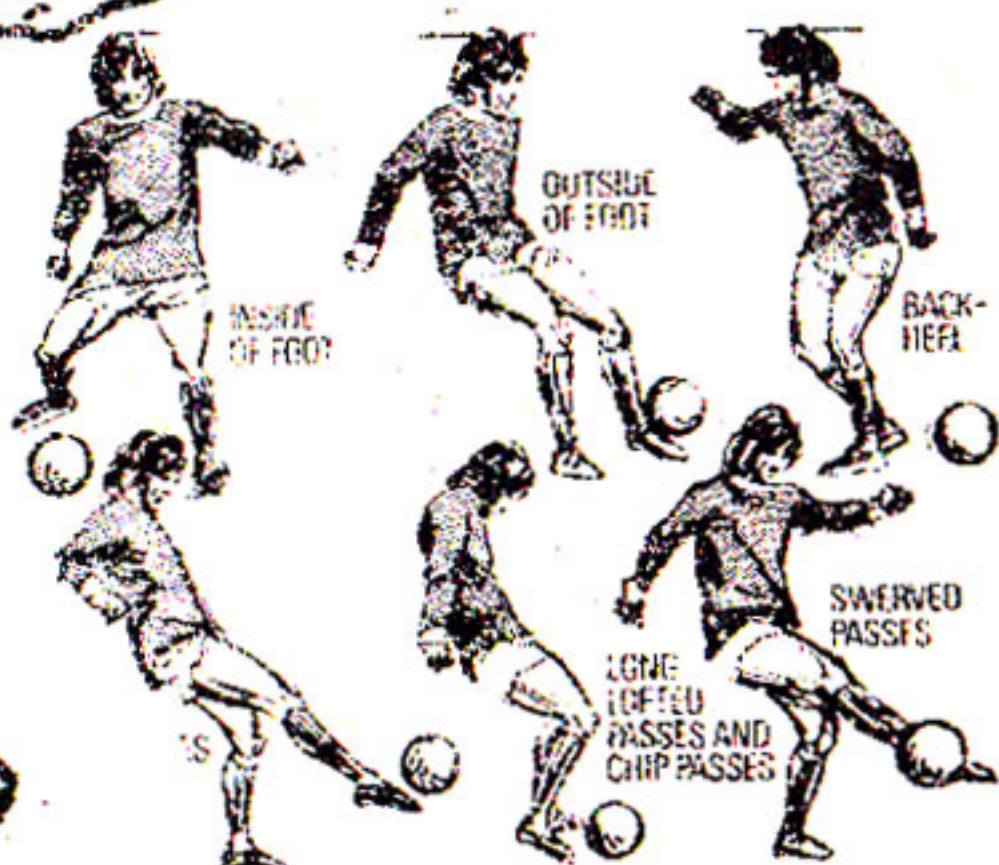


# SOME SKILLS IN FOOTBALL

## SOME PASSES



STOPPING THE BALL



THROW-IN



HEADING THE BALL



KICKING THE BALL



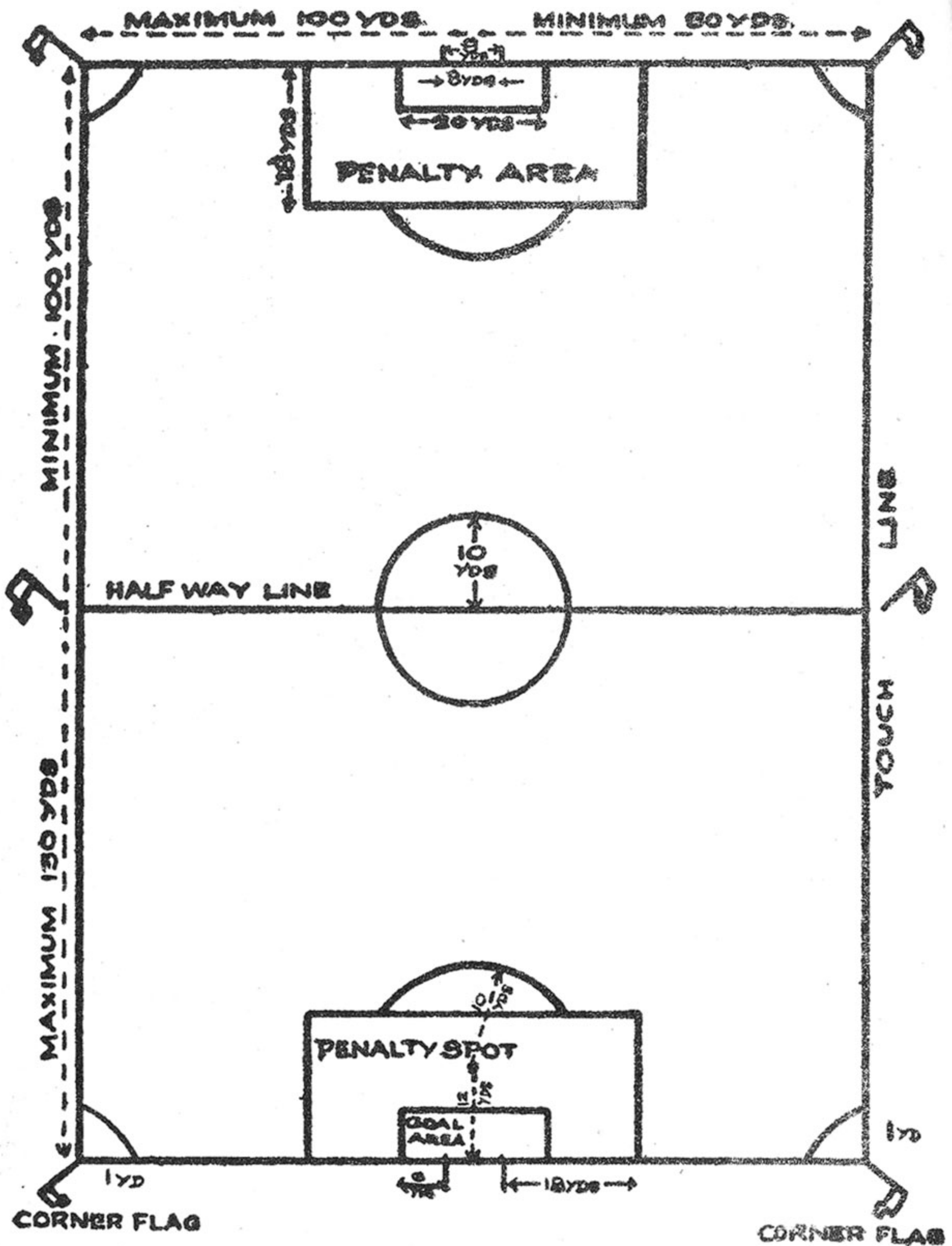
DRIBBLING



INSTEP KICK



# FOOTBALL FIELD





# TRACK AND FIELD

1. How many lanes are there in a Standard Track?

There are 8 lanes in a standard track.

2. What is the breadth of a lane?

The breadth of lane is between 1.22m and 1.25m.

3. What are the main types of running?

There are 6 types of running.

- (a) Short distance running : 100m, 200m, 400m
- (b) Middle distance running : 800m, 1500m
- (c) Long distance running : 5000m, 10,000m
- (d) Hurdle races : 110m, 400m
- (e) Relay races : 4 x 100m, 4 x 400 m
- (f) Marathon race : 42, 195m

4. Explain the skills of short distance running?

- 1. Start 2. Strides 3. Finish

5. What are the main types of start?

- 1. Standing start 2. Crouch start

6. How many divisions are there in crouch start?

- 1. Bunch or Bulet start
- 2. Medium start
- 3. Elongated start

7. Give brief explanation about the various starts?

1. **Bunch Start** :— The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

2. **Medium Start** :— The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start** :— In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

**8. What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

**9. What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

**10. Why is starting block used?**

Starting block helps the athlete to make a quick start.

**11. Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

**12. How is the winner decided in 100m dash?**

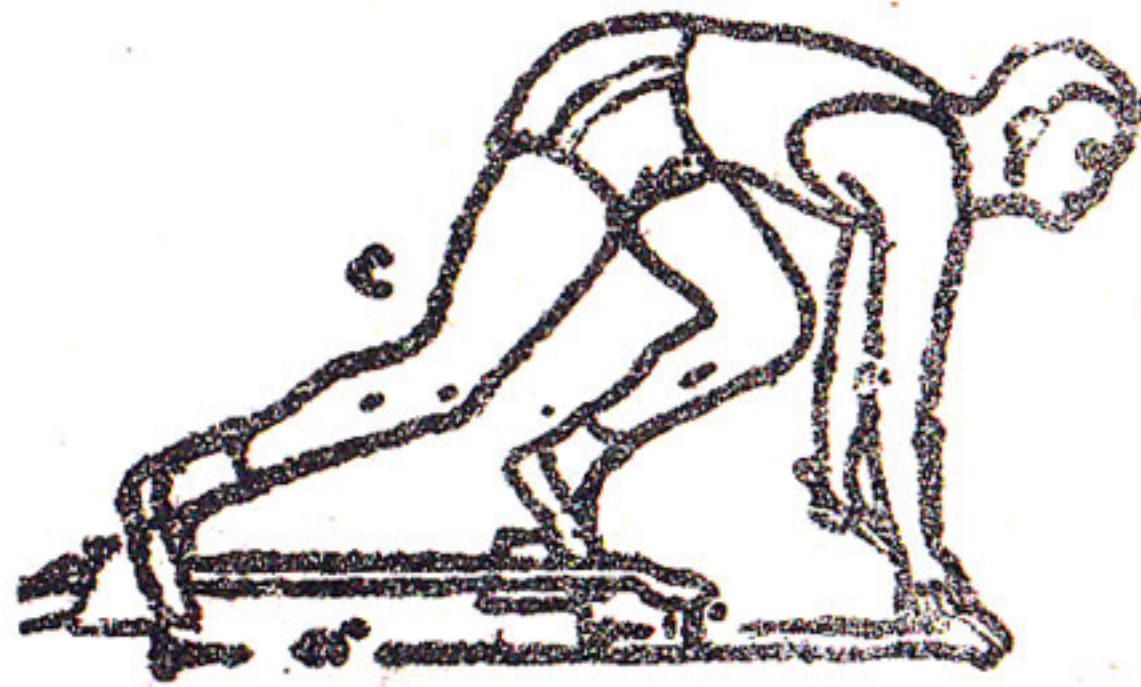
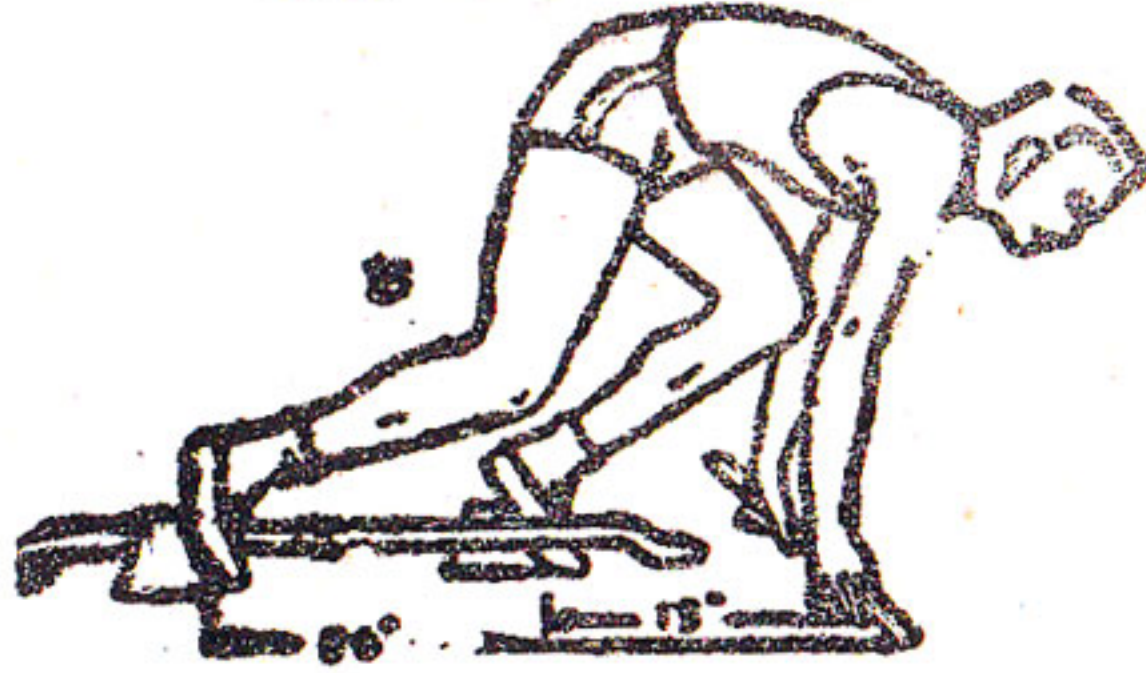
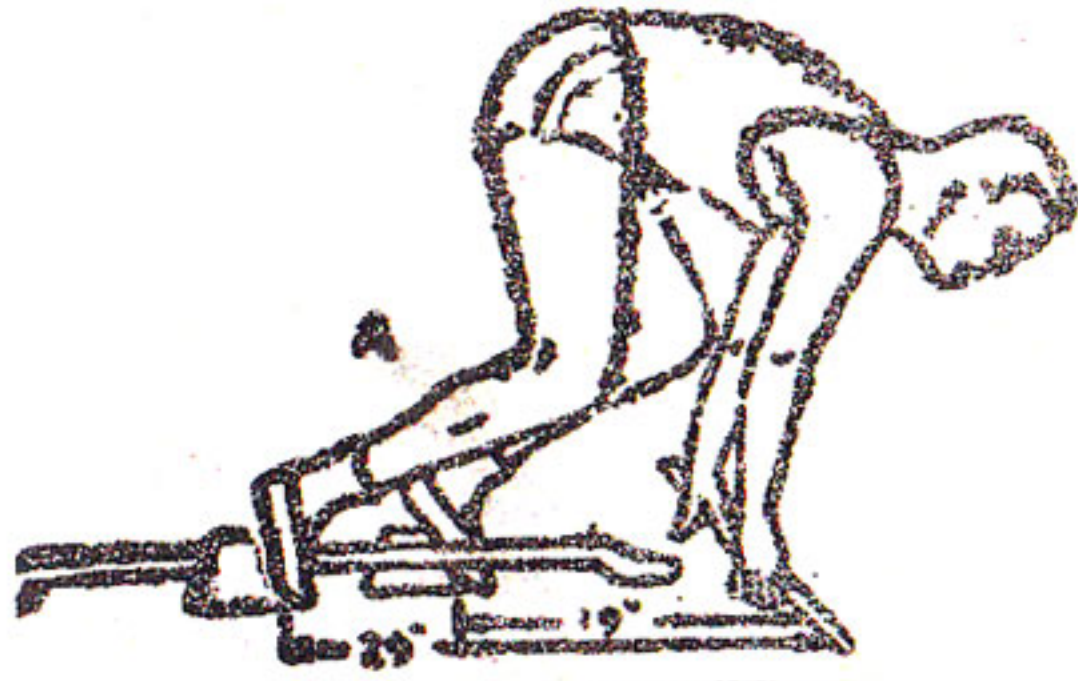
As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

**13. Which is the fastest start in 100m running?**

The bunch start is the fastest start.



# STARTING METHODS:



SITTING POSITION BEFORE START



ON YOUR MARKS:

SET:

GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

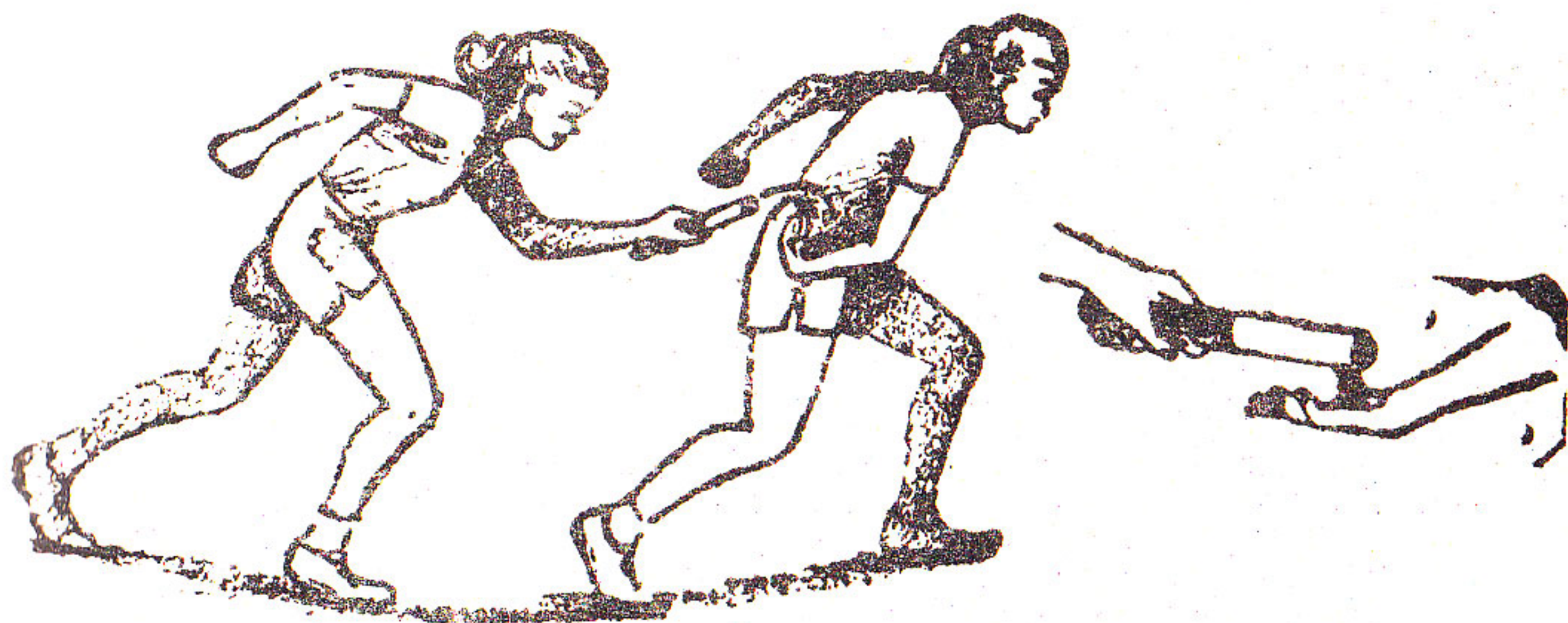
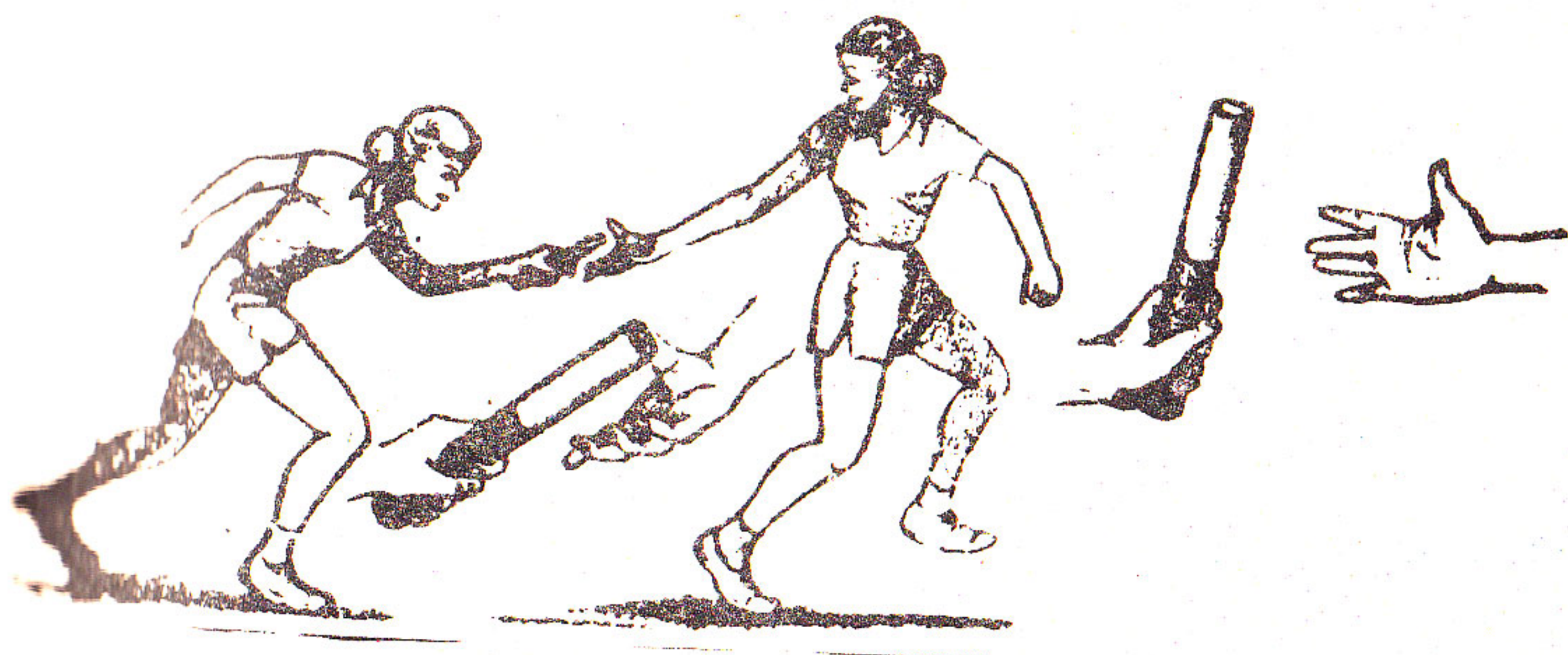
## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.







# LONG JUMP

1. What are the measurements of a landing area in long jump?

The length and breadth of Long Jump area is 9 metre X 2.75m (29.6" X 9 feet).

2. State the measurements of the runway and a take off board?

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22 long, 20m wide and 10 cm deep.

3. Explain the main skills of long jump?

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. What is approach?

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. What is the main aim of take-off in long jump?

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or board is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. Must a long jumper jump from one foot?

Yes, No double foot take-off is allowed. The 'somer-sault' technique also is prohibited.

7. What are the common styles of walking in the air?

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style.



**■ What is the aim of walking in the air technique?**

The basic flight technique is the hitch-kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

**9. How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

**10. What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 1 1/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If he or she takes take-off with both feet together.

**11. How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, six trials will be given to them.

**12. A competitor wishes to put a hand kerchief on the take off board or in the pit. Is it correct?**

No., As per the rules, the competitor cannot place a hand kerchief on the take-off board but he can place it on the side of the run way.

**13. What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the tie is decided.

**14. How many steps one can take for the approach run in long jump?**

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

**1. What is high jump?**

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

**2. What is the distance between the two upright stands?**

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high jump should be marked by between 20m to 25m radius.

**3. What are the qualities of a good high jumper?**

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

**4. What are the various jumping styles in high jump?**

1. Scissor style.    2. Eastern cut off    3. Western roll  
4. Straddle method    5. Fosbury Flop.

**5. What are the basic skills in high jump?**

1. Approach    2. Take-off    3. Crossing the bar  
4. Landing.



**6. Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. **Without foam mattress**, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point.

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

12. How will you break the tie for the first place in high jump?

1. The Competitor with the **lowest number of jumps** at the height at which the tie occurs, shall be awarded the first place.

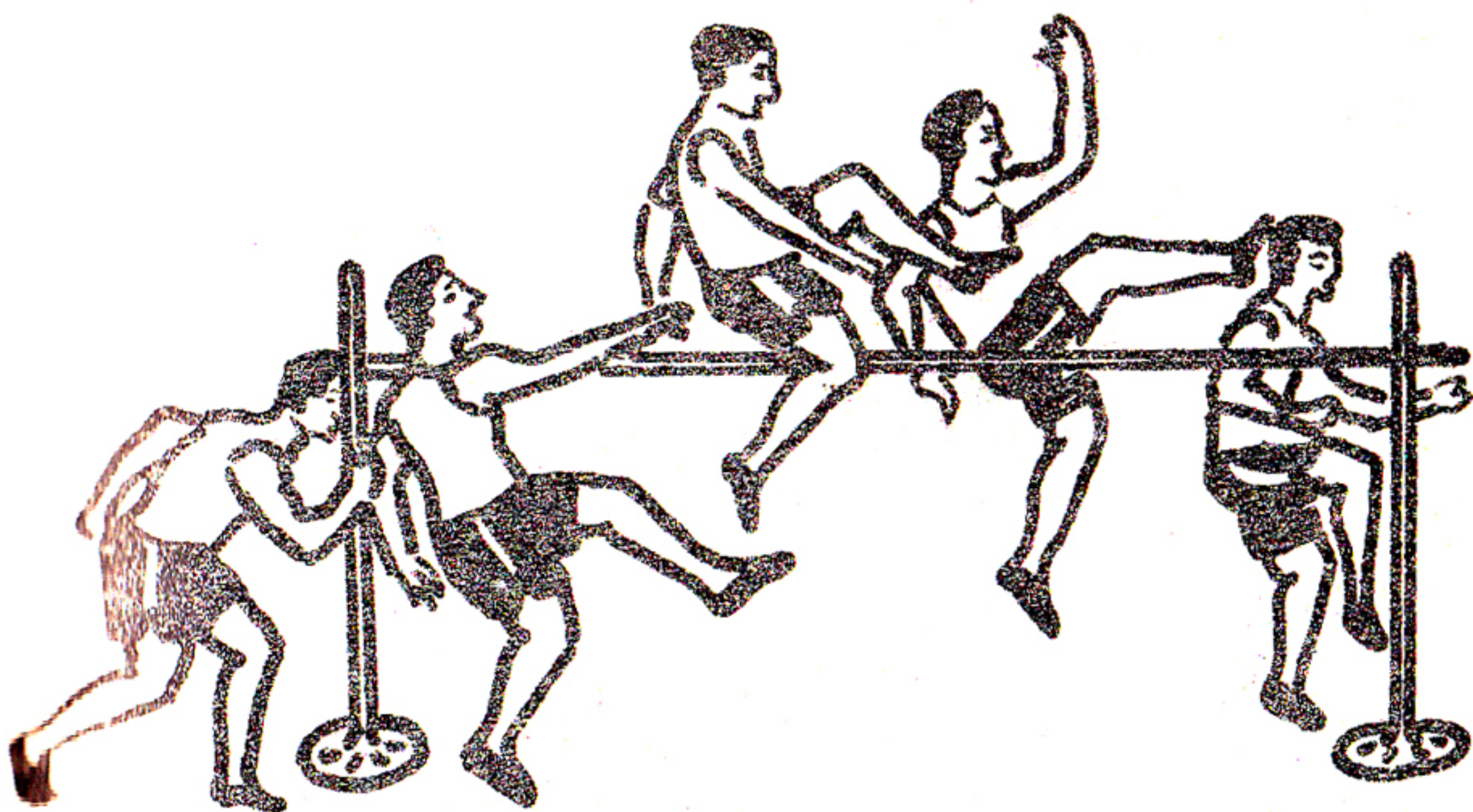
2. If the tie remains, the competitor with the **lowest total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

3. If the tie still remains, if it is for the first place, the tying competitors shall have one more jump at the height at which they failed.

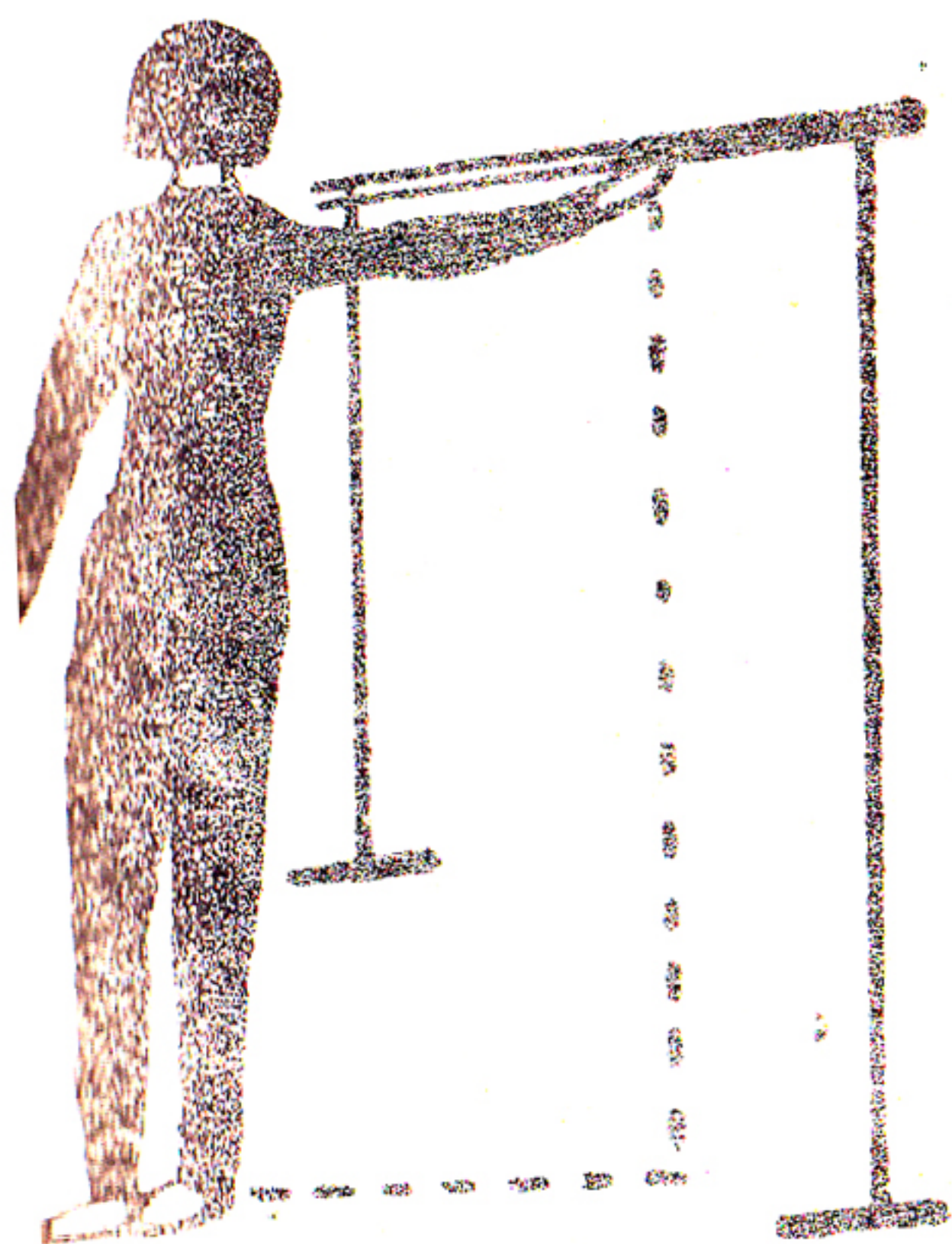
4. If no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced.

5. If the tie concerns with any other place, the competitors shall be awarded the same place in the competition.



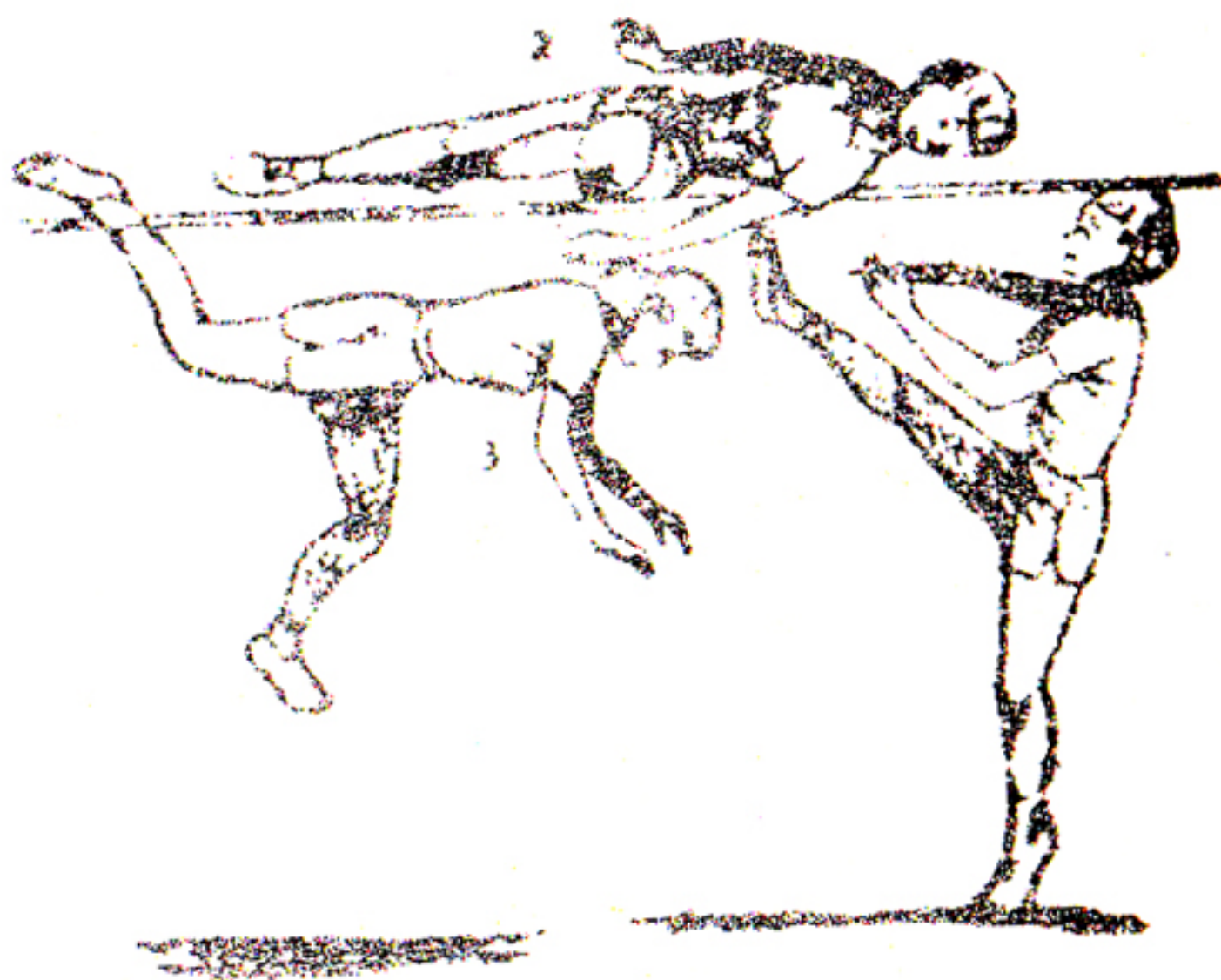


Scissors Style



Measuring takeoff

WESTERN ROLL







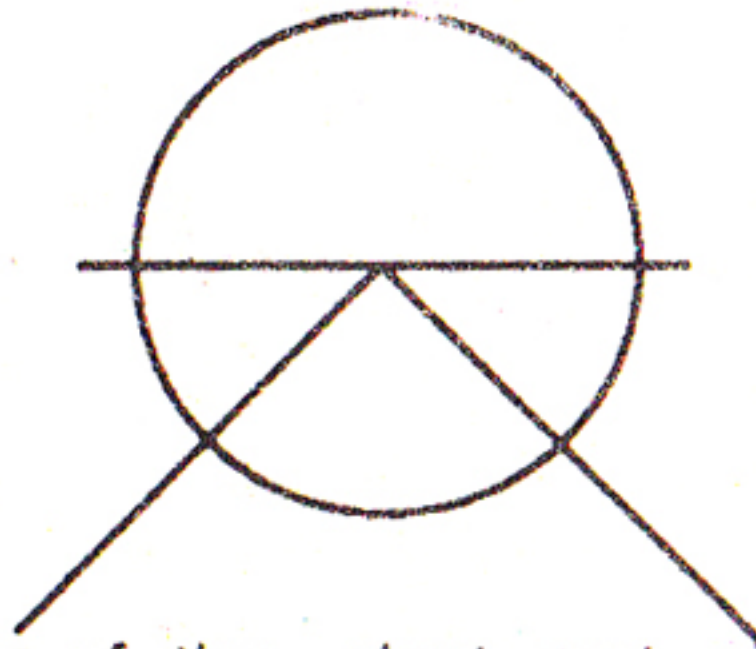
The Running Broad Jump.





# SHOT PUT

## 1. The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

## 2. What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys below 18 years 5Kg.

## 3. How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

## 4. What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing  
4. Glide 5. Throw 6. Release 7. Followup and balance

## 5. Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## 6. What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves





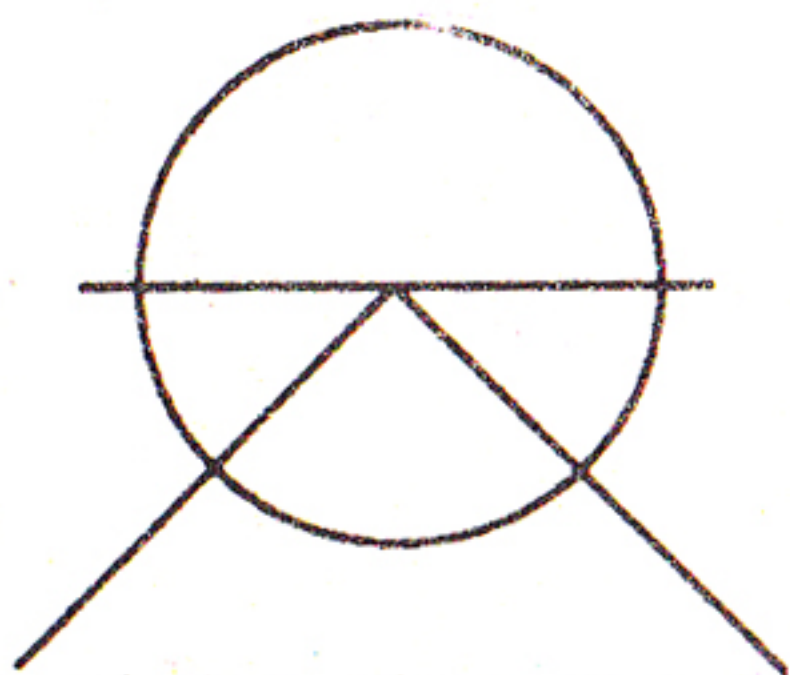
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4. Glide 5. Throw 6. Release 7. Followup and balance

## 5. Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## 6. What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg arm co-ordinations 6. Balancing.

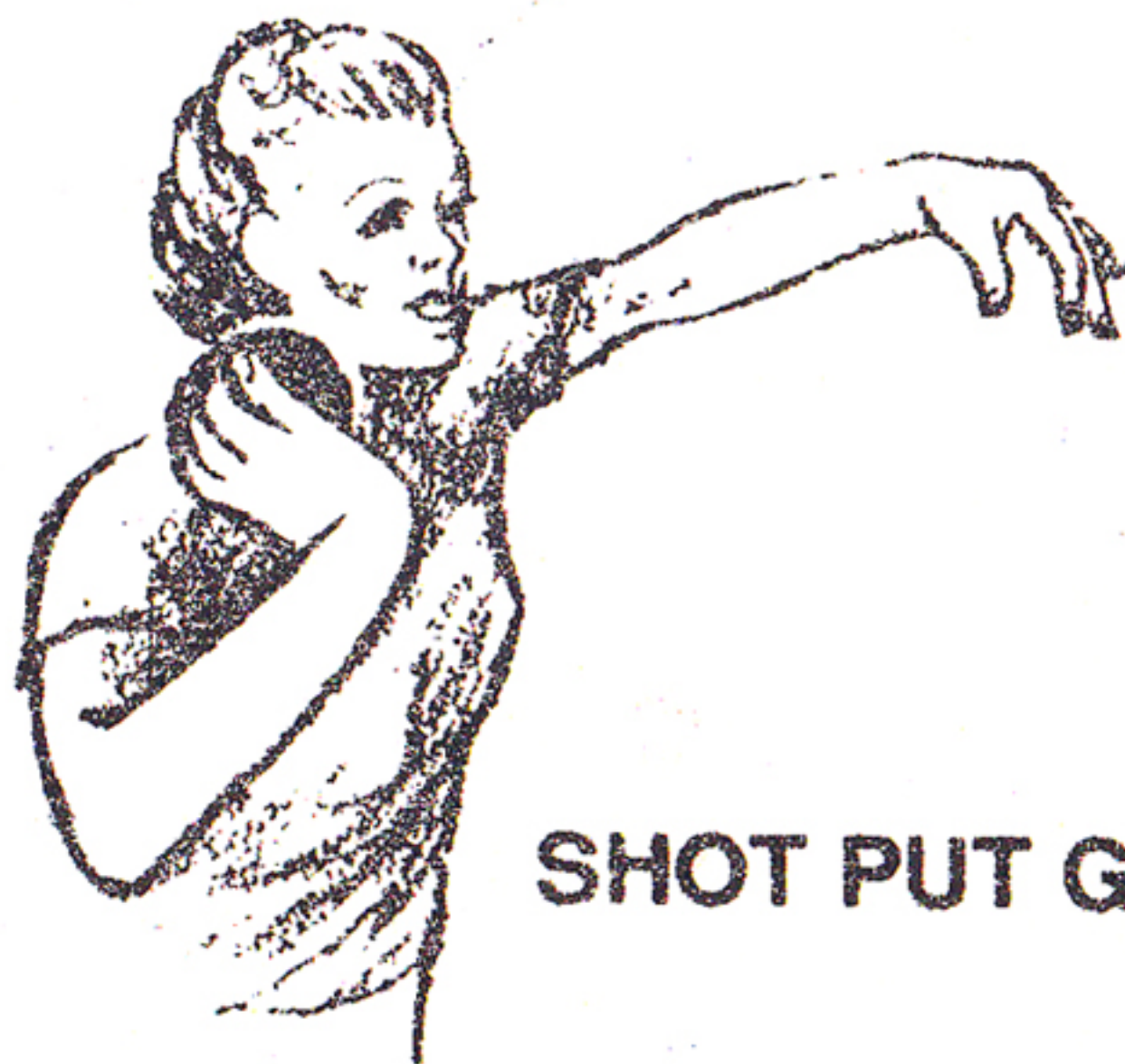
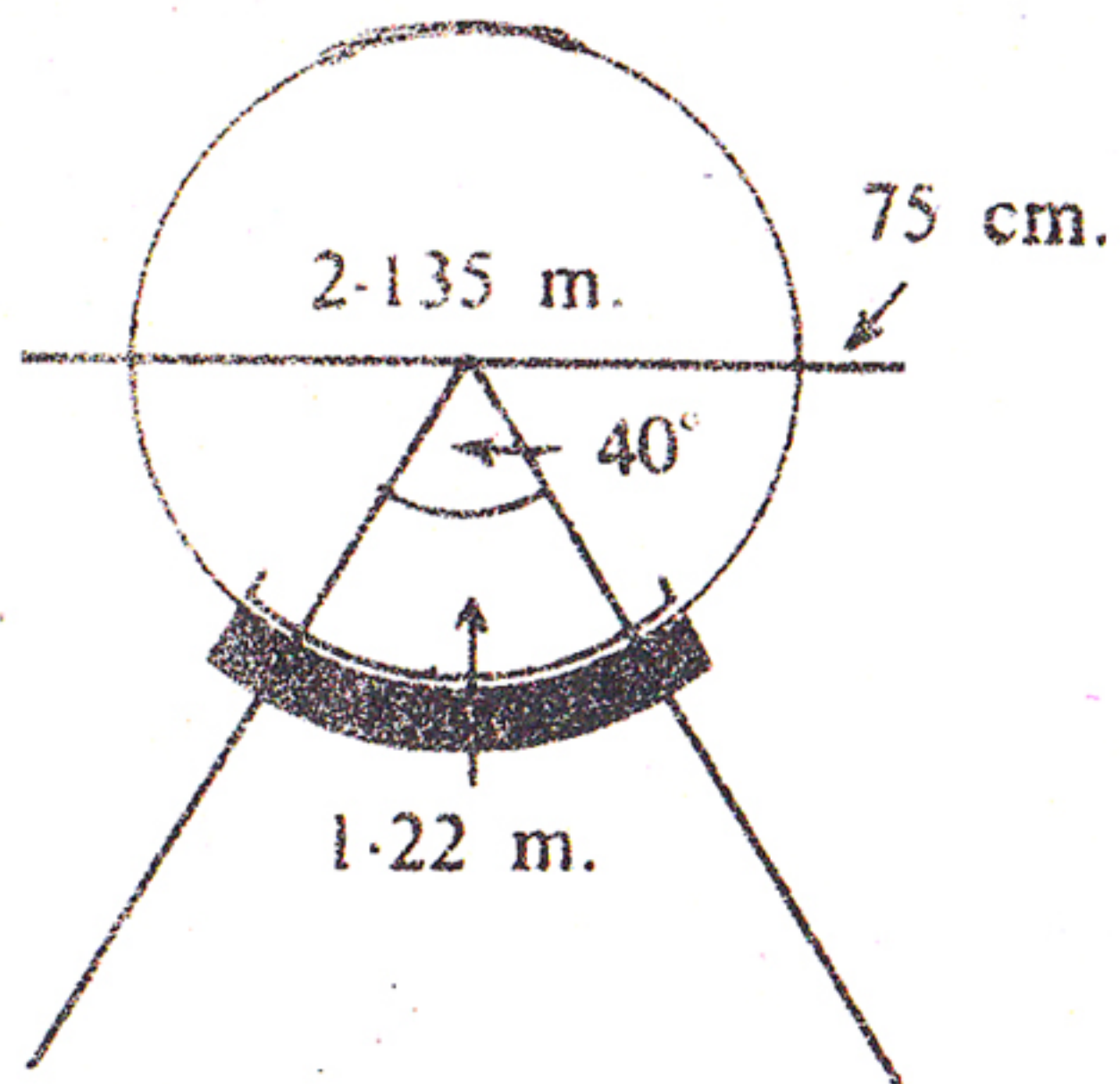
**10. What are the fouls in shot put?**

1. The shot is thrown by both hands. 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

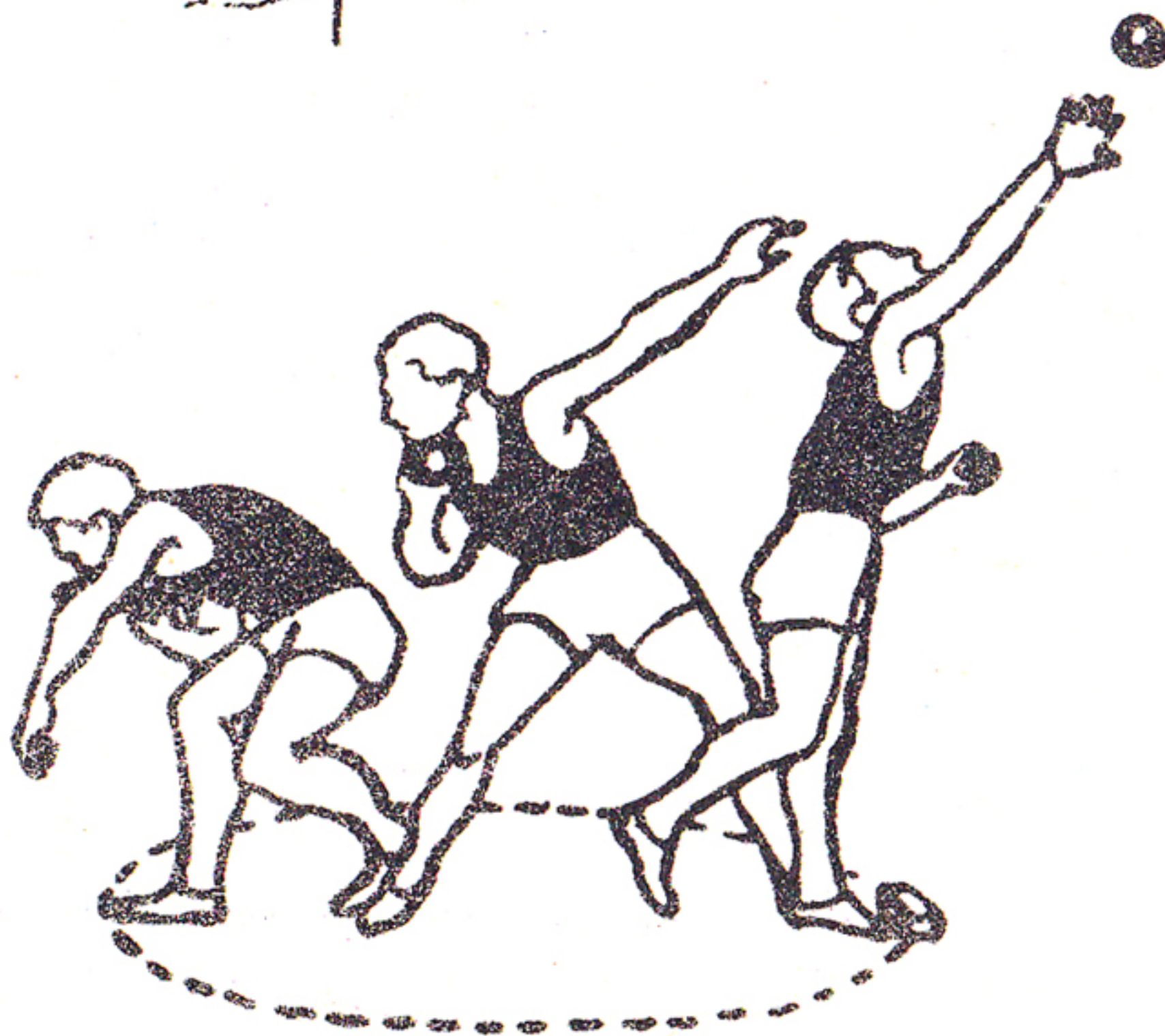
**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.





**SHOT PUT GRIP**





## 1. What is health?

Health is a complete physical, mental and social well being. Health helps the individual to enjoy the highest good in life and he can get everything in his life smoothly and successfully.

## 2. What are the conditions to make the body hale and healthy?

1. Good nutritive food. 2. Fresh air and water. 3. Cleanliness of environments. 4. Proper rest and sleep. 5. Regular exercises. 6. Healthy habits.

## 3. Give eight examples of clean and healthy habits?

(a) Taking a bath daily. (b) Wearing clean clothes. (c) Cleaning teeth in the morning, after meals, before going to bed. (d) Cutting the nails short. (e) keeping the hair clean. (f) Washing hands after nature's call; before bathing; after play; (g) Washing hands before and after touching a patient; before touching holy books. (h) Using foot wear to protect the feet.

## 4. What is personal hygiene?

Hygiene is the Science of Preserving and Promoting health through the active efforts of an individual. Cleanliness is a part of personal hygiene, which consists of all kinds of clean and healthy habits.

## 5. Who is a Healthy Person?

A healthy person is free from all ailments and maintains a well balanced body. He stays always young and energetic and faces the day today problems with a sense of courage and confidence.

## 6. Why is cleanliness necessary for Health?

Cleanliness is godliness. The clean habits are basic to



health. If wealth is lost nothing is lost. If health is lost, everything is lost. So, preservation of health is our prime duty.

**7. How do exercises help the people?**

Exercises are eyes and keys to health because they help the exercisers alert, agile and active.

Exercises tone up all the systems of our body. They sharpen our appetite; make our body strong; help us to be away from the diseases; and ensure more blood circulation and lead us to do our duty better.

**8. Write 5 rules related to exercises?**

1. Exercises should be taken either in the morning or in the evening in the open place.

2. Exercises should not be taken after a heavy meals or in the fatigue condition.

3. Select suitable exercises to the condition of the body.

4. Correct breathing is very important when you do exercises.

5. Do not take bath immediately after exercises.

**9. Write 5 good sleeping habits?**

1. Avoid eating too much just before going to bed.

2. Sleep in dark and quiet room with good ventilation.

3. Go to bed early to get sufficient sleep and get up early.

4. Cover your body with enough bed clothes but keep your face uncovered.

5. Try to go to bed each time at about the same time.

**10. Write some desirable habits for healthy living?**

Habit is the result of doing something often which is not good for health, or life, it is called bad habit.



Any habit which gives happiness to one or helps to other or helps to the society is called good habit.

Queue habits; dustbin habits; spitting habits; postural habits and good manners are the desirable habits for healthy living.

**11. Explain the term "Good Manners"?**

Respecting the elders, parents, teachers; respecting the value of the public property; and accept the rights of others are good manners which make everyone great in all walks of their life.

**12. Why do we need food?**

All human beings need food to keep alive and healthy. It is necessary for our growth and energy. It replaces the wear and tear of tissues of our body. We need energy and strength to play and work, so we need food.

**13. What are the constituents of food? How do they help us?**

Proteins, Carbohydrates, Fats, Vitamins, Minerals and water are the constituents of food.

Proteins are required for building up of the body and for repair work; Carbohydrates and fats give ready energy for the body; Vitamins are for growth and protecting our body from sickness.

**14. What is diet?**

Diet is a combination of different food substances available in nature. A good diet is consisting of all the food substances in correct proportions.

**15. What is a Balanced Diet?**

A balanced diet is to provide us all the essential nutrients in suitable proportions for helping the various parts of our body to do their work properly and effectively.



**16. What are the diseases caused in Vitamin Deficiency?**

1. Deficiency of Vitamin A causes Night Blindness.
2. Deficiency of Vitamin B causes Beri Beri, Skin diseases, Mental Disbalance, pellagra.
3. Deficiency of Vitamin C causes Scurvey.
4. Deficiency of Vitamin D causes Rickets.
5. Deficiency of Vitamin E causes Childlessness and repeated abortions.
6. Deficiency of Vitamin K will cause delayed clotting of blood.

**17. What are the two types of accidents?**

Accidents are of two types: Minor and Major.

Cuts, wounds, bleeding, simple fracture, bites, faintings, shocks, burns, etc are minor accidents.

Fall from vehicles, stairs, burns from stoves, gas, electricity, swimming and playing dangers in Laboratories are known as major accidents.

**18. What are the precautions to be taken in the play ground?**

1. The games played by elderly people, should not be played by young kids.
2. No one should wear spectacles while playing.
3. Should not play with the rusted sharp edged materials.
4. Remove any glass piece, sharp stones, twigs, thorns and rusts pieces in the playground before you start your play.
5. Should play the games and sports under the guidance and supervision of elders or physical education teachers and coaches.



**19. What are the basic principles of safety at school?**

1. The school should be located away from rail tracks, industrial areas and other dangerous environments.

2. The play grounds should be properly fenced to prevent trespass.

3. The school building should be fully protected against pupils falling from stair and verandas, provide parapet walls and hand rails.

4. Sports equipments should be kept under check at all times and in good repair.

5. Laboratory and other apparatus, class benches, chairs, tables should be kept well in condition.

6. The equipment in the gymnasium should be checked periodically for locating defects.

7. There should be adequate facilities installed for fire protection, on a model basis.

8. Thatched sheds are put up for expanding school needs, steps should be taken against fire hazards.

9. The school buildings should be a model of cleanliness and orderliness, conducive to safety.

**20. What is First aid?**

First aid is the immediate and temporary treatment given in case of accident or sudden illness, before the services of a doctor can be secured.

**21. What is the object of the first aid?**

The object of the first aid is to minimise the secondary dangers and to maintain the patient in a good condition



possible, until a doctor can start proper treatment.

**22. Explain cuts and scratches?**

Cuts may be occurred by blades, knives and sharp instruments. First aid may be done first by a wash with clean water and dry with clean cotton. Apply Iodine or Boric Powder and make a light bandage over the cut with bandage cloth.

**23. What are Burns? Explain.**

Burns injuries are caused by fire, electricity or acids. Burns will give shock to the patients.

First aider should try to create confidence to the patient and give him rest to overcome the shock. Then the patient must be given hot drinks like coffee or tea to take plenty. Then the patient must be sent to the nearby hospital or bring the doctor to the spot as early as possible.

**24. What is a fracture?**

A fracture is a break in the normal continuity of a bone. Fractures are the commonest injuries involving the bone.

**25. What are the different types of fractures?**

1. **Simple fracture** is a clean break in the bone without the ends puncturing through the skin.

2. **Compound fracture** is one in which the broken ends peep through the skin.

3. **Complicated fracture** is one in which the broken ends of bones are shattered into many pieces. This may be simple or compound.

**26. What are the general symptoms of fractures?**

1. Pain at or near the place of fracture.

2. Swelling around the place of fracture.

3. Limitation of normal movements of the area.

4. Deformity of the limbs and irregularity of the bone.



# MINOR GAMES

VIIStd.

## 1. Dodge Ball

Divide the players into two teams. 'A' team stands round a circle with a ball, 25 feet in diameter and the team 'B' inside the circle. The players on the circle hit the members of team 'B' who dodge. If anyone is hit by a direct throw, he is out. The time taken by each team to hit out the other team completely is taken into consideration. All throws must be from outside the circle only.

## 2. Advancing Statues

Players are asked to demonstrate a statue or pose. Difficult poses must be insisted and the poses must be of their own choice. 'It' stands in front of the group, about 20 metres away from the group and counts 1 to 10 when the players move towards "it" and assume a pose.

On the 10th count, 'it' would suddenly turn back and all those who have not taken a pose as statues or who are still moving, will be eliminated. The rest will then continue for another 10 counts, and so on till 'it' is touched.

The object is to assume poses whenever 'it' turns back on the 10th count, and at the same time advances quietly to touch 'it' without being noticed by him.

## 3. Do or Die

Two teams of equal members stand facing each other on two lines 20 feet apart. The captain of each team is given a folded slip of paper with instructions. At the signal, they open the slip and do according to the instructions.



Example 1: Run and touch the mango tree on the east.

2: Don't allow any one to touch the mango tree on the east.

One team is asked to do something and the other team is to do contrary action. Thus the game continues.

#### **4. Three Deep**

Players are paired and the pairs stand around the circle with their partner behind, all facing the centre. Each pair is behind, all facing the centre. Each pair is about 6 feet from each other. One is selected as 'chaser' and the other as a 'runner'

The Chaser tries to touch the Runner who runs round the circle and suddenly jumps in front of a pair when the outer man of that pair becomes the Runner and he is chased by the Chaser. The Runners thus change constantly but the Chaser is the same. If the Chaser manages to touch the runner, they change their duties.

#### **5. Flying dutchmen**

All the players join hands and form a circle except two. These two are the 'flying Dutchmen' who join their hands and run round the circle outside, and one of them strikes the joined hands of two players on the circle. The two who are struck, at once break away from the circle and run in opposite directions and thus complete with Flying Dutchmen for the gap in the circle. The pair that could not occupy the gap, continues the game, as the next Flying Dutchmen.

#### **6. Good Morning**

Form a circle, leaving 'it' out who runs outside the circle tapping at the back of someone and continues the run. One who is tapped leaves the circle and runs in the opposite direction. They meet on the other side of the circle, stop, shake hands, saying 'good Morning'



three times, and dash to the gap with the circle. He who could not reach the gap earlier becomes 'it' and continues the game. All must get chances to be 'it'.

## **7. Holding the Fort**

Two concentric circles 20 metres and 30 metres in diameter are marked. Players are divided into two teams of equal numbers, one team as defender inside the fort inner circle; the other team as 'attackers' outside the outer circle.

Have a distinguished mark for each team. After a signal, the players change by pulling, pushing, carrying the members of the opposite team to their area. After 3 minutes charging, count the number in each teams. The team with the largest number wins. The area between the circles is the neutral zone where all the charging takes place.

## **RELAYS**

### **8. Jump the Stick Relay**

Teams are arranged in files behind the starting line and a turning point is marked in front of each team at a distance of 25 feet from the starting line. The first player runs with the wand, and after rounding the turning point, gives the wand to the second player. Both the players bend and keep the wand parallel at a height of 6 inches from the ground and run to the end of the line one on each side of the file, when the players jump over the wand. At the end, number 'one' stays back and number 'two' continues. All must have a chance to run.

### **9. Backward Running Relay**

Teams are arranged in files behind the starting line. A turning point is marked 40 feet away in front of each team. The player runs backward, round the turning point and returns a touch off the next player. The finish is at the starting line.



## **10. All up and all down Relay**

Divide the players into 3 teams of equal number and arrange each team in a file behind the starting line. 20 metres in front of each team make a circle 3 feet in diameter and in each circle, keep four Indian clubs standing.

The first player runs into the circle and knocks the Indian clubs down, returns to the starting line and touches the next runner who sets the clubs standing again.

Thus the relay continues knocking and setting the clubs up. The relay is finished at the starting line.

## **11. Three Legged Relay**

Arrange the relay teams in pairs facing the same direction, with their inner legs tied together and inner arms around the back of the partner. On signal, each pair runs round the turning point which is about 30 feet from the starting line and touch off the next pair, waiting behind the starting line. The last pair finishes at the starting line.



# BODY BUILDING EXERCISES

1. 1. Arms forward upward and left leg backward - Raise.  
2. Arms forward, downward and left leg - Replace.
2. 1. Arms sideward raise and hands on the head - Place.  
2. Arms sideward stretch and knees full - Bend..  
3. Position 1 Resume.  
4. Attention Position.
3. Standing Position - Neck **FIRM**.  
1. Head backward - **PRESS**.  
2. Head Relax.
4. 1. Full squat and hands on floor between knees - Place.  
2. Knees stretch.  
3. Knees Bend.  
4. Position
5. 1. Arms sideward raise and feet apart - **Jump**.  
2. Quarter turn to the left, face, arms sideward lower, left forward - **Lunge**.
6. 1. Arms sideward raise and trunk forward - **Bend**.  
2. Trunk to the left - **Twist**.  
3. Back to position 1.  
4. Attention position.
7. Standing Position: Feet wide apart, Arms sideward:  
1. Trunk forward bend and with the right hand left toe touch.



2. Standing position. Alternate left and right and come to attention on the last count.
3. Hands on Hips place.
  - 1 to 4 - Hop on the right foot and with the knees straight, toes pointed left by forward - Raise.
  - 5 to 8 - Change to Hop on the left with right leg raised.
4. Hands on Hips - Place.
  1. Half knee - **Bend.**
  2. Knees Full - Bend.
  3. Same as 1.
  4. Straighten the legs fully to the starting position.
10.
  1. Arms forward raise and knees full - Bend.
  2. Arms upward raise and on heels - Raise.
  3. Same as in 1.
  4. Position.
11.
  1. Hands on Hips place and left sideward - Step.
  2. Arms sideward raise and trunk left - Twist.
  3. Same as in 1.
  4. Position.
12.
  1. Arms forward upward raise and feet apart - Jump.
  2. To touch ground with hands trunk downward - Bend.
  3. Arms forward, upward trunk - Raise.
  4. Position.



# ASANAS

## 1. VAJRASANA (The Diamond).

STARTING POSITION: Sit on the ground, Stretch out the legs close together, fold both the legs at the knee joints and arrange the feet by the side of the buttocks keeping the sole turned upward.

1. Bring the knees close to each other and cover with palms.
2. Close the eyes and rest.
3. Bring the legs to position one.
4. Return to starting position.

## 2. MATSYASANA

1. Sit on Padmasana.
2. Lie flat, taking care to make the Knees touch the ground.
3. Place elbows and head on the ground, but raise your back so that bridge is formed from head to hip.
4. Take your hand up and hold the toes with the finger, raising the chest as far as possible.
5. Return to position one.

## 3. GOMUKASANA: (Cow Face Posture)

Go means cow and mukha means face in Sanskrit. In the final position of the asana, the pose resembles the face of a cow.

1. Stretch out the legs in front and sit erect. Then, bend the right leg at the knee and take it under the left leg to touch the left hip with the right heel.
2. Bend the left leg from the knee joint to touch the right hip with the left heel.



3. Grasp fingers of right hand with left hand at back left elbow bend over head
4. Return to the position

#### **BENIFITS:**

1. It strengthens the muscles of the upper arms, shoulders, chest, back waist and thighs.
2. It keeps back stooping shoulder and straightens up the spine.

#### **4. UTHITHA PADMASANA**

Starting Positions: Sit in the Padmasana position and keep the hands and forearms in outside the folded legs and place the palms on the ground with fingers pointing forward.

1. Lift the body up with inhaling.
2. Return to starting position.

#### **5. SAVASANA**

Sava means a Dead Body in Sanskrit. The pose is called Savasana because it requires complete relaxation of the muscles as in the case of a dead person.

Lie on the back as shown in the picture and fully relax the muscles. The eyes are to be kept closed.

Note: No attempt is to be made to control the breath either in volume or in length of time. Breathing should be allowed to have its own way.

#### **6. SARVANGASANA**

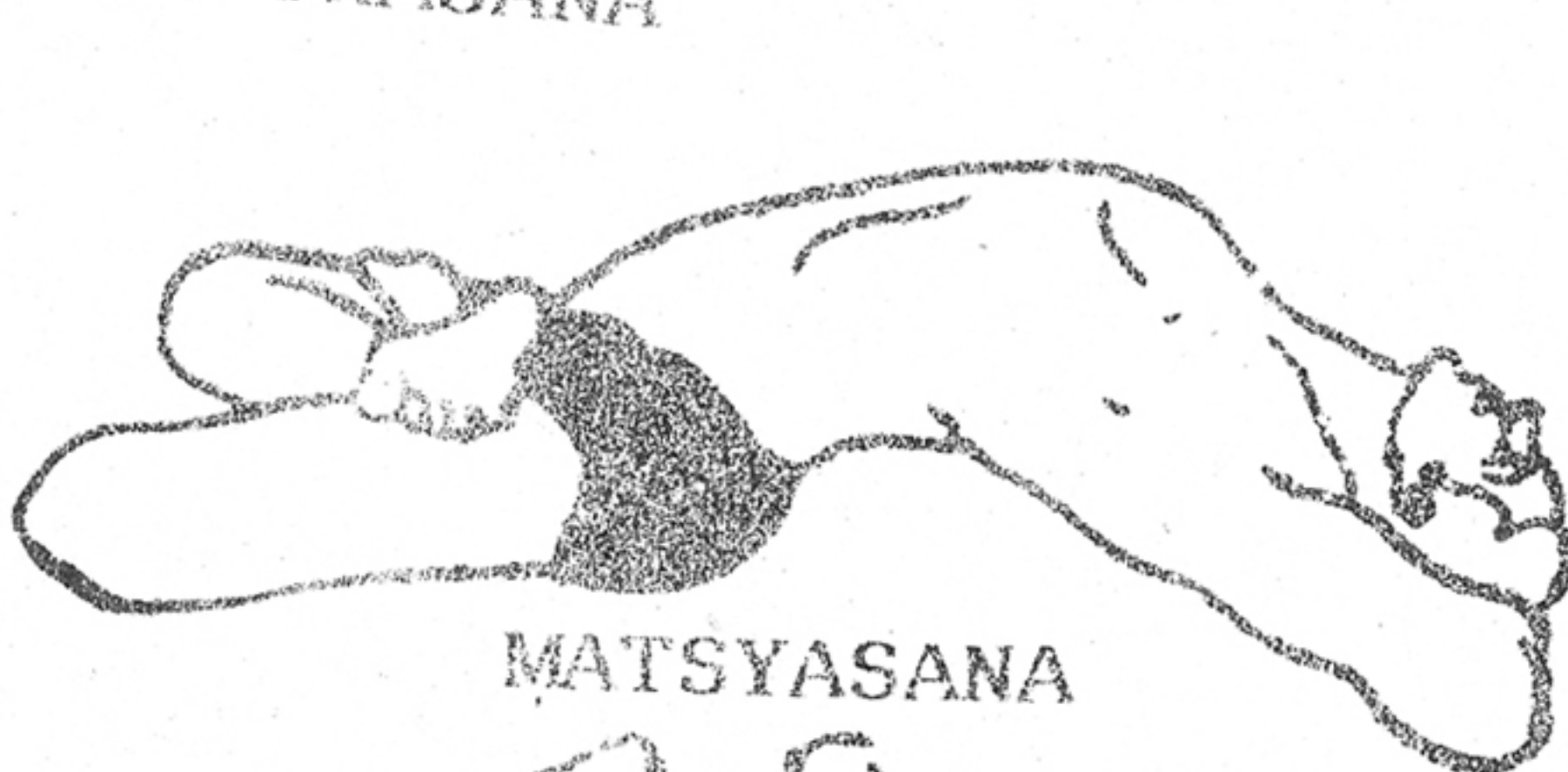
1. Starting Position : Lie flat on the ground with the arms stretched along the body.
2. Raise the legs upwards (making an angle of about 30,60 and 90 degrees.)
3. Raise your entire body, support the trunk with your arms and shoulder (Let your chin touch the hollow between the chest and the neck.)
4. Return to the starting position.





VAJRASANA

UTHITHAPADMASANA



MATSYASANA



GOMOGASANA



SARVANGASANA



SAVASANA



# RHYTHMIC AND LIGHT APPARATUS EXERCISES

## 1. DUMBBELLS EXERCISES

1. 1. Raise arms forward with left toe touch forward.  
2. Fling arms sideward with left toe touch sideward.  
3. Return to position one.  
4. Position.
2. 1. Bend arms upward (keep the fist on the shoulder ) and step left forward.  
2. Bend trunk forward and touch bells to ground.  
3. Return to position one.  
4. Position.
3. 1. Raise arms and left leg forward.  
2. Fling arms upward, stretch left leg backward and bend right knee.  
3. Return to position one.  
4. Position.
4. 1. Fling arms forward upward and lunge left forward.  
2. Bend trunk well forward and touch bells to ground.  
3. Return to position one.  
4. Position.
5. 1. Raise arms forward and knees full bend.  
2. Return to fundamental position.

## 2. WAND DRILL

1. 1. Raising left arm in a circular movement from left to right and placing it across the chest, and holding the wand by the left hand, first facing onward and raising and lowering the heels.



2. Bringing the wand to the thigh horizontal and raising and lowering the heels.
  3. Jumping with feet apart and thrusting wand to front horizontal.
  4. Bringing wand to chest horizontal and thrusting it down and holding it near the toes by lowering the trunk.
  5. Straightening the trunk up and holding wand to high horizontal (while bringing wand to high horizontal position keep the arms straight. )
  6. Returning to position two.
  7. Returning to position one.
  8. Returning to the starting position.
2. 1. Raising left arm in a circular movement from left to right and placing it across the chest, and holding the wand by the left hand, first facing onward and raising and lowering the heels.
2. Bringing the wand to thigh horizontal and raising and lowering the heels.
  3. Jumping with feet apart and thrusting wand to front horizontal.
  4. Taking wand to neck horizontal.
  5. bending full knees (full squat).
  6. Returning to position four.
  7. Returning to position with a jump feet together.
  8. Returning to the starting position. (Raise and lower the heels.)

### 3. LAZIUM

Laziums are carried on the left shoulder with the wooden handle kept vertically behind the arm pit, and the iron handle in front. It is brought to the starting position in **Two Counts**.

Hold iron handle with the right hand.



Count 2: Bring the lazium down, left hand holding the wooden handle.

### EXERCISE: 1

Count 1: Bend forward and click the iron handle against the wooden handle held parallel to the ground in front of the toes.

Count 2: Pull the iron handle apart vertically in front of the knees.

Count 3: Come to the erect position and fling the wooden handle rapidly on the right forearm towards the body.

Count 4: Pulling the wooden handle up in front of the face

### EXERCISE: 2

Count 1: Step left foot forward and click in front of the left toe.

Count 2: Pull the iron handle apart vertically in front of the left.

Count 3: Come to the erect position and fling the wooden handle rapidly on the right forearm towards the body.

Count 4: Pulling the wooden handle up in front of the face with left foot back to position.

### EXERCISE : 3

Count 1: Step left foot forward and click in front of the left toe.

Count 2: Pull the iron handle apart vertically in front of the knee.

Count 3: Right about face. keeping the legs in position and come to the erect position and fling the wooden handle rapidly on the right forearm towards the body.

Count 4: Pulling the wooden handle up in front of the face



#### **EXERCISE: 4**

The same exercise like three.

Repeat the same in front of the right toe and finish in on the left, bringing the left foot to position on the 4th count.

#### **EXERICSE: 5**

Count 1: Bend forward and click the iron handle against the wooden handle held parallel to the ground in front of the toes.

Count 2: Pull the iron handle apart vertically in front of the knees.

Count 3: Come to the erect position and fling the wooden handle rapidly on the right forearm towards the body, bring left foot behind right knee and cross.

Count 4: Pulling the wooden handle up in front of the face, left leg replace. Try with right also.



# MARCHING

## 1. Mark Time with Turn

Mark Time may be carried out while standing at a halt or marching. Command is MARK TIME OR MARK TIME MARCH.

Turning to the Right Turn while marching or marking time.

**Command:** Right Turn: The command of execution turn is given as the right foot meets the ground and the movement is carried out in 2 counts.

**Right Turn:** (a). The left foot takes a beat if marking time at the spot or a small step forward on the toe if marching.

(b) A  $1/4$  turn is made on the right heel continue with the left foot forward step.

**Left Turn:** The movement is the opposite of right turn.

**About Turn:** will cause a file or rank to face in opposite direction.

The command of execution TURN is given on the right and the movement is carried out in a four count rhythm, while marking time, the class makes the turn in 4 counts and continues marking time in place.

## 2. Marching Forward in Single and Double File.

**Command:** Forward MARCH or QUICK MARCH.

This command is given while the class is standing at 'attention or Marking Time'.

On the command of execution, MARCH, every one shall move the Left Foot smartly straight, the Right Foot following in even rhythm.



The teacher will indicate the correctness of the stop by calling LEFT, RIGHT or ONE TWO as the left foot or right or right foot strikes the ground respectively.

Note: Correct the posture of walking; note the swing of the arms; Body must be kept correct; Alignment must be adjusted and the space between each other must be maintained.

### 3. HALTING THE QUICK TIME MARCH

Command: Class HALT

The command HALT is given as the right foot strikes the ground. The class comes to a halt in a TWO COUNT Rhythm as class HALT.

ONE. The left foot takes step forward.

TWO. The right foot is brought up in line with the left with the stamp and at the same time, the hands are cut away smartly to the position of Attention.

### 4. Saluting to the Front: Flag salute.

Saluting movement is carried out in TWO Count Rhythm.

Count 1: Saluting to the Front by Numbers - Squad 1 head, palm to the front fingers extended, point of the forefinger one inch about the right eye keep the tip of the fingers, wrist and elbow in a straight line.

Count 2: Cut away the arm by the shortest way smartly.



# TRAINING AND WARM-UP EXERCISES FOR THE RUNNER



## *Abdominal Exercise.*

With knees straight, scissor kick the legs.



## *Arm and Shoulder Girdle Exercise.*

With body straight, touch chest to the ground, and then push up to arms-extended position.



## *Leg and Back Exercise.*

From an erect position, arms extended sideways, touch left toe with right hand, and repeat to other side.



## *Trunk-Stretching Exercise.*

Rotate the trunk as far to the right as possible, and repeat to the left.



## *Hip-Flexibility Exercise.*

Rotate the legs as in riding a bicycle. Start slowly and increase speed.

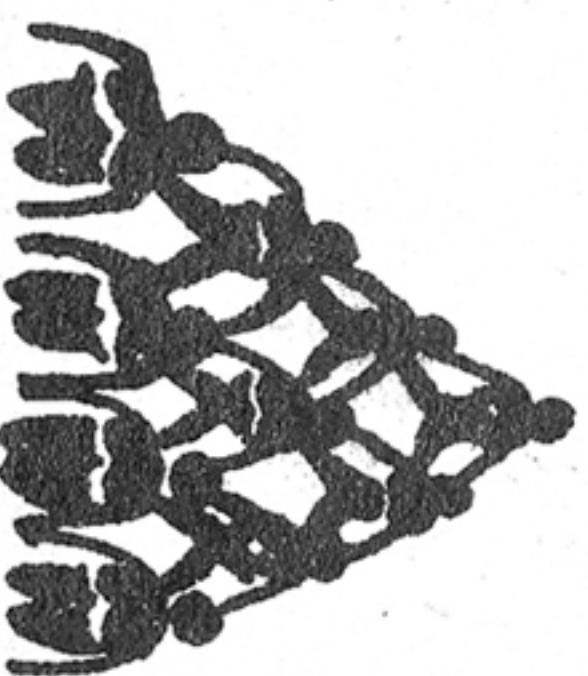


## *Knee-Lifting Exercise.*

Run in place, lifting the knees as high as possible.

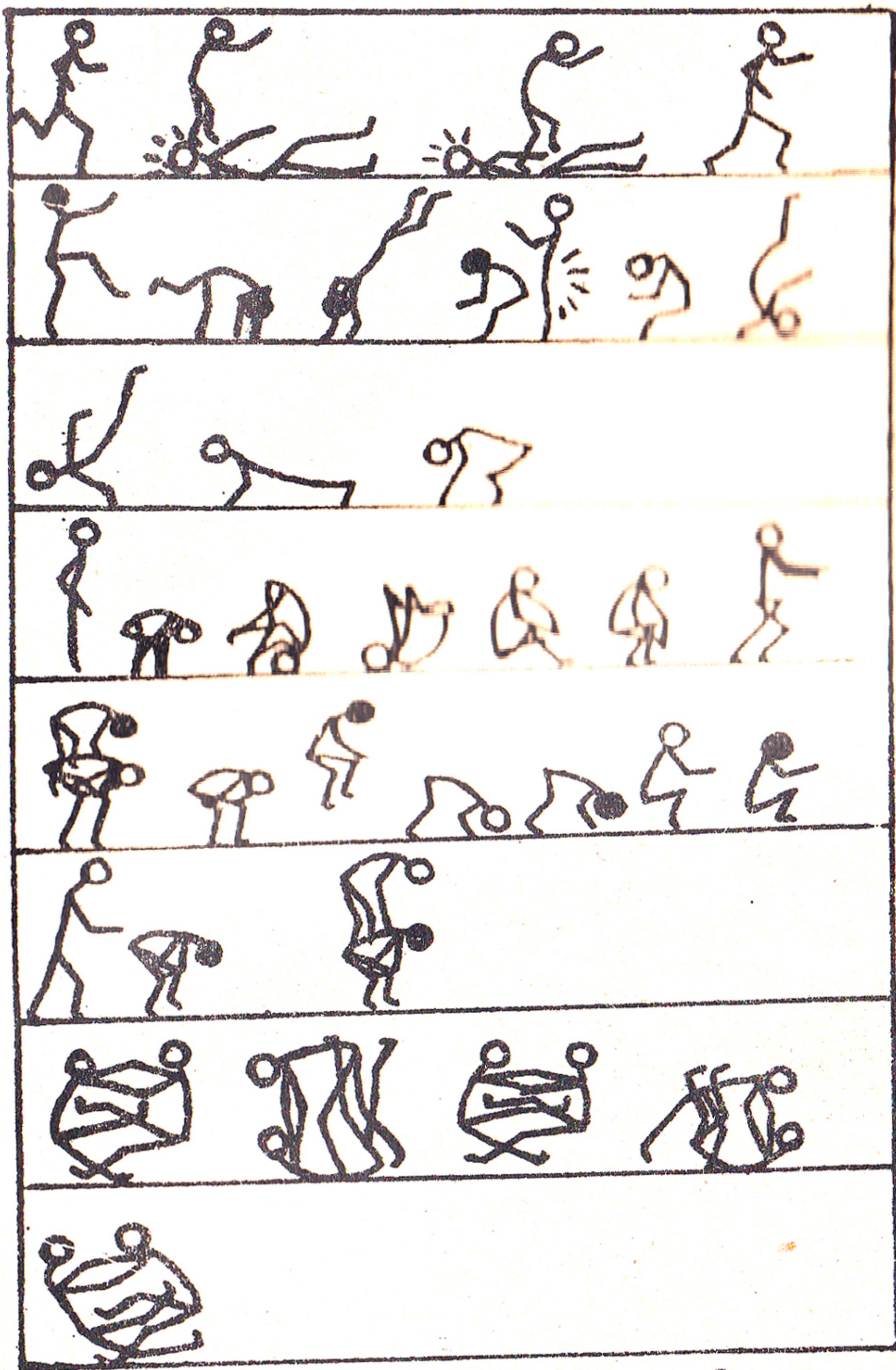


# PYRAMIDS (Ten's Formation)





# TUMBLING

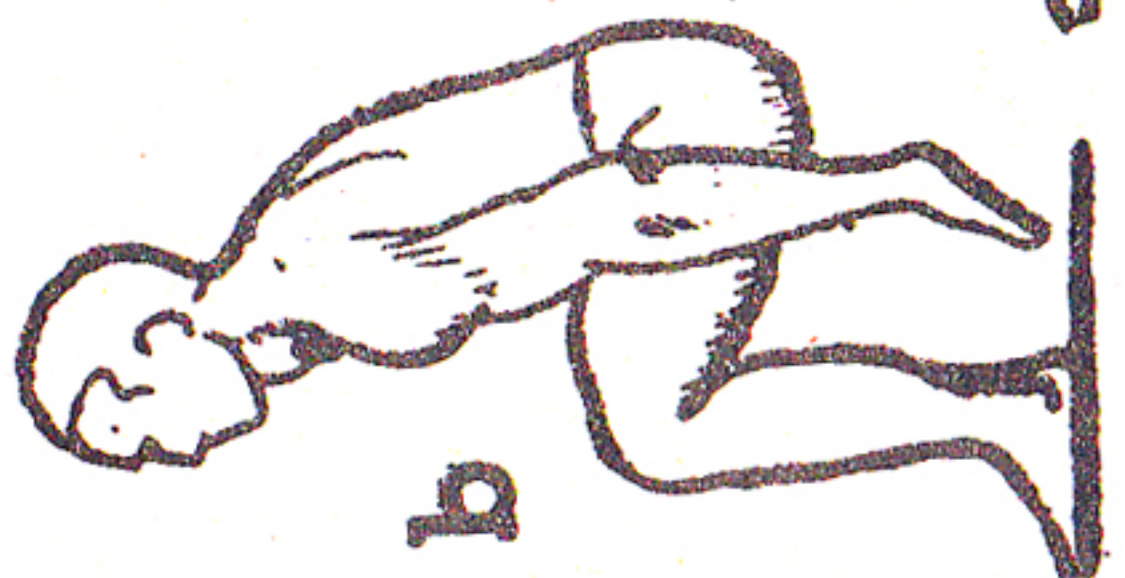




# Forward Roll

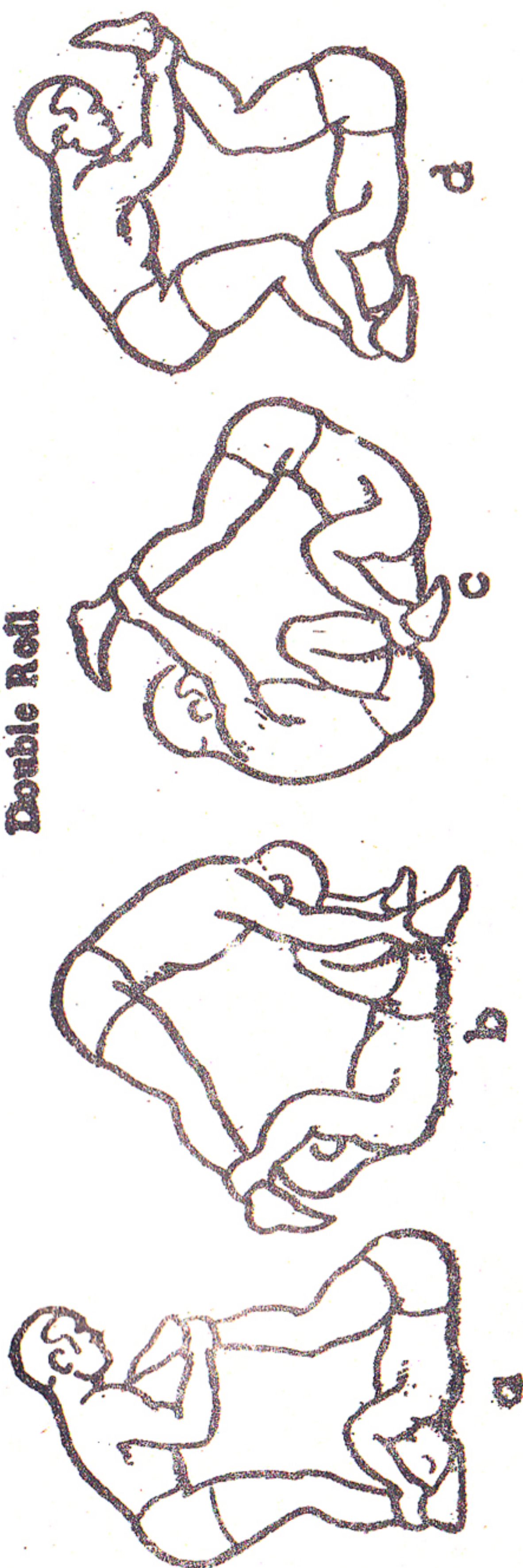


# Backward Roll

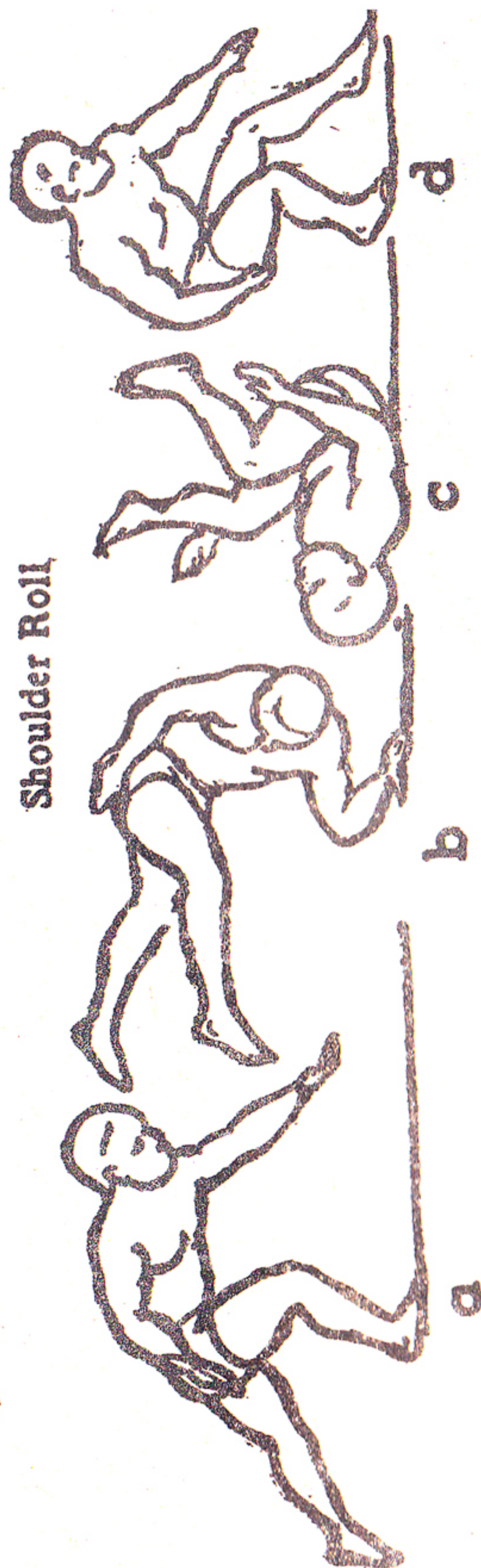




# Double Roll

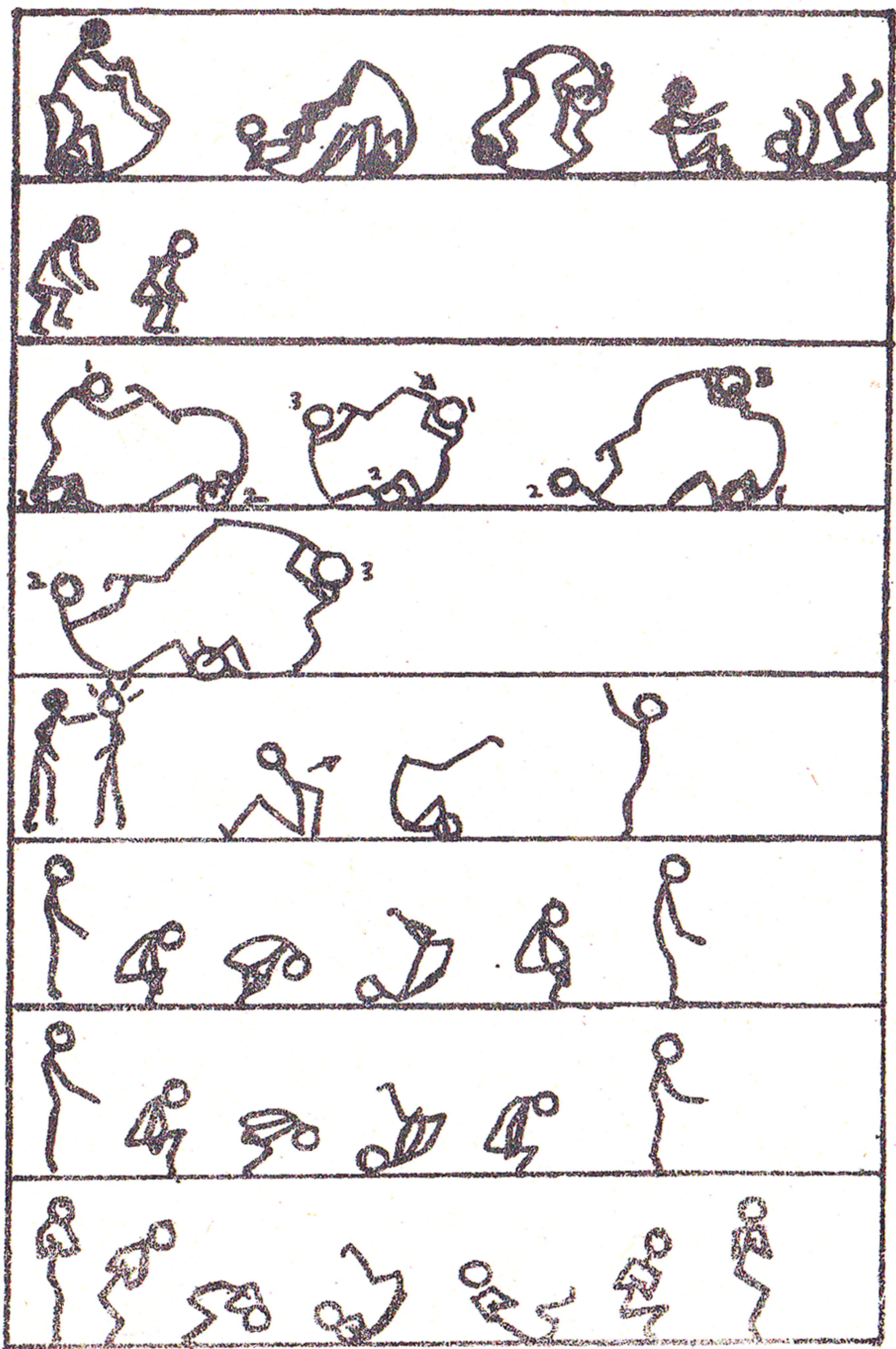


# Shoulder Roll



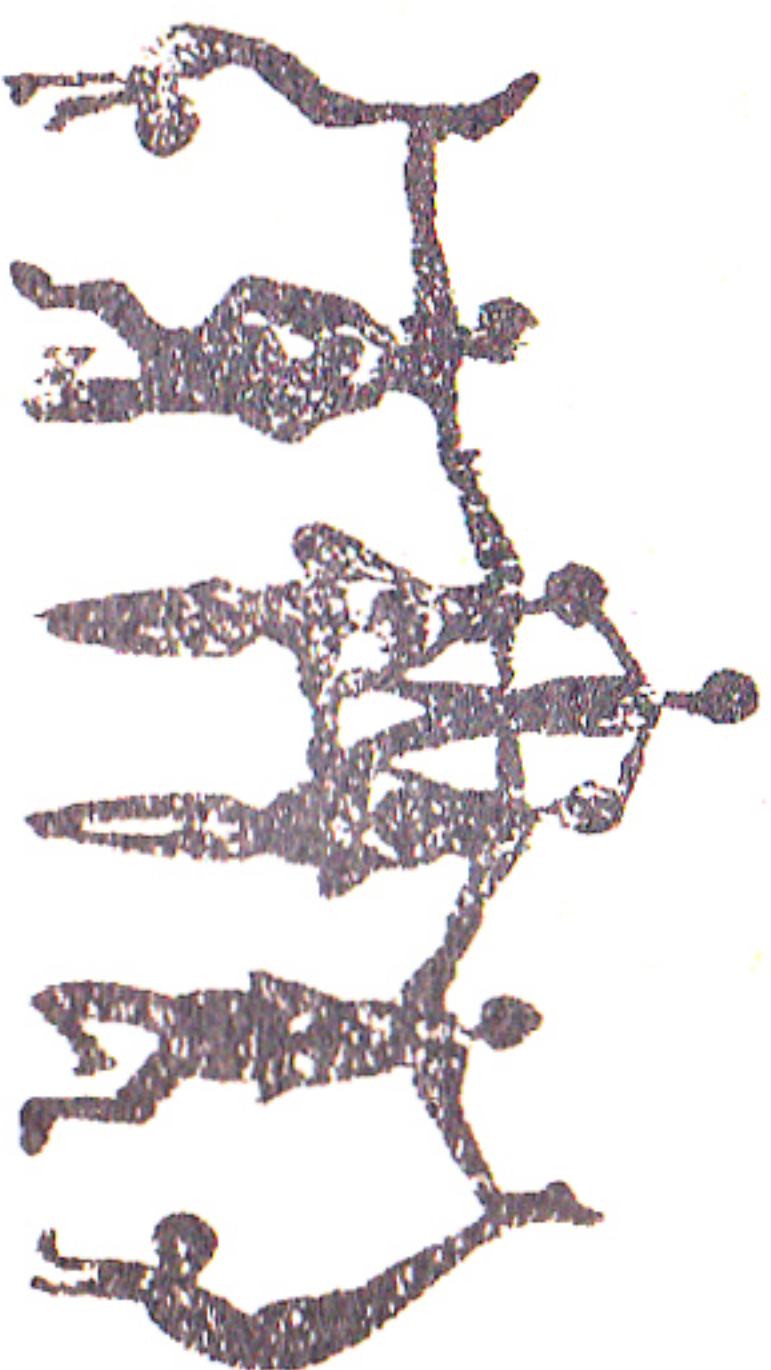


# TUMBLING





# PYRAMIDS (Eleven's Formation)





Dear Students,

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

**Dr. S. Navaraj Chelliah.**



பாடர். எஸ். நவராஜ் செல்லையா,  
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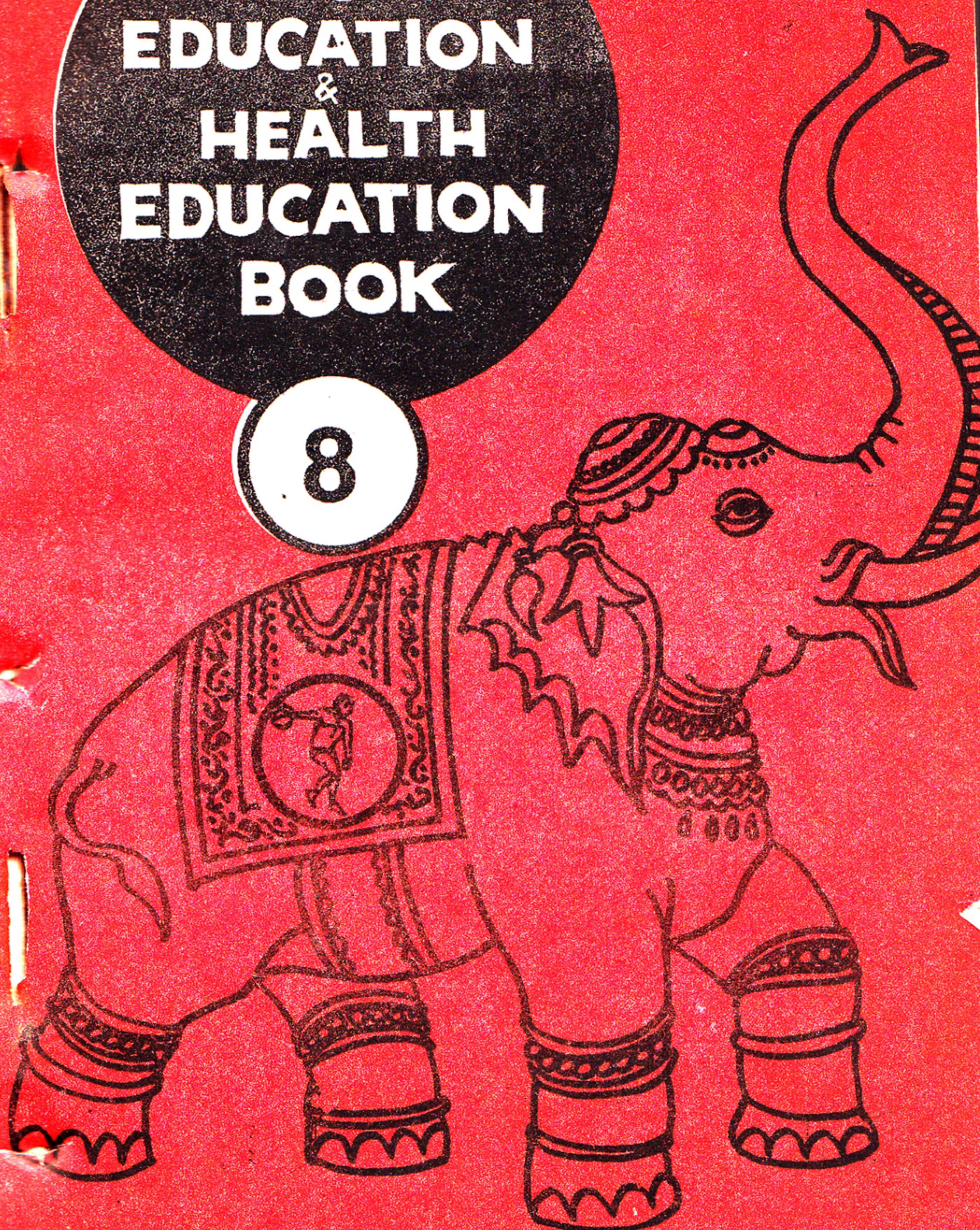
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# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

8



**DR. S. NAVARAJ CHELLIAH**

M.A., M.P Ed., Ph.D., D.Litt., D.Ed., FUWAI



# **PHYSICAL EDUCATION & HEALTH EDUCATION BOOK**

**VIII Standard Boys & Girls**

(Based on The New Educational Policy Syllabus)

**Dr. S. Navaraj Chelliah**

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# CONTENTS

1.	HEALTH EDUCATION	5
2.	TRACK	
	a. Running	11
	b. Relay Races	14
	c. Long Jump	16
	d. High Jump	18
	e. Shot put	23
3.	a. Basket Ball	26
	b. Cricket	34
	c. Volley Ball	39
	d. Kho Kho	44
	e. Hockey	51
	f. Kabaddi	56
4.	MINOR GAMES	62
5.	BODY BUILDING EXERCISES	65
6.	ASANAS	67
7.	RHYTHMIC EXERCISES	74
8.	MARCHING	76



## VIII STD

### SKILL TEST - GRADING SELECT ANY THREE SKILL TESTS

#### 1. SIT-UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 26	- 10	ABOVE 28	- 10
24 - 26	- 9	26 - 28	- 9
22 - 24	- 8	23 - 25	- 8
20 - 22	- 7	20 - 22	- 7
18 - 20	- 6	17 - 19	- 6
16 - 18	- 5	14 - 16	- 5
14 - 16	- 4	11 - 13	- 4
12 - 14	- 3	8 - 10	- 3
BELOW 12	- 2	BELOW 8	- 2

#### 2. LONG JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 3.40 M	- 10	ABOVE 3.50M	- 10
3.11M - 3.40M	- 9	3.21M - 3.50M	- 9
2.91M - 3.10M	- 8	3.11M - 3.20M	- 8
2.71M - 2.90M	- 7	2.91M - 3.10M	- 7
2.51M - 2.70M	- 6	2.71M - 2.90M	- 6
2.31M - 2.50M	- 5	2.51M - 2.70M	- 5
2.11M - 2.30M	- 4	2.31M - 2.50M	- 4
2.00M - 2.10M	- 3	2.11M - 2.30M	- 3
BELOW 2M	- 2	BELOW 2.11M	- 2

#### 3. HIGH JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 1M	- 10	ABOVE 1.05M	- 10
.91M - 1.0M	- 9	1-01M - 1.05M	- 9
.86M - .90M	- 8	.96M - 1.00M	- 8
.81M - .85M	- 7	.91M - .95M	- 7
.76M - .80M	- 6	.86M - .90M	- 6
.71M - .75M	- 5	.81M - .85M	- 5
.66M - .70M	- 4	.76M - .80M	- 4
.61M - .65M	- 3	.71M - .75M	- 3
BELOW .61M	- 2	.66M - .70M	- 2
		BELOW .66M	- 1



**4. 50M RUNNING****10 MARKS**

Girls	Marks	Boys	Marks
Below 8.5 sec.	10	Below 8 sec	10
8.5 sec - 9.5 sec	8	8 sec - 9 sec	8
9.5 sec - 10.5 sec	6	9 sec - 10 sec	6
10.5 sec - 11.5 sec	4	10 sec - 11 sec	4
11.5 sec - 12.5 sec	2	11 sec - 12 sec	2
Above 12.5 sec	1	Above 12 sec	1

**5. SHOT PUT****10 MARKS**

Girls	Marks	Boys	Marks
Above 5.25 MTS	10	Above 5.50 MTS	10
4.76M - 5.25M	9	5.01M - 5.50M	9
4.26M - 4.75M	8	4.51M - 5.00M	8
3.76M - 4.25M	7	4.01M - 4.50M	7
3.26M - 3.75M	6	3.51M - 4.00M	6
2.76M - 3.25M	5	3.01M - 3.50M	5
2.26M - 2.75M	4	2.76M - 3.00M	4
2.01M - 2.25M	3	2.51 - 2.50M	3
Below 2.01M	2	Below 2.51M	2

**6. ROPE SKIPPING 30 SECS. PULL UPS 10 MARKS**

Girls	Marks	Boys	Marks
Above 80	10	Above 12	10
71 - 80	9	12	9
66 - 70	8	11	8
61 - 65	7	10	7
56 - 60	6	9	6
51 - 55	5	8	5
41 - 50	4	7	4
35 - 40	3	6	3
Below 35	2	5	2
		4	1

**MARKS FOR PHYSICAL EDUCATION TEST**

1.	Major Games (Any Two)	20	Marks
2.	Individual skills (Any Three)	30	Marks
3.	Yogasanas (Any Two)	10	Marks
4.	March Past (According to the merit)	10	Marks
5.	Written Examination	30	Marks
		100	Marks



# HEALTH EDUCATION

## 1. What is disease?

The word disease is divided into two words like dis + ease, it means uncomfot. Disease is the state of body in which one or more of its parts fail to do their work properly.

## 2. What are the deficiency diseases?

The diseases caused by the lack of vitamins are called deficiency diseases. The main deficiency diseases are night blindness; rickets, beriberi, scurvey etc.

## 3. How oxygen is useful to us?

Air is useful to us in many ways. Air contains many gases which are useful for men, plants and animals. The gases present in the air are : 1. Nitrogen, 2. Oxygen, 3. Carbondioxide, 4. Water vapour.

All living things breath in and breathe out as long as they live. When we breathe in, the blood in the lungs picks up oxygen from the air. This oxygen is then taken by the blood to all the cells of the body. There, it is used to burn food to produce energy. so, oxygen is useful in many ways and need us to keep alive.

## 4. How is a sick person burden to others?

A sick man, called otherwise as a patient, not only suffers and discomforts himself but also requires one or more person to spend their time to look after him. Thus he becomes burden to others.

## 5. What is your first duty in your life?

It is our first duty to take care of our own body and keep it in good health. This is an improtant duty we owe to ourselves, to our family, to our neighbours, to our



society, and to our nation; and above all, it is a duty that we owe to our creator.

**6. What are the habits which are detrimental to health?**

Bad habits like smoking, chewing of tobacco, alcohol drinking are harmful and have a profound effect on health. The habits of indiscriminating spitting and throwing rubbish things on road side are also detrimental to health.

**7. How the sun is helpful to us?**

The sun is the source of heat, light, and energy in the world.

Sunshine also helps in killing disease germs in the air and thus air is purified. Sun light discourages the insects and small animals to come out and give disturbances to others. Vitamin D which is necessary for health is produced in the skin by sun light. So, our elders advice the children to play under the sun light both in the morning and evening times.

**8. Explain the term 'Communicable diseases?'**

Diseases caused by microbes (Germs) are easily transmitted from one person to another. Such diseases are called communicable diseases.

**9. How are communicable diseases caused?**

The communicable diseases are caused and spread through air, food and water, through insect bites, and through physical contact.

**10. What will you do to improve your personal health?**

The following habits will develop our personal health powerfully and perfectly.

1. Practicing the habit for regular bowel movement.
2. Cleaning teeth every morning, taking bath daily.



- ii. Washing hands after every toilet purpose.
- iii. Not walking bare footed.
- iv. Wearing clean and neat clothes especially under garments.
- v. Coughing with handkerchief while coughing and sneezing.
- vi. Protecting the eyes from the dirty fingers, wear spectacles.
- vii. Good habits will keep oneself well groomed and look neat.

### iii. How diseases are caused?

1. Hereditary Factors. 2. Malnutrition. 3. Birth defects. 4. Germs and insects. 5. Physical agents like heat and cold. 6. Chemical agents like acids and alcohol.

### iv. Diseases are spread through some agents. How?

REASONS	DISEASES
i. Insects	Malaria and Filaria
ii. Personal contact	Leprosy.
iii. Food and Water	Typhoid, cholera, dysenteries.
iv. Droplet	Influenza, Diptheria
v. Air, dust, droplets	Small pox, chicken pox, measles and mumps etc.

### v. How the diseases will be controlled?

1. Fresh air. 2. Sun light. 3. Protected water. 4. Balanced diet. 5. Good sanitation. 6. Exercises. 7. rest, meditation, good sleep will produce good health and control all kinds of diseases.



**14. What is First Aid?**

First aid is defined to the treatment given till proper medical aid is reached.

**15. How are accidents caused?**

Lack of knowledge, thoughtlessness, indifference, carelessness, self pride, and undue haste are some of the causes for accidents.

**16. What are the common accidents occurring in homes?**

Common accidents in homes are due to fires, falls, cuts, chocking and poisoning.

**17. What are the necessary precautions to prevent accidents in schools?**

1. Students should not play near hedges, thorny horns, pits, up and down places, and barbed wires.

2. Avoid rash running and playing with other students.

3. A through warming up is necessary before attempting any jump, throw or run. Otherwise, the muscles will be pulled or cramped.

4. Students do not jump over the desks and benches while in their class rooms.

5. Avoid to push others; do not bang the doors and windows which may cause severe injury.

6. While in laboratory, perform experiments under the guidance of your teacher.

7. Wash your hands with soap and water before you eat after laboratory work.

**18. Write a short note on Respiratory system?**



All living things Breathe. Breathing starts from birth and continues regularly until death. No body can live without breathing.

The Exchange of gases, oxygen and carbondioxide between the organism and its environments is called respiration. The respiratory system consists of the lungs, where the exchange takes place, and the air passages which bring gses to and from the lungs and environment.

Breathing is controlled automatically by the brain.

### **10. What are communicable diseases?**

Many of the diseases are infectious and spread from a person suffering from the disease to healthy persons. Such diseases are called communiabile diseases. Common cold, influenza, meascles, diptheria, dysentery, typhoid, malaria etc. are all communicable diseases.

### **11. What are non - communicable diseases?**

Non - communicable diseases have a heredity tendency and tend to remain chronic. These do not spread from person to person.

Diabetes, heart diseases, cancer, rheumatism, genetic disorders etc. are all non communicable diseases.

### **12. What is Immunity?**

The resistance of our body to disease is called immunity. Immunity is the power of resisting the disease and being susceptible to it.

### **13. What are the bad effects of alcohol drinking?**

Alcohol's excessive use posions tissues; acts a depressant upon the central nervous system; impairs muscular and mental efficiency; weakens judgement; increases accidents and may lead to insanity; handicaps athletes and players; increases the chances to all kinds of diseases.



# ASANAS

## 1. What is Yoga?

The word Yoga is derived from the Sanskrit word YUJ, meaning of Bind and Yoke. It is the true union of our WILL with the WILL of GOD.

## 2. What is the main aim of Yoga?

The main aim of Yoga is to have allround progress in human life physically, intellectually, morally and spiritually.

Yoga helps to secure purity of body, mind, and soul's final communication with God.

## 3. What is Pranayama? What are its advantages?

This word Pranayama is divided into two as Prana and Ayma.

Prana means breath, respiration, life, vitality, wind, energy, and strength. Ayma means length, expansion, stretching.

So, Pranayama means Breath and its Control. Pranayama the rhythmic breath control, is helping to achieve mental poise and inner peace. Through Pranayama, one can live longer life. It improves the power of memory, and eliminates mental disorders.

## 4. What is the main difference between Asanas and Physical exercises?

Physical exercises give more importance over external organs while Yogasanas give exercises to external body as well as the internal organs. So, Asanas are aiming to give exercise to every muscle, nerve and gland in the body.



# TRACK AND FIELD

**1. How many lanes are there in a Standard Track?**

There are 8 lanes in a standard track.

**2. What is the breadth of a lane?**

The breadth of lane is between 1.22m and 1.25m.

**3. What are the main types of running?**

There are 6 types of running.

(a) Short distance running : 100m, 200m, 400m

(b) Middle distance running : 800m, 1500m

(c) Long distance running : 5000m, 10,000m

(d) Hurdle races : 110m, 400m

(e) Relay races : 4 x 100m, 4 x 400 m

(f) Marathon race : 42, 195m

**4. Explain the skills of short distance running?**

1. Start 2. Strides 3. Finish

**5. What are the main types of start?**

1. Standing start 2. Crouch start

**6. How many divisions are there in crouch start?**

1. Bunch or Bulet start

2. Medium start

3. Elongated start

**7. Give brief explanation about the various starts?**

1. **Bunch Start** :- The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

2. **Medium Start** :- The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start :-** In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

**8. What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

**9. What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

**10. Why is starting block used?**

Starting block helps the athlete to make a quick start.

**11. Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

**12. How is the winner decided in 100m dash?**

As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

**13. Which is the fastest start in 100m running?**

The bunch start is the fastest start.



# STARTING METHODS:



SITTING POSITION BEFORE START



ON YOUR MARKS:

SET:

GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

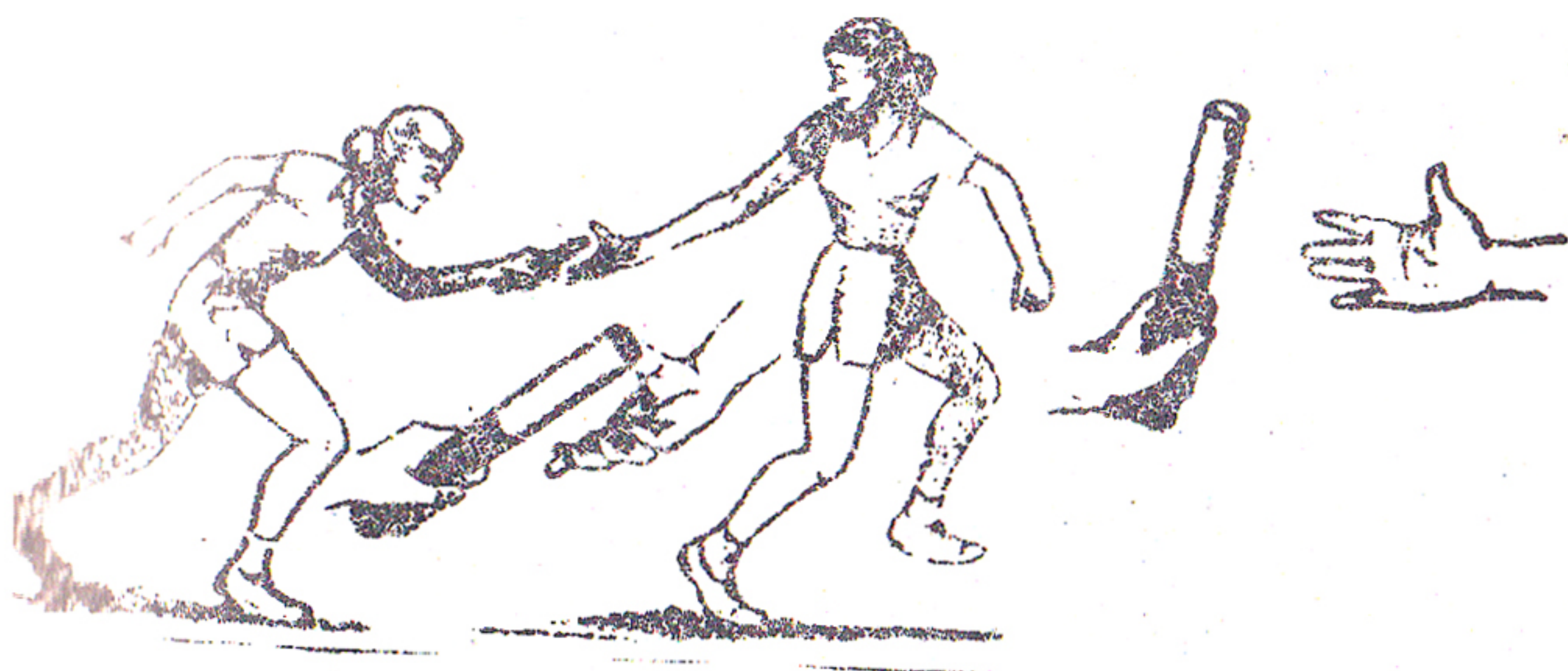
## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.







# LONG JUMP

1. What are the measurements of a landing area in long jump?

The length and breadth of Long Jump area is 9 m X 2.75m (29.6" X 9 feet).

2. State the measurements of the runway and a take-off board?

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22m X 20m wide and 10 cm deep.

3. Explain the main skills of long jump?

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. What is approach?

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. What is the main aim of take-off in long jump?

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or thrust is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. Must a long jumper jump from one foot?

Yes, No double foot take-off is allowed. The 'double jump' technique also is prohibited.

7. What are the common styles of walking in the air?

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style



7. **What is the aim of walking in the air technique?**

The basic flight technique is the hitch-kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

8. **How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

9. **What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 1 1/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If he or she takes take-off with both feet together.

10. **How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, no trials will be given to them.

11. **A competitor wishes to put a handkerchief on the take-off board or in the pit. Is it correct?**

No. As per the rules, the competitor cannot place a handkerchief on the take-off board but he can place it on the side of the run way.

12. **What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the tie is decided.

**14. How many steps one can take for the approach run in long jump?**

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

**1. What is high jump?**

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

**2. What is the distance between the two upright stands?**

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high jump should be marked by between 20m to 25m radius.

**3. What are the qualities of a good high jumper?**

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

**4. What are the various jumping styles in high jump?**

1. Scissor style.    2. Eastern cut off    3. Western roll
4. Straddle method    5. Fosbury Flop

**5. What are the basic skills in high jump?**

1. Approach    2. Take-off    3. Crossing the bar
4. Landing.



**Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. **Without foam mattress**, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point.

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

12. How will you break the tie for the first place in high jump?

1. The Competitor with the lowest number of jumps at the height at which the tie occurs, shall be awarded the first place.

2. If the tie remains, the competitor with the lowest **total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

3. If the tie still remains, if it is for the first place, the tying competitors shall have one more jump at the height at which they failed.

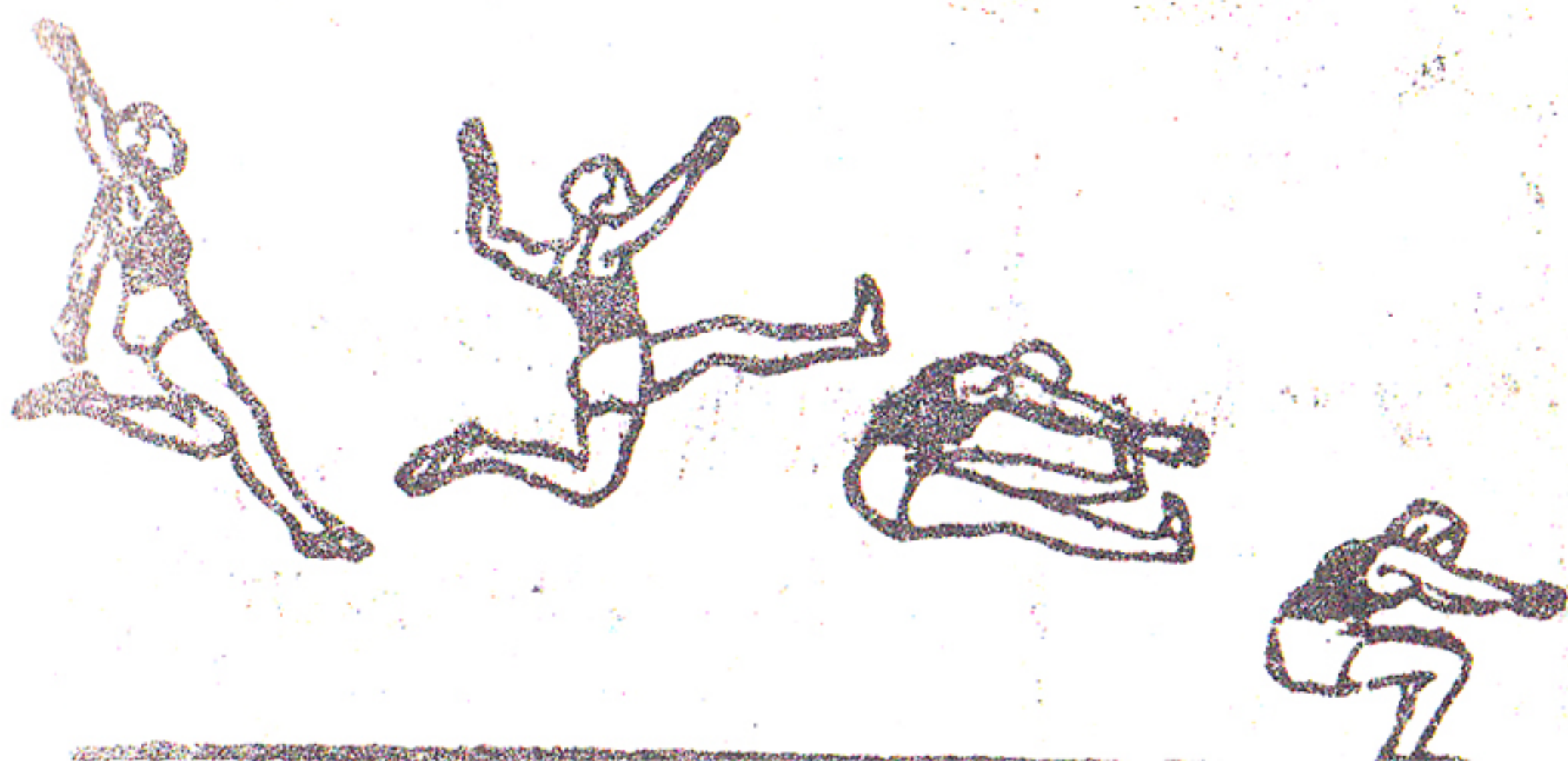
4. If no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced.

5. If the tie concerns with any other place, the competitors shall be awarded the same place in the competition.

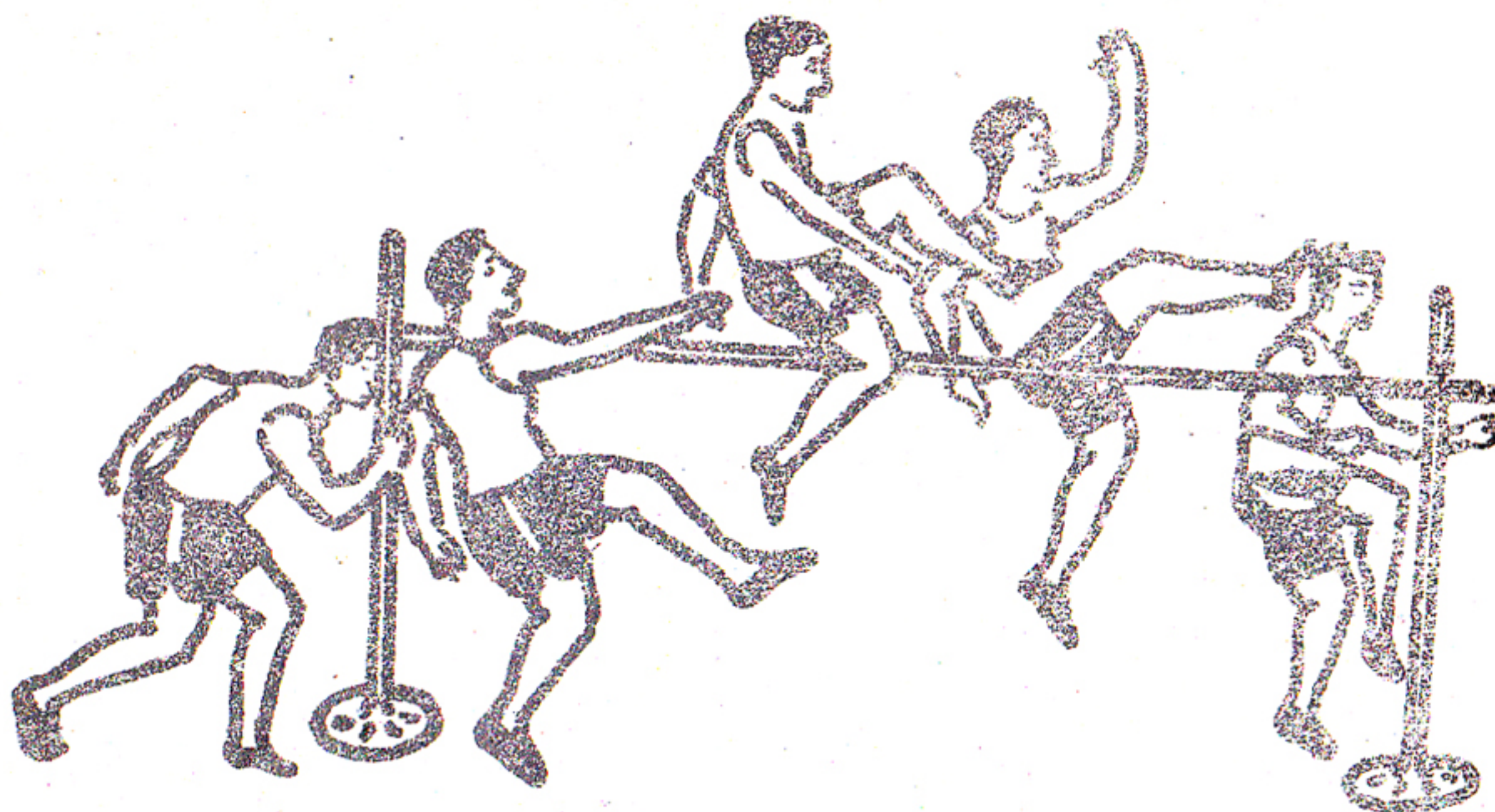




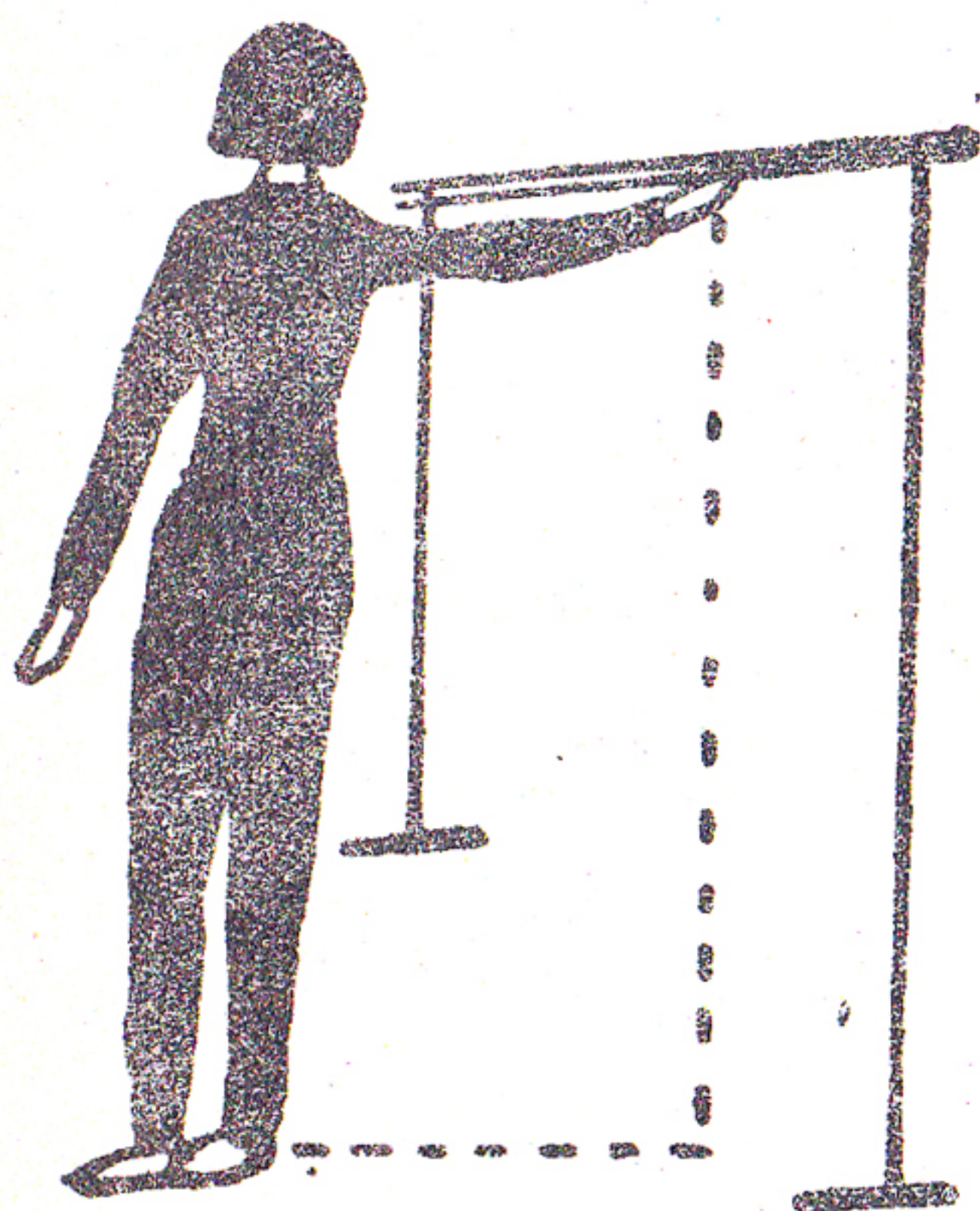
The Running Broad Jump.





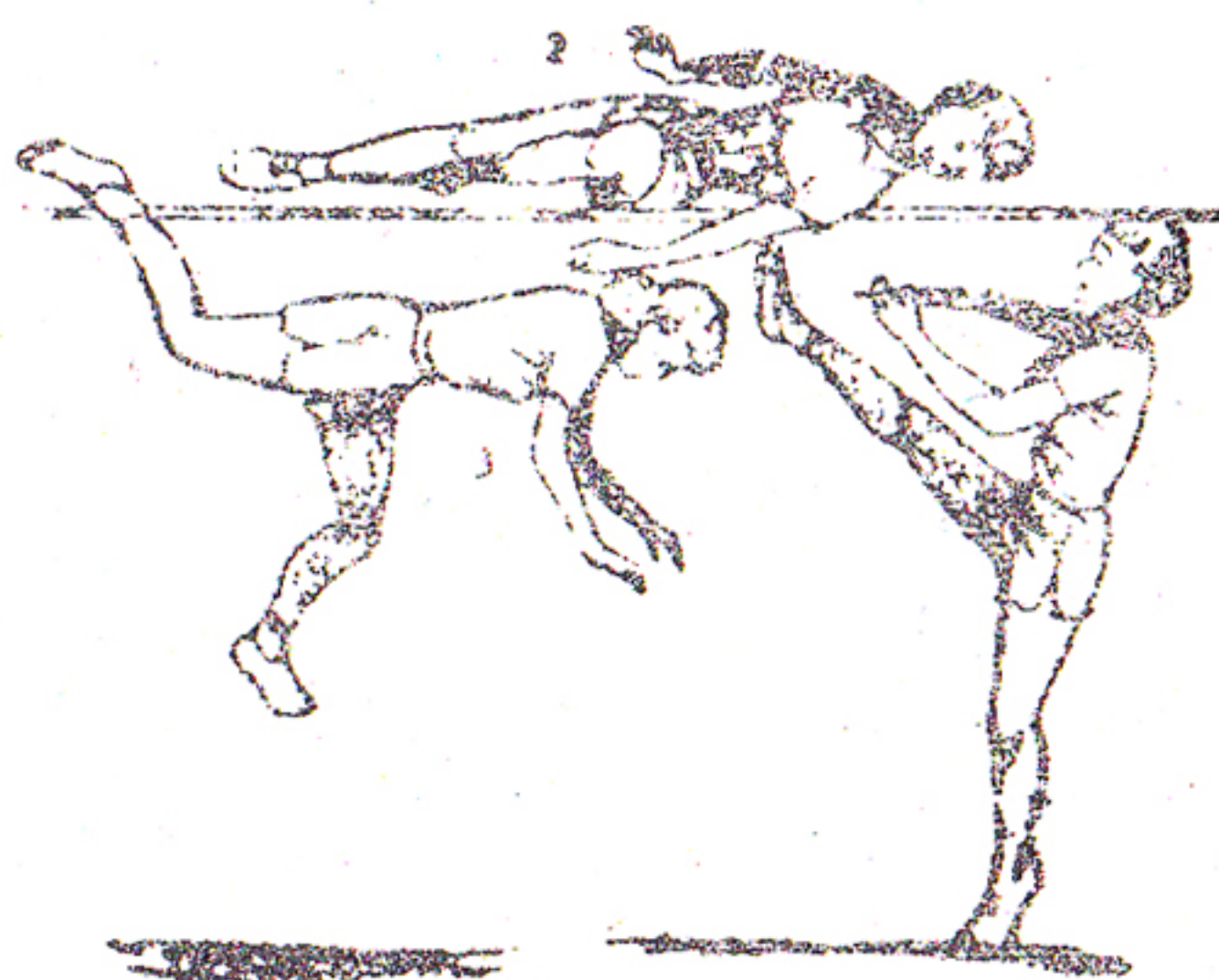


Scissors Style



Measuring takeoff

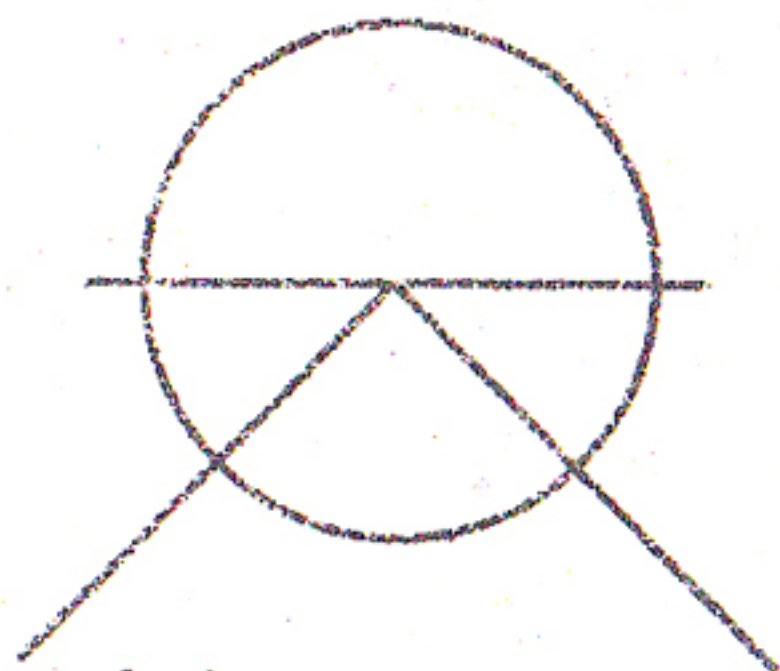
WESTERN ROLL





# SHOT PUT

## The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys below 18 years 5Kg.

How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing

4. Glide 5. Throw 6. Release 7. Followup and balance

Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg-arm co-ordinations 6. Balancing.

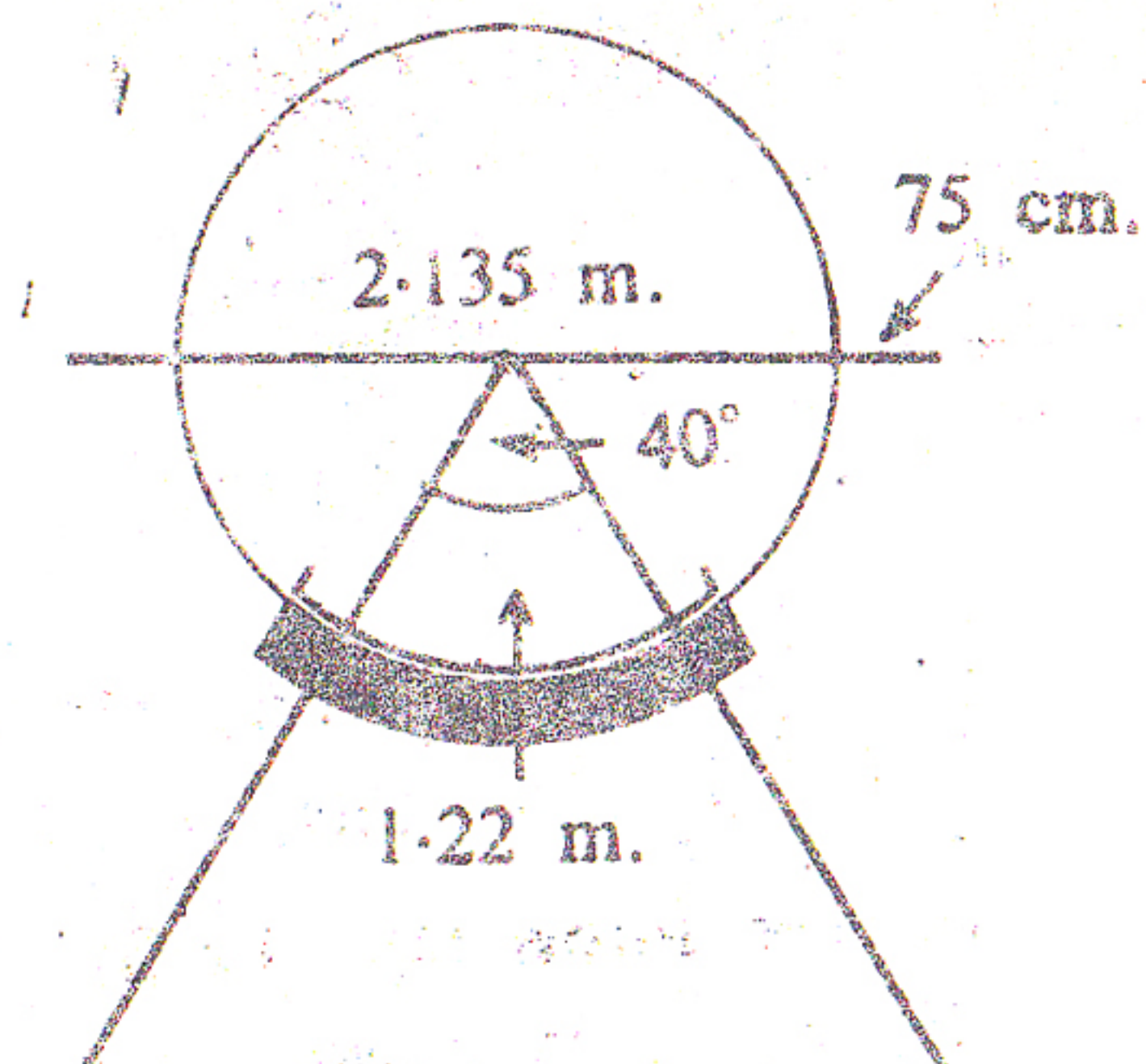
**10. What are the fouls in shot put?**

1. The shot is thrown by both hands. 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

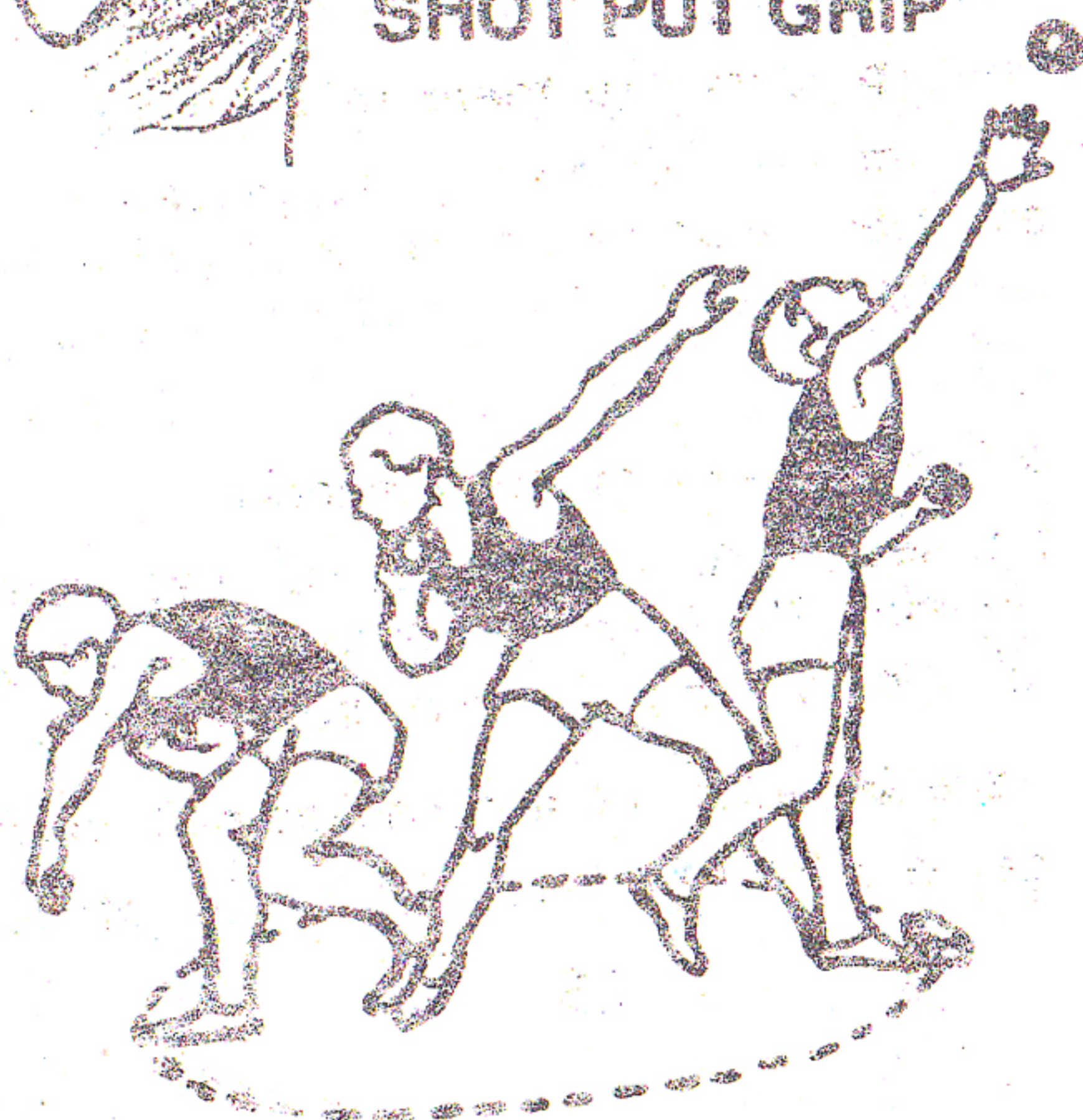
**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.





## SHOT PUT GRIP





# BASKET BALL

1. Draw a neat diagram of a Basket ball court and indicate the dimensions of its parts?

The length of the court is 28 metres and the width is 15 metres.

2. What is the radius of the centre circle?

The radius of the centre circle is 1.80 metres.

3. Where is the Free throw line drawn?

The free throw line is drawn 5.80m. away from the end line and its length is 3.60m.

4. Where is the 3 point circle drawn?

A circle of 6.25m. radius drawn from the centre of the end line is called 3 point circle.

5. What is the height of the basket ?

The height of the basket from the floor is 10 feet.

6. What is the weight and circumference of a ball?

The weight should be from 600 to 650 grammes and the circumference is between 75 to 78 cms.

7. How many players are there in a team?

Each team shall consist of 10 players. Five players from each team shall be on the court during playing time and 5 substitutes shall wait out side for their changes to get in.

8. What is the uniform of the players?

Players wear shirts and shorts with basketball boots or canvas shoes. Shirts carry numbers front and back in cotrasting colours. Only numbers from 4 to 15 are used.

9. What is the duration of the basket ball match?

The game shall consist of 2 halves of 20 minutes



with an interval of 10 minutes between halves. The interval for changing the substitute time is 1 minute.

**When the match started?**

The referee shall make the toss and the toss winner shall have the choice for the basket. The game shall be started by jump ball in the circle.

**What is Jump ball? Explain?**

A jump ball takes place when the referee tosses the ball between two opposing players from the centre circle.

The Jumpers must stand in their half of the circle and face to their own baskets with one foot touching the three line.

Other players must be outside the circle and must not interfere with the jumpers.

Referee tosses the ball up. If it is a bad toss or if the jumpers violate the rule, the toss will be repeated.

**When is the jump ball awarded in the game?**

1. At the beginning of a game. 2. After a double foul. 3. When the ball is held by two opponents firmly more than 5 seconds. 4. If the ball held up between the ring and basket. 5. If the referee is doubtful in his decision.

**Explain the term 'Live Ball' and Dead Ball?**

The ball becomes live when a player taps the ball in jump ball; when the ball is thrown in or during a free throw.

The ball is dead, when a goal is made; or a violation occurs; or a foul occurs; or a held ball occurs; or the ball lodges in the basket supports.



**14. When is the end line throw awarded?**

After basket is scored, the end line throw is awarded to the defending team.

**15. What are the points system in the game?**

A goal from the field counts 2 points. A goal from a free throw counts 1 point. A goal from 6.25m. Circle counts 3 points.

**16. What is held ball?**

Held ball occurs when two opposing players are both firmly holding the ball, and when a closely guarded player takes more than 5 seconds to shoot, pass, roll, bat or dribble.

The game starts by jump ball after a held ball.

**17. What is out of bounds for a ball or a player?**

A player is out of bounds if he touches the floor or beyond the boundary lines.

The ball is out of bounds when it touches any person or object or beyond the boundary lines including the rear of the back board or its supports.

**18. What is a foul? How many types are there?**

A foul is the violation of the rules committed by a player. There are 2 types of fouls: 1. personal foul. 2. technical foul.

**19. What is a personal foul?**

A personal foul is a foul which involves personal contact with an opponent or unsportsmanlike conduct. (eg) holding an opponent, pushing, charging or tripping.

**20. When a player is disqualified from the game?**

When a player commits 5 fouls, he is disqualified from the game.



21. What is the procedure to be followed for a personal foul?

When a player commits a foul, the referee indicates the scorer the number of the offender, who at once faces the scorer and raise his hand.

22. What is a technical foul?

1. To disregard or be disrespectful to an official. 2. To use unsportsman like tactics. 3. To use offensive language. 4. To bait an opponent. 5. To delay the game are the situations to call for a technical foul.

23. What are the punishments for a technical foul?

For the above fouls, the penalty is 2 free throws for the opposing team.

The penalty for a foul by coach one free throw will be awarded. The penalty by a substitute. 2 Free throws.

The persistent infractions of a coach, he may be banished from the vicinity of the court.

24. What is 3 second rule? 30 seconds rule?

A player shall not remain for more than 3 seconds in the opponent restricted area while the ball is in control of his team. This is called 3 second rule.

10 seconds rule :- When a team gains control of the ball, in its back court, it must within ten seconds, cause the ball to go in its front court.

For a violation of the above rules, opponents get a side line throw.

25. How is throw-in to be done?

1. The player nominated to throw in the ball, stands outside the court, at the point where the ball went out.

2. He may throw, roll or bounce the ball.

3. He should not take more than 5 seconds to throw in.



4. He can not play the ball again after his throw-in.

**26. What is a free throw? How it is executed?**

1. A free throw is taken after a personal foul or technical foul on a player in the act of shooting.

2. After a personal foul, the fouled player takes the throw.

3. If he is about to leave the field to allow a substitute to come in, he must take the free throw first.

**27. Explain briefly the free throw position of the players?**

Two opponents must stand in the two places nearest to the basket. Other players stand in alternate position, out side the free throw line.

Thrower stands immediately behind the free throw line, and throws the ball towards the ring within 5 seconds after the referee's whistle.

**28. What is the seven fouls rule in the game?**

After the team has committed seven fouls, personal or technical, all subsequent fouls shall be penalised by giving 1 free throw.

If it is successful, one more free throw is awarded; if not, then the game will be started by a side throw line.

**29. How is the winner decided in a match?**

The winner shall be decided by a team scoring of the greater number of points in the playing time.

**30. What are the important skills in Basketball?**

1. Player's stance. 2. Ball handling. 3. Catching the ball. 4. Passing the ball. 5. Shooting. 6. Pivoting. 7. Rebounding. 8. Faking. 9. Personal defence. 10. Team defence. 11. Attack.

**31. What are the different passes in the game?**

1. One hand under hand pass. 2. Two hand under



hand pass. 3. Two hand bounce pass. 4. Two hand chest pass. 5. Two hand over arm pass. 6. Two hand side arm pass. 7. One hand base ball pass. 8. Hook pass.

**What are the different styles in shooting?**

1. One hand chest shot. 2. Two hand chest shot (set shot). 3. Two hand over head shot. 4. Lay up shot. 5. One hand jump shot. 6. Two hand jump shot. 7. Hook shot.

**Explain the types of defence in basketball?**

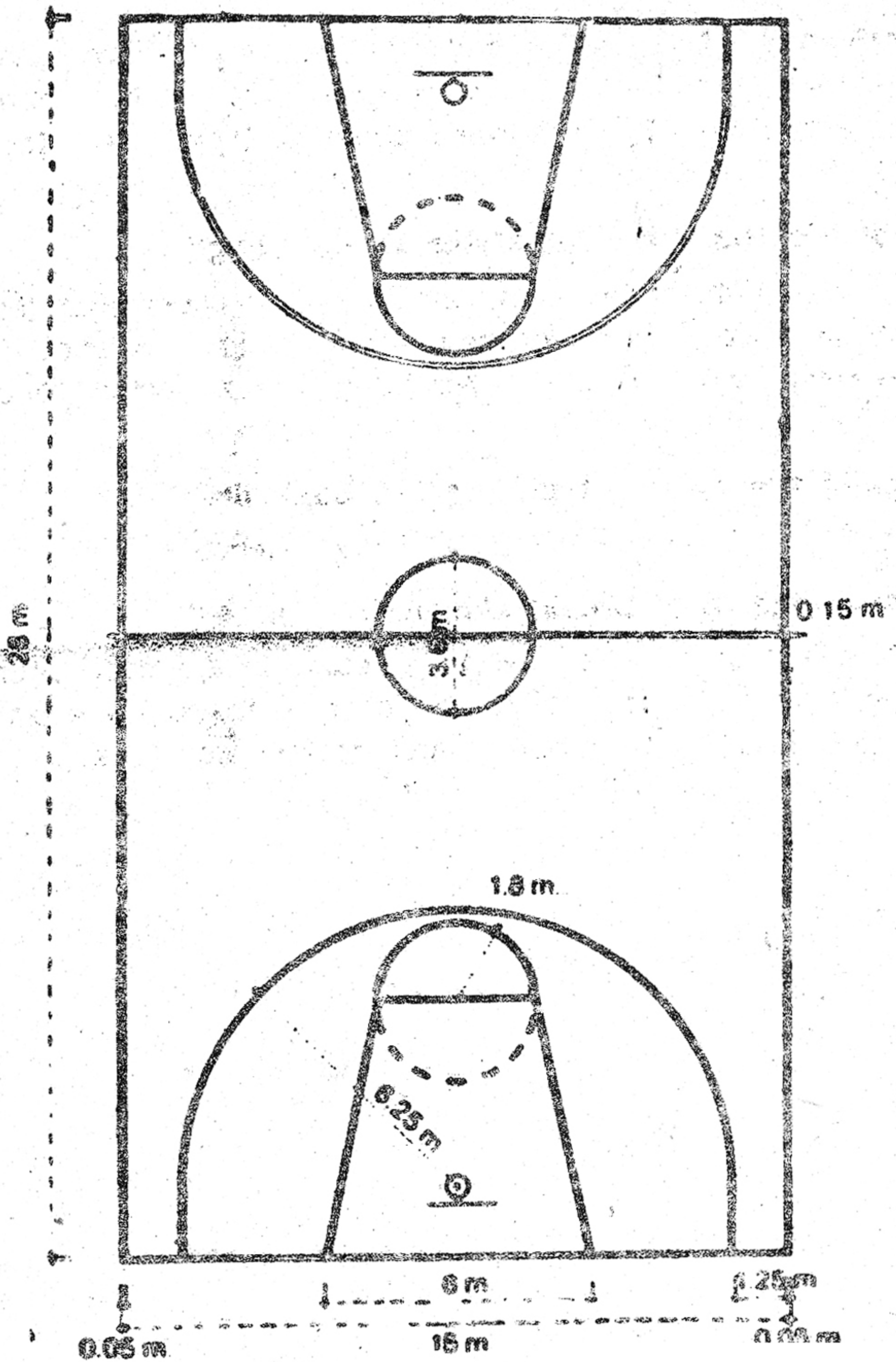
1. Man to man defence 2. Zone defence.

**Explain the 'fast break' skill in the game?**

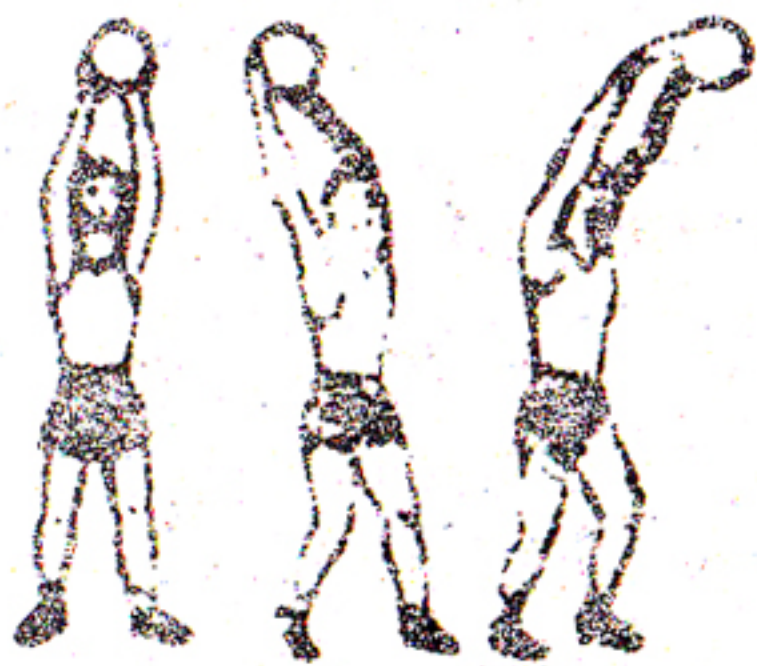
The fast break is to send the ball into the front court before the defenders have the chance to go back and get set. This is the quickest and easiest way to score.



# FULL SIZE REGULATION COURT







TWO HAND OVERHEAD



BASEBALL PASS



DRIBBLING



# CRICKET

## 1. Who does the toss and where?

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

## 2. What is the duty of the winner of the toss?

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

## 3. How many players play in a cricket team?

11 players and 5 substitutes.

## 4. What are the dimensions of a cricket ball?

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm

## 5. What are the dimensions of a cricket bat?

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

## 6. What is the length of a cricket pitch?

The length is 22 yards (20.12 metres), width is 3.05 metres.

## 7. What are the dimensions of a wicket?

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 28 inches. (71.1cm). The length of the wooden bails is 11.11 cm. The width of a cricket is 9 inches.

## 8. What is the length of the bowling crease?

The length of the bowling crease is 8 feet 8 inches, straight in length.



9. **Where is the popping crease marked?**

The popping crease is marked 4 feet in front of the wicket at each end.

10. **What is boundary and why it is needed?**

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

11. **How many innings are to be played in a match?**

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

12. **What is a Run?**

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

13. **What is a Bye?**

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

14. **What is a Leg Bye?**

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

15. **What is an OVER?**

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

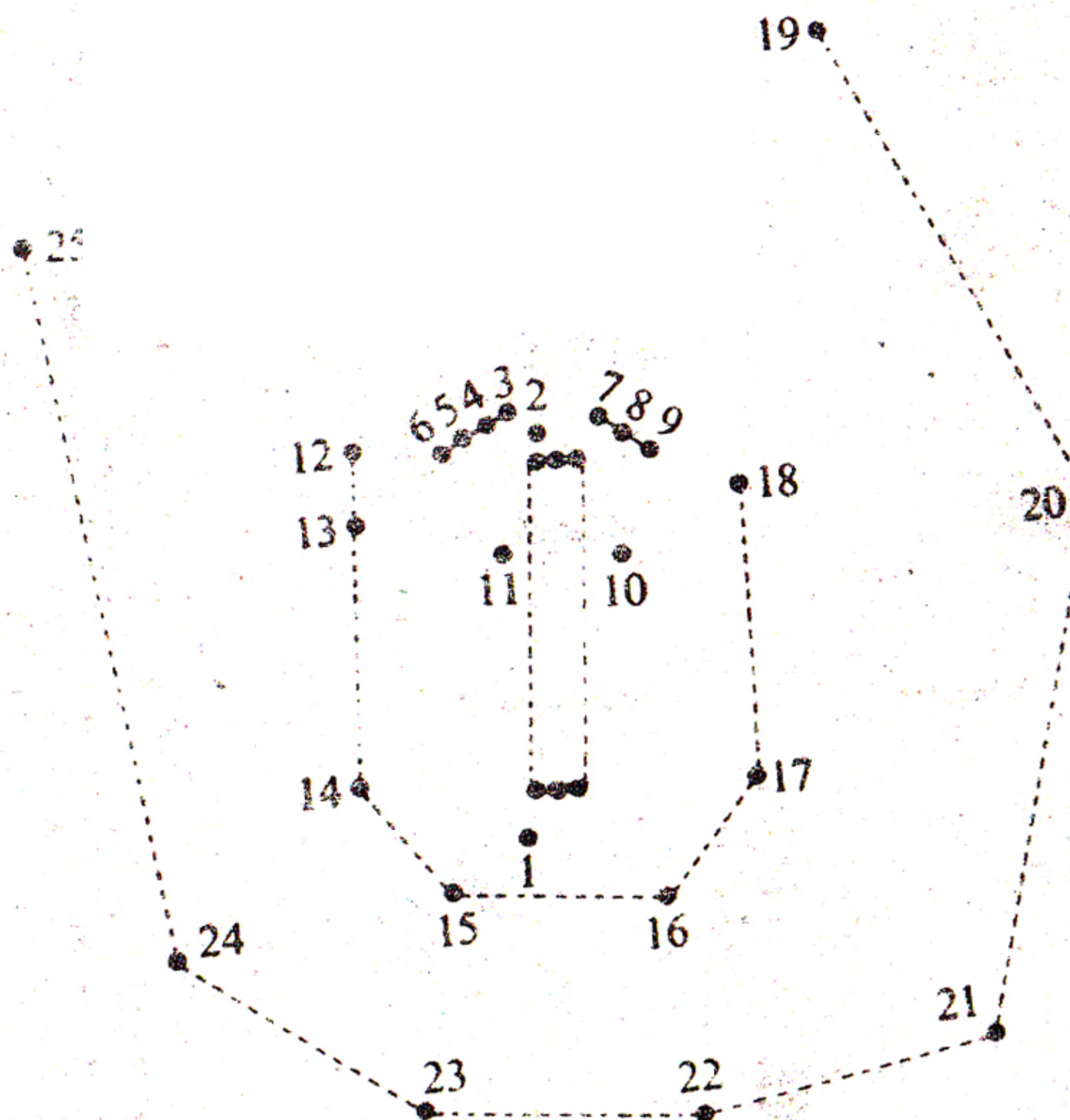
1. Leg Before Wicket. 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.





**Position of the fielders on the ground**

- |                       |                     |                      |
|-----------------------|---------------------|----------------------|
| 1. Bowler             | 10. Silly-mid-on    | 19. Long-leg         |
| 2. Wicket-keeper      | 11. Silly-mid-off   | 20. Deep-square-leg  |
| 3. First-slip         | 12. Short-third-man | 21. Deep-mid-wicket  |
| 4. Second-slip        | 13. Cover-point     | 22. Long-on          |
| 5. Third-slip         | 14. Extra-cover     | 23. Long-off         |
| 6. Gully              | 15. Mid-off         | 24. Deep-extra-cover |
| 7. Leg-slip           | 16. Mid-on          | 25. Deep-third-man   |
| 8. Backward-short-leg | 17. Mid-wicket      |                      |
| 9. Forward-short-leg  | 18. Square-leg      |                      |

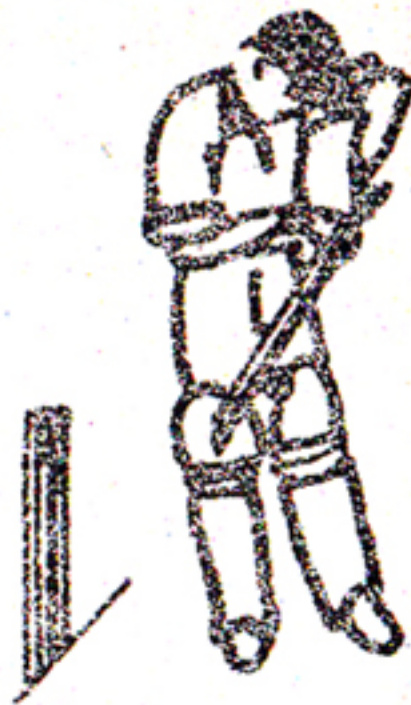




STANCE



FORWARD DEFENCE



BACK DEFENCE



THE LEG BREAK



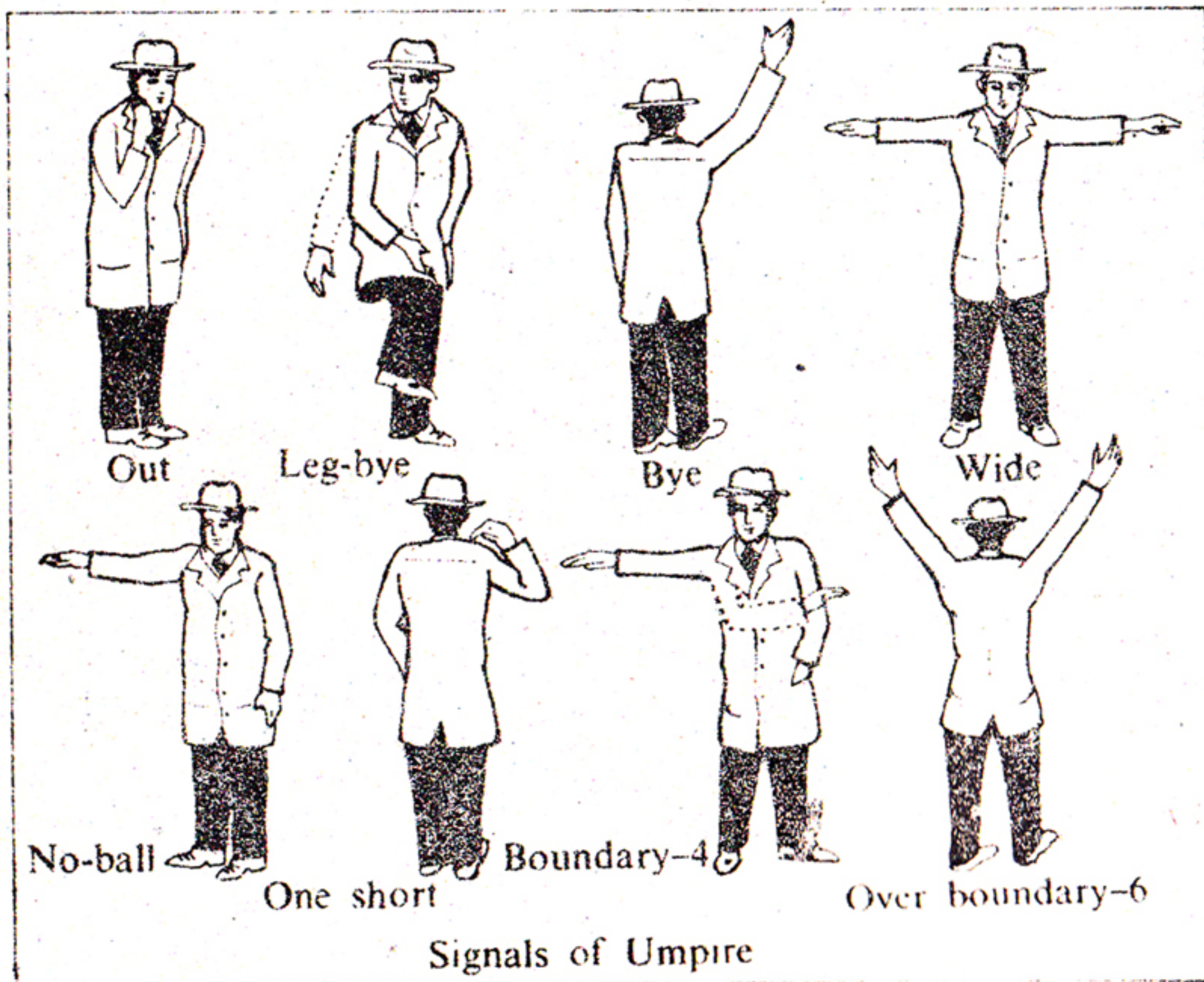
DEFENCE



CATCHING



THE OFF BREAK



Signals of Umpire



# VOLLEY BALL

1. What are the measurements of the volleyball court?

Volleyball is played on a rectangular area by 18m X 9m. In each court, the attack line is drawn 3 metres away and parallel to the centre line. The width of the attack line is 5 cm.

2. State the dimension of the service area?

The service area is marked on the right side behind the end lines. One line is along the right hand side line 20 cm behind, and the other line is 3 metres away to the left of it by 15cm long. This area is called service area.

3. Explain the measurements of the equipments needed in volleyball game?

1. Net :- 1 metre wide and 9.50m long. The height of the net is 2.24m for women and 2.43m for men.

2. Side bands :- Two tapes of white material 5cm wide and 1 metre long, fastened each side of the net, perpendicular to the side line. They are considered as parts of the net.

3. Antennas :- 1.80 long and 10mm in diameter (flexible rods)

4. Ball :- Circumference -65 to 67cm.

Weight :- -260 to 280 grammes.

4. How many players and substitutes are there in a volley ball team?

6 Regular players and 6 substitutes.

5. What is the dress regulation of the players?

Banian, shorts and shoes without heels. The banians



may be numbered from 1 to 15. The height of the number is 10cm high on the chest, and 15cm high on the back.

**6. When does the substitution take place in the game?**

Whenever the ball is dead, substitution can be done. One player can be substituted for one time only in a game. The captain can ask permission from the referee and change the substitutes.

**7. What is the duration of a volleyball match?**

There is no fixed duration for the match. A team should win either best of 3 sets or best of 5 sets. A set is a game of 15 points.

Intervals are allowed between sets 3 minutes for first 4 sets and 5 minutes between 4th and 5th sets.

**8. What are the positions of the players?**

2., 3 and 4 in the rotation order, are the three standing nearest to the net is called. Front line players. 1, 6 and 5 number of players occupying the back now are called back line players.

**9. What are the rules for the back line players?**

1. Back line players cannot stand ahead of the front line players at the time of service. 2. They cannot take part in blocking. 3. They cannot smash the ball in the attack area.

**10. Explain the methods of playing the ball in the game?**

1. The players can return the ball by batting it with any part of the body above the belt. 2. The ball cannot be momentarily caught. 3. Each team has 3 hits or touches before the ball has to be sent to the opposite court. 4. No one can touch the ball twice in succession. 5. The ball must be returned over the net. 6. It is permissible to run out of bounds to play a ball.



**11. Explain the term service?**

1. The Service is the putting of the ball in play. 2. The service is done from the service area. 3. After the referee's whistle, the server should send the ball within 5 seconds. 4. Only the team that serves, scores a point.

**12. What is a correct service?**

1. The server must be in the service area. 2 The ball should be tossed before a hit. 3. The ball should pass through between the two antennas without touching them and the net and falls within the boundary lines of the opposite court.

**13. When does a team get a point?**

When one team serves and the opposite side commits a foul, the serving team gets one point.

**14. What is side-out?**

When the serving side loses its serve, the opposite side has got a right to serve. This is called side-out.

**15. What is scoring system in volley ball match?**

1. Only serving team scores a point. 2. A set is won when one team reaches 15 points first with a 2 point lead. 3. If the game is tied at 14-14, the set continues until one team has a 2 point lead. Maximum point is 1, 7. 4. A match is played for best of 3 sets or 5 sets.

**16. What are the fouls in volleyball game?**

1. A team is out of position at the service time. 2 A team plays the ball more than three touches in succession. 3. A player touches the ball twice consecutively. 4. A player crosses the centre line and steps in other side when the play is in progress. 5. A team allows the ball to touch the ground.

**17. Explain the term time-out?**

Time out means rest time during the progress of the game. 1. The captain alone can call the timeout. 2. One



team is allowed 2 time outs in a set. 3. 30 seconds is allowed for time out and substitution. 4. The players should not leave the court during time out.

**18. What is Rotation in a volleyball match?**

Whenever any team gets a right to serve, rotation takes place. The players must change one playing position clockwise. They must follow the score sheet rotation order.

**19. How many officials are there in a match?**

1 Referee, 1 Umpire, 1 Scorer, 2 Linesmen.

**20. What are the important basic factors in the service?**

Service is not just sending the ball across the net to start the game. It is considered an active form of attack. There are four factors for an effective service. 1. Accuracy 2. Speed 3. Height 4. Floating.

**21. Name the different kinds of service?**

1. Under arm service. 2. Side arm service, 3. Tennis service. 4. Floating service.

**22. State the various kinds of passing the Ball?**

The method of sending the ball is passing.

1. Underhand pass. 2. Side roll pass. 3. The forward dive pass 4. Setting the ball for smash.

**23. How many types of spiking in the attack system?**

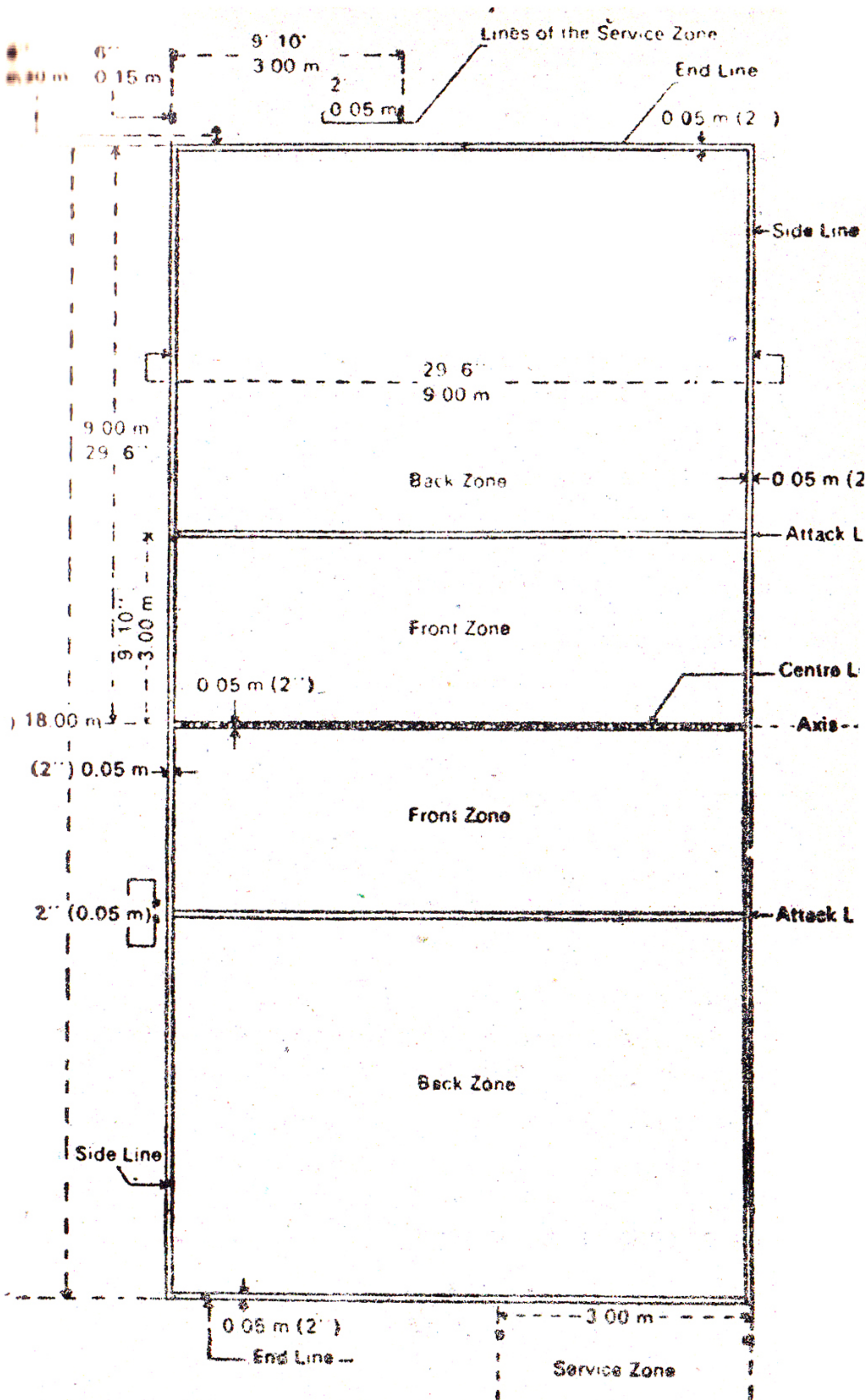
1. Straight arm spike. 2. Body turn and spike. 3. Wrist inward and outward spike 4. Round arm spike 5. The deceptive spike.

**24. What is Blocking? Name the various methods?**

Blocking is an act of making an obstruction above the upper part of the net. It is a defensive measure over the net. It reduces the efficiency and force of the attack of the opponent.

3 types of Blocking. 1. One man Block (single block). 2. Two men Block (double block) Three men block (Triple block)







# KHO-KHO

**1. Give the length and width of the Kho-kho ground?**

The length of the kho-kho is 29m and the breadth is 16m.

**2. What is the height and circumference of the Post and the distance between the two posts?**

The height of the post is 120cm above the ground. The circumference is between 30 to 34cm. The distance between two posts is 23.60m.

**3. What is central lane?**

The rectangle 23.60m long and 30cm broad between the posts is dividing the play field into two halves, is known as the central lane.

**4. What is square?**

Each of the rectangle 30cm X 30cm formed the intersection of the central lane and cross lane is called a square.

**5. What is cross-lane?**

The intersecting of the central lane with 16m and 30cm broad at right angle at regular length is called cross lane. There are 8 cross lanes. (see the kho-kho ground).

**6. What is the lobby?**

The open space of 3 metres surrounding the limits of the play field is called the lobby.

**7. How does the kho-kho game begin?**

The game is started by the spin of a coin by the referee. The winner of the toss has a right to opt for either chasing or running.



**8. Who are called chasers?**

The players sitting in the squares are known as chasers.

**9. How will the sitting chasers sit?**

The eight sitting chasers will sit in the squares facing alternate directions, while the ninth player will stand near the post as an Active chaser.

**10. Who are called as runners in Kho-Kho?**

The players of the side other than the chasers are known as runners.

**11. How many players are there in a team?**

There are two teams in a match with 12 players in a team. Only 9 players in a team enter the field for a match. The other 3 players will act as substitutes.

**12. What is the duration of a Kho-Kho game?**

A match consists of 2 innings. An inning consists of chasing turn and running turn. Each turn consists of 9 minutes. The interval between turns is 5 minutes. But, the interval between innings is 9 minutes.

**13. Who are called defenders?**

Runner's side sends 3 runners each time to the field. They are called defenders.

**14. How do the defenders enter for play?**

The defenders enter the ground in a group of three from a particular place only.

**15. What is a Foul in Kho-kho?**

If a sitting or active chaser violates any rule it is called a foul.

**16. Explain the rules for the chasers?**

(a) Active chaser should utter the word Kho loudly as



soon as he touches the sitting chaser by hand, from behind the sitting chaser.

(b) After giving a kho, an active chaser should sit down immediately on the square of the sitting chaser to whom kho is given.

(c) After receiving kho, the chaser has to go in the same direction, which he has first selected.

(d) An active chaser has to run from one post to another post without crossing the central lane. He is not allowed to change direction.

(e) Sitting chaser should not get up unless he is touched at his back by the active chaser.

(f) Sitting chasers should sit in a manner which shall not obstruct the runners by extending his hands or legs.

(g) If an active chaser goes out of limits, he can reenter the ground but should follow the chaser's rules strictly.

#### **17. What are the rules for the runners?**

(a) Runner's side shall send 3 runners each time from one side of the field.

(b) The next three runners are put out, if they do not enter the court before 2 khos are given by the chasing side.

(c) If the runners enter the court late or enter out of turn, they shall be declared out.

(d) A runner shall not touch the sitting chasers. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

#### **18. When a runner is called out?**

A runner shall be declared out if he is touched by hand by an active chaser without violating any rules.



**19. How is the winner decided?**

The chasing side scores 1 point for each runner who is put out. The side that scores more points is declared as winner of the match.

**20. How will you solve a Tie in kho-kho?**

If the points are equal, one more inning shall be played. If again, the points are equal, an additional inning shall be played as follows. In the inning turn, as soon as the **first point** is scored, the turn shall be closed by the referee. The time for scoring of the first point shall be noted. The side that takes less time for this first point minimum chase, is the winner of the match.

**21. How will you continue to finish the incomplete match?**

If a match is not completed for any reason, it shall be continued with the same players, same officials, and the completed turns of each side, in the **same session**.

If the match is not played in the same session, the entire match will be replayed from the beginning. In the case, the players and officials need not be the same.

**22. How many officials are there in a match?**

One referee; Two umpires; One time-keeper; One scorer.

**23. What are the basic skills in the game?**

For the chasers : 1.To get up straight 2.Perfect kho 3.Judgement kho 4.Tap 5.Dive.

**24. How to substitute a player in a kho-kho match?**

Chasing team can substitute at any time during the match. But, the running team can substitute its players only before the start of the match.



**25. What is perfect kho?**

The active chaser should utter the word kho loudly and distinctly as soon as he touches the sitting chaser by hand, from behind him. At the time, his foot should have contact with the cross lane. This is called perfect kho.

**26. Explain the skill 'judgement kho'?**

The kho given by the active chaser near the post is called judgement kho. With the help of this skill, the runner is forced to leave the post and come in front of the sitting chaser. Then the sitting chaser easily gets up and makes out the runner comfortably.

**27. Explain the single chain skill in kho-kho?**

The runner runs in a zig zag manner from one post to the another post, from the back of the each sitting chaser. (see the diagram) This is called single chain method.

**28. What is 'Double chain' skill?**

In this skill, the runner runs behind the back of every 2 sitting chasers with zig zag running. (see the diagram).

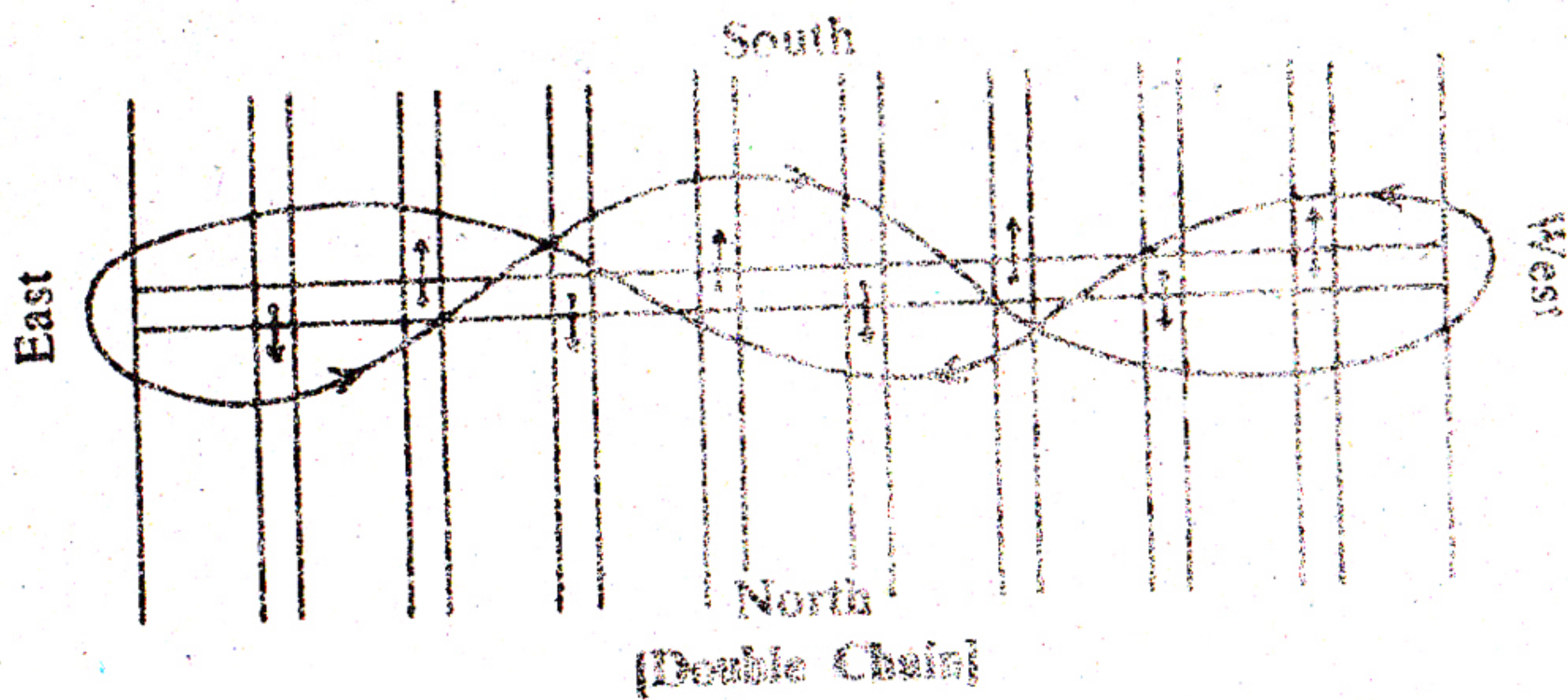
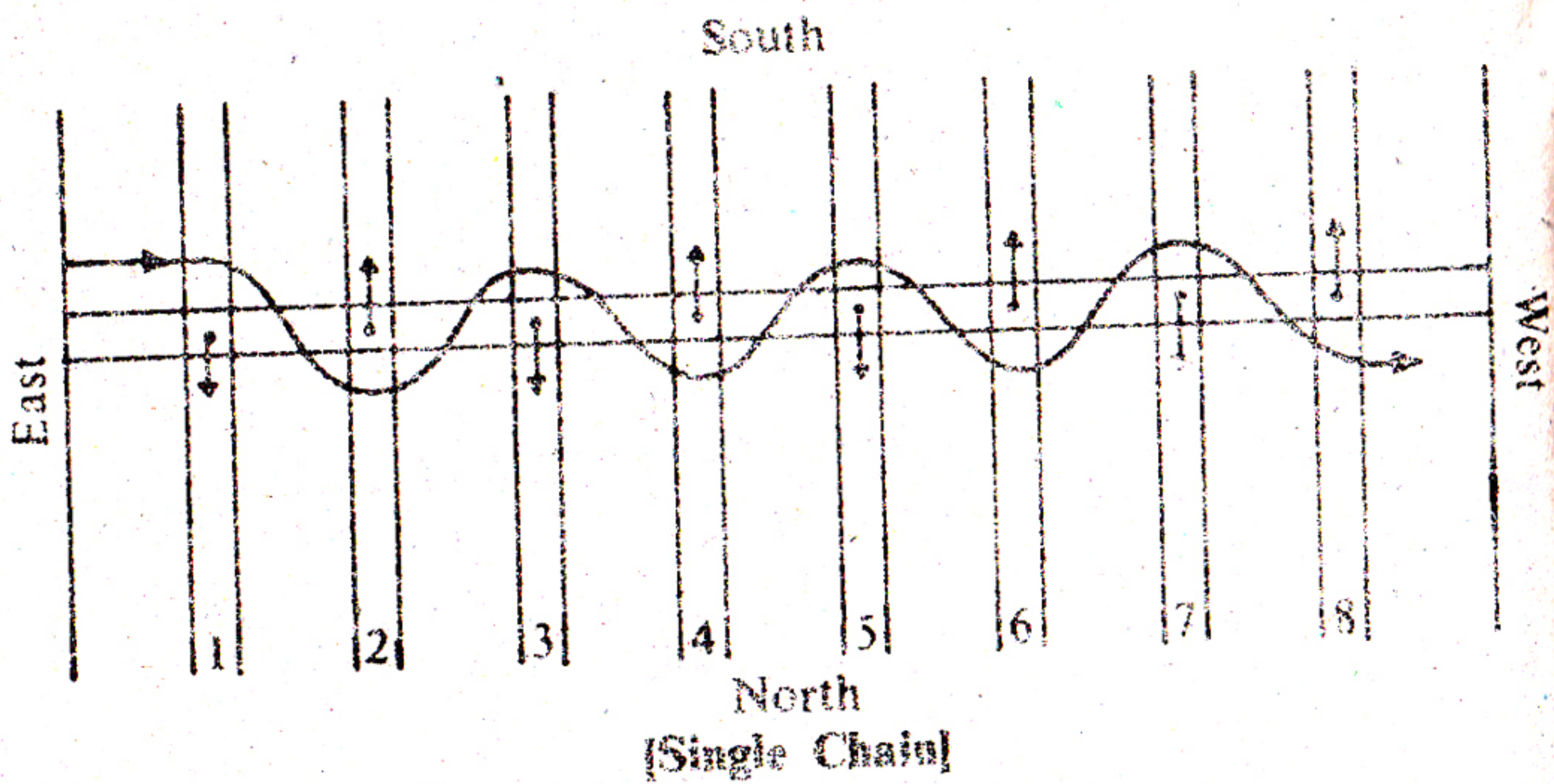
**29. Explain the skill turn in kho-kho?**

When the active chaser is trying to touch the runner, the runner goes to side and starts running in the opposite direction in order to escape from the chaser. This is called turn.











# HOCKEY

1. **What is the length and breadth of a Hockey field?**

The length and breadth of the field is 100 yards X 60 yards.

2. **How many players are there in a team?**

A Hockey team consists of 11 players and 5 substitutes.

3. **What is the duration of a Hockey match?**

The duration of a match shall be two halves of 35 minutes each, with an interval of 5 minutes.

4. **What is the weight and circumference of a Hockey ball?**

The weight of the ball is between 5 1/2 to 5 3/4 ounces. (156 to 163 grammes). The circumference of the ball is between 3 13/16" to 9 1/4" (20.25 to 23.75cms).

5. **What is the length and weight of a Hockey Stick?**

The maximum weight for men and women stick is 28 ounces. The length of the stick is about 1 metre. The complete stick must be able to pass through a ring having an interior diameter of 2 inches.

6. **How is the game started?**

The winner of the toss can select any of the two. 1. pass back. 2. one end of the field. The player (centre forward) starts the game by back pass from the centre of the ground.

7. **Explain the term "pass back?"**

In the pass back, the ball may be pushed back or hit. At the moment of pass back, all the players must be in their own half of the field. Opponents must be away 5 yards from the ball. If the striker misses the ball, the pass back has to be taken again.



To start the game, restart the game; after half time and after each goal scored, a pass back is taken.

**8. What is a goal in hockey game?**

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has been played by an attacker from within the striking circle.

The goal area : Height of the goal is 7 feet. Distance between the two goal posts is 4 yards. (12 feet). Striking circle : 16 yards from the goal line.

**9. What are the playing regulations in the game?**

1. A player should not play the ball with the rounded side of the stick. Only flat side should be used.

2. He shall take part in the game with his own stick only.

3. He shall not stop the ball with hand or catch it.

4. He shall not hit, strike, interfere with an opponent's stick. He shall not charge, kick, shove, trip, strike at or personally handle an opponent.

5. He shall not play a dangerous game.

**10. What is off-side? Explain.**

At the moment, when the ball is played, a player of the same team as the pusher or striker is in off-side; if there are not at least two opponents nearer to their goal line than he is.

**Punishment:** An off-side is penalised by a free hit to the opposition at the spot, where it occurred.

**11. How to take free hit?**

The free hit is taken on the spot where the breach occurred. The ball must be stationary before the hit. Other players must at least 5 yards away. The hitter may not replay the ball until another player has touched it.



**12. What is hit-in or push in?**

When the whole ball passed completely over the side line, it shall be placed on the line at the spot at which it crossed the side line.

The ball shall be pushed or hit without undue delay by a player of the team opposed to the player, who last touched it in play.

**13. What is a penalty-corner?**

Whenever any defender commits a foul in his own striking circle, the attacking team is awarded the penalty corner.

**14. How is the penalty corner taken in the game?**

Penalty corner is taken by any attacker from a spot on the goal line, not less than 10 yards from the goal post, on whichever side of the goal the attacking team prefers. At the time of taking penalty corner, no other player shall be within 5 yards of the ball.

**15. What is a penalty stroke? How it is taken?**

When ever any defender commits any intentional foul within his own striking circle, then penalty stroke is awarded to the attacking side.

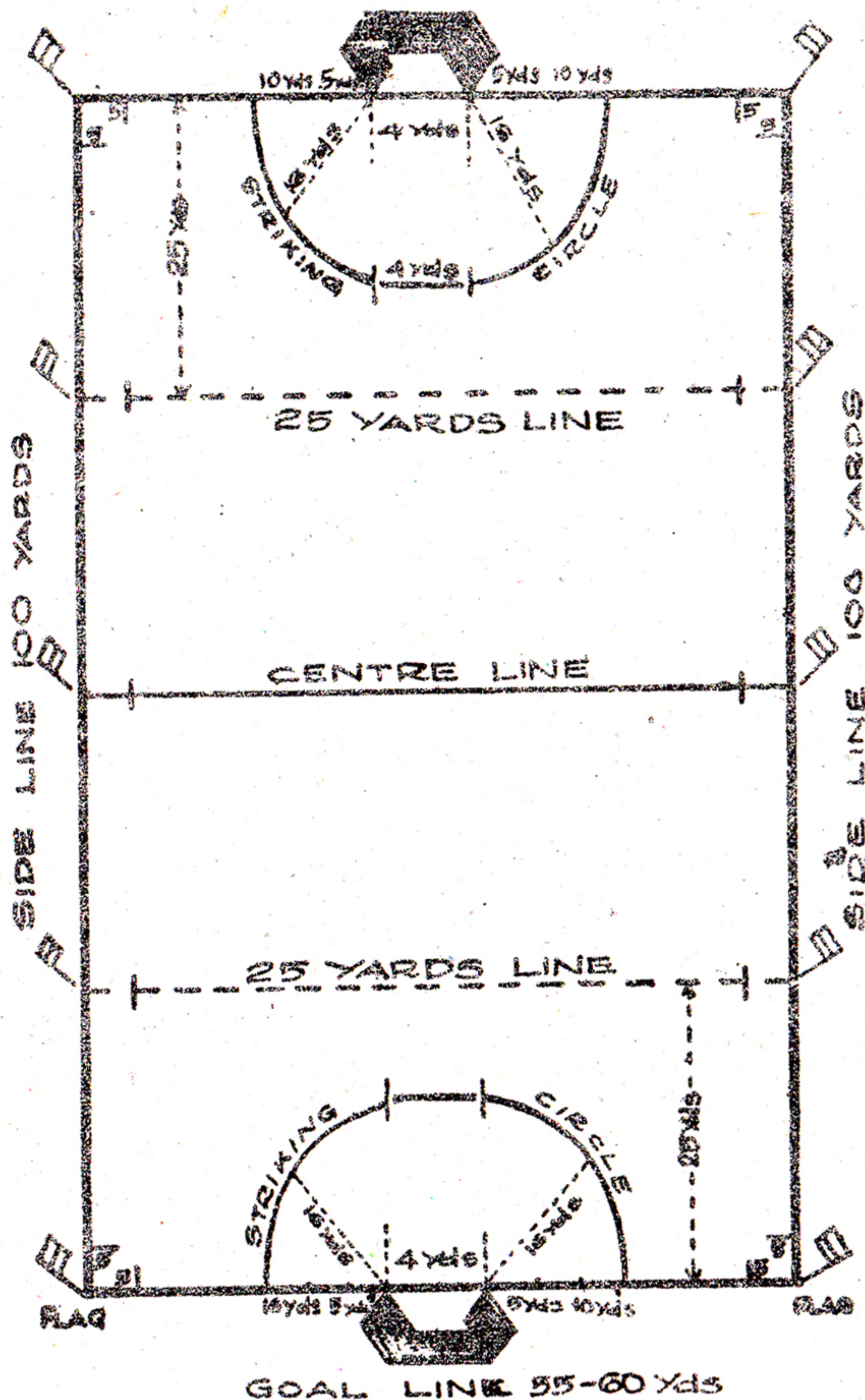
The penalty stroke is taken by any attacking side player by keeping the ball on the penalty spot. At the time taking the penalty stroke, all the players except the penalty stroke taker and the goal keeper, should be behind the 25 yards (22.86m) line.

The penalty stroke taker can use any type of stroke and can lift the ball to any height.



# HOCKEY GROUND

GOAL LINE 55-60 yds





## SOME SKILLS IN HOCKEY



PASSING THE BALL



HITTING THE BALL



PUSH IN



DRIBBLING



STOPPING THE BALL



BALL CONTROL



TACKLING



WRONG TACKLING



GOAL KEEPING



# KABADDI

## 1. Explain the measurements of the kabaddi ground?

For men : 12.50m X 10m

For women : 11m X 8m

The baulk line for men's ground 3.25m from the centre line and for women 2.5m from the centre line (see the diagram) Sitting block size : 8m X 2m

## 2. How many players are there in a game?

Each team has a total of 12 players. Seven players enter in a game as regular players and 5 players are substitutes.

## 3. How many players can be substituted in a game?

Maximum 3 players can be substituted during the game once. Substituted players cannot be replaced at any time.

## 4. What is the duration of a kabaddi match?

The match for men has 2 halves of 20 minutes each with 5 minutes interval (20m-5m-20m). The match for women and children has 2 halves of 15 minutes each with 5 minutes interval.

## 5. How will you break the Tie in the kabaddi match?

A team scores 1 point for each player put out by them. If a team puts out all opposition players, that team scores a lona, a bonus of 2 points.

At the end of the game, the team scoring more points, wins the game. If there is a tie, an extra 10 minutes is allowed. Still there is a tie after extra time, the side scoring the first leading point is declared as the winners.

## 6. What are the rules for the players in the game?

1. Players bodies and limbs must be free from any



greasy substances. 2. Banians must be clearly numbered at the back and front. 3. Nails must be closely clipped. 4. No metal or ring or belt shall be worn.

**7. Explain the terms Raiders and Anti raiders?**

The raider is one who goes into the court of opponents with the cant.

The players who are in the court the raider has entered, are called anti raiders.

**8. What are the rules for a raider?**

1. Only one raider must enter in the opponent's court at a time. 2. The raider must utter the word kabaddi loudly and clearly by repeating it with one respiration. 3. The raider must begin the cant before crossing the centre line.

**9. When is a raider out?**

1. If a raider loses his cant while he is in the opponent's court. 2. If he does not cross the Baulk line, he is out. 3. When a raider goes out of bounds, he is out. 4. When a raider pushes or pulls an opponent out of boundary he is out. 5. When a raider is caught by one or more antis, he is out.

**10. When can a raider use the lobby?**

A raider can use the lobby after the struggle.

**11. What is the new rule for the raiders?**

A raider is not compelled to touch an anti. He can hold on his cant and return home safely without touching any opponent. But a team does not touch any opponent after sending 3 players, the umpire shall award 1 point to the other side.

**12. What are the rules for the anti – raiders?**

The anti raiders always try to catch the raider and



make him out. 2. When a raider is held, the antis shall not try to stifle his cant by shutting his mouth. 3. They shall not use violent tackling leading to injuries. 4. They should not wilfully push the raider out of the boundary. 6. The antis should not touch the boundary line or step into the opponents court when a raid is in progress.

**13. How is the revival made during the game?**

When a player is out, he must leave the field and go to the waiting block. He can reenter his court when an opponent is put out in the same order he was out.

**14. What are the basic skills in kabaddi?**

1. Cant 2. Raiding 3. Catching 4. Pursuit

**15. Name the officials in a kabaddi match?**

1 Referee, 2 Umpires, 1 Scorer, 1 Time keeper, 2 Linesmen.

**16. What are the various kinds of basic skills for a raider?**

1. Toe touch. 2. Front kick. 3. Side kick. 4. Cross kick. 5. Roll kick. 6. Mule kick. 7. Aero kick. 8. Squat leg thrust. 9. Jumping over antis.

**17. What are the various kinds of basic skills for anti raiders?**

1. Wrist catch. 2. Crocodile catch. 3. Ankle catch. 4. Double ankle catch. 5. Knee catch. 6. Thigh catch. 7. Trunk catch. 8. Lift catch. 9. Washerman catch.

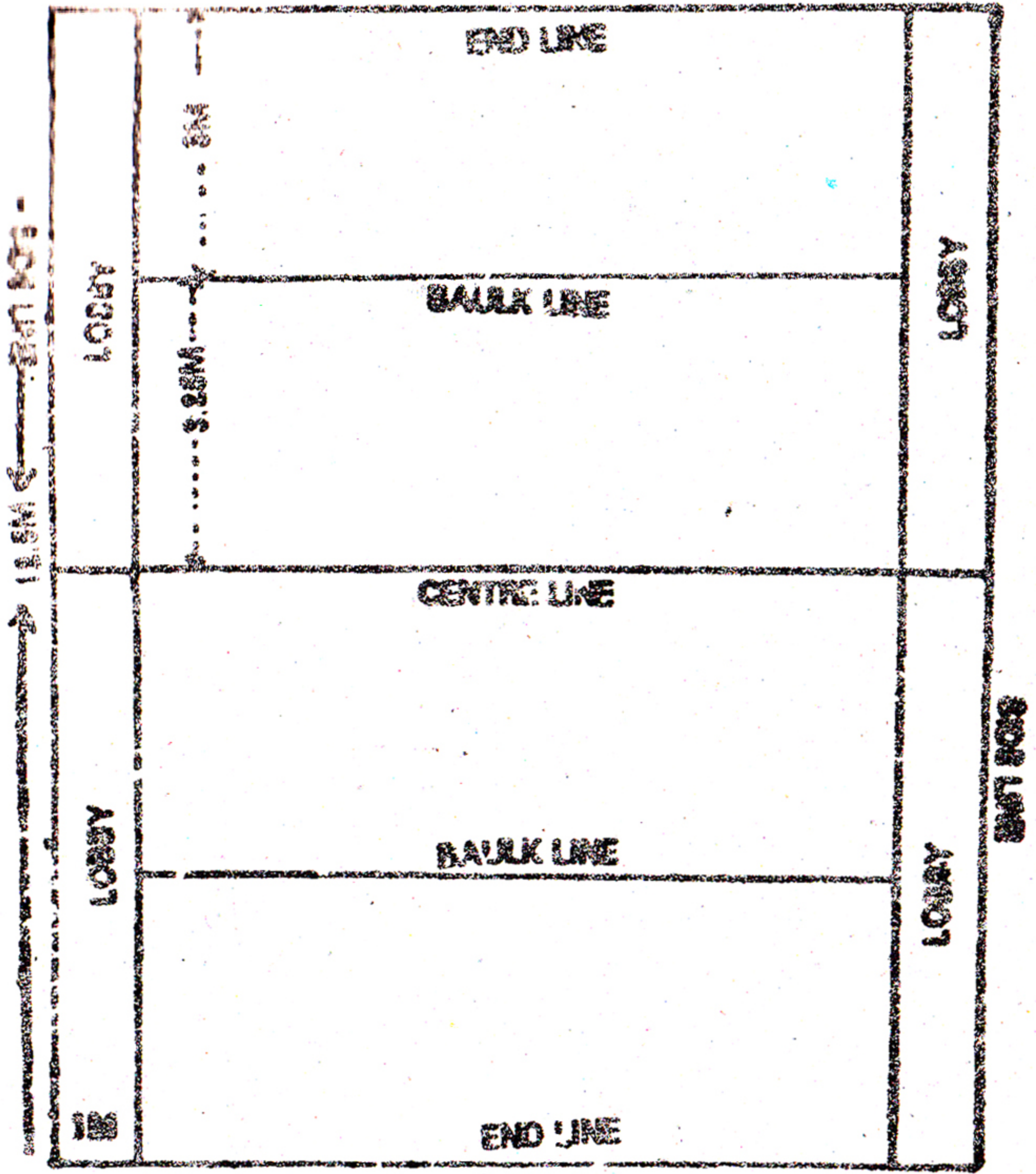
**18. In a match, if one team has 5 players only and it wants to play. What will you do?**

As per the rule, a team can start a match with one or two players less. So, the team with 5 or 6 players will be allowed to play the match. When all the players of that team are out, absentees too shall be counted as out and points will be awarded accordingly to the other team along with 2 extra points as lona.



# KABADDI FIELD

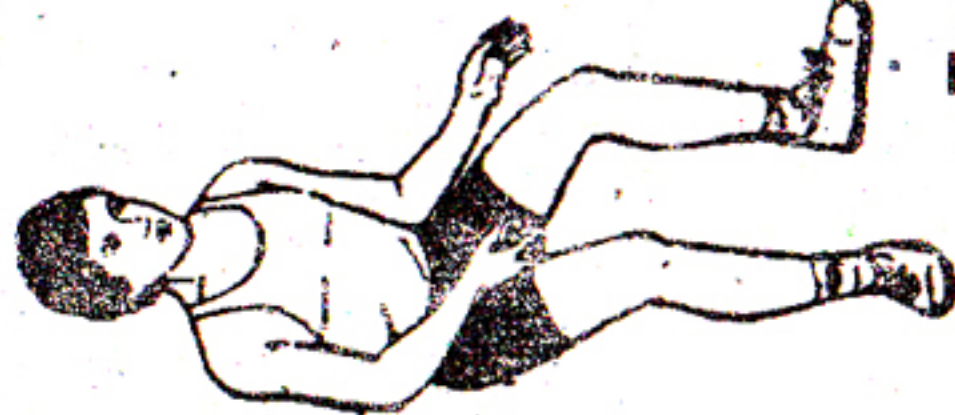
SITTING BLOCK



SITTING BLOCK



# KABADDI SKILLS



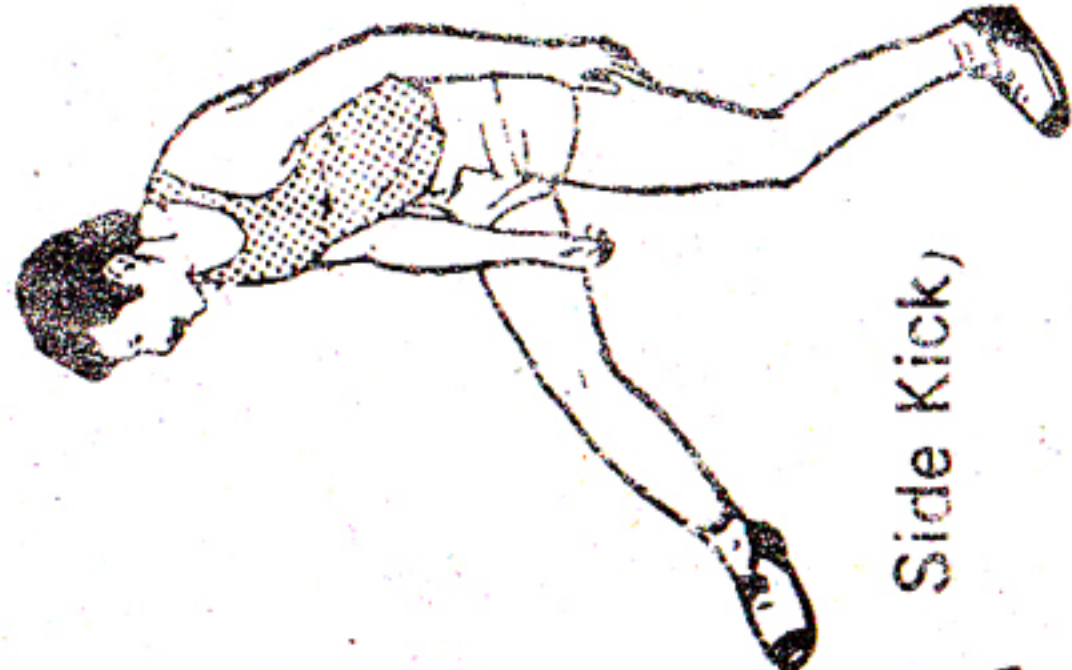
Toe Touch



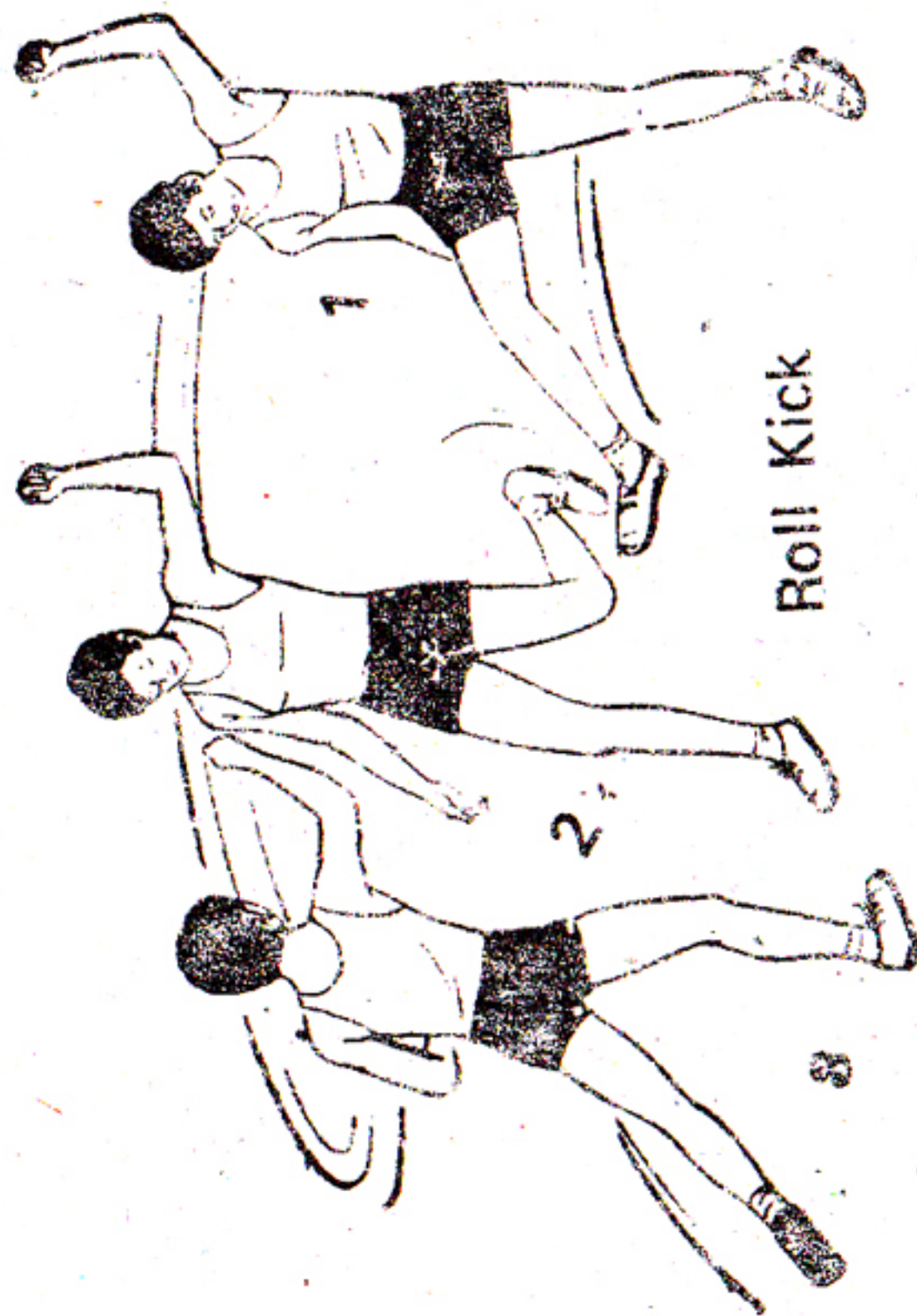
Side Kick,



Cross kick



Aero kick

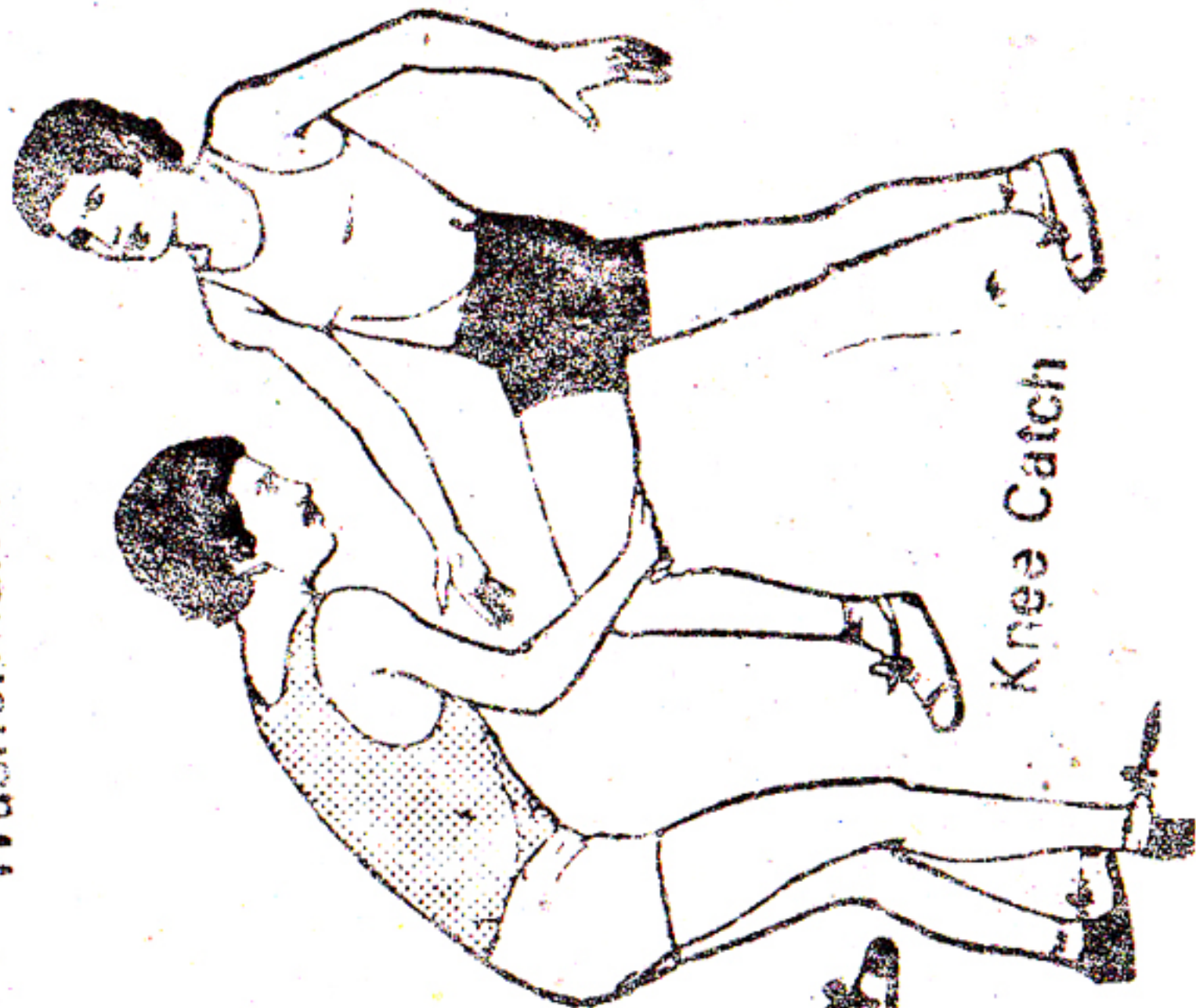


Roll Kick

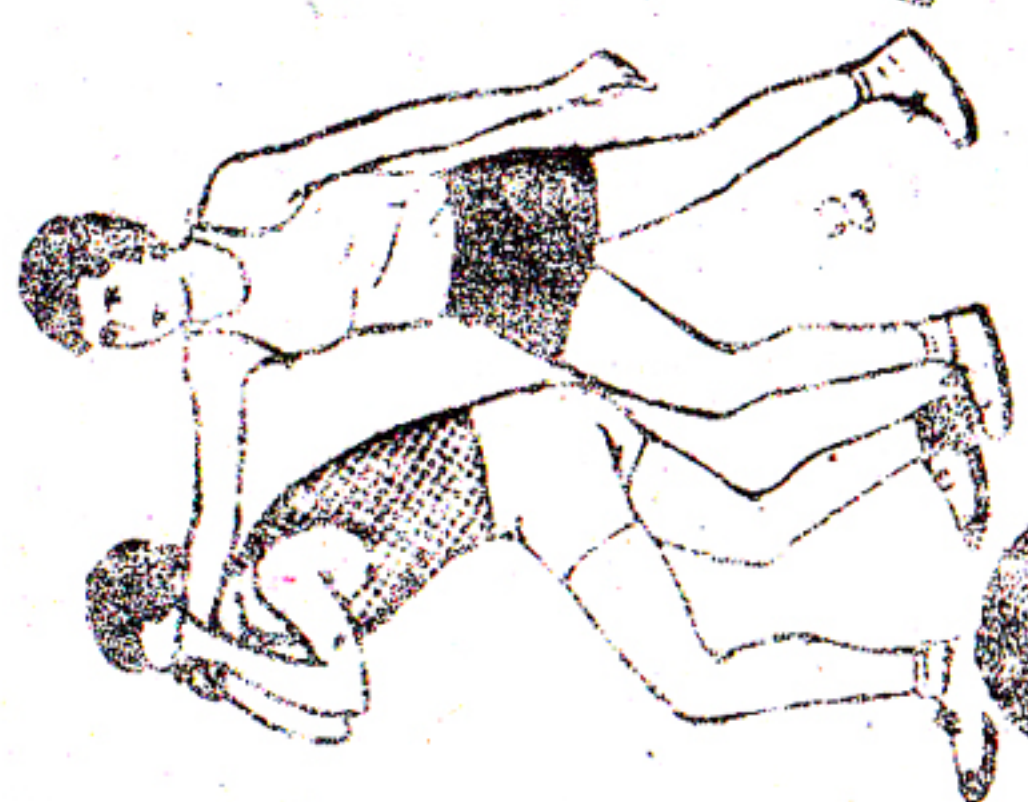




Washerman's Catch



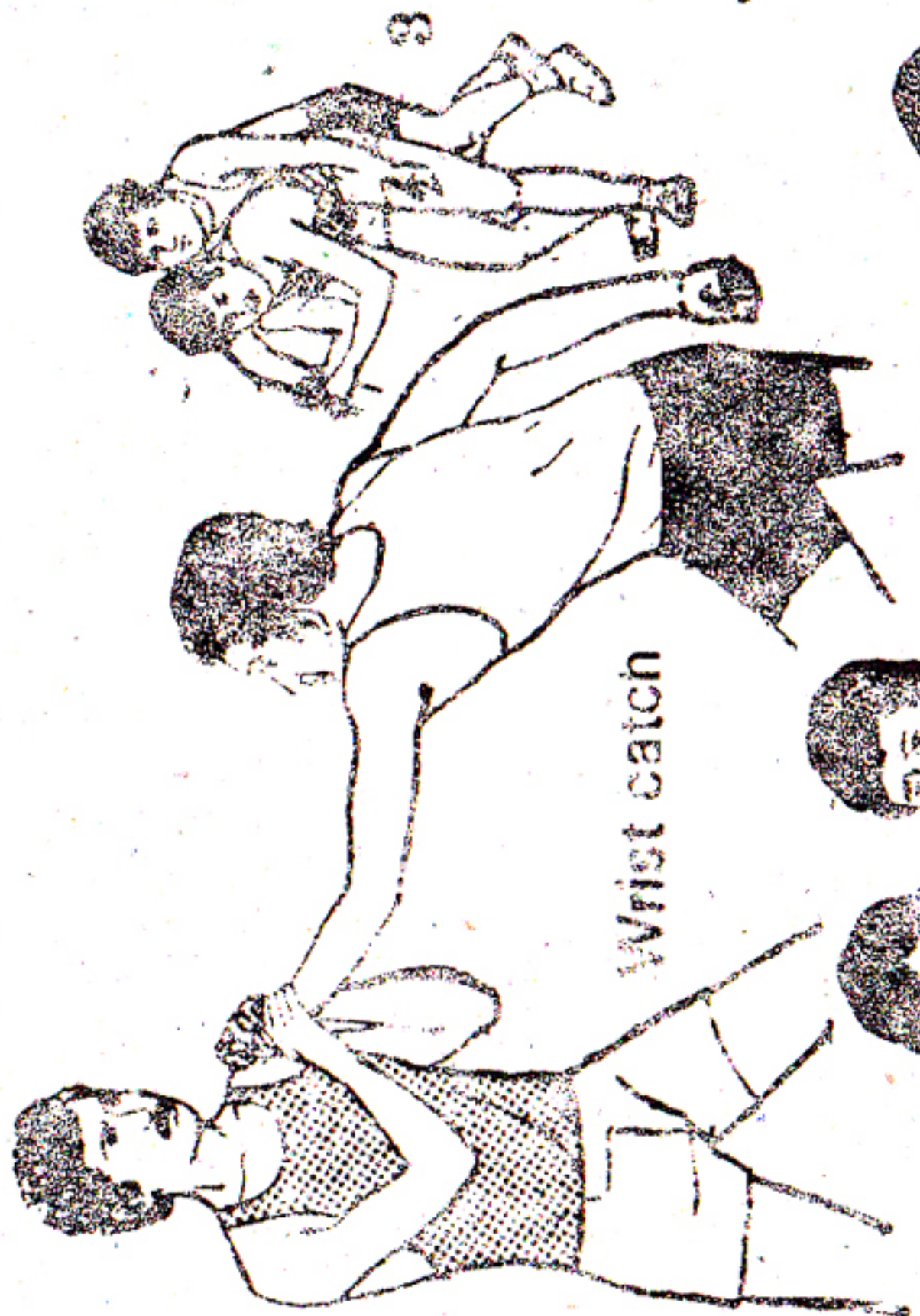
Knee Catch



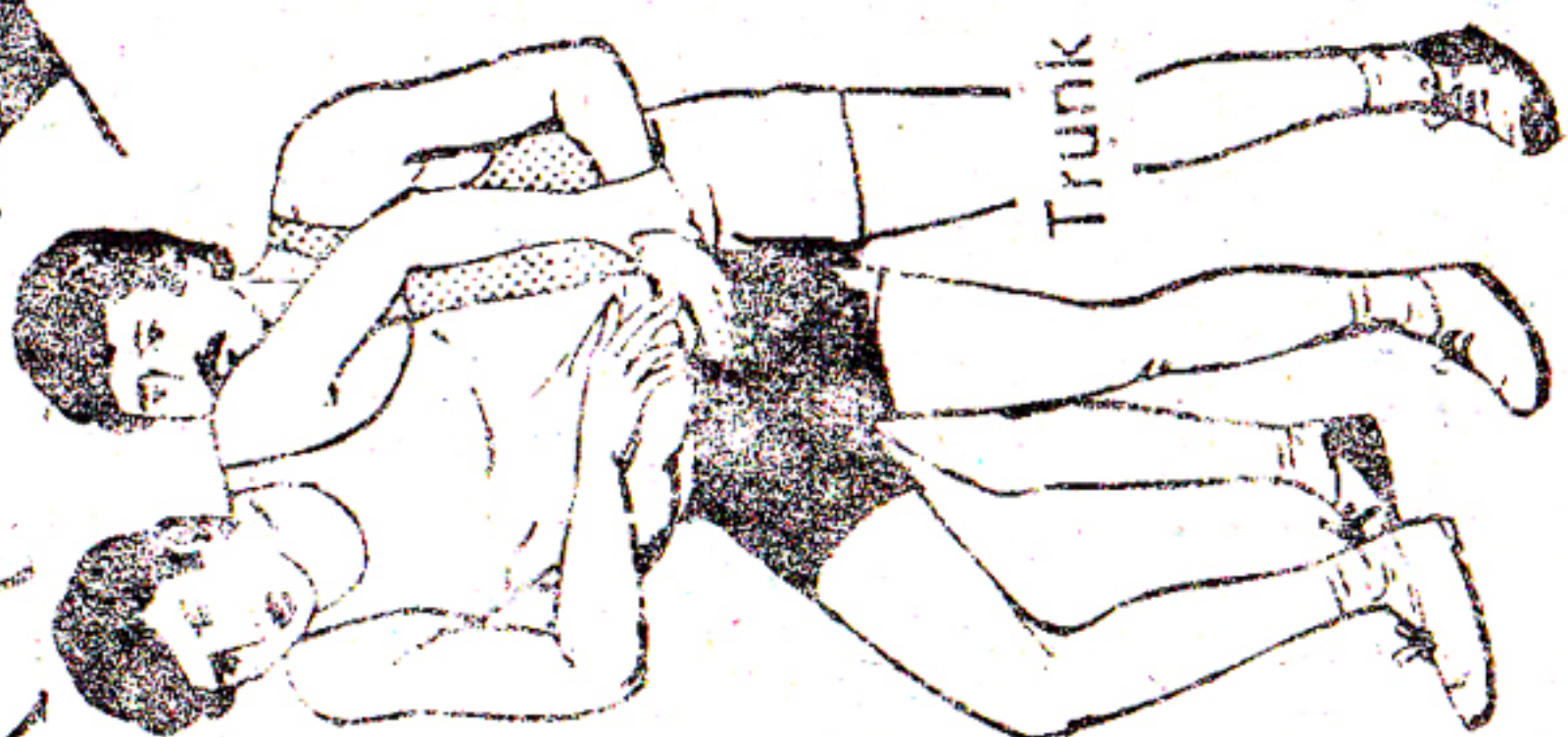
Lift Catch



Trunk Catch



Wrist catch



Trunk Catch



## MINOR GAMES

### 1. Last Couple out

Line up the players, behind the starting line in twos. The pairs join hands. The odd player is generally selected as 'it' and 'it' takes place on the starting line at the head of the column. 'It' calls 'Last couple out', when the pair at the tail end of the column, suddenly release their hands and run forward on either side of the column, to join again in front of 'it'. 'It' should not turn back, but called chase and touch any of the two in front of the starting line before they join hands. If touched, the person touched as the next 'it' and the original 'it' join hands with the other. They occupy the head of the column.

### 2. Back to Back Tag

Players are paired and they stand back to back with their elbows locked. Pairs get themselves scattered and avoid being tagged by a pair called 'it'. The tagged pair becomes the next 'it'.

#### *Another variety*

players are paired back to bag with an odd player as 'it'. 'It' calls 'change' when all must change their partners; and stand back to back with a new partner. The one who could not get a partner becomes the next 'it'.

### 3. Four corners

Four teams of equal number occupy the four corners of a 15 metre square. One is selected as the 'it' who occupies the centre of the square. On signal, the teams cross over diagonally to the opposite corner, when they are tagged by 'it'. All those who are tagged are eliminated or can join 'it'. The team which has retained the largest numbers after four changes, is the winner.



#### 4. Fire on the mountain

Players form a double ring well spaced. One player in the centre calls fire on the mountain. At the last word, players in the outer ring left or right and run around outside the ring till the centre players calls. The Fire is out; at which all try to find partner, including the centre player. the player who fails to do so, goes to the centre. Partners change place and the game is repeated.

#### 5. Dogs and a bone

The players are divided into two equal teams. Two parallel lines from 15 or 20 metres apart are marked; and the players of each group arrange themselves along the lines facing each other. Both the groups thus lined, are numbered consecutively from right to left. Midway between the two groups, the bone ( a bean bag, a kerchief, or an India- club) is placed.

The teacher calls any number and the player from each group who holds this number, runs forward and tries to pick up the (article) bone and return with it to his place, without being touched by his opponent.

The one who succeeds in doing this, scores a point for his team. The team scoring 10 points first is the winner.

#### 6. Lame Duck Relay:

Teams are arranged in files behind the starting line, each team facing the turning point 10 metres away on signal, the runner raises one leg forward, grasps the toe with both hands and hops forward around the turning point and back to the starting line to touch off the second.

Hopping is done on the same foot and both hands must be used to hold the raised leg.



## **7. Siamese Twin Relay:**

Relay teams stand in pairs back to back with their hands locked behind. A bamboo stick is supported between the backs of the first pair.

On signal, the first pair moves sideward turns round the turning point which is 20 metres from the starting line and delivers the stick to the next pair continues the relay. The back to back position must be maintained during the run and the stick should not fall.

## **8. Over the Border Relay:**

The captain stands in front of his relay team at a distance of 10 metres from the starting line facing his team. On signal, the captain runs up to the first player, grasps his hand and both run back to the captain's original place, where the captain stays back and the first player runs for the second and so on. The finish is on the starting line.

## **9. Ball Pass and Team Running:**

Divide the player into two teams of equal numbers. Team 'A' stands in two parallel lines 5 metres apart, and team 'B' arranges the players one behind the other.

Team 'A' Passes a ball from one line to the other line among its players, and the number of successful passes is counted. Team 'B' at the same time; runs round team 'A' in relay. The number of passes made by team 'A' is recorded during the time taken by team 'B' to complete the relay of all its members round team 'A'

Teams change and the teams which has the largest number of ball passes, wins.

## **10. Tunnel Ball Relay:**

Relay teams stand in files behind the starting line, with their legs apart, this forming a tunnel.

On signal the last man in the team runs with the ball round a turning point which is 15 metres in front of the



starting line and back. After crossing the starting line, he turns about, places himself at the head of the column and rolls the ball between his legs of his team mates. The player at the tail end continues the game in the same way.

## **BODY BUILDING EXERCIS**

1. Arms forward upward raise and feet apart -Jump.
2. Arms sideward downward sink and feet together - Jump.
1. Arms forward upward and heels- **Raise**
2. arms forward and knees full -**Bend**
3. Same as in 1
4. Position.
3. 1. Arms sideward raise, feet apart jump and trunk to the left -Twist.
2. Trunk to the right -Twist.
3. Trunk forward -Twist.
4. Position.
4. Starting position -clasps hands in front.
1. Lift leg and thread it through without unclasping the hands.
2. Return to the starting position - alternate
5. Stand feet slightly apart, arms over head-**Raise**
1. Arms downward and backward swing and half-squat
2. Arms upward swing and upward for height into position - Leap
6. Starting position -hands on Hips place and knees full - **Bend**
1. 1 to 4 in place Four times Jump, Return to position Attention.



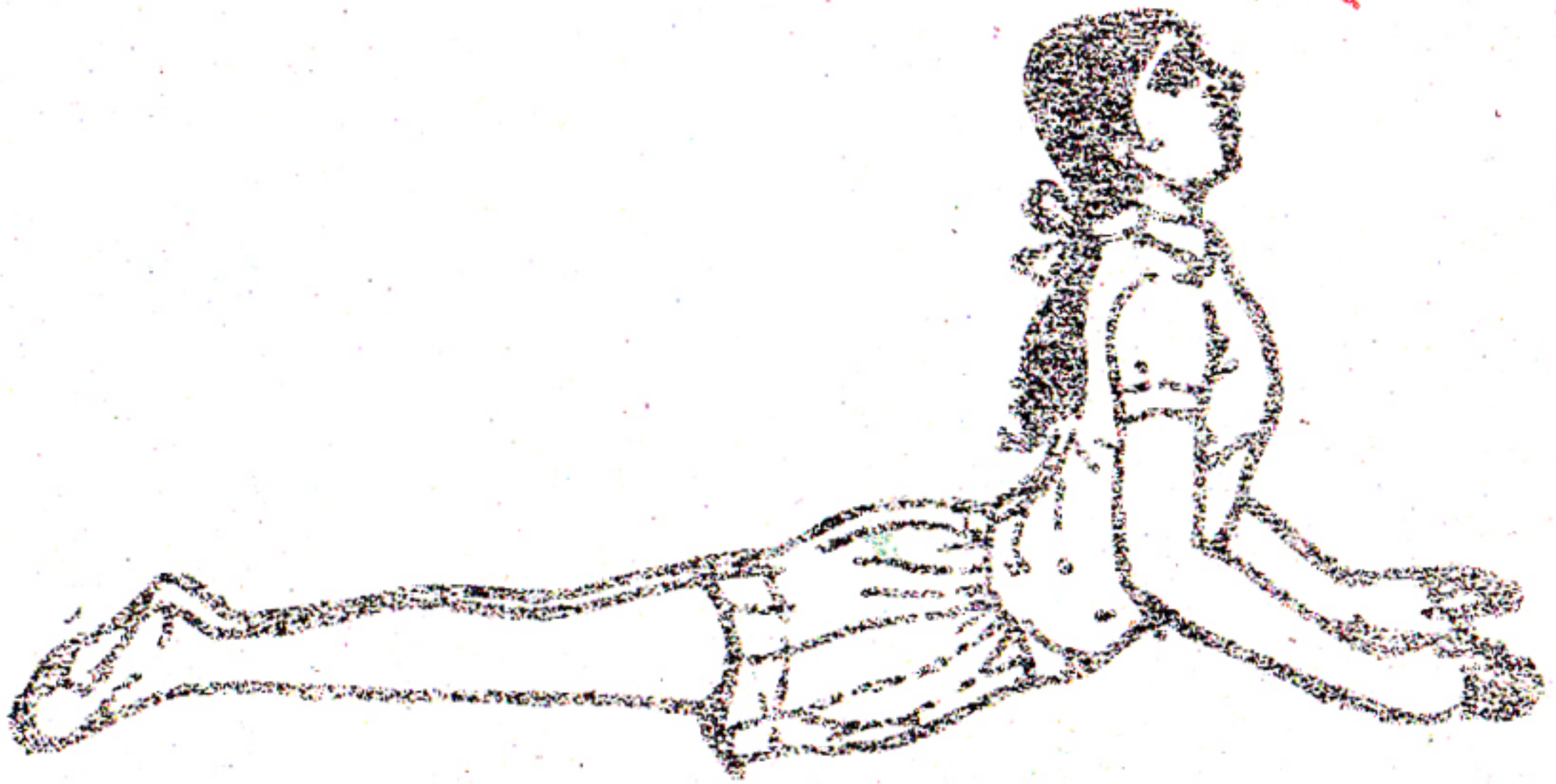
7. Starting position - Hands on shoulders - Place
  1. Arms upward stretch and full knee -Bend
  2. Position.
8.
  1. Arms sideward raise and left forward- Step
  2. Arms upward and left knee -Lunge.
  3. Same as 1.
  4. Position.
9.
  1. Arms sideward upward raise and feet apart -Jump
  2. Arms between the legs swing
  3. Same as 1
  4. Position.
10. Swinging Exercises.
11. Starting Position, Hands on shoulders - Place
  1. Right knee bend and left backward - Raise
  2. Same as 1.
12. Starting position. Arms upward - Bend
  1. Arms upward stretch, left leg forward place and right knee - Bend
  2. Position.



# ASANAS

## BHUJANGASANA ( The cobra posture)

Bhujanga means, 'COBRA' in sanskrit. The raising of the trunk, neck and head in this asana resembles a cobra raising its hood. The stretched legs resemble the tail of a cobra.



### BENEFITS :

1. It helps to keep the back muscles in good condition and the spinal column elastic.
2. It increases the blood circulation in the spine and removes its stiffness.
3. It relieves tension and stiffness in the neck and back.
4. It strengthens the arms, wrists, shoulders and the buttocks and expands the chest.
5. It improves the digestive system and stimulates appetite.
6. It increases the lung power and the circulatory system is made more vigorous.

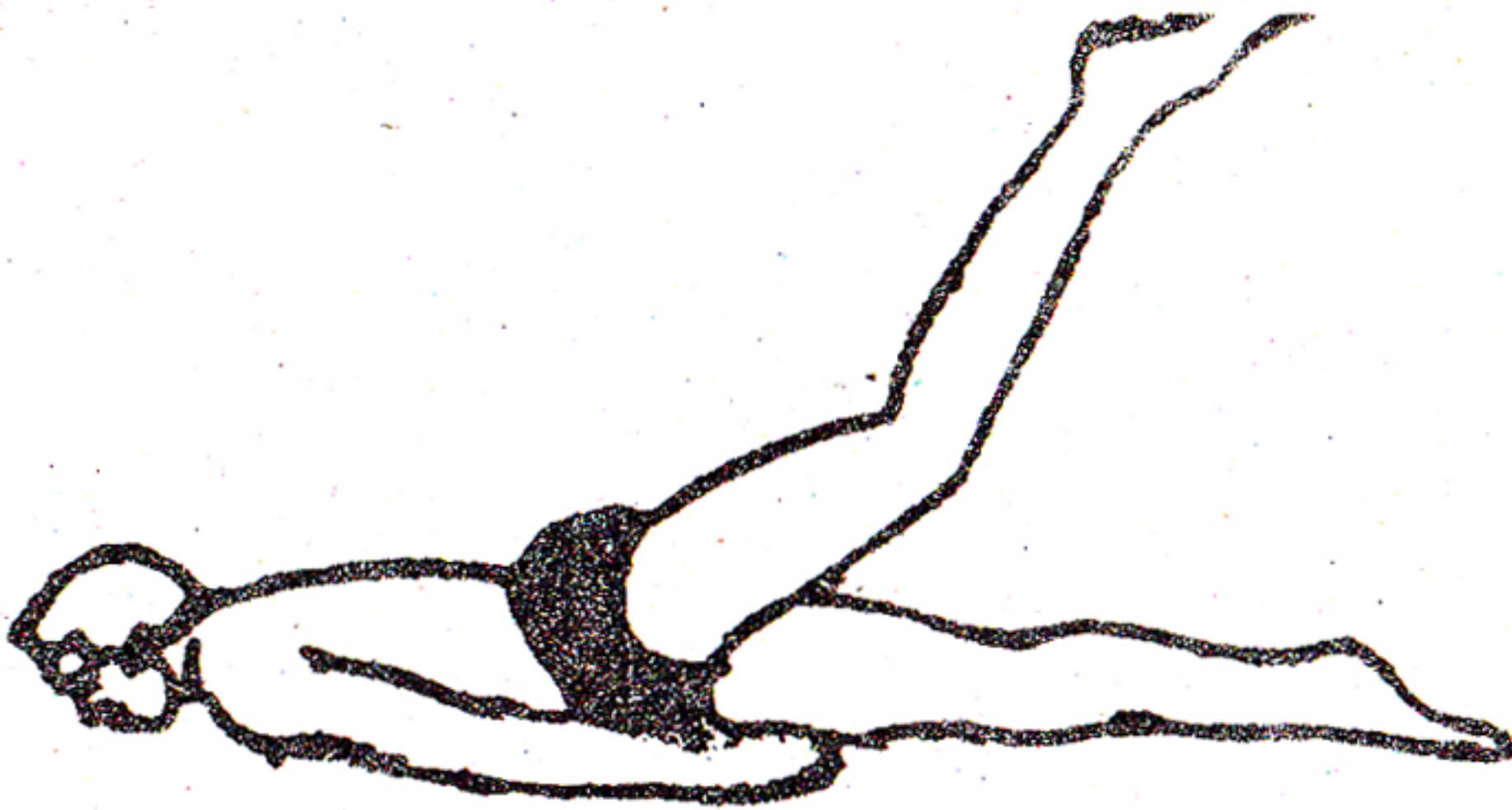


## STARTING POSITION

Lie prone on the ground touching it with forehead. Arms should rest on the ground by the side of the chest. Take toes in resting on the ground.

1. Slowly raise the chest with arms support.
2. Take the toes, rest them on the ground.
3. Throw back the head slowly but fully.
4. Slowly raise the abdomen, arms are slightly bent at the elbows.

## 2. ARTHASALABHASANA



1. Lie prone on the ground touching it with the chin, clench the fists allowing the arms to lie along the body.
2. Raise the left leg backward, making an angle of about 45 degree.
3. Lower down the same to its original position.
4. Repeat movement with the right leg.

## 3. DHANURASANA

### STARTING POSITION

Lie prone on the ground with chin resting on it and the arms placed along the side of the body.



1. Raise the head.
2. Bend the legs in the knees-joints.
3. Grasp the ankles in corresponding hands.
4. Raise backward the chest and the thighs resting the whole body on the abdomen.



#### **BENEFITS:**

1. It broadens the chest.
2. It corrects faulty postures habits.
3. It cures constipations and relieves gas troubles.
4. The nerves in the spine and the pelvic organs are toned up.
5. It will increase the height also.

#### **4. SUPTAVAJRASANA**

SUPTA means ASLEEP in Sanskrit. Supta Vajrasana is lying down supine in vajrasana.

#### **BENEFITS:**

1. It brings in a fresh supply of blood to the abdominal region.



2. It expands the chest and increases the mobility of the throat.



3. It sets slight minor deformities of the spine.
4. The joints of the ankles and knees become more flexible.
5. The feet and toes become more strong.

#### STARTING POSITION

1. Start from vajrasana bring the knees, close to each other.
2. Lie on the back supporting the shoulders with palms of the hands, the elbows bent over head. And then return the position.

#### YOGA MUDRA

Mudra means 'Symbol' or gesture in Sanskrit.





1. It tones up the nervous system in general.
2. It strengthens the lungs and stimulates circulation of the blood.
3. It broadens the chest and makes the shoulders flexible.
4. It strengthens the internal organs like small intestines, kidneys, spleen.
5. It will correct minor postural defects.

### STARTING POSITION

Start from padmasana. Take cross-legged sitting position with left foot over right thigh, hold toes and bend trunk forward touching floor with forehead-one.

Return to position.... Two.

### 6. PASCHIMOTTASANA

PASCHIMA means BACK, UTTASANA means STRETCH OUT in sanskrit. It means, Stretching the posterior regions of the body.



### BENEFITS :

1. It massages the heart and the abdominal organs.
2. The joints of arms, elbows, shoulders, hips, knees and hips become more elastic.



3. It is good remedy for constipation and removes digestive disturbances.
4. It prevents several intestinal disorders.
5. The legs become firm eventually.

### **STARTING POSITION**

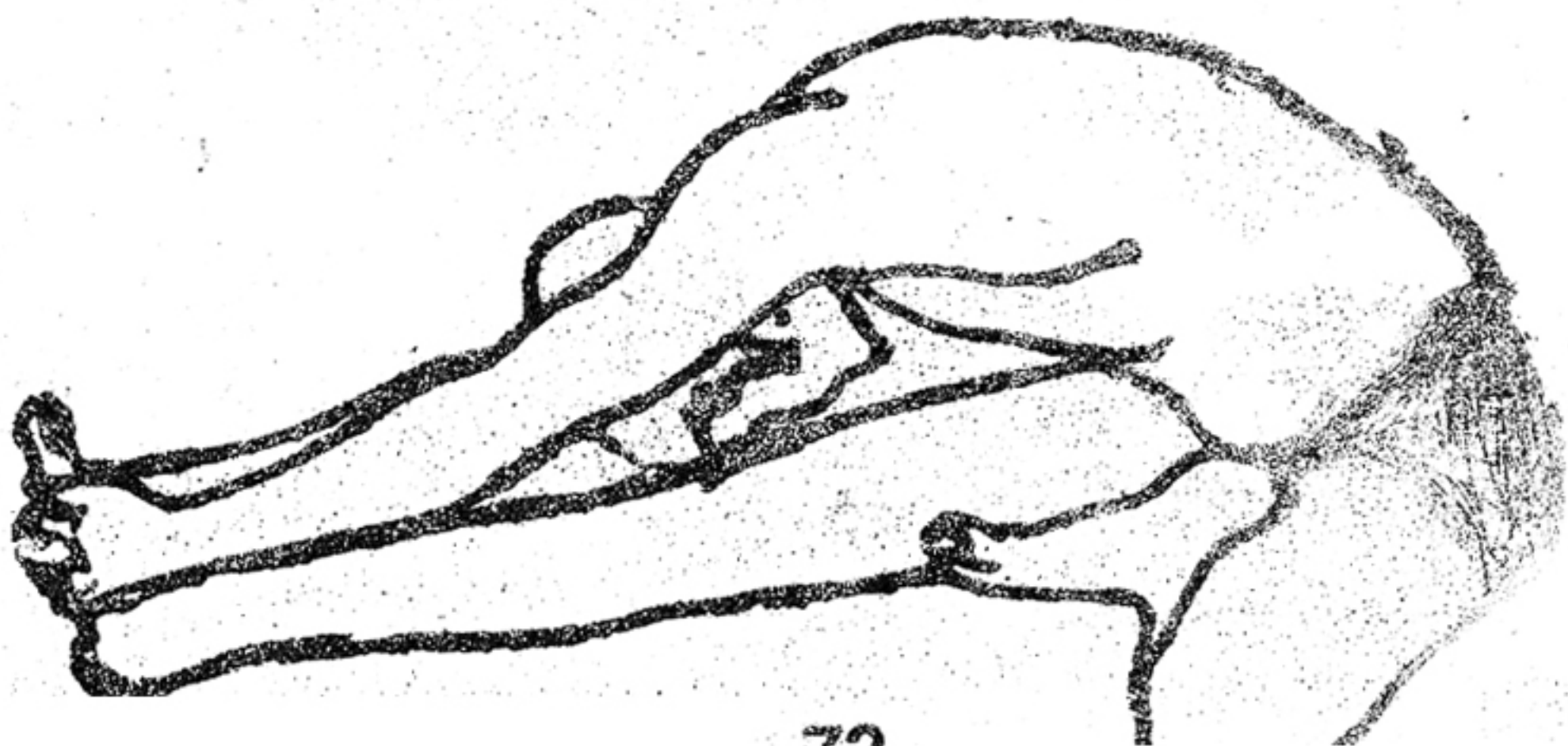
Sit and stretch down legs. then bend, touch your toes without bending your knees. Then come to the position.

### **7. JANUSIRASANA (The head or Knee posture)**

1. Sit on the ground stretching out the legs side by side
2. Bend the left leg, heel close to groin, foot touching right thigh.
3. Trunk downward bend and grasp right foot with both hands.
4. Return to starting position (Alternate left and right)

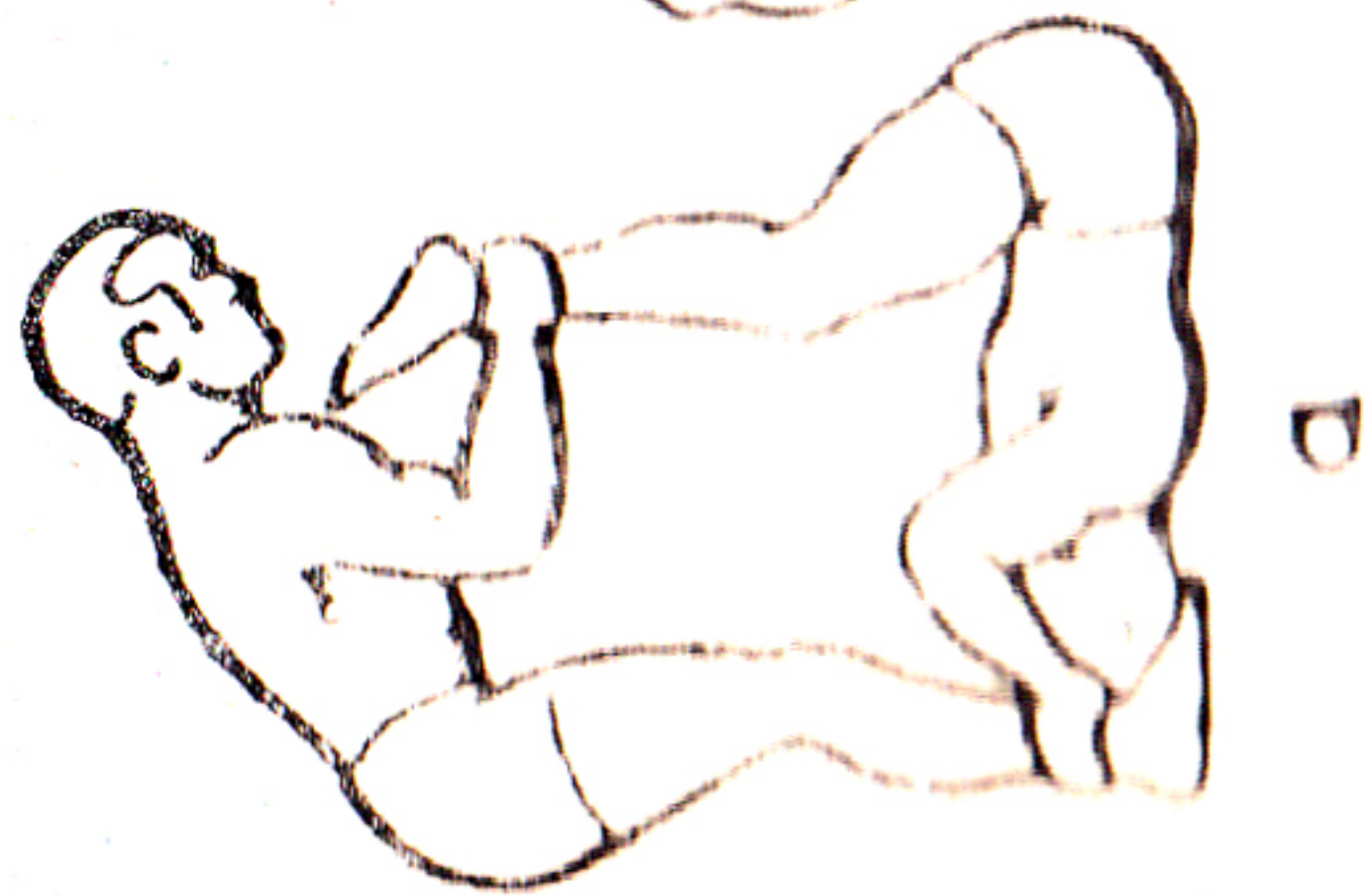
### **BENEFITS:**

1. It brings extra blood to head and face.
2. It makes the lumbar region of spine and the hip more supple.
3. Stiff joints of the legs become flexible.
4. The lungs and ribs become strong.
5. It reduces excess fat in the abdomen and waist.





# Double Roll



# Shoulder Roll





# RHYTHMIC AND LIGHT APPARATUS EXERCISES

## 1. Dumbbells.

1. 1. Raise arms forward upward with left toe touch backward.  
2. Lower arms forward with left toe touch forward.  
3. Return to position 1.  
4. Position.
2. 1. Bend arms forward and step left backward.  
2. Fling arms sideward and rise on toes.  
3. Return to position 1.  
4. Position.
3. 1. Raise arms and left leg sideward.  
2. Fling arms upward and lung left sideward.  
3. Return to position 1.  
4. Position.
4. 1. bend body forward and swing the arms well back between the legs.  
2. Position.  
3. Thrust arms forward.  
4. Position.
5. 1. Swing arms between the legs.  
2. Raise the trunk, swing arms upward and bend them behind the head.  
3. Swing arms between the legs.  
4. Raise the trunk, swing arms upward to vertical.

## 2. Wand Drill

1. 1. Raising left arm in a circular movement from left to



right and placing it across the chest and holding the wand by the left hand, first facing onward and raising and lowering the heels.

2. bringing wand to thigh horizontal and raising and lowering the heels.
3. Lunging to the left side on the left foot and thrusting wand to the left. (keep the left arm straight and take the right arm cross the chest the right hand being near the left shoulder, the right end of the wand is held in to the right arm pit. Here the body is kept inclined forward to the left side.
4. Returning position
5. Lunging to the right side on the right foot and thrusting wand to the right.
6. Returning to position 2.
7. Returning to position 1 with a jump feet together.
8. Returning to starting position (Raise and lower the heels.)

2.1 & 2 Same in the first exercise.

3. Lunging to the front, left oblique, on the left foot and thrusting wand forward.
4. Returning to position
5. Lunging to the rear, right oblique, on the right foot and thrusting wand forward to the rear side.
6. Returning to position 2.
7. Returning to position 1 with a jump feet together.
8. Returning to the starting position. (Raise and lower the heels.)



Dear Students,

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because, sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

**Dr. S. Navaraj Chelliah.**



**டாக்டர். எஸ். நவராஜ் செல்லையா,**  
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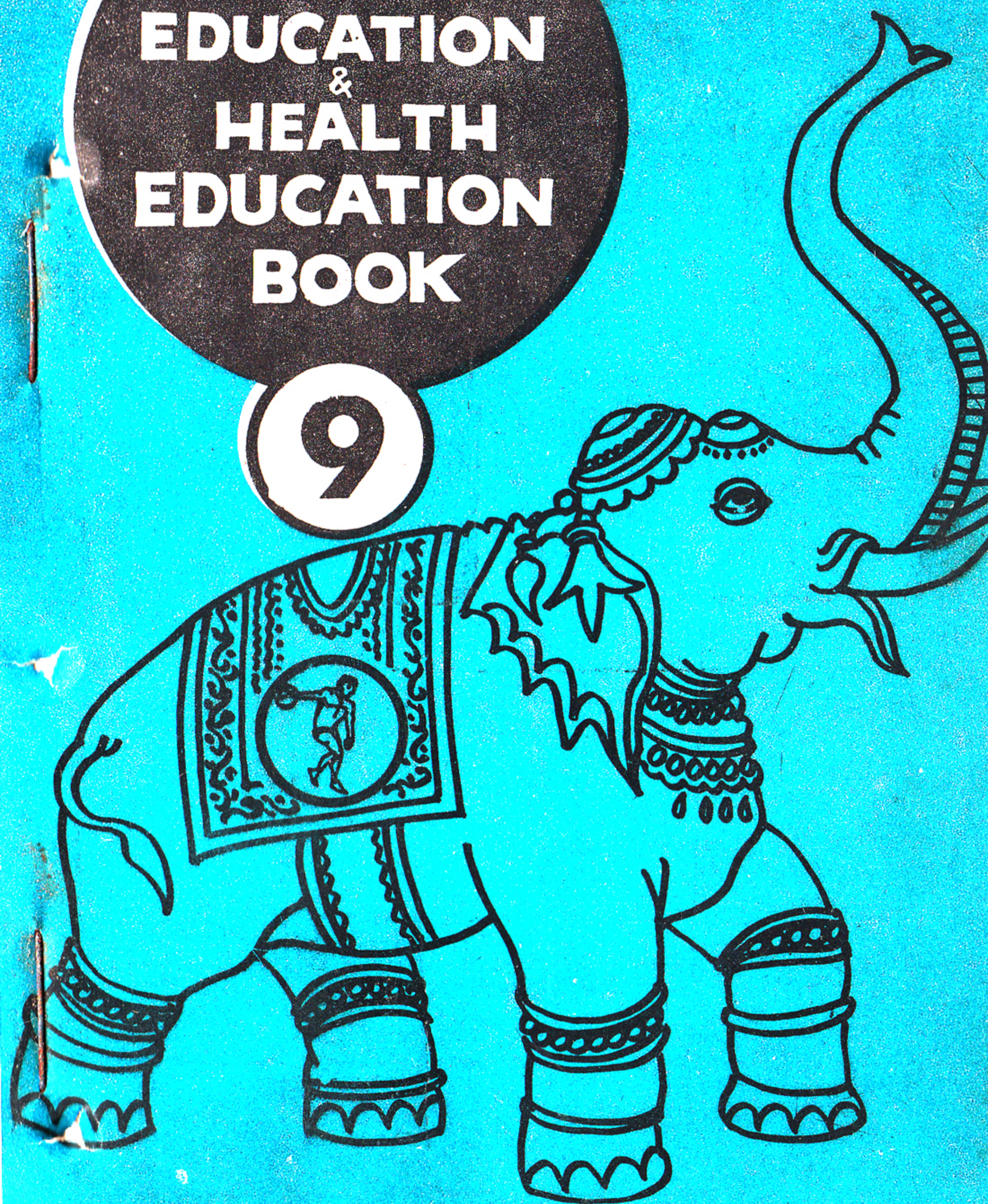
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# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

## 9



**DR. S. NAVARAJ CHELLIAH**

M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI



# IX STD CONTENTS

<b>1. TRACK AND FIELD</b> .....	<b>5</b>
a. Discus Throw	
b. Shot Put	
c. Long Jump	
d. High Jump	
e. Track and Field	
f. Relay Races	
<b>2. MAJOR GAMES</b> .....	<b>22</b>
a. Volley Ball	
b. Basket Ball	
c. Hockey	
d. Cricket	
e. Table Tennis	
f. Foot Ball	
<b>3. HEALTH EDUCATION</b> .....	<b>55</b>
<b>4. MINOR GAMES</b> .....	<b>60</b>
<b>5. BODY BUILDING EXERCISES</b> .....	<b>63</b>
<b>6. ASANAS</b> .....	<b>65</b>
<b>7. RHYTHMIC EXERCISES</b> .....	<b>69</b>
<b>8. MARCHING</b> .....	<b>74</b>



## IX STD

### SKILL TEST - GRADING SELECT ANY THREE SKILL TESTS

#### 1. 50M RUNNING 10 MARKS

GRADE	MARKS	BOYS	MARKS
BELOW 8.0 sec	- 10	BELOW 7 sec	- 10
8.0 sec - 9.0 sec	- 8	7 sec - 8 sec	- 9
9.0 sec - 10.0 sec	- 6	8.01 sec - 9 sec	- 8
10.0 sec - 11.0 sec	- 4	9.01 sec - 10 sec	- 6
11.0 sec - 12.0 sec	- 2	10.01 sec - 11 sec	- 4
ABOVE 12.0 sec	- 1	11.01 sec - 12 sec	- 2
		ABOVE 12 sec	- 1

#### 2. SIT-UPS 30 SECS 10 MARKS

GRADE	MARKS	BOYS	MARKS
ABOVE 28	- 10	ABOVE 35	- 10
26 - 28	- 9	30 - 35	- 9
24 - 25	- 8	25 - 29	- 8
20 - 23	- 7	20 - 24	- 7
17 - 19	- 6	15 - 19	- 6
14 - 16	- 5	11 - 14	- 5
11 - 13	- 4	8 - 10	- 4
8 - 10	- 3	5 - 7	- 3
BELOW 8	- 2	2 - 4	- 2
		1	- 1

#### 3. HIGH JUMP 10 MARKS

GRADE	MARKS	BOYS	MARKS
ABOVE 1.05M	- 10	ABOVE 1.20M	- 10
1.01M - 1.05M	- 9	1.15M - 1.19M	- 9
.96M - 1.00M	- 8	1.10M - 1.14M	- 8
.91M - .95M	- 7	1.05M - 1.09M	- 7
.86M - .90M	- 6	1.00M - 1.04M	- 6
.81M - .85M	- 5	.95M - .99M	- 5
.76M - .80M	- 4	.90M - .94M	- 4
.71M - .75M	- 3	.85M - .89M	- 3
.66M - .70M	- 2	.80M - .84M	- 2
BELOW .66M	- 1	.75M - .79M	- 1



#### 4. 50M RUNNING 10 MARKS

GIRLS	MARKS	BOYS	MARKS
BELOW 9 sec	- 10	BELOW 8 sec	- 10
9 sec - 10 sec	- 8	8 sec - 9 sec	- 8
10 sec - 11 sec	- 6	9 sec - 10 sec	- 6
11 sec - 12 sec	- 4	10 sec - 11 sec	- 4
ABOVE 12 sec	- 2	ABOVE 11 sec	- 2

#### 5. SHOT PUT 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 5 MTS	- 10	ABOVE 5.5 MTS	- 10
4.51M - 5M	- 9	5.0M - 5.5M	- 9
4.01M - 4.50M	- 8	4.51M - 5.00M	- 8
3.51M - 4.00M	- 7	4.01M - 4.50M	- 7
3.01M - 3.50M	- 6	3.51M - 4.00M	- 6
2.51M - 3.00M	- 5	3.01M - 3.50M	- 5
2.01M - 2.50M	- 4	2.51M - 3.00M	- 4
1.51M - 2.00M	- 3	2.01M - 2.50M	- 3
BELOW 1.51M	- 2	BELOW 2.01M	- 2

#### 6. ROPE SKIPPING 30 SECS. PULL UPS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 75	- 10	ABOVE 10	- 10
71 - 75	- 9	9	- 9
66 - 70	- 8	8	- 8
61 - 65	- 7	7	- 7
56 - 60	- 6	6	- 6
51 - 55	- 5	5	- 5
46 - 50	- 4	4	- 4
41 - 45	- 3	3	- 3
BELOW 40	- 2	2	- 2
		1	- 1

#### MARKS FOR PHYSICAL EDUCATION TEST

1. Major Games (Any Two)	20	Marks
2. Individual skills (Any Three)	30	Marks
3. Yogasanas (Any Two)	10	Marks
4. March Past (According to the merit)	10	Marks
5. Written Examination	30	Marks
Total	<u>100</u>	Marks



# DISCUS THROW

## 1. What is the meaning of the word Discus?

Discus comes from the ancient Greek word Discos, means thing for throwing. Probably just a rough stone.

## 2. What is the weight of discus used for the Competition?

For men, minimum weight is 2 Kg. For women, 1 Kg. For senior boys 1.5Kg.

## 3. How is the discus constructed?

Wood and Brass are used to construct a discus. The sides and centre portion of the discus are made by brass. The remaining portion is wood.

## 4. What are the qualities of a discus thrower?

1. Good height 2. Strong body 3. Powerful arm strength 4. Balancing ability.

## 5. State the basic skills in discus throw?

1. Hold 2. Standing Position 3. Swings 4. Rotation or turn 5. Delivery or release 6. Balance.

## 6. How do you hold the discus for the throw?

The discus is held against the palm with the first joint of each finger over the rim of the discus. The fingers are slightly and about evenly spread and grasp the edge firmly. The thumb is flat against the discus extending in a line with fore arm. This method provides for balance and helps easily to the spin as the discus leaves the end.

## 7. Explain the 'swing' skill in discus throw?

The thrower takes two or three preliminary swings. During swing, the discus is carried from left hand shoulder to the backside of the right hand. When the swing is taken, the weight of the body comes on the left leg and the right heel goes upwards.



**8. What is the main aim of the swing?**

The main aim of the swing is to get ready physically and mentally for the throw that is to develop the speed in the body, and keep the balance steady.

**9. What is turn in discus throw?**

The thrower places himself back to the line of direction in the throwing circle, and runs across the circle, getting into a strong throwing position is called a turn or rotation.

**10. What is pivot style in discus throw?**

The weight of the body is transferred from one leg to the other with half turn. Always this pivot turning is done on the toes only.

**11. How the discus should be released?**

The angle of release of the discus is approximately 30 degrees and the release is done by the first finger which imparts a clockwise spin to the discus.

**12. What are the throwing Conditions placed upon the thrower?**

The thrower must throw the discus with full speed within the 8' 1/2" diameter circle, and the discus must fall within a 40 degree sector.

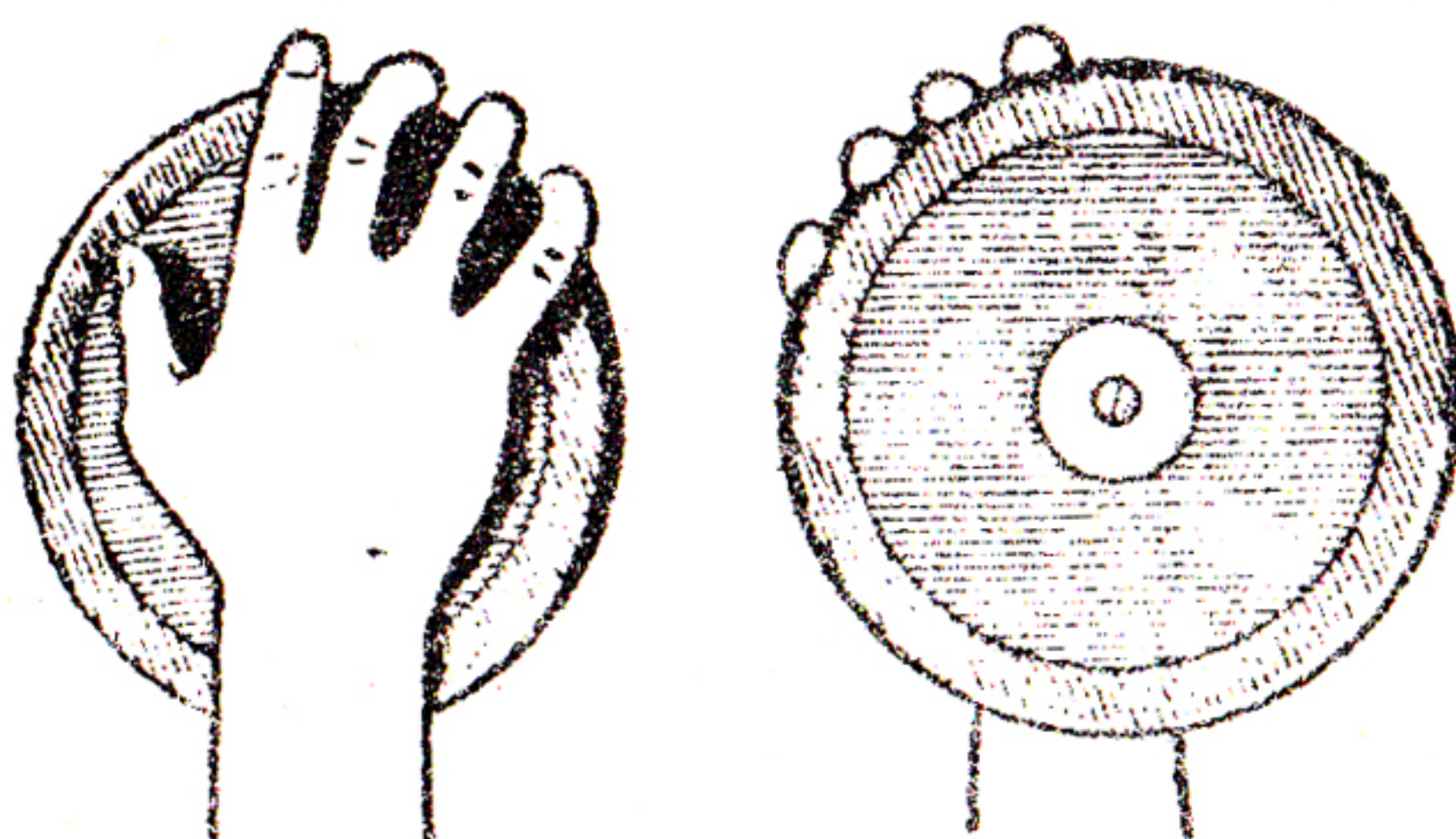
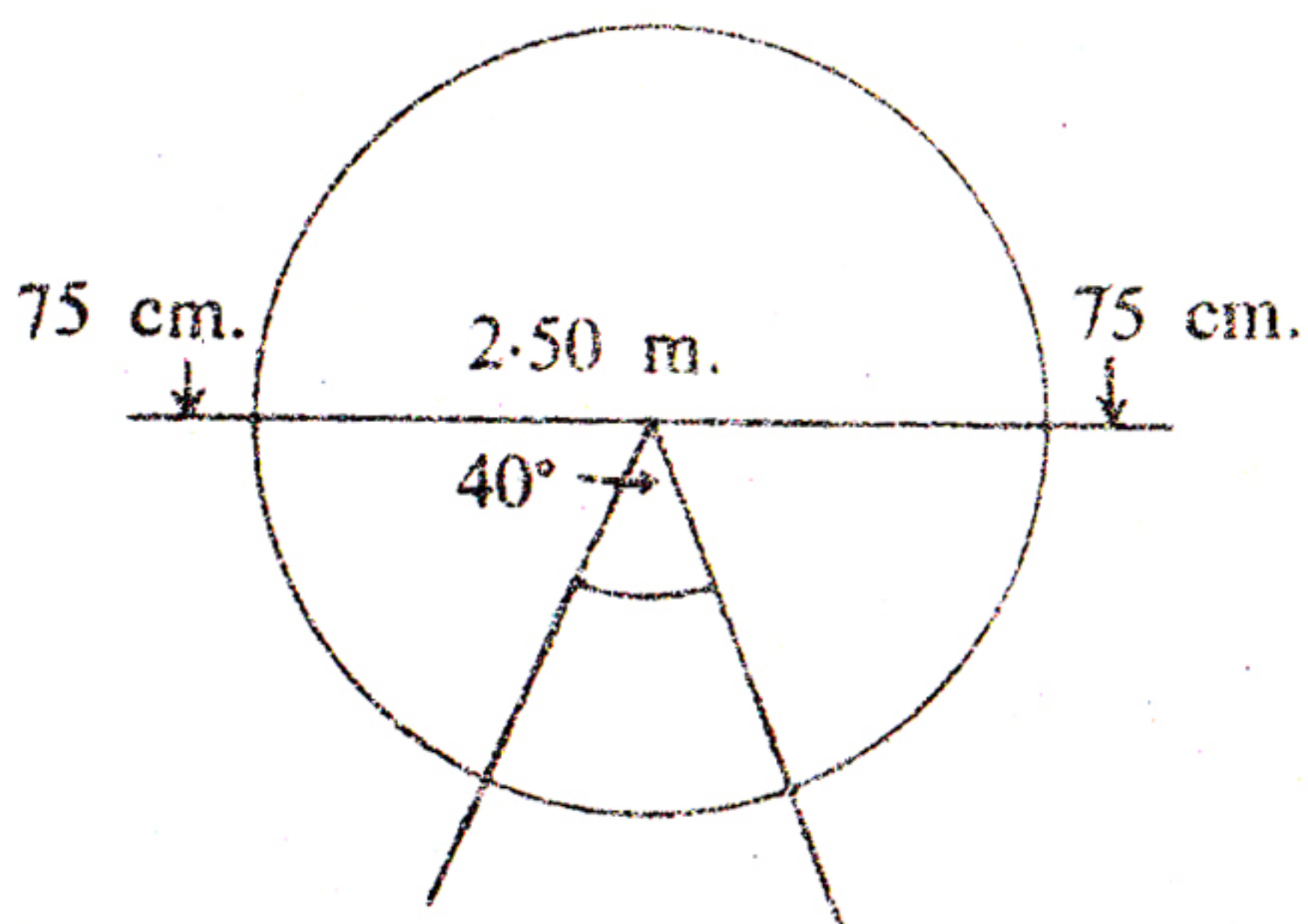
**13. What are the basic rules in the discus throw?**

1. The Competitor should not use his personal discus. 2. He should not tape his fingers. 3. He should not step over the ring of circle. 4. The discus should fall within the edges of the sector line. 5. Best throw will be measured out of his six throws.

**14. How will you break the tie in Discus throw?**

In case two or more competitors are equal, then the **Second best** throw is considered. If the tie still remains, then the **Third best** will be considered and so on.





**DISCUS GRIP**



# SHOT PUT

## 1. The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

## 2. What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys below 18 years 5Kg.

## 3. How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

## 4. What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing

4. Glide 5. Throw 6. Release 7. Followup and balance

## 5. Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## 6. What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg arm co-ordinations 6. Balancing.

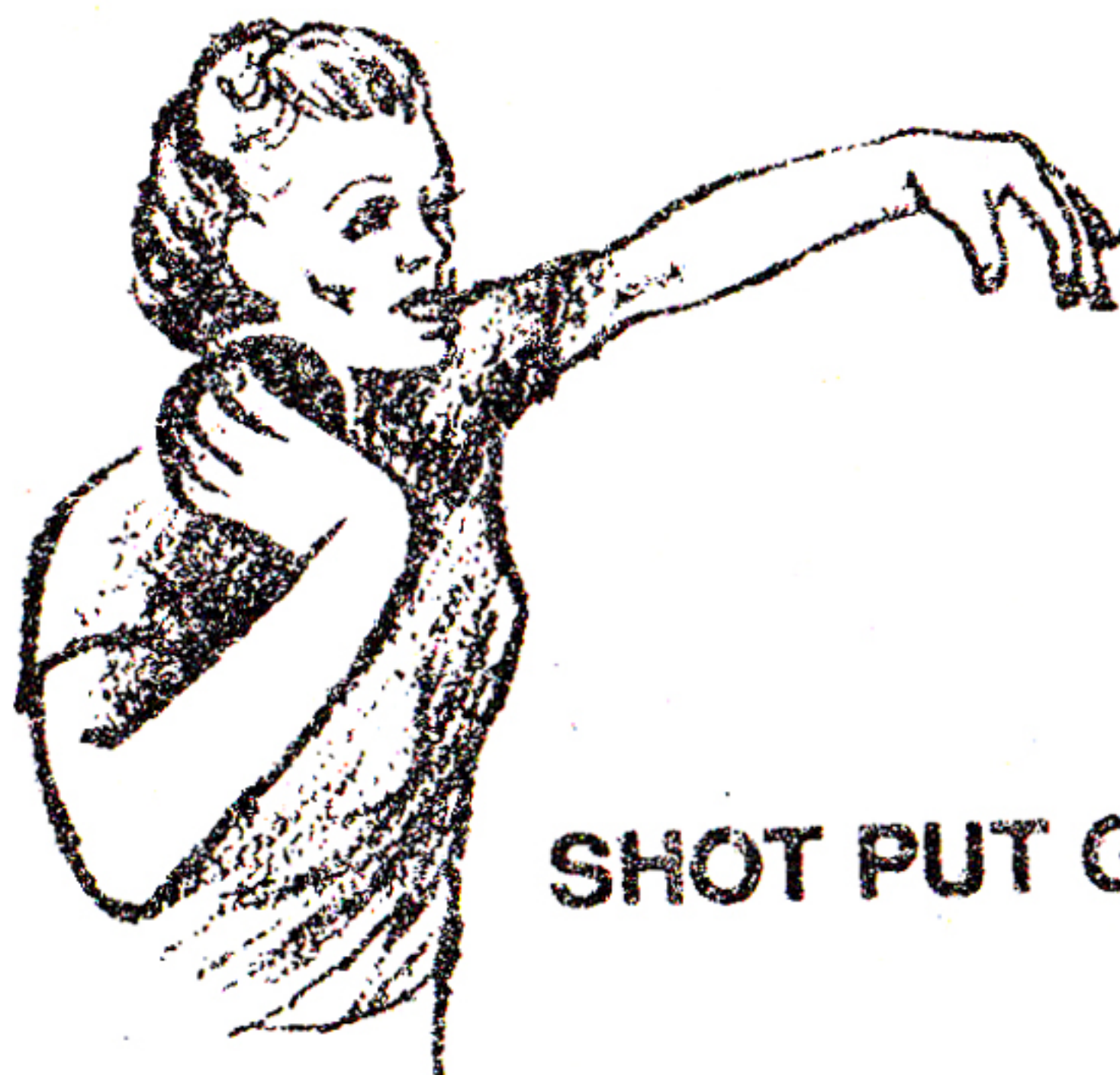
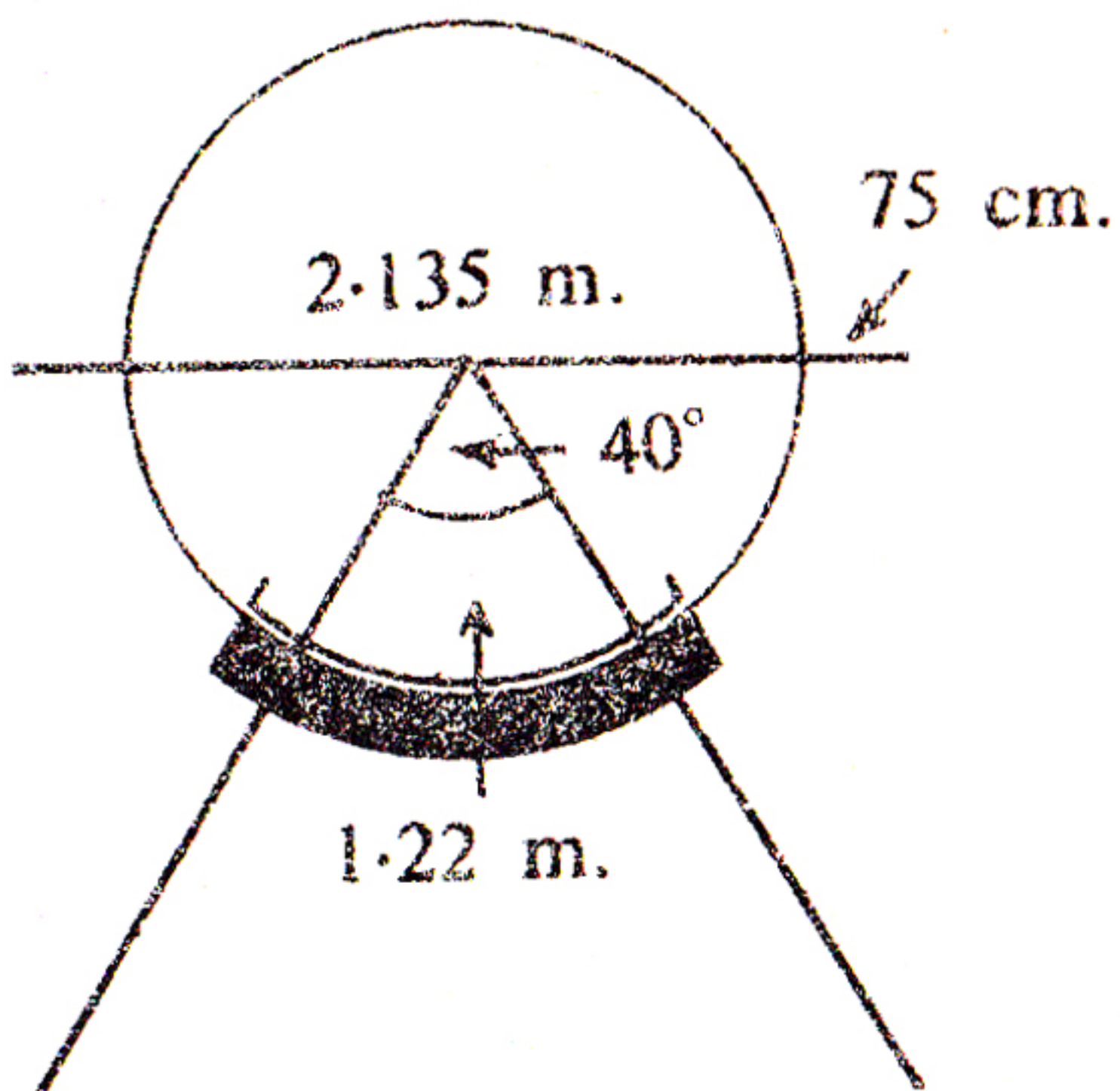
**10. What are the fouls in shot put?**

1. The shot is thrown by both hands. 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.







# LONG JUMP

1. What are the measurements of a landing area in long jump?

The length and breadth of Long Jump area is 9 metre X 2.75m (29.6" X 9 feet).

2. State the measurements of the runway and a take off board?

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22" long, 20m wide and 10 cm deep.

3. Explain the main skills of long jump?

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. What is approach?

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. What is the main aim of take-off in long jump?

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or board is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. Must a long jumper jump from one foot?

Yes, No double foot take-off is allowed. The 'somer-sault' technique also is prohibited.

7. What are the common styles of walking in the air?

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style.



**8. What is the aim of walking in the air technique?**

The basic flight technique is the hitch-kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

**9. How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

**10. What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 1 1/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If he or she takes take-off with both feet together.

**11. How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, six trials will be given to them.

**12. A competitor wishes to put a hand kerchief on the take off board or in the pit. Is it correct?**

No., As per the rules, the competitor cannot place a hand kerchief on the take-off board but he can place it on the side of the run way.

**13. What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the best is decided.

14. How many steps one can take for the approach run in long jump?

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

1. What is high jump?

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

2. What is the distance between the two upright stands?

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high jump should be marked by between 20m to 25m radius.

3. What are the qualities of a good high jumper?

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

4. What are the various jumping styles in high jump?

1. Scissor style.    2. Eastern cut off    3. Western roll
4. Straddle method    5. Fosbury Flop.

5. What are the basic skills in high jump?

1. Approach    2. Take-off    3. Crossing the bar
4. Landing.



**6. Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. **Without foam mattress**, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

12. How will you break the tie for the first place in high jump?

1. The Competitor with the **lowest number of jumps** at the height at which the tie occurs, shall be awarded the first place.

2. If the tie remains, the competitor with the **lowest total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

3. If the tie still remains, if it is for the first place, the tying competitors shall have one more jump at the height at which they failed.

4. If no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced.

5. If the tie concerns with any other place, the competitors shall be awarded the same place in the competition.

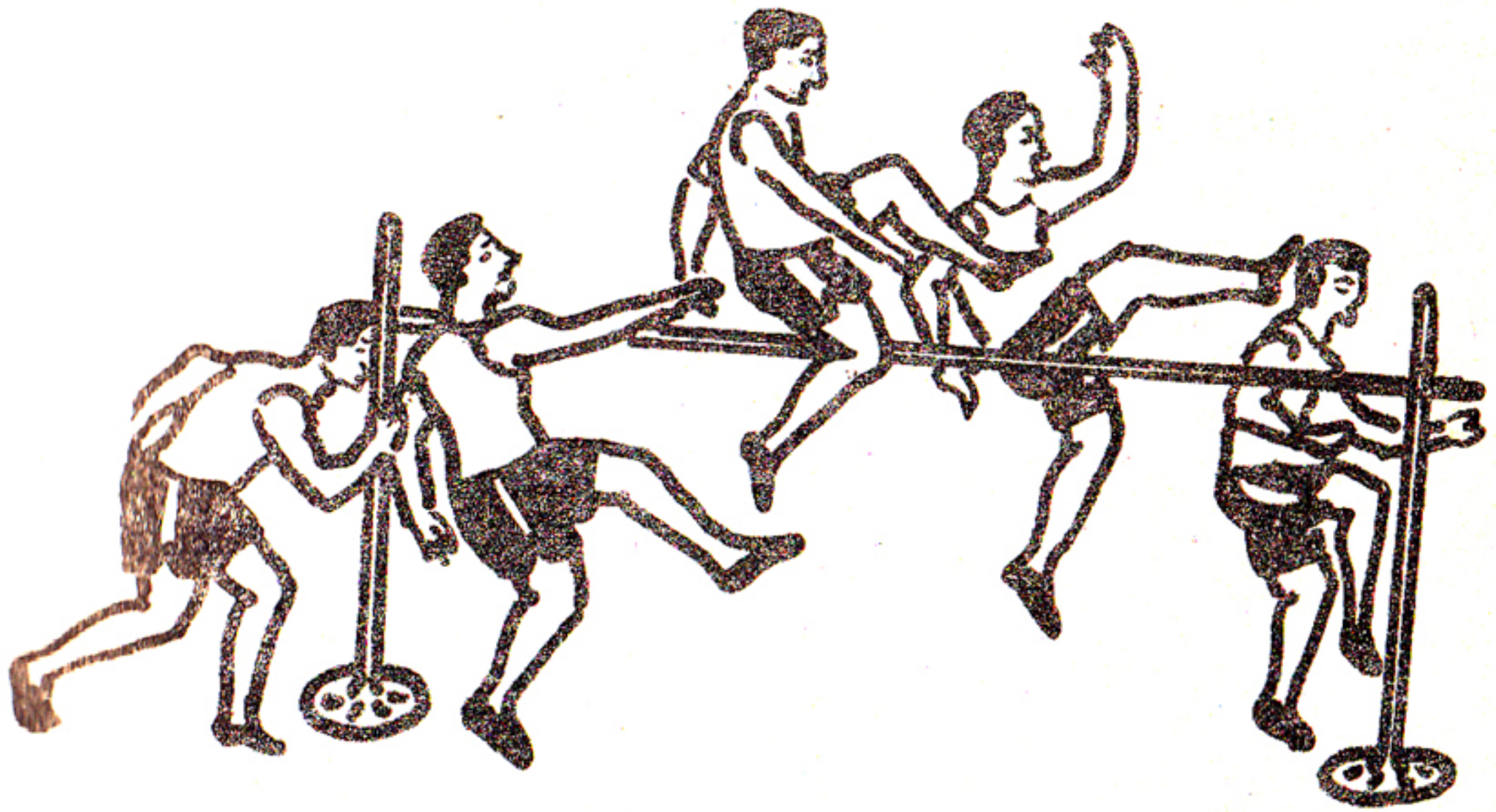




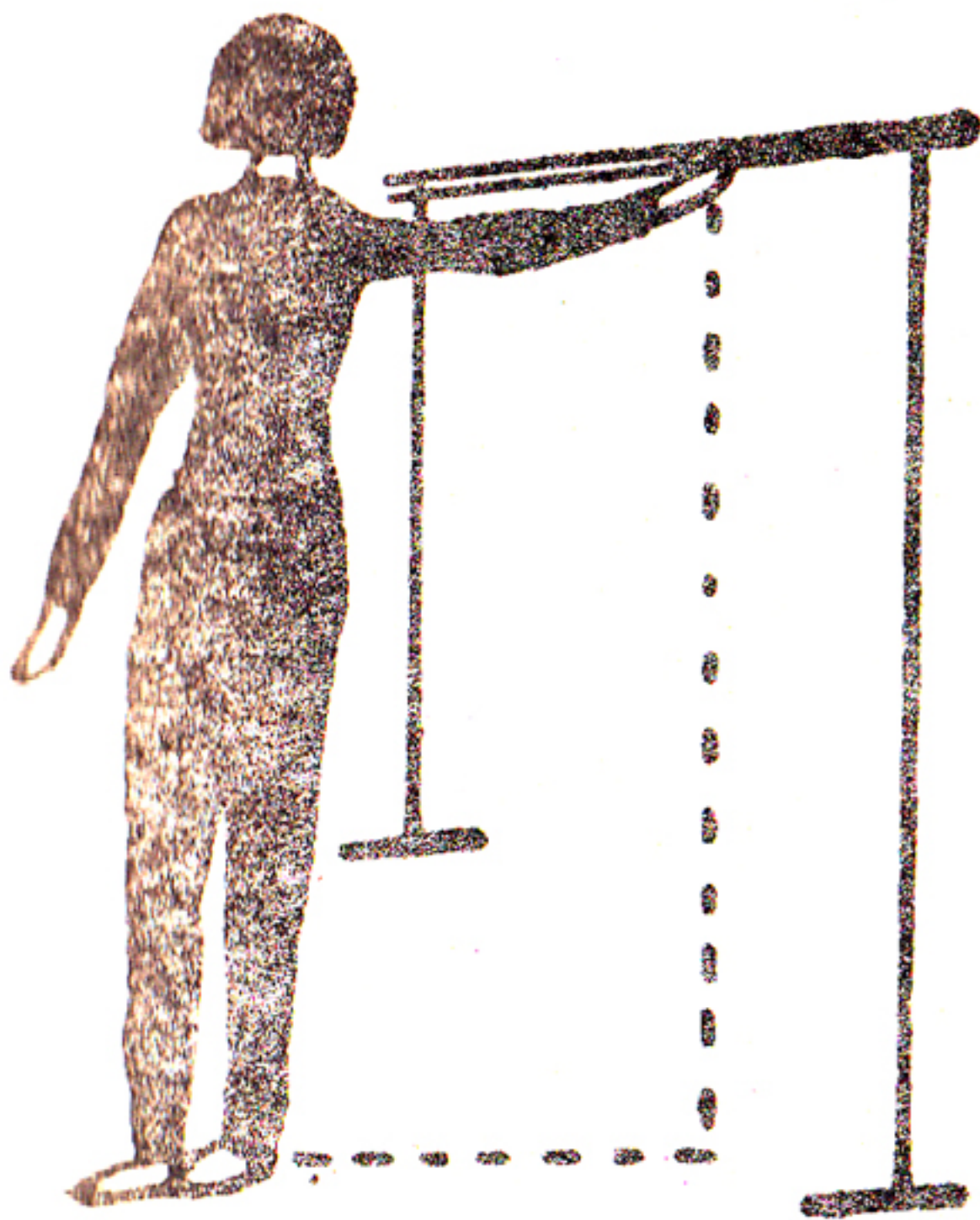
The Running Broad Jump.





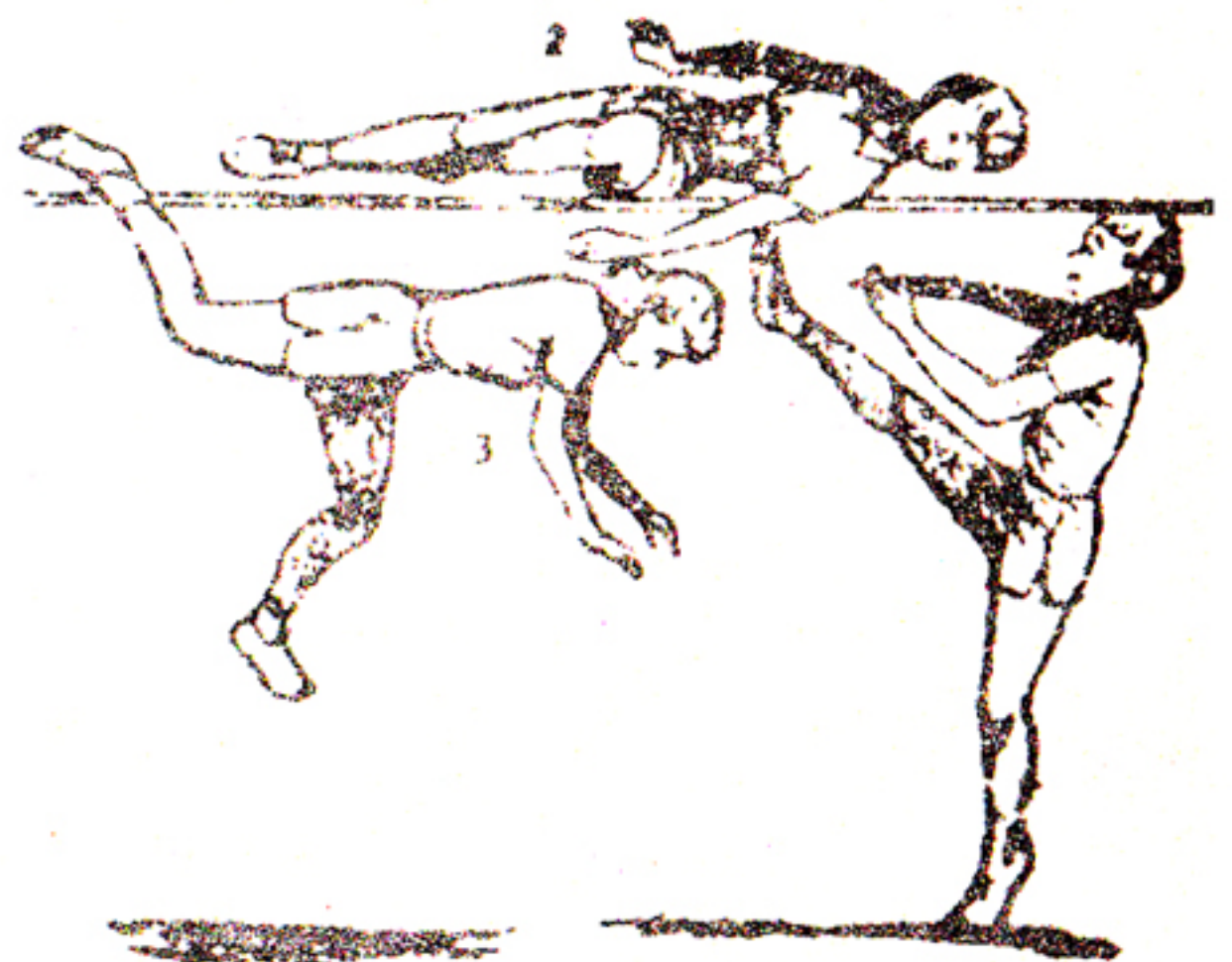


Scissors Style



Measuring takeoff

WESTERN ROLL





# TRACK AND FIELD

1. How many lanes are there in a Standard Track?

There are 8 lanes in a standard track.

2. What is the breadth of a lane?

The breadth of lane is between 1.22m and 1.25m.

3. What are the main types of running?

There are 6 types of running.

(a) Short distance running : 100m, 200m, 400m

(b) Middle distance running : 800m, 1500m

(c) Long distance running : 5000m, 10,000m

(d) Hurdle races : 110m, 400m

(e) Relay races : 4 x 100m, 4 x 400 m

(f) Marathon race : 42, 195m

4. Explain the skills of short distance running?

1. Start 2. Strides 3. Finish

5. What are the main types of start?

1. Standing start 2. Crouch start

6. How many divisions are there in crouch start?

1. Bunch or Bulet start

2. Medium start

3. Elongated start

7. Give brief explanation about the various starts?

1. **Bunch Start** :- The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

2. **Medium Start** :- The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start** :— In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

n **What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

9. **What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

10. **Why is starting block used?**

Starting block helps the athlete to make a quick start.

11. **Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

12. **How is the winner decided in 100m dash?**

As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

13. **Which is the fastest start in 100m running?**

The bunch start is the fastest start.



## STARTING METHODS:



SITTING POSITION BEFORE START



ON YOUR MARKS:

SET:

GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.



# VOLLEY BALL

## 1. What are the measurements of the volleyball court?

Volleyball is played on a rectangular area by 18m X 9m. In each court, the attack line is drawn 3 metres away and parallel to the centre line. The width of the attack line is 5 cm.

## 2. State the dimension of the service area?

The service area is marked on the right side behind the end lines. One line is along the right hand side line 20 cm behind, and the other line is 3 metres away to the left of it by 15cm long. This area is called service area.

## 3. Explain the measurements of the equipments needed in volleyball game?

1. **Net** :- 1 metre wide and 9.50m long. The height of the net is 2.24m for women and 2.43m for men.

2. **Side bands** :- Two tapes of white material 5cm wide and 1 metre long, fastened each side of the net, perpendicular to the side line. They are considered as parts of the net.

3. **Antennas** :- 1.80 long and 10mm in diameter (flexible rods)

4. **Ball** :- Circumference -65 to 67cm.

Weight :- -260 to 280 grammes.

## 4. How many players and substitutes are there in a volley ball team?

6 Regular players and 6 substitutes.

## 5. What is the dress regulation of the players?

Banian, shorts and shoes without heels. The banians



may be numbered from 1 to 15. The height of the number is 10cm high on the chest, and 15cm high on the back.

**6. When does the substitution take place in the game?**

Whenever the ball is dead, substitution can be done. One player can be substituted for one time only in a game. The captain can ask permission from the referee and change the substitutes.

**7. What is the duration of a volleyball match?**

There is no fixed duration for the match. A team should win either best of 3 sets or best of 5 sets. A set is a game of 15 points.

Intervals are allowed between sets 3 minutes for first 4 sets and 5 minutes between 4th and 5th sets.

**8. What are the positions of the players?**

2., 3 and 4 in the rotation order, are the three standing nearest to the net is called. Front line players. 1, 6 and 5 number of players occupying the back now are called back line players.

**9. What are the rules for the back line players?**

1. Back line players cannot stand ahead of the front line players at the time of service. 2. They cannot take part in blocking. 3. They cannot smash the ball in the attack area.

**10. Explain the methods of playing the ball in the game?**

1. The players can return the ball by batting it with any part of the body above the belt. 2. The ball cannot be momentarily caught. 3. Each team has 3 hits or touches before the ball has to be sent to the opposite court. 4. No one can touch the ball twice in succession. 5. The ball must be returned over the net. 6. It is permissible to run out of bounds to play a ball.



**11. Explain the term service?**

1. The Service is the putting of the ball in play. 2. The service is done from the service area. 3. After the referee's whistle, the server should send the ball within 5 seconds. 4. Only the team that serves, scores a point.

**12. What is a correct service?**

1. The server must be in the service area. 2 The ball should be tossed before a hit. 3. The ball should pass through between the two antennas without touching them and the net and falls within the boundary lines of the opposite court.

**13. When does a team get a point?**

When one team serves and the opposite side commits a foul, the serving team gets one point.

**14. What is side-out?**

When the serving side loses its serve, the opposite side has got a right to serve. This is called side-out.

**15. What is scoring system in volley ball match?**

1. Only serving team scores a point. 2. A set is won when one team reaches 15 points first with a 2 point lead. 3. If the game is tied at 14-14, the set continues until one team has a 2 point lead. Maximum point is 1, 7. 4. A match is played for best of 3 sets or 5 sets.

**16. What are the fouls in volleyball game?**

1. A team is out of position at the service time. 2 A team plays the ball more than three touches in succession. 3. A player touches the ball twice consecutively. 4. A player crosses the centre line and steps in other side when the play is in progress. 5. A team allows the ball to touch the ground.

**17. Explain the term time-out?**

Time out means rest time during the progress of the game. 1. The captain alone can call the timeout. 2. One team is allowed 2 time outs in a set. 3. 30 seconds is



allowed for time out and substitution. 4. The players should not leave the court during time out.

**10. What is Rotation in a volleyball match?**

Whenever any team gets a right to serve, rotation takes place. The players must change one playing position clockwise. They must follow the score sheet rotation order.

**11. How many officials are there in a match?**

1 Referee, 1 Umpire, 1 Scorer, 2 Linesmen.

**12. What are the important basic factors in the service?**

Service is not just sending the ball across the net to start the game. It is considered an active form of attack. There are four factors for an effective service. 1. Accuracy 2. Speed 3. Height 4. Floating.

**13. Name the different kinds of service?**

1. Under arm service. 2. Side arm service, 3. Tennis service. 4. Floating service.

**14. State the various kinds of passing the Ball?**

The method of sending the ball is passing.

1. Underhand pass. 2. Side roll pass. 3. The forward dive pass 4. Setting the ball for smash.

**15. How many types of spiking in the attack system?**

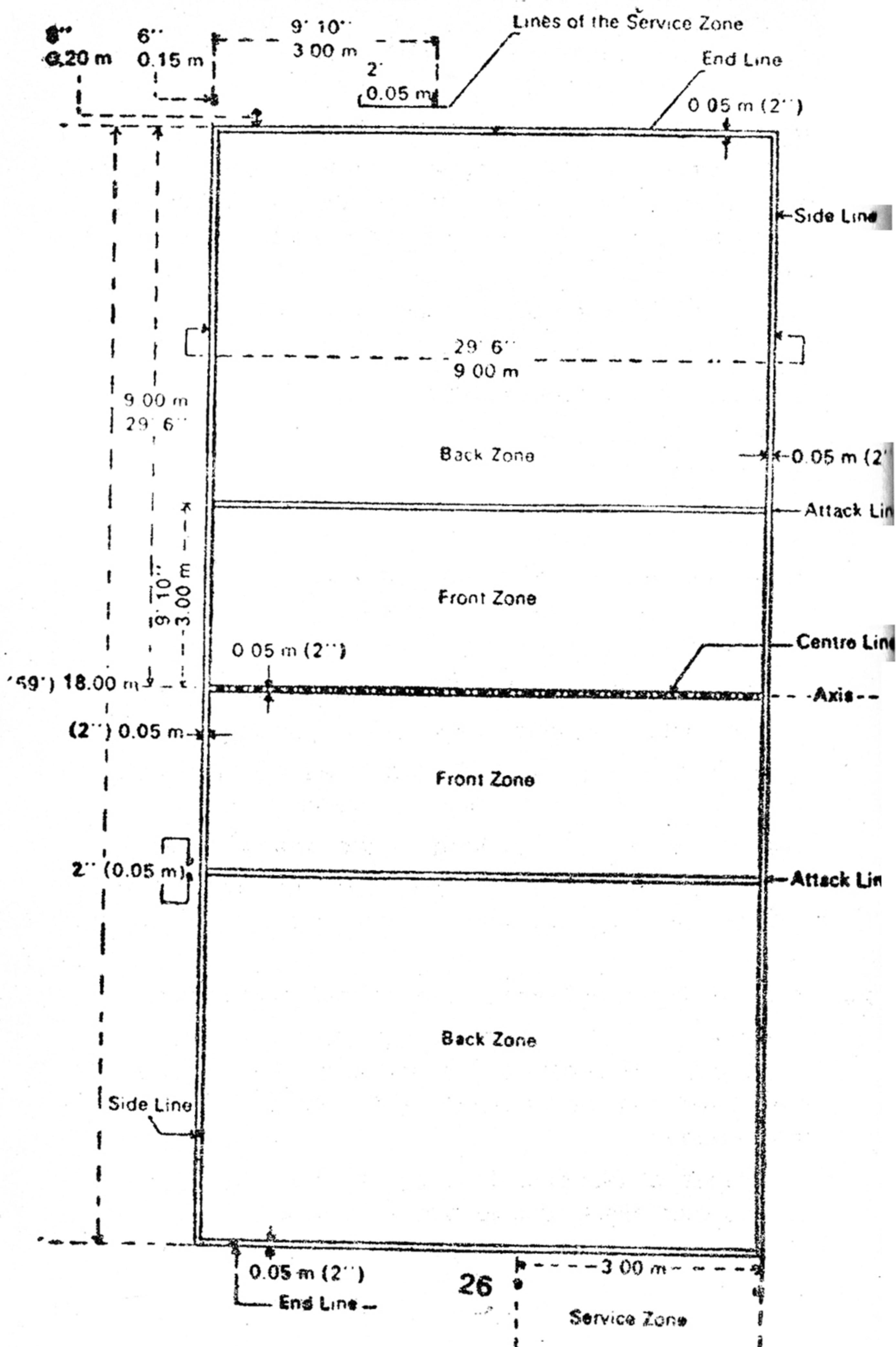
1. Straight arm spike. 2. Body turn and spike. 3. Wrist inward and outward spike 4. Round arm spike 5. The deceptive spike.

**16. What is Blocking? Name the various methods?**

Blocking is an act of making an obstruction above the upper part of the net. It is a defensive measure over the net. It reduces the efficiency and force of the attack of the opponent.

3 types of Blocking. 1. One man Block (single block). 2. Two men Block (double block) Three men block (Triple block)







# BASKET BALL

1. Draw a neat diagram of a Basket ball court and indicate the dimensions of its parts?

The length of the court is 28 metres and the width is 15 metres.

2. What is the radius of the centre circle?

The radius of the centre circle is 1.80 metres.

3. Where is the Free throw line drawn?

The free throw line is drawn 5.80m. away from the end line and its length is 3.60m.

4. Where is the 3 point circle drawn?

A circle of 6.25m. radius drawn from the centre of the end line is called 3 point circle.

5. What is the height of the basket ?

The height of the basket from the floor is 10 feet.

6. What is the weight and circumference of a ball?

The weight should be from 600 to 650 grammes and the circumference is between 75 to 78 cms.

7. How many players are there in a team?

Each team shall consist of 10 players. Five players from each team shall be on the court during playing time and 5 substitutes shall wait out side for their changes to get in.

8. What is the uniform of the players?

Players wear shirts and shorts with basketball boots or canvas shoes. Shirts carry numbers front and back in cotrasting colours. Only numbers from 4 to 15 are used.

9. What is the duration of the basket ball match?

The game shall consist of 2 halves of 20 minutes



each, with an interval of 10 minutes between halves. The rest time or changing the substitute time is 1 minute only.

**10. How is the match started?**

The referee shall make the toss and the toss winner gets the choice for the basket. The game shall be started by jump ball in the circle.

**11. What is Jump ball? Explain?**

1. A jump ball takes place when the referee tosses the ball between two opposing players from the centre circle.

2. The Jumpers must stand in their half of the circle nearest to their own baskets with one foot touching the centre line.

3. Other players must be outside the circle and must not interfere with the jumpers.

4. Referee tosses the ball up. If it is a bad toss or if the jumpers violate the rule, the toss will be repeated.

**12. When is the jump ball awarded in the game?**

1. At the beginning of a game. 2. After a double foul. 3. When the ball is held by two opponents firmly more than 5 seconds. 4. If the ball held up between the ring and basket. 5. If the referee is doubtful in his decision.

**13. Explain the term 'Live Ball' and Dead Ball?**

The ball becomes live when a player taps the ball in jump ball; when the ball is thrown in or during a free throw.

The ball is dead, when a goal is made; or violation occurs; or a foul occurs; or a held ball occurs; or the ball lodges in the basket supports.



**14. When is the end line throw awarded?**

After a basket is scored, the end line throw is awarded to the defending team.

**15. What are the points system in the game?**

A goal from the field counts 2 points. A goal from a free throw counts 1 point. A goal from 6.25m. Circle counts 3 points.

**16. What is held ball?**

Held ball occurs when two opposing players are both firmly holding the ball, and when a closely guarded player takes more than 5 seconds to shoot, pass, roll, bat or dribble.

The game starts by jump ball after a held ball.

**17. What is out of bounds for a ball or a player?**

A player is out of bounds if he touches the floor or beyond the boundary lines.

The ball is out of bounds when it touches any person or object or beyond the boundary lines including the rear of the back board or its supports.

**18. What is a foul? How many types are there?**

A foul is the violation of the rules committed by a player. There are 2 types of fouls. 1. personal foul. 2. technical foul.

**19. What is a personal foul?**

A personal foul is a foul which involves personal contact with an opponent or unsportsmanlike conduct. (eg) holding an opponent, pushing, charging or tripping.

**20. When a player is disqualified from the game?**

When a player commits 5 fouls, he is disqualified from the game.



**21. What is the procedure to be followed for a personal foul?**

When a player commits a foul, the referee indicates the scorer the number of the offender, who at once faces the scorer and raise his hand.

**22. What is a technical foul?**

1. To disregard or be disrespectful to an official. 2. To use unsportsman like tactics. 3. To use offensive language. 4. To bait an opponent. 5. To delay the game are the situations to call for a technical foul.

**23. What are the punishments for a technical foul?**

For the above fouls, the penalty is 2 free throws for the opposing team.

The penalty for a foul by coach one free throw will be awarded. The penalty by a substitute; 2 Free throws.

The persistent infractions of a coach, he may be banished from the vicinity of the court.

**24. What is 3 second rule? 30 seconds rule?**

A player shall not remain for more than 3 seconds in the opponent restricted area while the ball is in control of his team. This is called 3 second rule.

**10 seconds rule** :- When a team gains control of the ball, in its back court, it must within ten seconds, cause the ball to go in its front court.

For a violation of the above rules, opponents get a side line throw.

**25. How is throw-in to be done?**

1. The player nominated to throw in the ball, stands outside the court, at the point where the ball went out.

2. He may throw, roll or bounce the ball.

3. He should not take more than 5 seconds to throw in.

4. He can not play the ball again after his throw-in.



**16. What is a free throw? How it is executed?**

1. A free throw is taken after a personal foul or technical foul on a player in the act of shooting.

2. After a personal foul, the fouled player takes the throw.

3. If he is about to leave the field to allow a substitute to come in, he must take the free throw first.

**17. Explain briefly the free throw position of the players?**

Two opponents must stand in the two places nearest to the basket. Other players stand in alternate position, outside the free throw line.

Thrower stands immediately behind the free throw line, and throws the ball towards the ring within 5 seconds after the referee's whistle.

**18. What is the seven fouls rule in the game?**

After the team has committed seven fouls, personal or technical, all subsequent fouls shall be penalised by giving 1 free throw.

If it is successful, one more free throw is awarded; if not, then the game will be started by a side throw line.

**19. How is the winner decided in a match?**

The winner shall be decided by a team scoring of the greater number of points in the playing time.

**20. What are the important skills in Basketball?**

1. Player's stance. 2. Ball handling. 3. Catching the ball. 4. Passing the ball. 5. Shooting. 6. Pivoting. 7. Rebounding. 8. Faking. 9. Personal defence. 10. Team defence. 11. Attack.

**21. What are the different passes in the game?**

1. One hand under hand pass. 2. Two hand under hand pass. 3. Two hand bounce pass. 4. Two hand



chest pass. 5. Two hand over arm pass. 6. Two hand side arm pass. 7. One hand base ball pass. 8. Hook pass.

**32. What are the different styles in shooting?**

1. One hand chest shot. 2. Two hand chest shot (set shot). 3. Two hand over head shot. 4. Lay up shot. 5. One hand jump shot. 6. Two hand jump shot. 7. Hook shot.

**33. Explain the types of defence in basketball?**

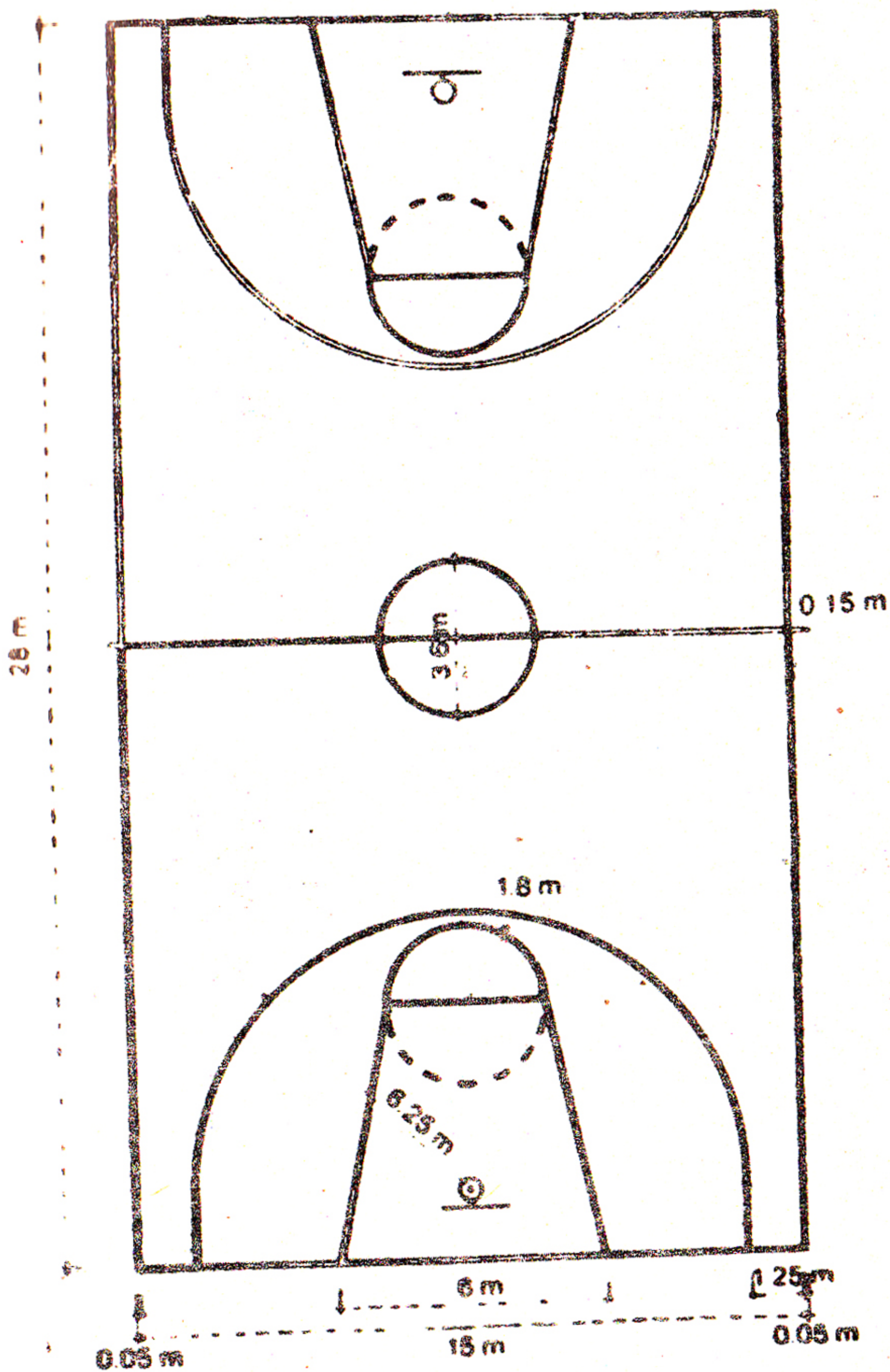
1. Man to man defence 2. Zone defence.

**34. Explain the 'fast break' skill in the game?**

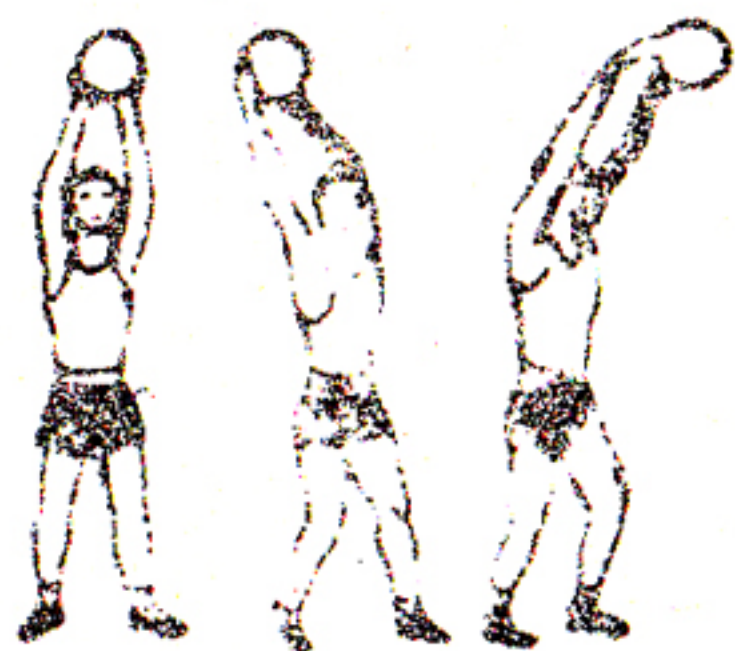
The fast break is to send the ball into the front court before the defenders have the chance to go back and get set. This is the quickest and easiest way to score.



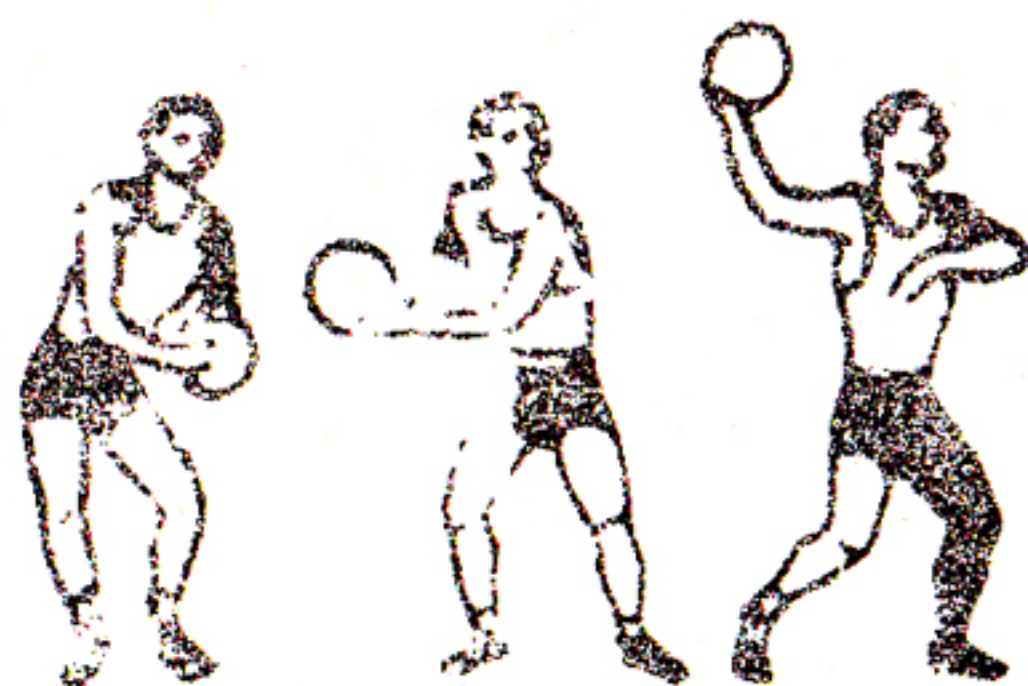
# FULL SIZE REGULATION COURT







TWO HAND OVERHEAD



BASEBALL PASS



DRIBBLING



# HOCKEY

1. What is the length and breadth of a Hockey field?

The length and breadth of the field is 100 yards X 60 yards.

2. How many players are there in a team?

A Hockey team consists of 11 players and 5 substitutes.

3. What is the duration of a Hockey match?

The duration of a match shall be two halves of 35 minutes each, with an interval of 5 minutes.

4. What is the weight and circumference of a Hockey ball?

The weight of the ball is between 5 1/2 to 5 3/4 ounces. (156 to 163 grammes). The circumference of the ball is between 3 13/16" to 9 1/4" (20.25 to 23.75cms).

5. What is the length and weight of a Hockey Stick?

The maximum weight for men and women stick is 28 ounces. The length of the stick is about 1 metre. The complete stick must be able to pass through a ring having an interior diameter of 2 inches.

6. How is the game started?

The winner of the toss can select any of the two. 1. pass back. 2. one end of the field. The player (centre forward) starts the game by back pass from the centre of the ground.

7. Explain the term "pass back?"

In the pass back, the ball may be pushed back or hit. At the moment of pass back, all the players must be in their own half of the field. Opponents must be away 5 yards from the ball. If the striker misses the ball, the pass back has to be taken again.



To start the game, restart the game; after half time; and after each goal scored, a pass back is taken.

**8. What is a goal in hockey game?**

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has been played by an attacker from within the striking circle.

The goal area : Height of the goal is 7 feet. Distance between the two goal posts is 4 yards. (12 feet). Striking circle : 16 yards from the goal line.

**9. What are the playing regulations in the game?**

1. A player should not play the ball with the rounded side of the stick. Only flat side should be used.

2. He shall take part in the game with his own stick only.

3. He shall not stop the ball with hand or catch it.

4. He shall not hit, strike, interfere with an opponent's stick. He shall not charge, kick, shove, trip, strike at or personally handle an opponent.

5. He shall not play a dangerous game.

**10. What is off-side? Explain.**

At the moment, when the ball is played, a player of the same team as the pusher or striker is in off-side; if there are not at least two opponents nearer to their goal line than he is.

**Punishment:** An off-side is penalised by a free hit to the opposition at the spot, where it occurred.

**11. How to take free hit?**

The free hit is taken on the spot where the breach occurred. The ball must be stationary before the hit. Other players must atleast 5 yards away. The hitter may not replay the ball until another player has touched it.



### **What is hit-in or push in?**

When the whole ball passed completely over the side line, it shall be placed on the line at the spot at which it crossed the side line.

The ball shall be pushed or hit without undue delay by a player of the team opposed to the player, who last touched it in play.

### **11. What is a penalty-corner?**

Whenever any defender commits a foul in his own striking circle, the attacking team is awarded the penalty corner.

### **14. How is the penalty corner taken in the game?**

Penalty corner is taken by any attacker from a spot on the goal line, not less than 10 yards from the goal post, on whichever side of the goal the attacking team prefers. At the time of taking penalty corner, no other player shall be within 5 yards of the ball.

### **15. What is a penalty stroke? How it is taken?**

When ever any defender commits any intentional foul within his own striking circle, then penalty stroke is awarded to the attacking side.

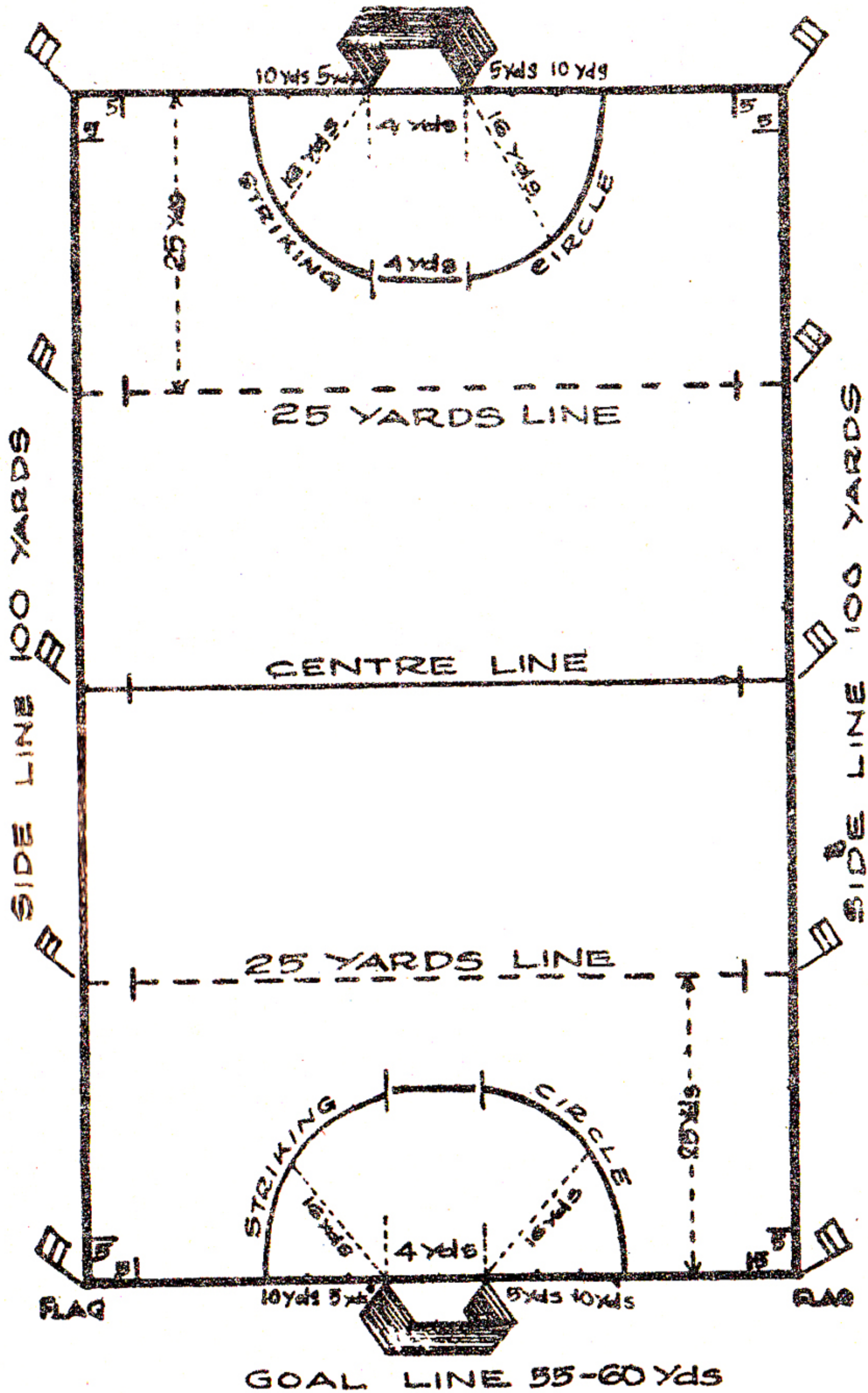
The penalty stroke is taken by any attacking side player by keeping the ball on the penalty spot. At the time taking the penalty stroke, all the players except the penalty stroke taker and the goal keeper, should be behind the 25 yards (22.86m) line.

The penalty stroke taker can use any type of stroke and can lift the ball to any height.



# HOCKEY GROUND

GOAL LINE 55-60 Yds





## SOME SKILLS IN HOCKEY



PASSING THE BALL



HITTING THE BALL



PUSH IN



DRIBBLING



STOPPING THE BALL



BALL CONTROL



TACKLING



WRONG TACKLING



GOAL KEEPING



# CRICKET

**1. Who does the toss and where?**

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

**2. What is the duty of the winner of the toss?**

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

**3. How many players play in a cricket team?**

11 players and 5 substitutes.

**4. What are the dimensions of a cricket ball?**

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm

**5. What are the dimensions of a cricket bat?**

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

**6. What is the length of a cricket pitch?**

The length is 22 yards (20.12 metres), width is 3.05 metres.

**7. What are the dimensions of a wicket?**

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 28 inches. (71.1cm). The length of the wooden bails is 11.11 cm. The width of a cricket is 9 inches.

**8. What is the length of the bowling crease?**

The length of the bowling crease is 8 feet 8 inches straight in length.



**9. Where is the popping crease marked?**

The popping crease is marked 4 feet in front of the wicket at each end.

**10. What is boundary and why it is needed?**

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

**11. How many innings are to be played in a match?**

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

**12. What is a Run?**

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

**13. What is a Bye?**

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

**14. What is a Leg Bye?**

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

**15. What is an OVER?**

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

1. Leg Before Wicket. 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.



### **What is follow on?**

A team which bats first leads up by 200 runs in a 5 day match, 150 runs in a 3 or 4 day match; 75 runs in a 1 day match, can request the other team to follow their innings.

### **What is an Appeal in the match?**

The umpire shall not order any batsman out, unless appealed by any fielder. The appeal should be made prior to the delivery of the next ball and before the time is over.

The fielders while appealing shall ask the umpire How is this? The umpire signals out by raising his index finger above the head.

### **What are the main skills in cricket?**

1. Batting
2. Bowling
3. Fielding
4. Wicket keeping.

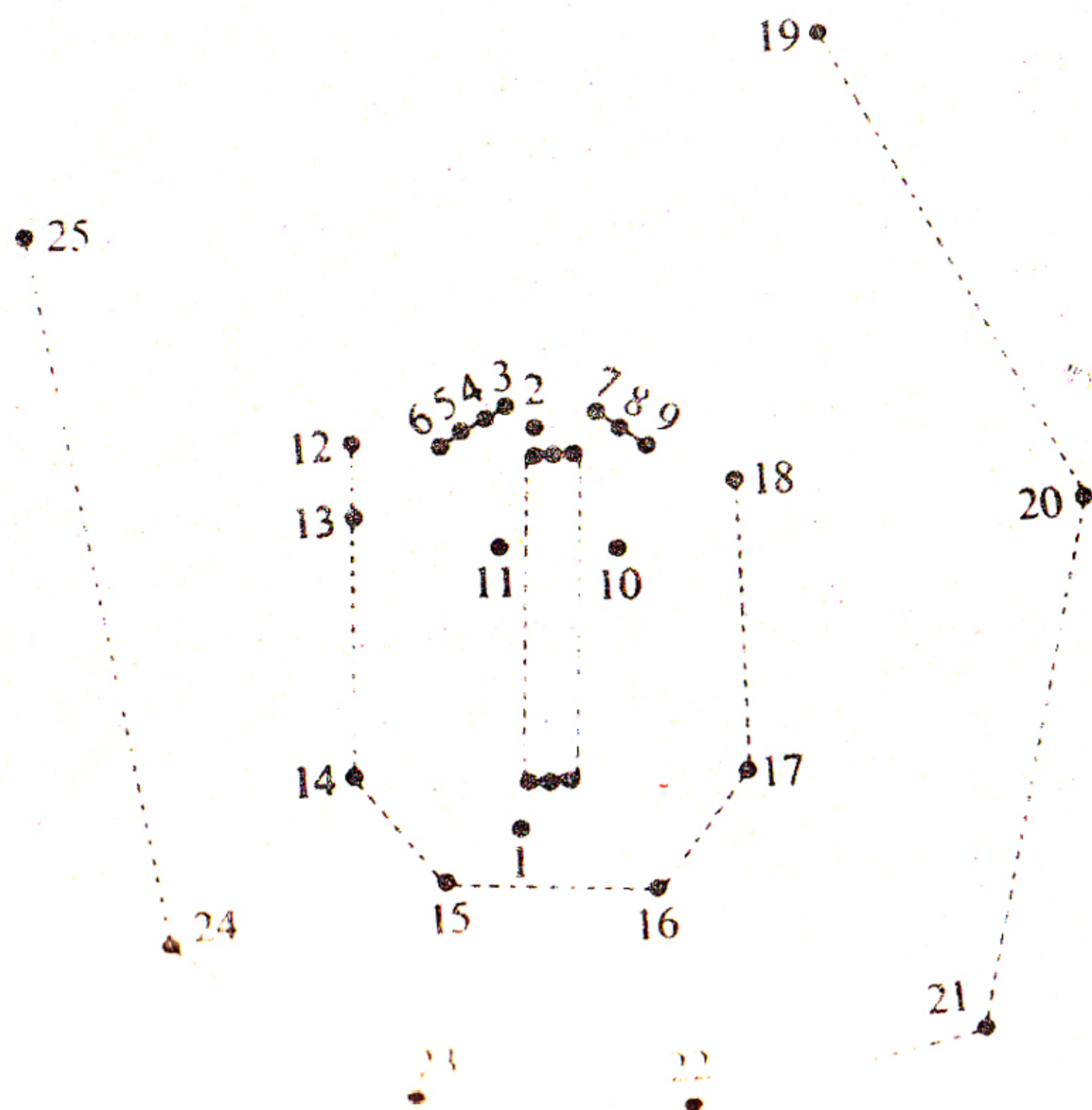
### **What are the different styles in batting?**

1. Drive
2. Leg glance
3. Back leg glance
4. Forward leg glance
5. Block
6. Hook and pull
7. Forward Defensive shot
8. Back foot defensive shot
9. Running between the wickets.

### **How many types of bowling are there in cricket?**

1. Fast Bowling
2. Spin Bowling (Leg spin & Off spin).





Position of the fielders on the ground

1. Bowler	10. Silly-mid-on	19. Long-leg
2. Wicket-keeper	11. Silly-mid-off	20. Deep-square-leg
3. First-slip	12. Short-third-man	21. Deep-mid-wicke
4. Second-slip	13. Cover-point	22. Long-on
5. Third-slip	14. Extra-cover	23. Long-off
6. Gully	15. Mid-off	24. Deep-extra-cove
7. Leg-slip	16. Mid-on	25. Deep-third-man
8. Backward-short-leg	17. Mid-wicket	
9. Forward-short-leg	18. Square-leg	



# TABLE TENNIS

1. **What is the length and breadth of a Table Tennis Table?**

The length of the Table is 9 feet (274 cms) width is 5 feet (152 cms) and the height from the floor is 2 1/2 feet. (76 cms).

2. **What is the size of a Table Tennis ball?**

The circumference of the ball is 11.43cm to 12.06cm (4 1/4 to 4 3/4"). The weight is between 2.40 to 2.53 grammes. The ball is made up of celluloid of similar plastic white colour.

3. **What is the length of a Table Tennis net?**

The length of the net is 6 feet (183cm). The height of the net is 6 inches (15.25cm)

4. **What are the grips of holding the racket?**

Two types :1. Pen holder grip                      2. Tennis grip

5. **How is the winner decided in a match?**

The team which scores 21 points first will be announced as winners. If both teams score 20 points each, the team first scoring 2 points more than the opposing team will be the winner.

6. **What are the types of service in Table Tennis?**

1. Simple service.    2. Top spin service.    3. Bottom spin service.    4. Mixed spin service.

7. **What are the rules for a good service?**

For a good service, the ball should be placed on the palm of the free hand, which should be open and flat, with fingers together and thumb free. Then the server shall project the ball and do the service. At the time of service, the ball should be always visible. The ball shall be struck



so that it touches first the server's court and then passing directly to the opponent's court without touching the net. It is called good service.

**8. What is a good return?**

The ball after having been served should be struck so that it may pass directly over or around the net and it should touch directly the opponent's court.

**9. What are the fouls in the Table Tennis game?**

1. If the ball touches the receiver's hand, wrist, body or his dress etc. 2. If a player strikes the ball twice successively. 3. If the player touches the surface of the table. 4. If the receiver smashes the ball before it touches his table are the fouls in the game.

**10. When does a player lose his point?**

When a player or a team loses point:--

1. If he is unable to make a good service. 2. If he fails to make a good return. 3. When he is playing, his other hand touches the table. 4. If he returns the ball with volley.

**11. What is Let?**

1. If a service is good but the ball touches the net



DOUBLE LINE

76.25cm

2Ft. 6in

NET

POST

152.5cm

(5 Ft.)



# FOOT BALL

## 1. What is the length and width of a Football field?

Foot ball is played on a rectangular field, not more than 120m X 90m and not less than 90m X 45m. Anyway, the length must in all cases not exceed the breadth.

## 2. Explain the dimensions of the goal area?

The goal area is 18.32 x 5.50m (20x6 yards). The height of goal post is 2.44m. (8 feet) and the distance between two goal posts is 7.32m (24feet).

## 3. What is the weight and circumference of football?

The circumference is not more than 28 inches (0.71m) and not less than 7 inches. (0.69m). The weight of the ball is not more than 160 oz and not less than 140 oz (453g-396g) at the start of the game.

## 4. What is the uniform of a football player?

A player should have a jersey or shirt, shorts, stockings and boots. The goal keeper should wear colours which is different from the other players and the referee.

## 5. How many players and substitutes are there in a team?

There are 11 players and 5 substitutes in a foot ball team. The players' positions are 1 goal keeper, 2 full backs, 3 Half-backs and 5 forwards.

## 6. What is the playing time of a football match?

A match consists of two 45 minutes halves with the interval of 5 minutes between them.

## 7. What is the object of the Game? How?

The object of the game is to propel the ball into the opponent's goal. For that, the ball may be kicked headed, or played with the body by all the players. The



goal keeper alone can use his hands. In the ball, only within his own penalty area.

#### **■ How the game is started?**

At the beginning of a match, choice of ends or the chance to kick off the ball is decided by the toss of a coin. The team winning the toss will select the side or kick off.

#### **■ Explain the term kick-off?**

1. The game is started by a kick-off. 2. A kick-off is a single kick by the centre forward, directing the ball into the opponent goal side. 3. The ball must move forward the distance of its circumference. 4. During the kick-off time, every player should remain in his own half of the field. The opponents must be at least 10 yards away from the ball. 5. The ball should not be played twice in succession by the kick-off player. 6. Direct goal cannot be scored by a kick-off.

#### **10. What is Throw-in?**

1. During the play, when the ball has gone out of bounds, play will be started again by a throw-in. 2. A throw-in is done by a player of the team opposite to that of a player who has sent the ball out side the touch line. 3. Throw-in should be taken from the point where the ball has crossed the touch line. 4. The thrower should not play the ball again until it has been played by another player. A goal cannot be scored directly from throw-in.

#### **11. What is a goal-kick?**

When the ball crosses over the goal line, by the player of an attacking team, then the defenders get the chance of goal kick. This is the method of putting the ball in play by the defenders.

#### **12. How is Goal kick taken?**

Any defender can take a goal kick. All opponents



must remain outside the penalty area until the ball leaves the penalty area, it cannot be played. The kicker should not touch the ball again until it has been played by another player.

**13. What is a corner kick? Explain?**

1. If the ball is caused to go out of bounds over the goal line by the defending team, a corner kick shall be awarded to the attacking team. 2. The ball shall be placed within one yard of the corner of the field. 3. The kicker should not play the ball again until it has been played by another player. 4. A goal can be scored direct from a corner kick.

**14. Explain Penalty kick and its rules?**

1. When a player of the defending side intentionally commit any one of the 9 fouls within the penalty area, the penalty-kick is awarded to the attacking side. 2. The opposing goal keeper and the player taking the kick alone take part in the penalty-kick. 3. All players should stand outside the penalty area. 4. The ball shall be placed on the penalty spot. 5. The goalkeeper must stand without moving his feet on his own goal line, between the goal posts until the ball is kicked. 6. The ball must be kicked forward. 7. The player taking the kick, cannot play the ball twice.

**15. What is off-side? Describe briefly.**

Off-side means playing from the wrong place. A player is off-side if he is nearer to his opponent's goal than the ball, at the moment of the ball played.

He is not off-side when (a) he is in his own half of the field. (b) two opponents are nearer to their goal than he. (c) his opponent last touched the ball. (d) he receives the ball directly from the goal-kick, corner kick, throw-in, dropped ball by a referee.



**16 What is a foul and its punishment?**

A foul is an infringement of the rules for which a free kick is awarded to the opponents

Two types of free kick.

1. Direct Free kick. 2. Indirect free kick.

**17. When is indirect free kick awarded?**

Indirect free kick is awarded for the following fouls.

1. Playing the ball twice by a player.
2. Goalkeeper carrying the ball more than 4 steps within his penalty area.
3. Goalkeeper failing to send the ball within 5 seconds.
4. off side.
5. ungentlemanly conduct.
6. Dangerous play.
7. Disobeying the decision of an official.

Note: 1. The free kick is awarded at the point of violation.

2. A goal cannot be scored directly from an indirect free kick. The ball first must touch another player.

**18. When is Direct free kick awarded?**

Direct free kicks are awarded for the following intentional fouls.

1. kicks or attempts to kick an opponent.
2. Trips at an opponent.
3. Jumps at an opponent.
4. Charges an opponent in a dangerous manner.
5. Charges an opponent from behind.
6. Strikes or attempts to strike an opponent.
7. Holds an opponent with his hand.
8. Handles the ball.
9. Pushes an opponent with his hand.

Note: 1. If the above fouls occur within the penalty area, penalty kick is awarded.

2. If the above fouls occur outside the penalty area, direct free kick is awarded at the place of violation.



3. A goal may be scored directly.

**19. What is a goal?**

A goal is scored when the whole ball legally goes under the cross bar, between the goal posts, over the goal line.

**20. How the winner is decided in a match?**

The team scoring more goals, will be declared a winner it will be decided by the tie breakers.

**21. State the officials for a foot ball match?**

1 Referee; Two Linesmen; 1 table official.

**22. Explain the different skills in football?**

1. Dribbling. 2. kicking. 3. passing. 4. Trapping. 5. Heading. 6. Tackling. 7. Dodging. 8. Intercepting. 9. Goalkeeping.

**23 State the different skills in kicking the ball?**

1. Inside of the foot kick. 2. Out side of the foot kick. 3. Instep kick. 4. Half volley. 5. Full volley.

**24. What are the different types in heading the ball?**

1. Forward direction. 2. Sideward direction. 3. Backward direction.

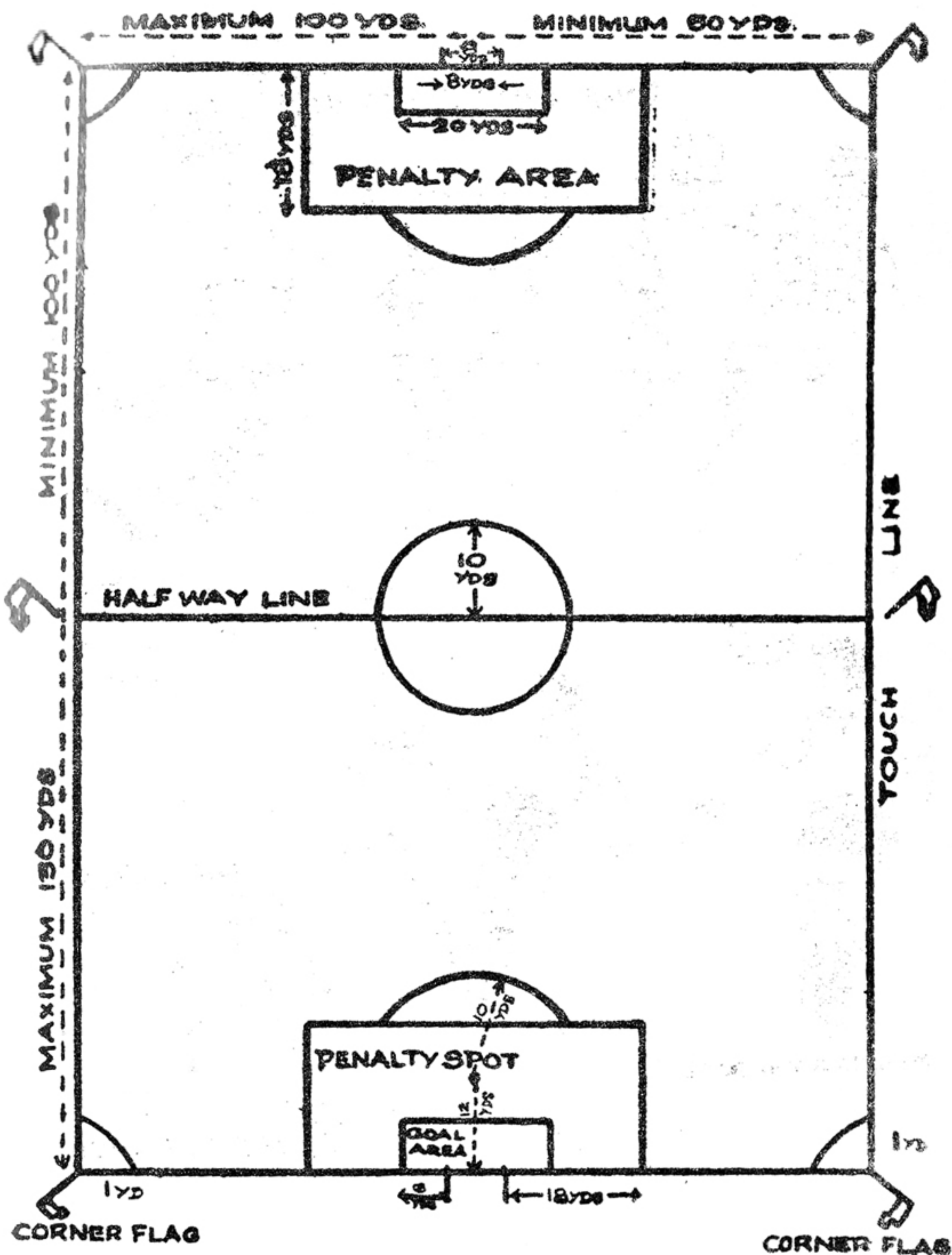
**25. What is dribbling?**

Dribbling is a series of short kicks or taps made by a player as he advances with the ball. The object of dribbling is to keep possession and control of the ball.

Dribbling may be done with inside foot, out side of the foot, and both feet intermittently.



# FOOTBALL FIELD





**6. Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. Without foam mattress, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point.

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



## SOME SKILLS IN FOOTBALL



STOPPING THE BALL

## SOME PASSES



THROW-IN



HEADING THE BALL



KICKING THE BALL



DRIBBLING



INSTEP KICK



# HEALTH EDUCATION

## 1. Why do we need health?

Every young man and woman has the desire to participate fully in the great adventure of living. To do this, happily and efficiently, we need health.

## 2. What is health?

Health is a state of well being; a quality of life. Health is a quality of life rather than quantity and size. Health relates to the whole man, his Physical, mental, emotional and social aspects. Health is an expression of the entire being, not the muscles alone.

So, the view of health regards as an optimum functions of the whole organism which enables us to play more vigorously and joyfully to work with greater success.

## 3. How will you preserve your health?

Our body is ours for the duration of our life. It is the only one we will have ever. For this, every one of us should learn answers to our health problem with more care.

We are the pilot of our ship of the life in the midst of storms that come at anytime. We must know where to our limitations are. So we must eat regularly and avoid eatings between meals. We must participate in games and sports; and build strong muscles and steady nerves in the fresh air and sun light.

## 4. List out 5 personal health habits?

1. The individual should have proper food and drink.
2. He must have an abundance of sunlight, fresh air, good sleep, regular exercise and enough rest and relaxation.



3. He must get rid of the body wastes daily. good bath also.
4. He should be away from poisonous habits like smoking, chewing tobacco, and drinking alcohol.
5. More heat and more cold will spoil the health. Take care.

## **5. How do the accidents occur?**

Always indifferent persons meet the accidents. Alert and intellectual persons prevent the accidents, and sometimes escape from the accidents.

Lack of knowledge, thoughtlessness, indifference, carelessness, taking risks, fatigue and undue haste are the causes of accidents.

## **6. What are the common accidents occurring in home?**

Common accidents occur in homes are due to fires, falls, cuts, choking and poisoning.

## **7. What are the ways to prevent the falls inside the home?**

1. Floors should be kept clean.
2. All household articles should be kept at proper places and at proper height.
3. Do not try to reach articles at height by means of a ladder, stool, chair and losing the balance.
4. Slipping due to careless walking over a slippery surface.
5. Take care in unclean latrines and bath rooms while there are chances of falling down due to slip.

## **8. Write short notes on burns and cuts?**

We must avoid the following things in order to escape from the burns and cuts.



1. To leave ovens and burning match sticks unextinguished. . Firing crackers in a careless manner. 3. Sprinkling water in oil kept over fire. 4. Getting cuts when cutting vegetables carelessly. 5. Leaving knives and sharp instruments open on the ground.

**9. What is diet and balanced diet?**

1. Food is required to give energy to work, for growth, for replacement of worn out tissues and to protect us fr

**11. What are the advantages of a correct posture?**

Sit tall, stand tall, walk tall is the slogan of a good posture. A good posture indicates a healthy body. A correct posture assures self confidence and self respect. A good posture produces a grace in the body and facilitates different organs of the body to work better, and develops the vigour of the body.

**12. What precautions should be taken at the time of exercises?**

Excercises should be regular and moderate. Should not be done more which make you tired and weak. It should be light and combined with pleasure. We must select suitable exercises according to our body type, weight and health.

**13. Write short notes on Games and Sports?**

Games and sports are a nice way of recreation. When we play games, we forget our sorrows and the stress of routine life. Our mind relaxes and we feel refreshed again.

So, games and sports make us strong and cultivate a sense of punctuality and regularity. They develop the



leadership qualities and also they develop the best in our body and mind and educate and prepare us for a successful life.

**14. How many systems are there in our body?**

Digestive system; respiratory system; circulatory system; excretory system; nervous system; Reproductive system; skeletal system and muscular system.

**15. How many sense organs are there in our body?**

The eyes, the ears, the nose, the tongue and the skin are known as sense organs. They receive stimuli from the environments and pass the messages to the brain which interprets the messages for further action and also proper action.

**16. What are the functions of skin?**

Our body is covered by a thick layer called skin. Excretion is only one of the functions of skin that is it gives off water, salts, and other products in the form of sweat. It maintains the water balance of the body.

The skin contains receptors for the recognition of pressure, cold, heat and pain. Vitamin D is formed in the skin, gives protection to the internal organs.

**17. What is first aid?**

First aid means the steps and measures to be taken immediately after an accident, in order to prevent further harm and dangers.

**18. What are communicable diseases?**

Many of the diseases are infectious and spread from a person suffering from the disease to healthy persons. Such diseases are called communicable diseases. common cold, influenza, measles, diphtheria, dysentery, ty-



phoid, malaria etc. are all communicable diseases.

**19. What are non-communicable diseases?**

Non-communicable diseases have a hereditary tendency and tend to remain chronic. These do not spread from person to person.

Diabetes, heart diseases, cancer, rheumatism, genetic disorders etc. are all non communicable diseases.

**20. What is immunity?**

The resistance of our body to disease is called immunity. Immunity is the power of resisting the disease and being susceptible to it.

**21. What are the bad effects of alcohol drinking?**

Alcohol's excessive use poisons tissues; acts a depressant upon the central nervous system; impairs muscular and mental efficiency; weakens judgement; increases accidents and may lead to insanity; handicaps athletes and players; increases the chances to all kinds of diseases.



# MINOR GAMES

## 1. Ball Bounce Relay

(Number 40 to 80. Area 30mts. Equipment 5 balls)

The first runner in the relay team carries a ball and bounces it 6 times, beyond the finish line and runs back to the starting line to deliver the ball to the next one in the file who continues the relay.

The team who finishes first will be declared as winner of the race.

## 2. Zig Zag Relay

(Number 50 to 80 Area 30mts. Equipment 15 Indian clubs)

Arrange the teams in parallel columns of files, ten feet apart. They stand behind the starting line. place 8 Indian clubs in a line directly in front of each team-clubs standing ten feet apart.

At signal, the first player of each team runs forward to the clubs and travelling alternately to the left and right of the clubs in a zig zagging way, runs to the farthest club, circles it, and zig zagging agains returns to the starting line.

Then he touches off the second player, who repeats this performance. This continues until all have completed. The team finishing first, wins.

## 3. Snake Relay

(Number 30 to 60, Area 30 mts. Indian club 15)

In front of each relay team, keep five Indian clubs, from the starting line, at a distance of 10 feet each other.

At the signal each player winds in and out to the last club and runs backward coming zig zag to the starting line without disturbing the clubs.



#### 4. **Jump the Stick Relay**

(Number 60 to 80. Area 30 mts. Equipment 5 wands)

Teams are arranged in files behind the starting line and a turning point is marked in front of each team at a distance of 5 feet from the starting line.

The first player runs with the wand, and after rounding the turning point gives the wand to the second player. Both the players bend and keep the wand parallel at a height of 6 inches from the ground, and run to the end of the line one on each side of the file, when the players jump over the wand.

At the end, number ONE stays back and number TWO continues. All must have a chance to run.

#### **Lead up Games**

##### **1. Circle kho**

Divide the players into two teams. Draw two concentric circles 15 and 5 metres in diameters. The members of one team are the CHASERS who sit round the inner circle ( 15 metres diameter ) facing IN and OUT alternately about 5 to 6 feet apart from one another.

The other team the RUNNERS place themselves anywhere but not outside the outer circle.

On signal the active chaser runs round in between the circles and gives KHO to one who is facing inside. The new chaser can touch only those of the runners inside the inner circle and gives KHO to one facing outside.

The new chaser can touch only those runners in between the circles. The time taken for each team to touch off the other is taken in to consideration to decide the winner.



## **2. Keep the ball up Human Basket ball**

Two chairs are placed 50 metres apart and two tall players stand on the chairs one on each.

The object is to pass the ball into the hands of the player standing on the chair of the opposite side. Area is unlimited. 20 on a side can play.

**NOTE:** All basketball rules are followed.

## **3. Hit pin foot ball**

Half the football field is needed; 20 players on a side. Mark TWO CIRCLES 10 feet in diameter near the goal line on either side.

A goal is scored by knocking down, any of the Indian clubs placed in the opposite circle.

## **4. Serving into correct Zone**

The volley ball court is divided into six zones. Players are asked to stand in the opposite court near the serving area.

On signal, the player who serves the ball, tries to serve inside the zone, asked by the teacher. The teacher will give marks according to the marks already given for each zone. 5 changes may be given to each player and the player who scores more marks will win the competition.



# BODY BUILDING EXERCISES

2. 1.
  1. Arms forward raise and legs in crossed position left to front or right jump.
  2. Arms sideward, feet apart **Jump**.
  3. Same as in 1
  4. Position.
2. 2.
  1. Arms forward upward raise and left foot sideward - **SLIP**.
  2. Head and trunk backward - **Bend**.
  3. Head and trunk raise.
  4. Arms sideward downward and foot - **replace**
2. 3.
  1. Left Knee raise and **Clasp**
  2. To touch the knee with the forehead, trunk forward - **Bend**
  3. Same as in 1
  4. Position.
2. 4.
  1. Hands touching the ground between legs full knee - **Bend**
  2. Left leg sideways - **Stretch**
  3. Left leg replace and full knee - **bend**
  4. Position.
2. 5.
  1. Arms sideward raise and left sideward - **Step**.
  2. Arms upward raise and left sideward - **Lunge**.
  3. As count 1
2. 6.
  1. Arms forward upward and hands overhead clasp and feet apart - **Jump**.
  2. Trunk forward bend and arms between leg **Swing**.
  3. Same as in 1
  4. Position.



2. 7     1. Arms upward bend and left knee upward **Raise.**  
           2. Arms sideward stretch and left leg forward  
**Stretch.**  
           3. Same as in 1  
           4. Position.
2. 8     1. Arms forward raise and left leg forward **Step.**  
           2. Left leg forward lunge and hands under left knee  
**- Clap.**  
           3. Same as in 1  
           4. Position.
2. 9     1. Arms forward raise and left leg sideward **Step.**  
           2. Arms sideward place and left leg sideward -  
**Lunge.**  
           3. Same as in 1  
           4. Position.
2. 10    1. Left arm forward upward **-Raise.**  
           2. Right arm backward stretch and left for ward -  
**Lunge.**  
           3. Same as in 1  
           4. Position.



# ASANAS

## 1. Supta Vajrasana:

Supta means Asleep in Sanskrit. Supta vajrasana is lying down supine in Vajrasana.

1. Kneel and sit feet outside, close to hips outward, hands on knees place.

2. Lie on the back, supporting the shoulders with palms of the hands, the elbows bent overhead.

**Note:-** Avoid Arching the back.

Come to the Position.

**Benefits:** 1. It brings in a fresh supply of blood to the abdominal region.

2. It expands the chest and increases the mobility of the thorax.

## 2. Halasana :

Halasana means Plough in sanskrit. In the final position, the body roughly resembles the Indian Plough.

1. Lie on back, arms close to the side. Palms on the ground.

2. Raise legs over head, knees straight and touch the ground, beyond the head with toes.

3. Position.

**Benefits:** 1. It helps to develop the muscles of the back, hips, neck, shoulders, abdomen and thighs.

2. The brain and face receive a richer blood supply.

3. It will make the waist slim and hip joints flexible

4. It will improve digestion and remove constipation

## 3. Padmasana

Padma means Lotus. Padmasana means, sitting in the lotus posture.



1. Sit on the blanket with legs fully stretched.
2. Bend the right leg at the knee and fold it. then lift the right foot and place the heel in the opposite groin.
3. Fold the left leg similarly and place the left heel on the right groin.
4. Hold the trunk erect, keep the knees touching the ground and place the hands on the knees.

**Benefits:** 1. It develops the correct carriage of the body.

2. It helps to reduce the abdominal fat.
3. It strengthens the thighs and calf muscles and gives elasticity.
4. It helps to cure many heart diseases digestive disorders and improves respiration.
5. It is good for meditation and prayer.

#### 4. **Paravatasana**

**Paravata** means mountain in sanskrit. In the final position the body resembles like a mountain peak.

1. Sit erect in Padmasana with a finger lock.
2. Inhaling, stretching the arms with the finger lock above the head, without raising the buttocks and knees. Then, turn the palms up.
3. Exhaling - and come to the position.

**Benefits:** 1. It strengthens the muscles of the back, and the diaphragm.

2. Stiffness in the arms, shoulders, legs and knees will be removed.
3. It tones the abdominal organs.

#### 5 **Padhahasthasana**

**Padha** means foot and **Hasta** means hand in sanskrit

1. Start from the Attention position.



2. Bend the trunk forward
3. touch the knee with the forehead and catch the umb ( or touch the toes) with hands.
4. Position.

**Benefits:** 1. It broadens the chest.

2. It corrects the faulty posture.

3. It cures constipation and relieves gas troubles.

4. It will increase the height also.



**SARVANGASANA**



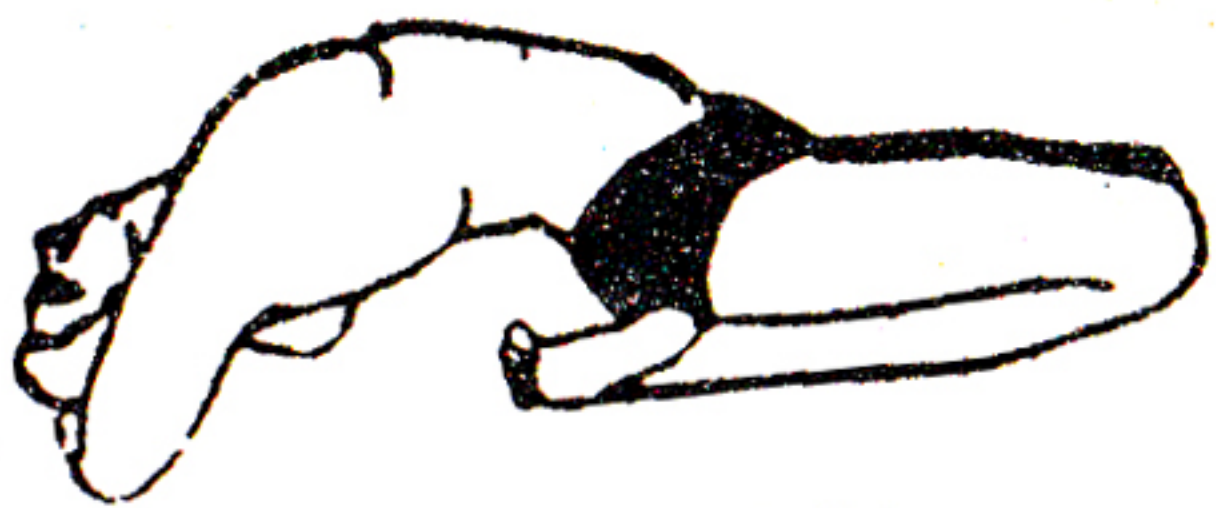
**PADMASANA**



**PARVATASANA**



**PADAHASTHASANA**



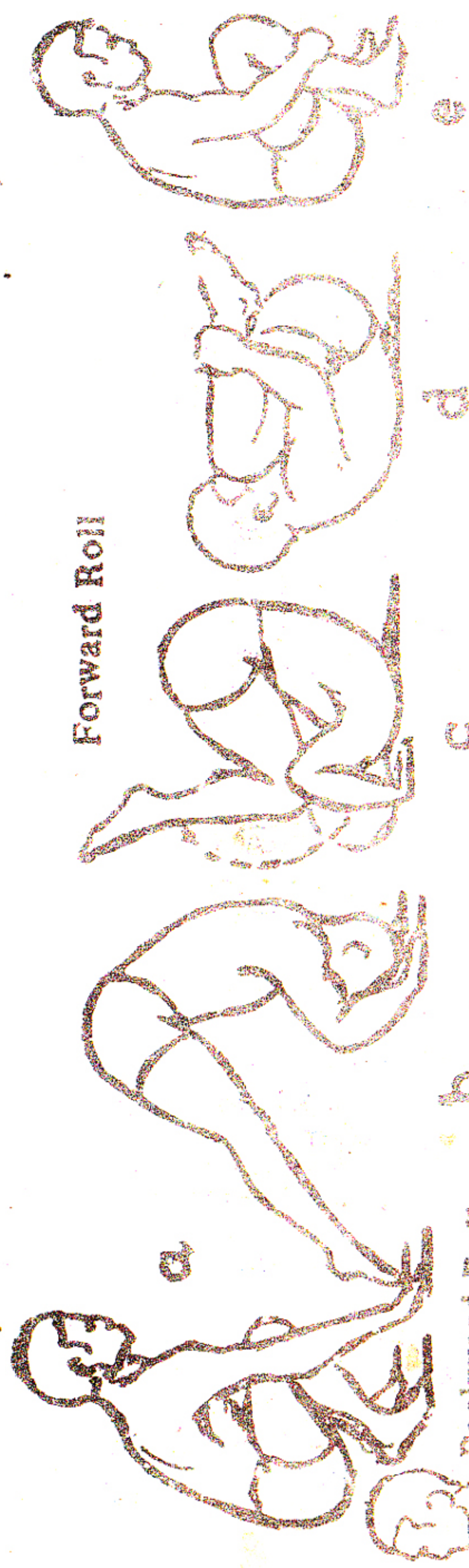
**SUPTA VAJRASANA**



**HALASANA**



# Forward Roll



# Backward Roll





# RHYTHMIC AND LIGHT APPARATUS EXERCISES

## 4. 1. Lazium

**Note:** Laziums are carried on the left shoulder with the wooden handle kept vertically behind the arm pit, and the iron handle in front. It is brought to the starting position in Two Counts.

**Counts 1:-** Hold iron handle with the right hand.

**Counts 2:-** Bring the lazium down, left hand holding the wooden handle.

### Exercise 1

**Counts 1:** Bend forward and click the iron handle against the wooden handle held parallel to the ground in front of the toes.

**Count 2:-** Pull the iron handle apart vertically in front of the knees.

**Count 3:-** Come to the erect position and fling the wooden handle rapidly on the right fore arm **towards** the body.

**Count 4:** Pulling the wooden handle up in front of the face.

### Exercise 2

**Count 1:** Step left foot forward and **click** in front of the left toe.

**Count 2:** Pull the iron handle apart vertically in front of the left.

**Count 3:** come to the erect position and fling the wooden handle rapidly on the right fore arm towards the body.

**Count 4:** Pulling the wooden handle up in front of the face with left foot back position.

### Exercise 3

**Count 1:** Step left foot forward and click in front of



the left toe.

**Count 2:** Pull the iron handle apart vertically in front of the knee.

**Count 3:** Right about face, keeping the legs in position and come to the erect position and fling the wooden handle rapidly on the right fore arm towards the body.

**Count 4:** Pulling the wooden handle up in front of the face.

#### **Exercise 4**

The same exercise like 3

Repeat the same in front of the right toe and finish it on the left, bringing the left foot to position on the 4th Count.

#### **Exercise 5**

**Count 1:** Bend forward and click the iron handle against the wooden handle held parallel to the ground in front of the toes.

**Count 2:** Pull the iron handle apart vertically in front of the knees.

**Count 3:** Come to the erect position and fling the wooden handle rapidly on the right fore-arm towards the body, bring left foot behind right knee and cross.

**Count 4:** Pulling the wooden handle up in front of the face, left leg replace.

Try with right also.

2. 11. Hands on Head place and left foot side - ward - Step.  
2. Lunge left sideward and trunk left side - ward - Bend.

3. Same as in 1

4. Position.

2. 12. 1. arms sideward, feet apart - Jump.

2. Trunk downward bend and with the right hand left ankle - Grasp.

3. Same as in 1

4. Position.



## 2. Dumbbells Drill

1. Count 1: Raise arm forward with left toe touch forward.  
Count 2: fling arms sideward with left toe touch side-ward.  
Count 3: Return to 1  
Count 4: Position.
2. Count 1: fling arms forward upward and lunge left forward.  
Count 2: Bend trunk well forward and touch bells to ground.  
3: Return to 1  
4: Position.
3. Count 1: Raise arms and left leg forward.  
2. Fling arms upward and bend trunk left sideward  
3. Return to 1  
4. Position.
4. Count 1: Raise arms forward and knees full bend.  
2. Fling the bells in front.  
3. Raise arms upward and straight position  
4. Hands side-ward down.
5. Count 1: Click over head with a jump and feet apart.  
2. Come to the position.

## 3. Pole Drill

**Pole:** Two Straight bamboo poles, each 18 feet long with a diameter of about 2 inches.

Twelve boys, lined up according to their height, take positions between the poles with 1 1/2 feet between them.

Starting Position.



**On Command One:** The first and last boys do a full squat and grasp the ends of the poles.

**On Command Two:** They raise with the poles and all the others grasp the poles.

This is the starting position of the Pole Drill. Each exercise is done for 16 counts.

### **Exercise 1**

**Count 1:** Carry Poles to side horizontal and then to top of shoulders with arms flexed.

2. Extend arms to side horizontal.
3. Return to 1
4. Position.

### **Exercise 2**

**Count 1:** Poles through side horizontal to top of shoulders.

2. Extend arms upward.
3. Return to 1
4. Position.

### **Exercise 3**

**Count 1:** Raise arms to side horizontal (slightly above horizontal).

2. Extend arms to front horizontal, the poles resting on the shoulders.
3. Return to 1
4. Position.

### **4. Wand Drill**

The wands are light bamboo or wooden rods 4 feet long and 1 inch diameter.

Holding position of the wand.

**Count 1:** Hold the wand by the right hand, palm



facing front just above the left shoulder.

**Count 2:** Bring the wand horizontally to the thighs.

**Note:** Each exercise is to be done 16 counts.

#### **Exercise 1**

**Count 1:** Wand front horizontal, left toe touch forward.

2. Wand chest horizontal, left toe touch sideward.

3. Return to 1

4. Position.

#### **Exercise 2**

**Count 1:** Wand chest horizontal step left foot forward.

2. Wand front of feet horizontal, bend body forward.

3. Return to 1

4. Position.

#### **Exercise 3**

**Count 1:** Wand front horizontal, raise left forward.

2. Wand high horizontal, stretch left leg backward and bend right knee.

3. Return to 1

4. Position.

#### **Exercise 4**

**Count 1:** Wand arm vertical left, lunge left forward.

2. Turn right about to reverse position.

3. Return to 1

4. Position.

#### **Exercise 5**

**Count 1:** Wand from horizontal, full knee bend.

2. Position.



# MARCHING

Marching develops awareness of good posture so that one may strive to maintain good posture. It develops discipline, obedience and coordination.

## 1. 1. Ceremonial Marching:

Mark a rectangle (1,2,3,4) 100 feet in length and 40 feet in width. A saluting base (a platform about 2 feet high) is located in the centre of one of the long sides and saluting points are marked 10 feet from the centre of the saluting base :- one on either side.

The company (Squad) will be paraded outside the rectangle opposite the saluting base. If there is to be an inspection, it is carried out here by the chief guest.

Then the chief guest 'mounts' on the saluting base, when the company would march past as indicated by the arrow in the diagram.

On reaching the point 'A' the leader will give the command **EYES RIGHT**, upon which all except the right one in the front flank will turn their heads and eyes well to the right looking the inspecting officer in the face.

The leader alone salutes for six feet, and the whole company takes the dressing and the men align themselves with the right man on the front flank who keeps straight along the line.

When the company is beyond the point 'B' the leader will give **EYES FRONT**, upon which all will turn their heads and eyes to the front and continue to march out of the rectangle.

## 1. 2. Slow Marching:

At the command, the student should swing forward his left leg, with foot slightly onward the toe pointing towards the ground and the remaining part of the body absolutely erect, arms by the side.



The length of the step should approximately 12 inches to 16 inches, and the weight of the body on the right leg.

**Count 1:-** At the count one, he will further move his left leg another 12 to 16 inches and place it on the ground, toe touching the ground first and at the same time, he will bring his right leg forward by 12 to 16" ahead of the left foot.

**Count 2:-** At count 2, the right leg will be on the ground and the left leg should be moved forward 12 to 16" ahead of the right leg.

In the same way he will continue to march, by counts.

**Note:** During slow marching, the balance of the body should be on alternate legs. He must not move his hands at any stage during the movement of the feet.

### **1.3. Salute while Marching.**

**Command: Saluting to the Front class: SALUTE**

The class would respond as for the command class halt, make a pause to equal two paces on quick time and then salute pause two pace, second Salute, pause twopaces and break off.

The command of execution is on the right leg. Bring the right hand near the temple, looking to the right and hold steady throughout the salute on the first count and it is cut away smartly to the side on the 6th count on the third pace before reaching the person to be saluted and lower the hand on the 3rd pace on passing him.



Double Roll

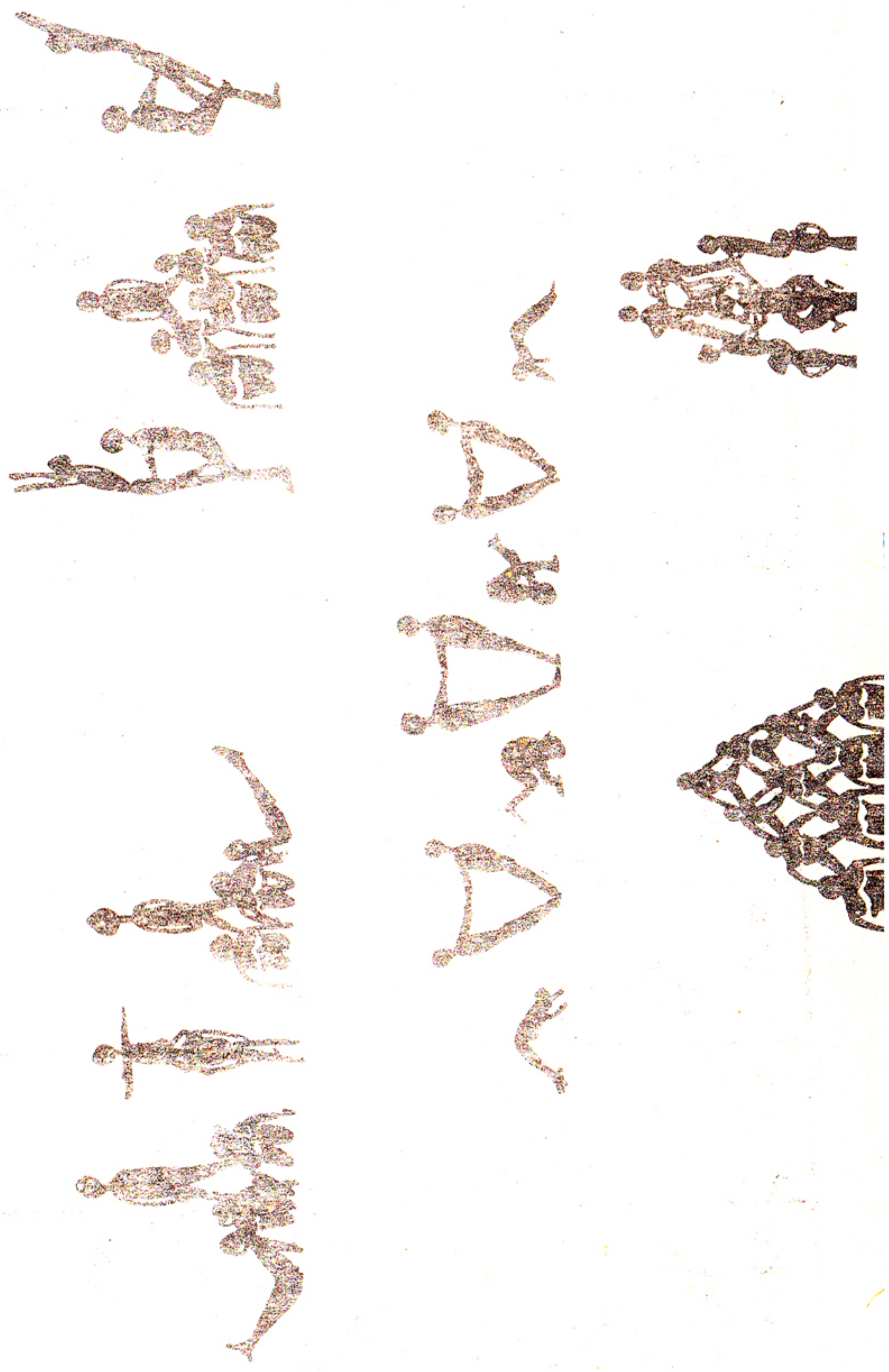


Shoulder Roll



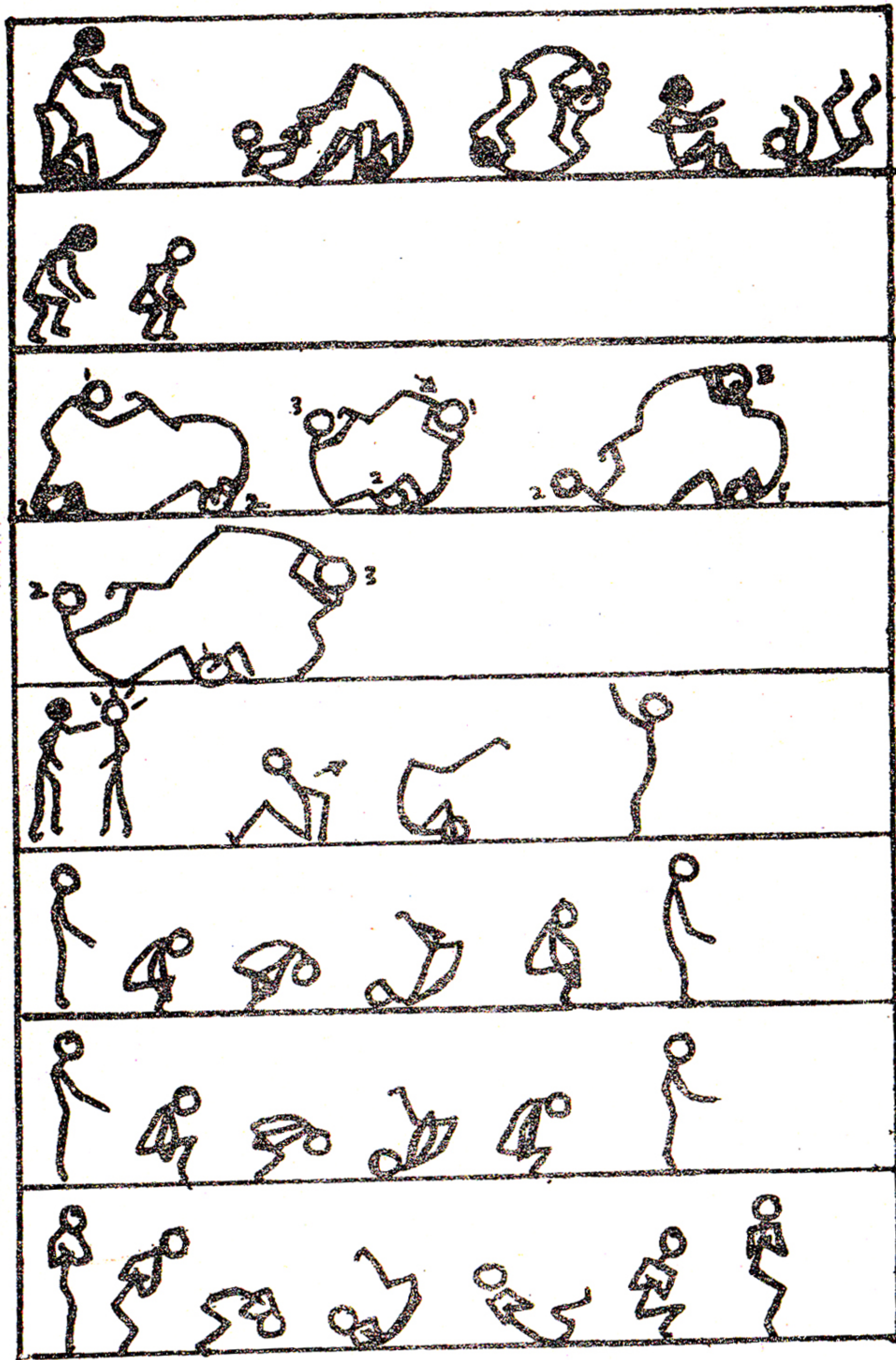


# PYRAMIDS (Ten's Formation)





# TUMBLING





# PYRAMIDS (Eleven's Formation)





Dear Students,

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

**Dr. S. Navaraj Chelliah.**



**டாக்டர். எஸ். நவராஜ் செல்லையா,**  
**M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI, எழுதிய நூல்கள்**

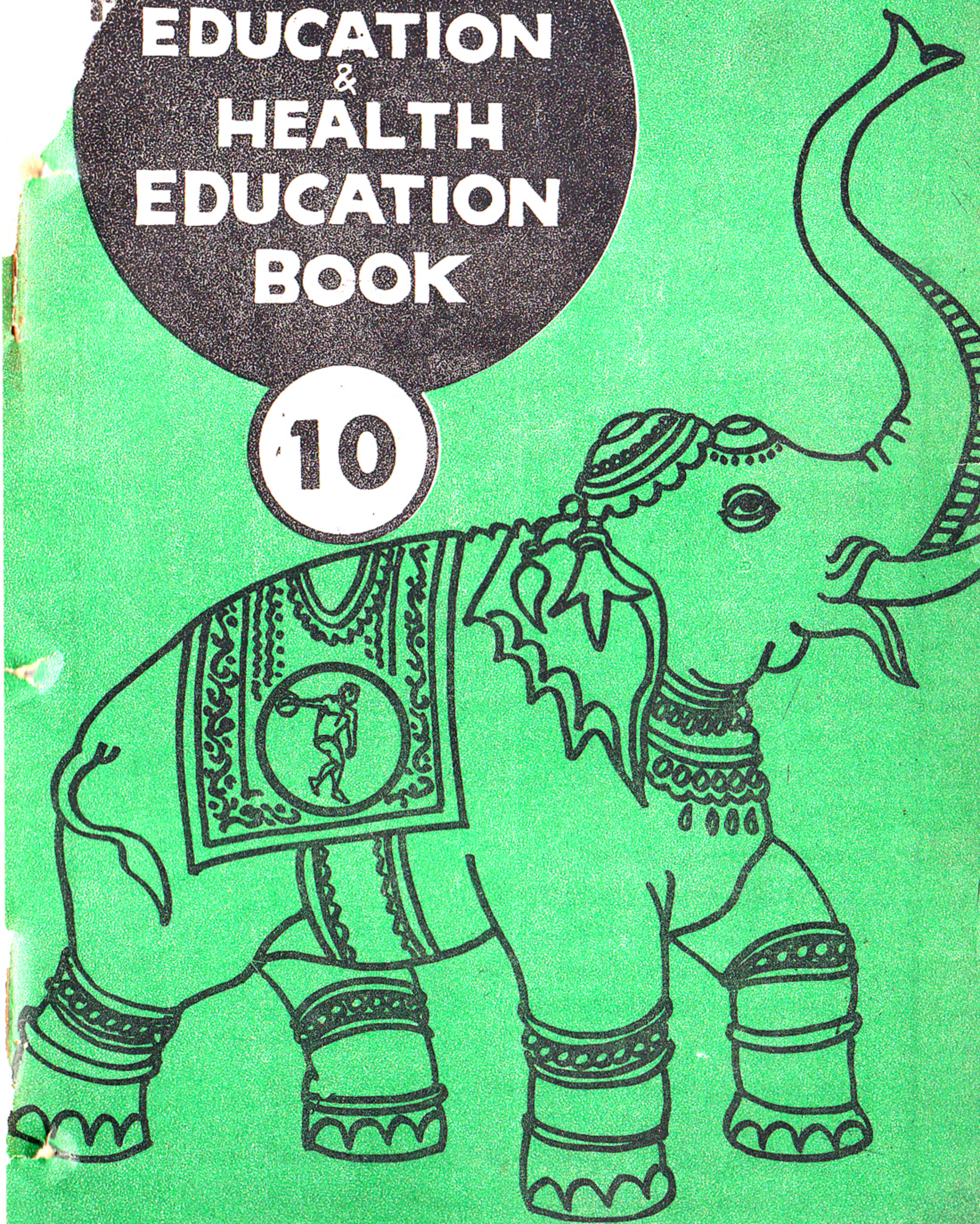
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# **PHYSICAL EDUCATION & HEALTH EDUCATION BOOK**

**10**



**DR. S. NAVARAJ CHELLIAH**  
M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI



டாக்டர். எஸ். நவராஜ் செல்லையா.

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# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

**X Standard Boys & Girls**

(Based on The New Educational Policy Syllabus)

**Dr. S. Navaraj Chelliah**

M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI

**Professor**

YMCA College of Physical Education

Nandanam, Madras - 600 035

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# CONTENTS

## 1. MAJOR GAMES

a. Cricket	5
b. Basketball	11
c. Hockey	19
d. Volleyball	25
e. Football	29
f. Kho -- Kho	36
g. Table Tennis	43

## 2. TRACK AND FIELD EVENTS

a. 100 Yards Race	47
b. 200 Yards Race	50
c. 400 Yards Race	53
d. 800 Yards Race	56
e. 1 Mile Race	58
f. 2 Mile Race	60

## 3. ASANAS

## 4. MINOR GAMES

## 5. MARCHING

## 6. BODY BUILDING EXERCISES

## 7. APPENDICES



# X STD

## SKILL TEST - GRADING SELECT ANY THREE SKILL TESTS

### 1. 50M RUNNING 10 MARKS

GIRLS	MARKS	BOYS	MARKS
BELOW 8.0 sec	- 10	BELOW 7 sec	- 10
8.0 sec - 9.0 sec	- 8	7 sec - 8 sec	- 9
9.0 sec - 10.0 sec	- 6	8.01 sec - 9 sec	- 8
10.0 sec - 11.0 sec	- 4	9.01 sec - 10 sec	- 6
11.0 sec - 12.0 sec	- 2	10.01 sec - 11 sec	- 4
ABOVE 12.0 sec	- 1	11.01 sec - 12 sec	- 2
		ABOVE 12 sec	- 1

### 2. SIT-UPS 30 SECS 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 28	- 10	ABOVE 35	- 10
26 - 28	- 9	30 - 35	- 9
23 - 25	- 8	25 - 29	- 8
20 - 22	- 7	20 - 24	- 7
17 - 19	- 6	15 - 19	- 6
14 - 16	- 5	11 - 14	- 5
11 - 13	- 4	8 - 10	- 4
8 - 10	- 3	5 - 7	- 3
BELOW 8	- 2	2 - 4	- 2
		1	- 1

### 3. HIGH JUMP 10 MARKS

GIRLS	MARKS	BOYS	MARKS
ABOVE 1.05M	- 10	ABOVE 1.20M	- 10
1.01M - 1.05M	- 9	1-15M - 1.19M	- 9
.96M - 1.00M	- 8	1.10M - 1.14M	- 8
.91M - .95M	- 7	1.05M - 1.09M	- 7
.86M - .90M	- 6	1.00M - 1.04M	- 6
.81M - .85M	- 5	.95M - .99M	- 5
.76M - .80M	- 4	.90M - .94M	- 4
.71M - .75M	- 3	.85M - .89M	- 3
.66M - .70M	- 2	.80M - .84M	- 2
BELOW .66M	- 1	.75M - .79M	- 1



#### 4. LONG JUMP

#### 10 MARKS

##### GIRLS MARKS

ABOVE 3.50 M	- 10
3.21M - 3.50M	- 9
3.11M - 3.20M	- 8
2.91M - 3.10M	- 7
2.71M - 2.90M	- 6
2.51M - 2.70M	- 5
2.31M - 2.50M	- 4
2.11M - 2.30M	- 3
BELOW 2.11M	- 2

##### BOYS

##### MARKS

ABOVE 4.00M	- 10
3.95M - 4.00M	- 9
3.90M - 3.94M	- 8
3.85M - 3.89M	- 7
3.80M - 3.84M	- 6
3.75M - 3.79M	- 5
3.70M - 3.74M	- 4
3.65M - 3.69M	- 3
3.60M - 3.64M	- 2
3.55M - 3.59M	- 1

#### 5. SHOT PUT

#### 10 MARKS

##### GIRLS MARKS

ABOVE 5.50 MTS	- 10
5.01M - 5.50M	- 9
4.51M - 5.00M	- 8
4.01M - 4.50M	- 7
3.51M - 4.00M	- 6
3.01M - 3.50M	- 5
2.76M - 3.00M	- 4
2.51M - 2.75M	- 3
BELOW 2.51M	- 2

##### BOYS

##### MARKS

ABOVE 6.0 MTS	- 10
5.5M - 6.00M	- 9
5.25M - 5.49M	- 8
5.00M - 5.24M	- 7
4.75M - 4.99M	- 6
4.50M - 4.74M	- 5
4.25M - 4.49M	- 4
4.00M - 4.24M	- 3
3.75M - 3.99M	- 2
3.70M - 3.74M	- 1

#### 6. ROPE SKIPPING 30 SECS. PULL UPS 10 MARKS

##### GIRLS MARKS

ABOVE 90	- 10
81 - 90	- 9
71 - 80	- 8
66 - 70	- 7
61 - 65	- 6
56 - 60	- 5
51 - 55	- 4
45 - 50	- 3
BELOW 45	- 2

##### BOYS

##### MARKS

ABOVE 14	- 10
14	- 9
13	- 8
12	- 7
11	- 6
10	- 5
9	- 4
8	- 3
7	- 2
6	- 1

#### MARKS FOR PHYSICAL EDUCATION TEST

1. Major Games (Any Two)	20 Marks
2. Individual skills (Any Three)	30 Marks
3. Yogasanas (Any Two)	10 Marks
4. March Past (Acc. to the merit)	10 Marks
5. Written Examination	<u>30</u> Marks
Total	<u>100</u> Marks



# CRICKET

## 1 Who does the toss and where?

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

## 2 What is the duty of the winner of the toss?

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

## 3 How many players play in a cricket team?

11 players and 5 substitutes.

## 4 What are the dimensions of a cricket ball?

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm.

## 5 What are the dimensions of a cricket bat?

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

## 6 What is the length of a cricket pitch?

The length is 22 yards (20.12 metres), width is 3.05 metres.

## 7 What are the dimensions of a wicket?

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 20 inches (51.1 cm). The length of the wooden bails is 14.11 cm. The width of a cricket is 9 inches.

## 8 What is the length of the bowling crease?

The length of the bowling crease is 8 feet 8 inches, straight in length.



9. Where is the popping crease marked?

The popping crease is marked 4 feet in front of the wicket at each end.

10. What is boundary and why it is needed?

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

11. How many innings are to be played in a match?

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

12. What is a Run?

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

13. What is a Bye?

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

14. What is a Leg Bye?

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

15. What is an OVER?

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

1. Leg Before Wicket. 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.



**22. What is follow on?**

A team which bats first leads up by 200 runs in a 5 day match, 150 runs in a 3 or 4 day match; 75 runs in a 1 day match, can request the other team to follow their innings.

**23. What is an Appeal in the match?**

The umpire shall not order any batsman out, unless appealed by any fielder. The appeal should be made prior to the delivery of the next ball and before the time is over.

The fielders while appealing shall ask the umpire How is this? The umpire signals out by raising his index finger above the head.

**24. What are the main skills in cricket?**

1. Batting 2. Bowling 3. Fielding 4. Wicket keeping.

**25. What are the different styles in batting?**

1. Drive 2. Leg glance 3. Back leg glance 4. Forward leg glance 5. Block 6. Hook and pull 7. Forward Defensive shot 8. Back foot defensive shot 9. Running between the wickets.

**26. How many types of bowling are there in cricket?**

1. Fast Bowling 2. Spin Bowling (Leg spin & Off spin).





STANCE



FORWARD DEFENCE



BACK DEFENCE



THE LEG BREAK



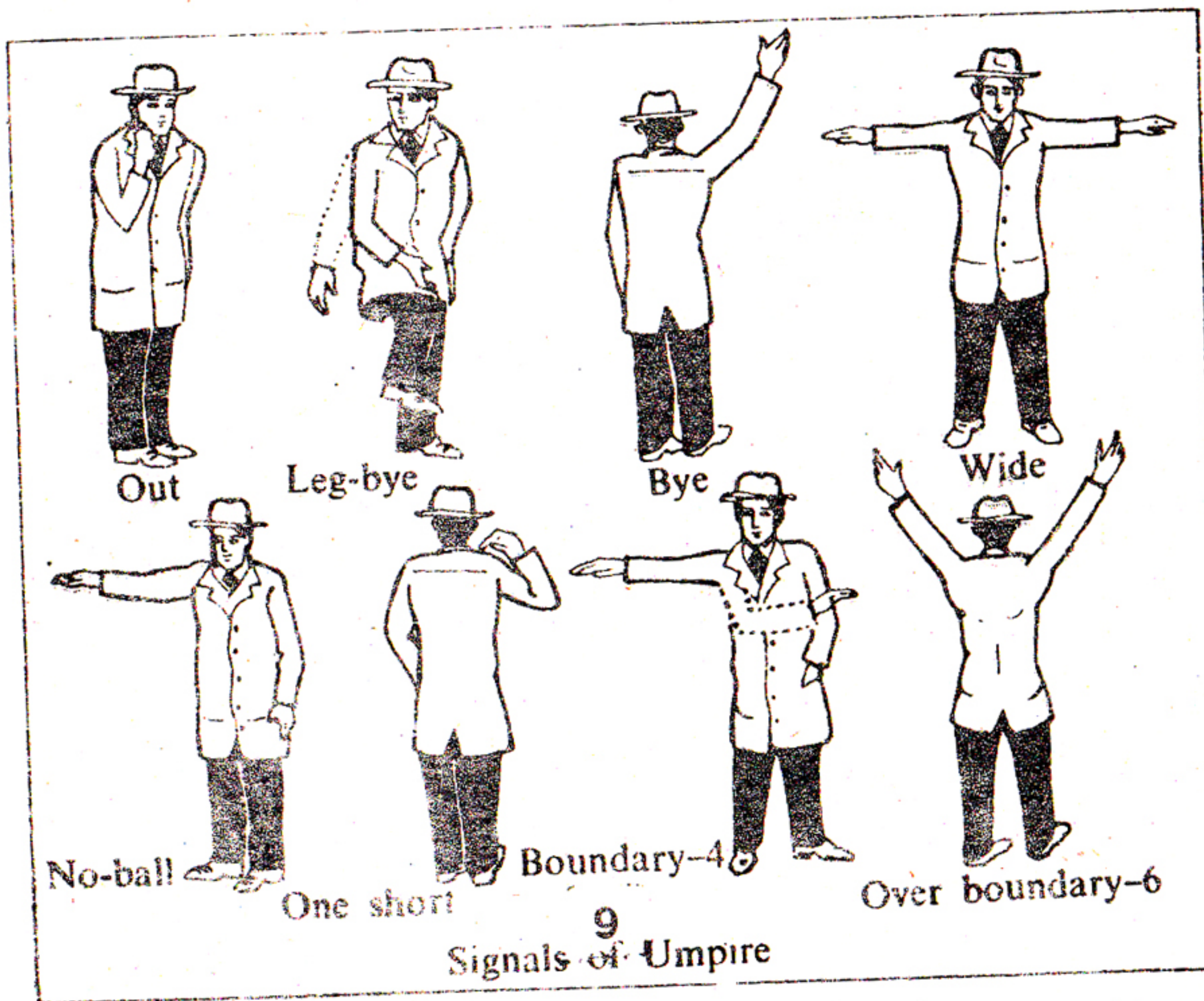
DEFENCE



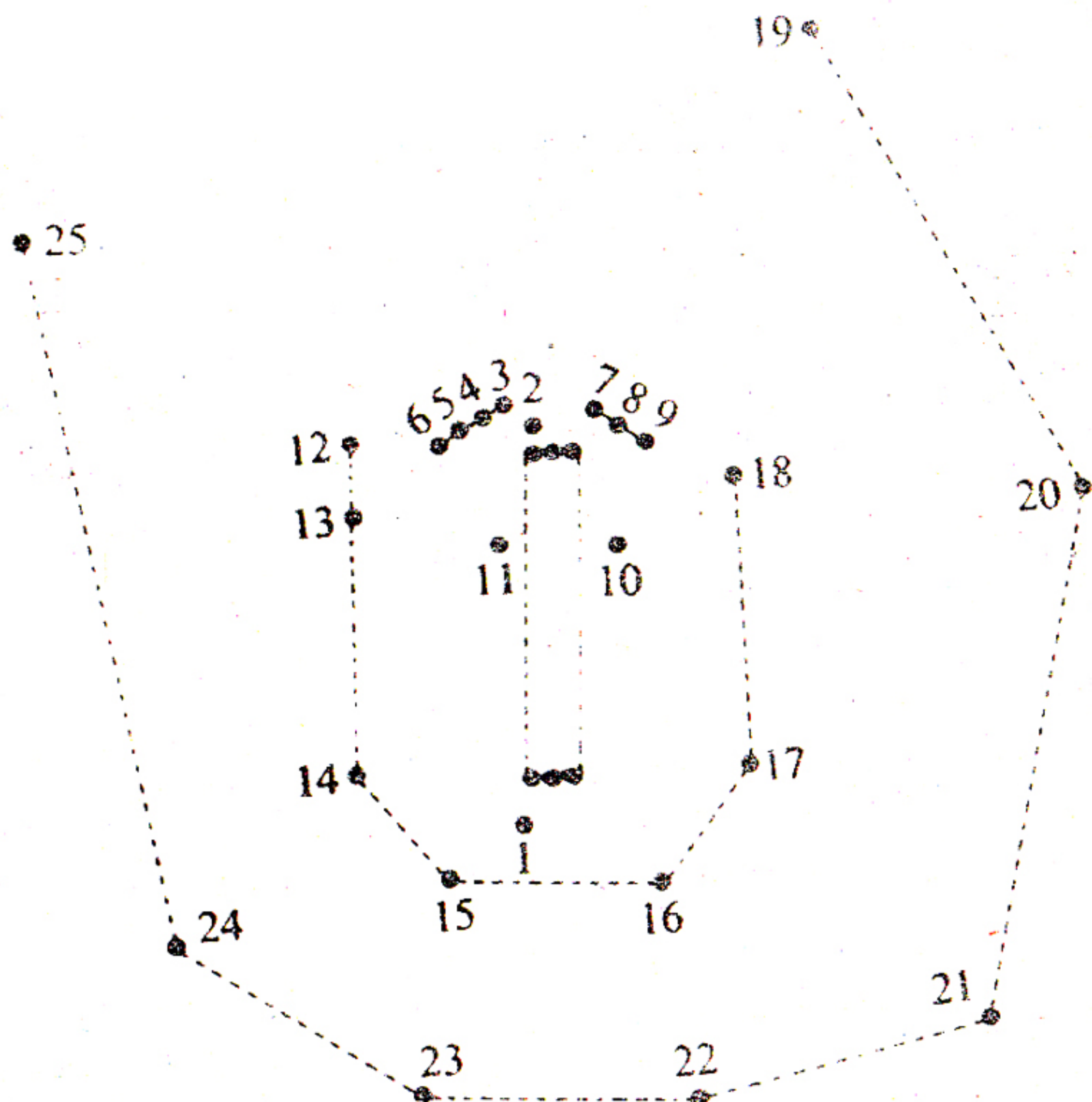
CATCHING



THE OFF BREAK







### Position of the fielders on the ground

1. Bowler	10. Silly-mid-on	19. Long-leg
2. Wicket-keeper	11. Silly-mid-off	20. Deep-square-leg
3. First-slip	12. Short-third-man	21. Deep-mid-wicket
4. Second-slip	13. Cover-point	22. Long-on
5. Third-slip	14. Extra-cover	23. Long-off
6. Gully	15. Mid-off	24. Deep-extra-cover
7. Leg-slip	16. Mid-on	25. Deep-third-man
8. Backward-short-leg	17. Mid-wicket	
9. Forward-short-leg	18. Square-leg	



# BASKET BALL

1. Draw a neat diagram of a Basket ball court and indicate the dimensions of its parts?

The length of the court is 28 metres and the width is 15 metres.

2. What is the radius of the centre circle?

The radius of the centre circle is 1.80 metres.

3. Where is the Free throw line drawn?

The free throw line is drawn 5.80m. away from the end line and its length is 3.60m.

4. Where is the 3 point circle drawn?

A circle of 6.25m. radius drawn from the centre of the end line is called 3 point circle.

5. What is the height of the basket ?

The height of the basket from the floor is 10 feet.

6. What is the weight and circumference of a ball?

The weight should be from 600 to 650 grammes and the circumference is between 75 to 78 cms.

7. How many players are there in a team?

Each team shall consist of 10 players. Five players from each team shall be on the court during playing time and 5 substitutes shall wait out side for their changes to get in.

8. What is the uniform of the players?

Players wear shirts and shorts with basketball boots or canvas shoes. Shirts carry numbers front and back in cotrasting colours. Only numbers from 4 to 15 are used.

9. What is the duration of the basket ball match?

The game shall consist of 2 halves of 20 minutes



each, with an interval of 10 minutes between halves. The rest time or changing the substitute time is 1 minute only.

**10. How is the match started?**

The referee shall make the toss and the toss winner gets the choice for the basket. The game shall be started by jump ball in the circle.

**11. What is Jump ball? Explain?**

1. A jump ball takes place when the referee tosses the ball between two opposing players from the centre circle.

2. The Jumpers must stand in their half of the circle nearest to their own baskets with one foot touching the centre line.

3. Other players must be outside the circle and must not interfere with the jumpers.

4. Referee tosses the ball up. If it is a bad toss or if the jumpers violate the rule, the toss will be repeated.

**12. When is the jump ball awarded in the game?**

1. At the beginning of a game. 2. After a double foul. 3. When the ball is held by two opponents firmly more than 5 seconds. 4. If the ball held up between the ring and basket. 5. If the referee is doubtful in his decision.

**13. Explain the term 'Live Ball' and Dead Ball?**

The ball becomes live when a player taps the ball in jump ball; when the ball is thrown in or during a free throw.

The ball is dead, when a goal is made; or violation occurs; or a foul occurs; or a held ball occurs; or the ball lodges in the basket supports.



14. **When is the end line throw awarded?**

After a basket is scored, the end line throw is awarded to the defending team.

15. **What are the points system in the game?**

A goal from the field counts 2 points. A goal from a free throw counts 1 point. A goal from 6.25m. Circle counts 3 points.

16. **What is held ball?**

Held ball occurs when two opposing players are both firmly holding the ball, and when a closely guarded player takes more than 5 seconds to shoot, pass, roll, bat or dribble.

The game starts by jump ball after a held ball.

17. **What is out of bounds for a ball or a player?**

A player is out of bounds if he touches the floor or beyond the boundary lines.

The ball is out of bounds when it touches any person or object or beyond the boundary lines including the rear of the back board or its supports.

18. **What is a foul? How many types are there?**

A foul is the violation of the rules committed by a player. There are 2 types of fouls. 1. personal foul. 2. technical foul.

19. **What is a personal foul?**

A personal foul is a foul which involves personal contact with an opponent or unsportsmanlike conduct. (eg) holding an opponent, pushing, charging or tripping.

20. **When a player is disqualified from the game?**

When a player commits 5 fouls, he is disqualified from the game.



**21. What is the procedure to be followed for a personal foul?**

When a player commits a foul, the referee indicates the scorer the number of the offender, who at once faces the scorer and raise his hand.

**22. What is a technical foul?**

1. To disregard or be disrespectful to an official. 2. To use unsportsman like tactics. 3. To use offensive language. 4. To bait an opponent. 5. To delay the game are the situations to call for a technical foul.

**23. What are the punishments for a technical foul?**

For the above fouls, the penalty is 2 free throws for the opposing team.

The penalty for a foul by coach one free throw will be awarded. The penalty by a substitute; 2 Free throws.

The persistent infractions of a coach, he may be banished from the vicinity of the court.

**24. What is 3 second rule? 30 seconds rule?**

A player shall not remain for more than 3 seconds in the opponent restricted area while the ball is in control of his team. This is called 3 second rule.

**10 seconds rule :-** When a team gains control of the ball, in its back court, it must within ten seconds, cause the ball to go in its front court.

For a violation of the above rules, opponents get a side line throw.

**25. How is throw-in to be done?**

1. The player nominated to throw in the ball, stands outside the court, at the point where the ball went out.

2. He may throw, roll or bounce the ball.

3. He should not take more than 5 seconds to throw in.



1. He can not play the ball again after his throw-in.

20. What is a free throw? How it is executed?

1. A free throw is taken after a personal foul or technical foul on a player in the act of shooting.

2. After a personal foul, the fouled player takes the throw.

3. If he is about to leave the field to allow a substitute to come in, he must take the free throw first.

21. Explain briefly the free throw position of the players?

Two opponents must stand in the two places nearest to the basket. Other players stand in alternate position, out side the free throw line.

Thrower stands immediately behind the free throw line, and throws the ball towards the ring within 5 seconds after the referee's whistle.

22. What is the seven fouls rule in the game?

After the team has committed seven fouls, personal or technical, all subsequent fouls shall be penalised by giving 1 free throw.

If it is successful, one more free throw is awarded; if not, then the game will be started by a side throw line.

29. How is the winner decided in a match?

The winner shall be decided by a team scoring of the greater number of points in the playing time.

30. What are the important skills in Basketball?

1. Player's stance.
2. Ball handling.
3. Catching the ball.
4. Passing the ball.
5. Shooting.
6. Pivoting.
7. Rebounding.
8. Faking.
9. Personal defence.
10. Team defence.
11. Attack.

31. What are the different passes in the game?

1. One hand under hand pass.
2. Two hand under



hand pass. 3. Two hand bounce pass. 4. Two hand chest pass. 5. Two hand over arm pass. 6. Two hand side arm pass. 7. One hand base ball pass. 8. Hook pass.

**32. What are the different styles in shooting?**

1. One hand chest shot. 2. Two hand chest shot (set shot). 3. Two hand over head shot. 4. Lay up shot. 5. One hand jump shot. 6. Two hand jump shot. 7. Hook shot.

**33. Explain the types of defence in basketball?**

1. Man to man defence 2. Zone defence.

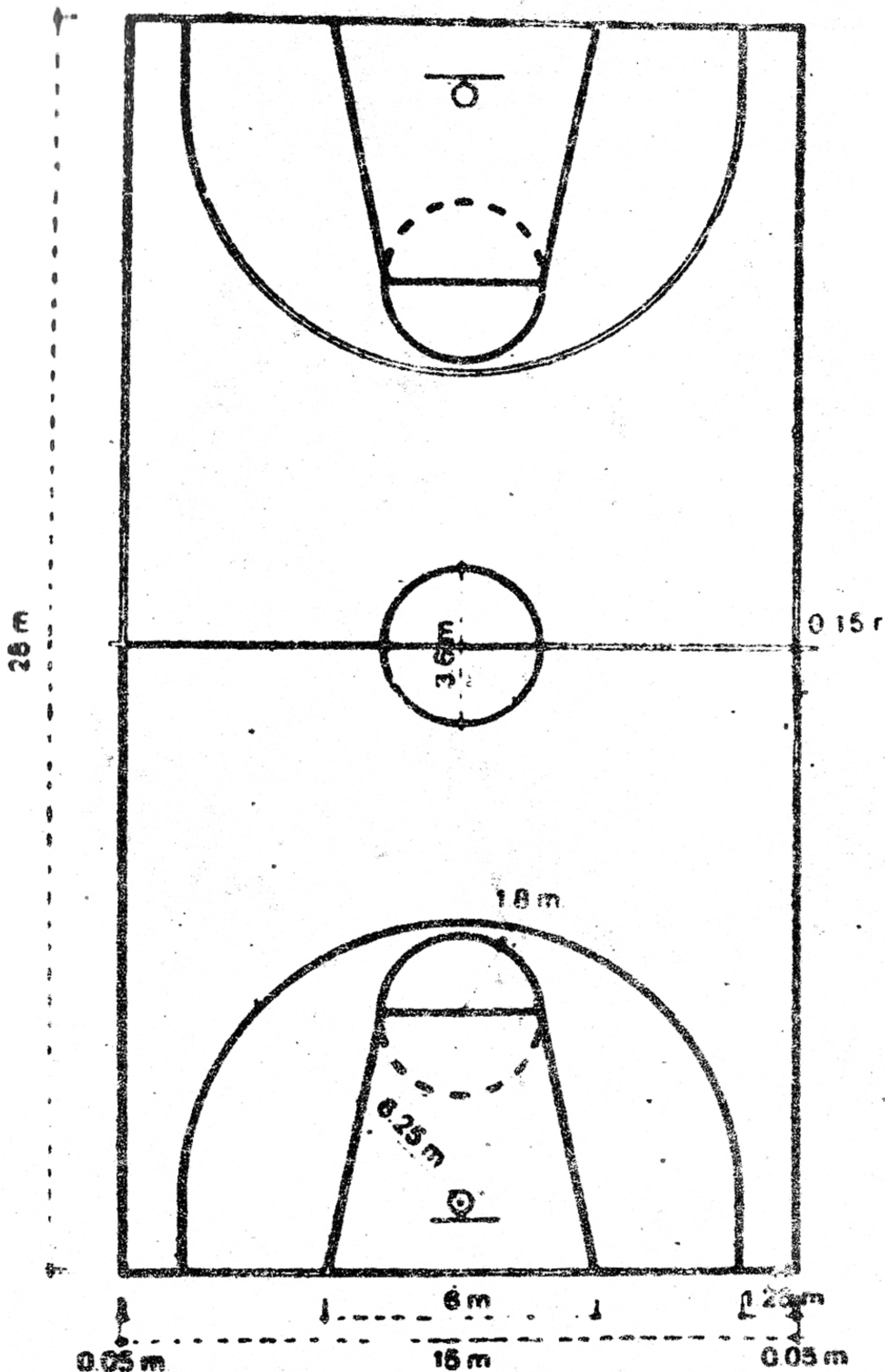
**34. Explain the 'fast break' skill in the game?**

The fast break is to send the ball into the front court before the defenders have the chance to go back and get set. This is the quickest and easiest way to score.



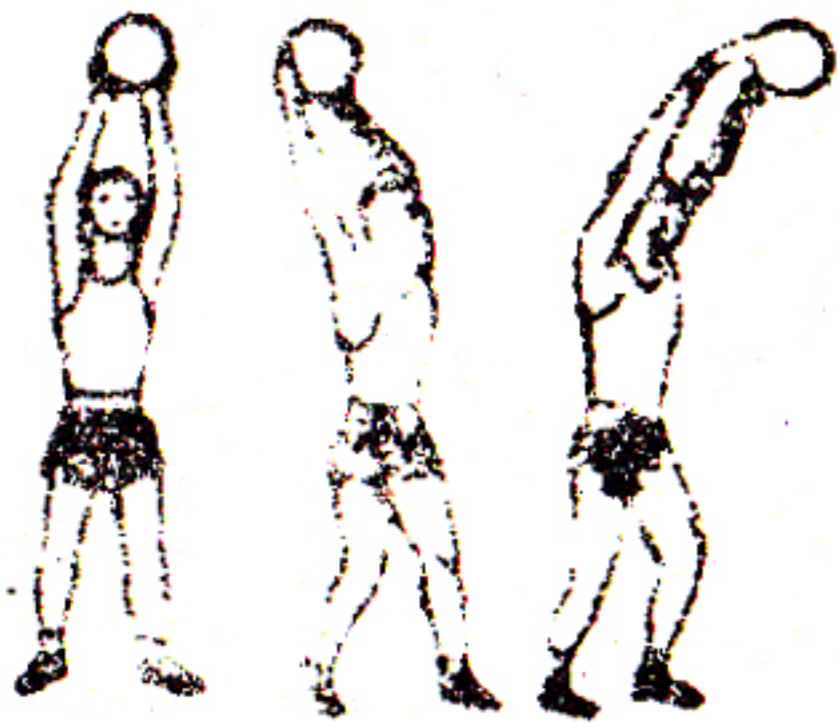


# FULL SIZE REGULATION COURT

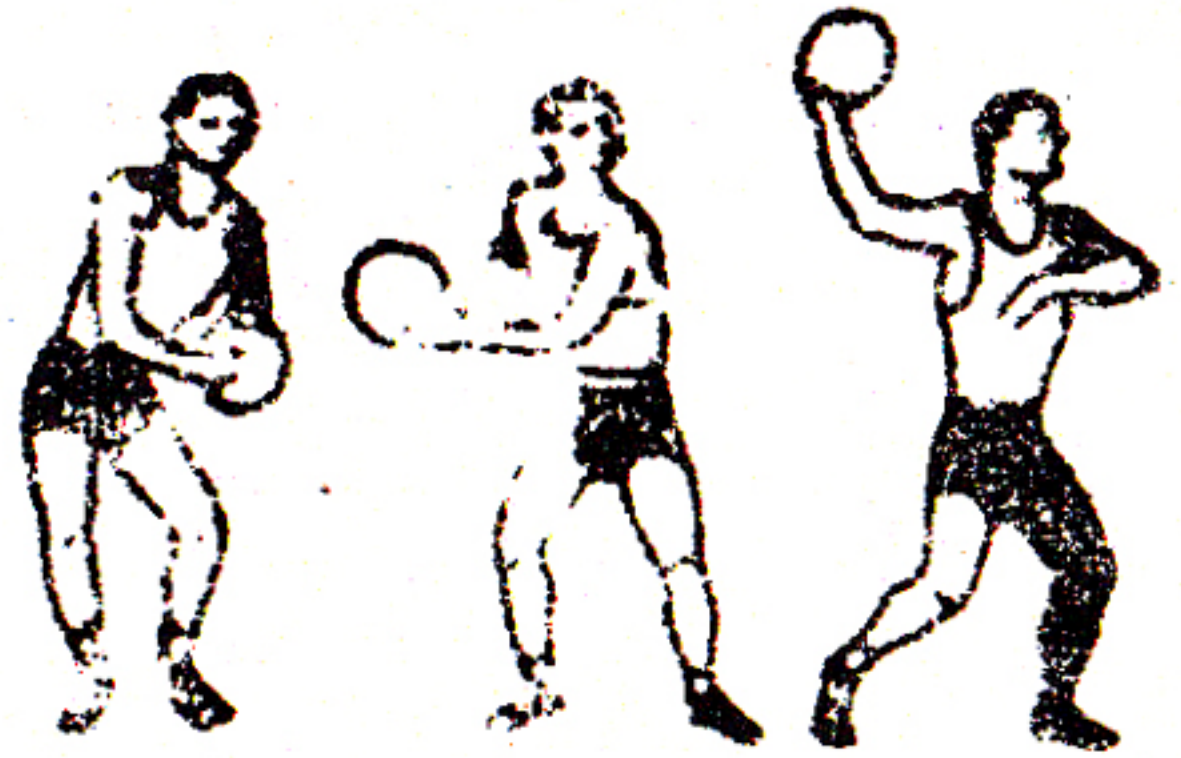


$$I = 2$$





TWO HAND OVERHEAD



BASEBALL PASS



DRIBBLING



# HOCKEY

**What is the length and breadth of a Hockey field?**

The length and breadth of the field is 100 yards X 60 yards.

**How many players are there in a team?**

A Hockey team consists of 11 players and 5 substitutes.

**What is the duration of a Hockey match?**

The duration of a match shall be two halves of 35 minutes each, with an interval of 5 minutes.

**What is the weight and circumference of a Hockey ball?**

The weight of the ball is between 5 1/2 to 5 3/4 ounces. (156 to 163 grammes). The circumference of the ball is between 3 13/16" to 9 1/4" (20.25 to 23.75cms).

**What is the length and weight of a Hockey Stick?**

The maximum weight for men and women stick is 28 ounces. The length of the stick is about 1 metre. The complete stick must be able to pass through a ring having an interior diameter of 2 inches.

**How is the game started?**

The winner of the toss can select any of the two. 1. pass back. 2. one end of the field. The player (centre forward) starts the game by back pass from the centre of the ground.

**Explain the term "pass back?"**

In the pass back, the ball may be pushed back or hit. At the moment of pass back, all the players must be in their own half of the field. Opponents must be away 5 yards from the ball. If the striker misses the ball, the pass back has to be taken again.



To start the game, restart the game; after half time and after each goal scored, a pass back is taken.

**8 What is a goal in hockey game?**

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has been played by an attack from within the striking circle.

The goal area : Height of the goal is 7 feet. Distance between the two goal posts is 4 yards. (12 feet). Striking circle : 16 yards from the goal line.

**9. What are the playing regulations in the game?**

1. A player should not play the ball with the rounded side of the stick. Only flat side should be used.

2. He shall take part in the game with his own stick only.

3. He shall not stop the ball with hand or catch it.

4. He shall not hit, strike, interfere with an opponent's stick. He shall not charge, kick, shove, trip, strike at or personally handle an opponent.

5. He shall not play a dangerous game.

**10. What is off-side? Explain.**

At the moment, when the ball is played, a player of the same team as the pusher or striker is in off-side; there are not at least two opponents nearer to their goal line than he is.

**Punishment:** An off-side is penalised by a free hit to the opposition at the spot, where it occurred.

**11. How to take free hit?**

The free hit is taken on the spot where the breach occurred. The ball must be stationary before the hit. Other players must at least 5 yards away. The hitter may not replay the ball until another player has touched it.



### **What is hit-in or push in?**

When the whole ball passed completely over the side line, it shall be placed on the line at the spot at which it crossed the side line.

The ball shall be pushed or hit without undue delay by a player of the team opposed to the player, who last touched it in play.

### **What is a penalty-corner?**

Whenever any defender commits a foul in his own striking circle, the attacking team is awarded the penalty corner.

### **How is the penalty corner taken in the game?**

Penalty corner is taken by any attacker from a spot on the goal line, not less than 10 yards from the goal post, on whichever side of the goal the attacking team prefers. At the time of taking penalty corner, no other player shall be within 5 yards of the ball.

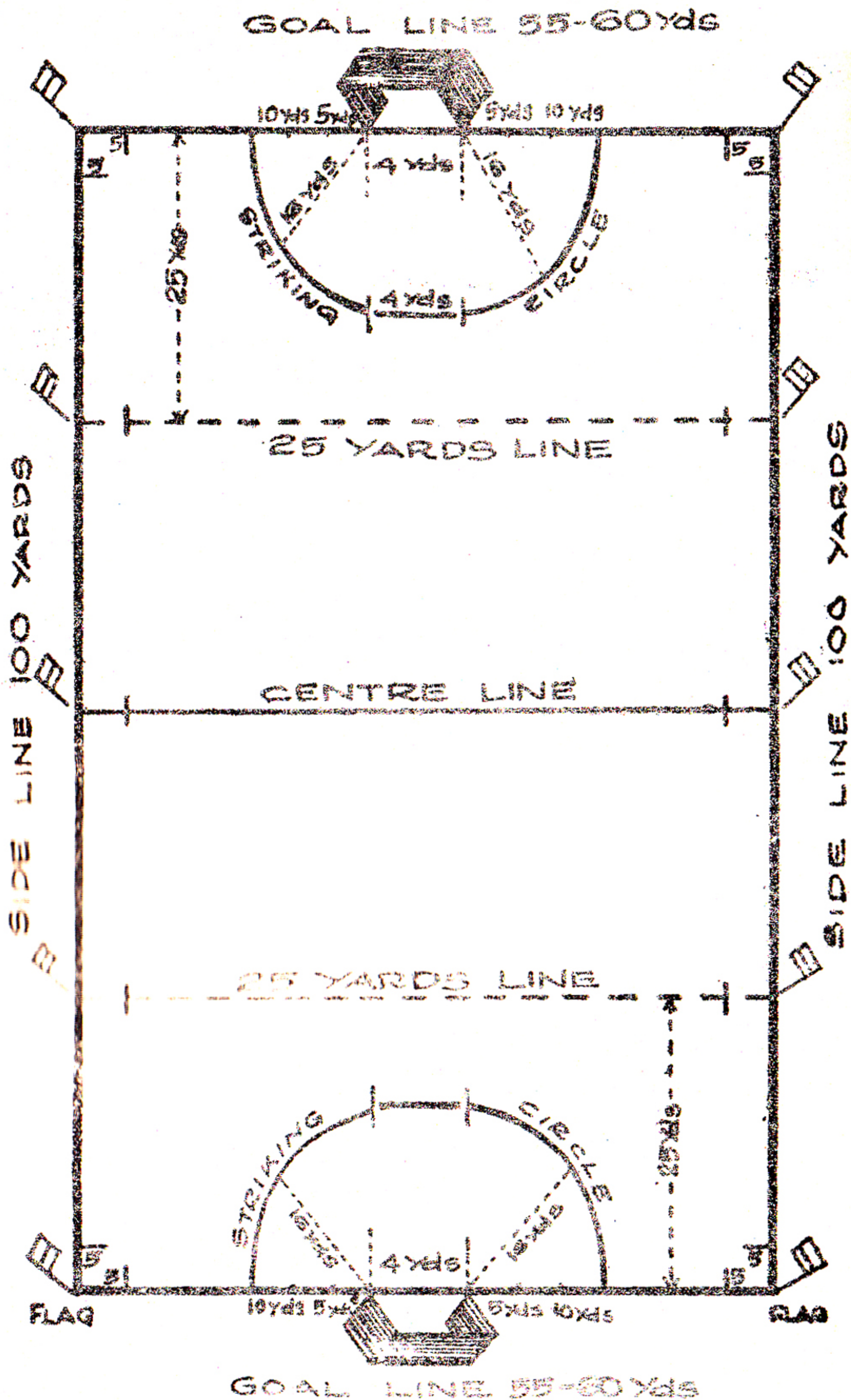
### **What is a penalty stroke? How it is taken?**

When ever any defender commits any intentional foul within his own striking circle, then penalty stroke is awarded to the attacking side.

The penalty stroke is taken by any attacking side player by keeping the ball on the penalty spot. At the time taking the penalty stroke, all the players except the penalty stroke taker and the goal keeper, should be behind the 25 yards (22.86m) line.

The penalty stroke taker can use any type of stroke and can lift the ball to any height.







## SOME SKILLS IN HOCKEY



PASSING THE BALL



HITTING THE BALL



PUSH IN



DRIBBLING



STOPPING THE BALL



BALL CONTROL



TACKLING



WRONG TACKLING



GOAL KEEPING



# VOLLEY BALL

## 1. What are the measurements of the volleyball court?

Volleyball is played on a rectangular area by 18m X 9m. In each court, the attack line is drawn 3 metres away and parallel to the centre line. The width of the attack line is 5 cm.

## 2. State the dimension of the service area?

The service area is marked on the right side behind the end lines. One line is along the right hand side line 20 cm behind, and the other line is 3 metres away to the left of it by 15cm long. This area is called service area.

## 3. Explain the measurements of the equipments needed in volleyball game?

1. Net :- 1 metre wide and 9.50m long. The height of the net is 2.24m for women and 2.43m for men.

2. Side bands :- Two tapes of white material 5cm wide and 1 metre long, fastened each side of the net, perpendicular to the side line. They are considered as parts of the net.

3. Antennas :- 1.80 long and 10mm in diameter (flexible rods)

4. Ball :- Circumference -65 to 67cm.

Weight :- -260 to 280 grammes.

## 4. How many players and substitutes are there in a volley ball team?

6 Regular players and 6 substitutes.

## 5. What is the dress regulation of the players?

Banians, shorts and shoes without heels. The banians



may be numbered from 1 to 15. The height of the number is 10cm high on the chest, and 15cm high on the back.

**6. When does the substitution take place in the game?**

Whenever the ball is dead, substitution can be done. One player can be substituted for one time only in a game. The captain can ask permission from the referee and change the substitutes.

**7. What is the duration of a volleyball match?**

There is no fixed duration for the match. A team should win either best of 3 sets or best of 5 sets. A set is a game of 15 points.

Intervals are allowed between sets 3 minutes for first 4 sets and 5 minutes between 4th and 5th sets.

**8. What are the positions of the players?**

2., 3 and 4 in the rotation order, are the three standing nearest to the net is called. Front line players. 1, 6 and 5 number of players occupying the back now are called back line players.

**9. What are the rules for the back line players?**

1. Back line players cannot stand ahead of the front line players at the time of service. 2. They cannot take part in blocking. 3. They cannot smash the ball in the attack area.

**10. Explain the methods of playing the ball in the game?**

1. The players can return the ball by batting it with any part of the body above the belt. 2. The ball cannot be momentarily caught. 3. Each team has 3 hits or touches before the ball has to be sent to the opposite court. 4. No one can touch the ball twice in succession. 5. The ball must be returned over the net. 6. It is permissible to run out of bounds to play a ball.



**11. Explain the term service?**

1. The Service is the putting of the ball in play. 2. The service is done from the service area. 3. After the referee's whistle, the server should send the ball within 5 seconds. 4. Only the team that serves, scores a point.

**12. What is a correct service?**

1. The server must be in the service area. 2 The ball should be tossed before a hit. 3. The ball should pass through between the two antennas without touching them and the net and falls within the boundary lines of the opposite court.

**13. When does a team get a point?**

When one team serves and the opposite side commits a foul, the serving team gets one point.

**14. What is side-out?**

When the serving side loses its serve, the opposite side has got a right to serve. This is called side-out.

**15. What is scoring system in volley ball match?**

1. Only serving team scores a point. 2. A set is won when one tem reaches 15 points first with a 2 point lead. 3. If the game is tied at 14-14, the set continues until one team has a 2 point lead. Maximum point is 1, 7. 4. A match is played for best of 3 sets or 5 sets.

**16. What are the fouls in volleyball game?**

1. A team is out of position at the service time. 2 A team plays the ball more than three touches in succession. 3. A player touches the ball twice consecutively. 4. A player crosses the centre line and steps in other side when the play is in progress. 5. A team allows the ball to touch the ground.

**17. Explain the term time-out?**

Time out means rest time during the progress of the game. 1. The captain alone can call the timeout. 2. One team is allowed 2 time outs in a set. 3. 30 seconds is



allowed for time out and substitution. 4. The players should not leave the court during time out.

**18. What is Rotation in a volleyball match?**

Whenever any team gets a right to serve, rotation takes place. The players must change one playing position clockwise. They must follow the score sheet rotation order.

**19. How many officials are there in a match?**

1 Referee, 1 Umpire, 1 Scorer, 2 Linesmen.

**20. What are the important basic factors in the service?**

Service is not just sending the ball across the net to start the game. It is considered an active form of attack. There are four factors for an effective service. 1. Accuracy 2. Speed 3. Height 4. Floating.

**21. Name the different kinds of service?**

1. Under arm service. 2. Side arm service, 3. Tennis service. 4. Floating service.

**22. State the various kinds of passing the Ball?**

The method of sending the ball is passing.

1. Underhand pass. 2. Side roll pass. 3. The forward dive pass 4. Setting the ball for smash.

**23. How many types of spiking in the attack system?**

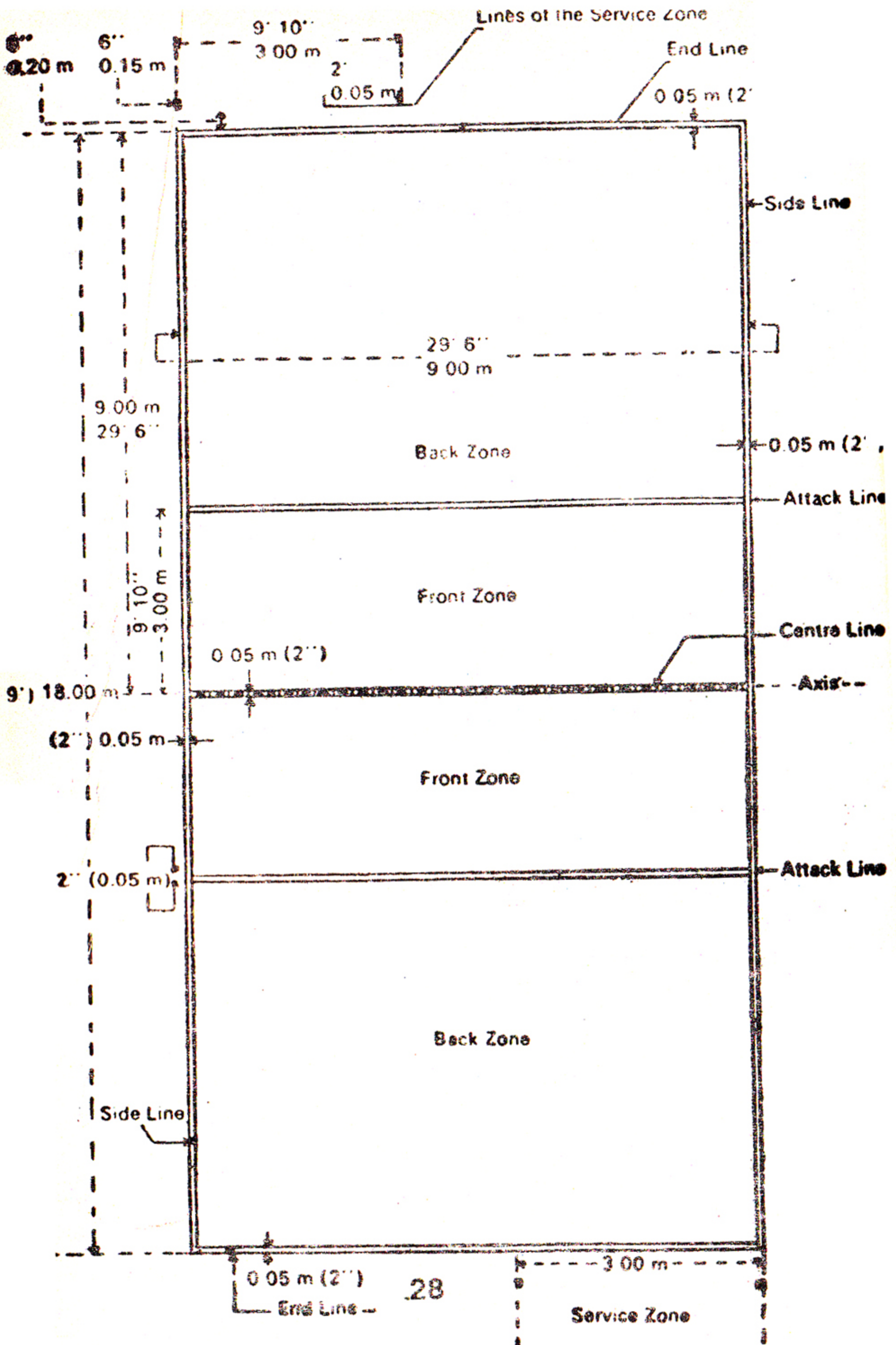
1. Straight arm spike. 2. Body turn and spike. 3. Wrist inward and outward spike 4. Round arm spike 5. The deceptive spike.

**24. What is Blocking? Name the various methods?**

Blocking is an act of making an obstruction above the upper part of the net. It is a defensive measure over the net. It reduces the efficiency and force of the attack of the opponent.

3 types of Blocking. 1. One man Block (single block). 2. Two men Block (double block) Three men block (Triple block)







# FOOT BALL

1. What is the length and width of a Football field?

Foot ball is played on a rectangular field, not more than 120m X 90m and not less than 90m X 45m. Anyway, the length must in all cases not exceed the breadth.

2. Explain the dimensions of the goal area?

The goal area is 18.32 x 5.50m (20x6 yards). The height of goal post is 2.44m. (8 feet) and the distance between two goal posts is 7.32m (24feet).

3. What is the weight and circumference of football?

The circumference is not more than 28 inches (0.71m) and not less than 7 inches. (0.69m). The weight of the ball is not more than 160 oz and not less than 140 oz (453g-396g) at the start of the game.

4. What is the uniform of a football player?

A player should have a jersey or shirt, shorts, stockings and boots. The goal keeper should wear colours which is different from the other players and the referee.

5. How many players and substitutes are there in a team?

There are 11 players and 5 substitutes in a foot ball team. The players' positions are 1 goal keeper, 2 full backs, 3 Half-backs and 5 forwards.

6. What is the playing time of a football match?

A match consists of two 45 minutes halves with the interval of 5 minutes between them.

7. What is the object of the Game? How?

The object of the game is to propel the ball into the opponent's goal. For that, the ball may be kicked, headed, or played with the body by all the players. The



goal keeper alone can use his hands. In the ball, only within his own penalty area.

**8. How the game is started?**

At the beginning of a match, choice of ends or the chance to kick off the ball is decided by the toss of a coin. The team winning the toss will select the side or kick off.

**9. Explain the term kick-off?**

1. The game is started by a kick-off. 2. A kick, off is a single kick by the centre forward, directing the ball into the opponent goal side. 3. The ball must move forward the distance of its circumference. 4. During the kick-off time, every player should remain in his own half of the field. The opponents must be atleast 10 yards away from the ball. 5. The ball should not be played twice in succession by the kick-off player. 6. Direct goal cannot be scored by a kick-off.

**10. What is Throw-in?**

1. During the play, when the ball has gone out of bounds, play will be started again by a throw-in. 2. A throw-in is done by a player of the team opposite to that of a player who has sent the ball out side the touch line. 3. Throw-in should be taken from the point where the ball has crossed the touch line. 4. The thrower should not play the ball again until it has been played by another player. A goal cannot be scored directly from throw-in.

**11. What is a goal-kick?**

When the ball crosses over the goal line, by the player of an attacking team, then the defenders get the chance of goal kick. This is the method of putting the ball in play by the defenders.

**12. How is Goal kick taken?**

Any defender can take a goal kick. All opponents



must remain outside the penalty area until the ball leaves the penalty area, it cannot be played. The kicker should not touch the ball again until it has been played by another player.

13. **What is a corner kick? Explain?**

1. If the ball is caused to go out of bounds over the goal line by the defending team, a corner kick shall be awarded to the attacking team. 2. The ball shall be placed within one yard of the corner of the field. 3. The kicker should not play the ball again until it has been played by another player. 4. A goal can be scored direct from a corner kick.

14. **Explain Penalty kick and its rules?**

1. When a player of the defending side intentionally commit any one of the 9 fouls within the penalty area, the penalty-kick is awarded to the attacking side. 2. The opposing goal keeper and the player taking the kick alone take part in the penalty-kick. 3. All players should stand outside the penalty area. 4. The ball shall be placed on the penalty spot. 5. The goalkeeper must stand without moving his feet on his own goal line, between the goal posts until the ball is kicked. 6. The ball must be kicked forward. 7. The player taking the kick, cannot play the ball twice.

15. **What is off-side? Describe briefly.**

Off-side means playing from the wrong place. A player is off-side if he is nearer to his opponent's goal than the ball, at the moment of the ball played.

He is not off-side when (a) he is in his own half of the field. (b) two opponents are nearer to their goal than he. (c) his opponent last touched the ball. (d) he receives the ball directly from the goal-kick, corner kick, throw-in, dropped ball by a referee.



## **16 What is a foul and its punishment?**

A foul is an infringement of the rules for which free kick is awarded to the opponents

Two types of free kick.

1. Direct Free kick.
2. Indirect free kick.

## **17. When is indirect free kick awarded?**

Indirect free kick is awarded for the following fouls.

1. Playing the ball twice by a player.
2. Goalkeeper carrying the ball more than 4 steps within his penalty area.
3. Goalkeeper failing to send the ball within 5 seconds.
4. off side.
5. ungentlemanly conduct.
6. Dangerous play.
7. Disobeying the decision of an official.

Note: 1. The free kick is awarded at the point of violation.

2. A goal cannot be scored directly from an indirect free kick. The ball first must touch another player.

## **18. When is Direct free kick awarded?**

Direct free kicks are awarded for the following intentional fouls.

1. kicks or attempts to kick an opponent.
2. Trips at an opponent.
3. Jumps at an opponent.
4. Charges an opponent in a dangerous manner.
5. Charges an opponent from behind.
6. Strikes or attempts from behind.
6. Strikes or attempts to strike an opponent.
7. Holds an opponent with his hand.
8. Handles the ball.
9. Pushes an opponent with his hand.

Note: 1. If the above fouls occur within the penalty area, penalty kick is awarded.

2. if the above fouls occur outside the penalty area, direct free kick is awarded at the place of violation.



3. A goal may be scored directly.

**19. What is a goal?**

A goal is scored when the whole ball legally goes under the cross bar, between the goal posts, over the goal line.

**20. How the winner is decided in a match?**

The team scoring more goals, will be declared as winner it will be decided by the tie breakers.

**21. State the officials for a foot ball match?**

1 Referee; Two Linesmen; 1 table official.

**22. Explain the different skills in football?**

1. Dribbling. 2. kicking. 3. passing. 4. Trapping. 5. Heading. 6. Tackling. 7. Dodging. 8. Intercepting. 9. Goalkeeping.

**23. State the different skills in kicking the ball?**

1. Inside of the foot kick. 2. Out side of the foot kick. 3. Instep kick. 4. Half volley. 5. Full volley.

**24. What are the different types in heading the ball?**

1. Forward direction. 2. Sideward direction. 3. Back ward direction.

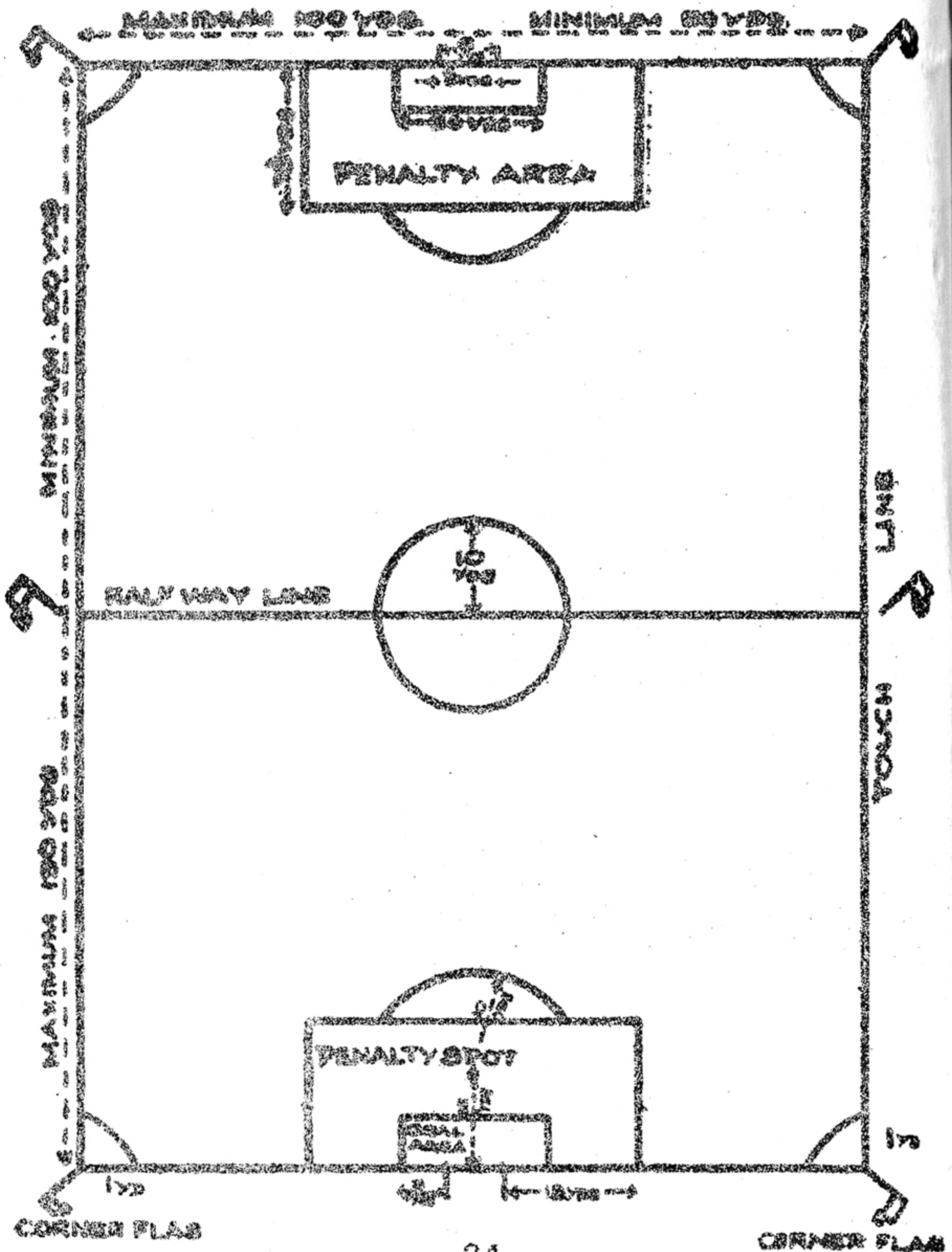
**25. What is dribbling?**

Dribbling is a series of short kicks or taps made by a player as he advances with the ball. The object of dribbling is to keep possession and control of the ball.

Dribbling may be done with inside foot, out side of the foot, and both feet intermittently.

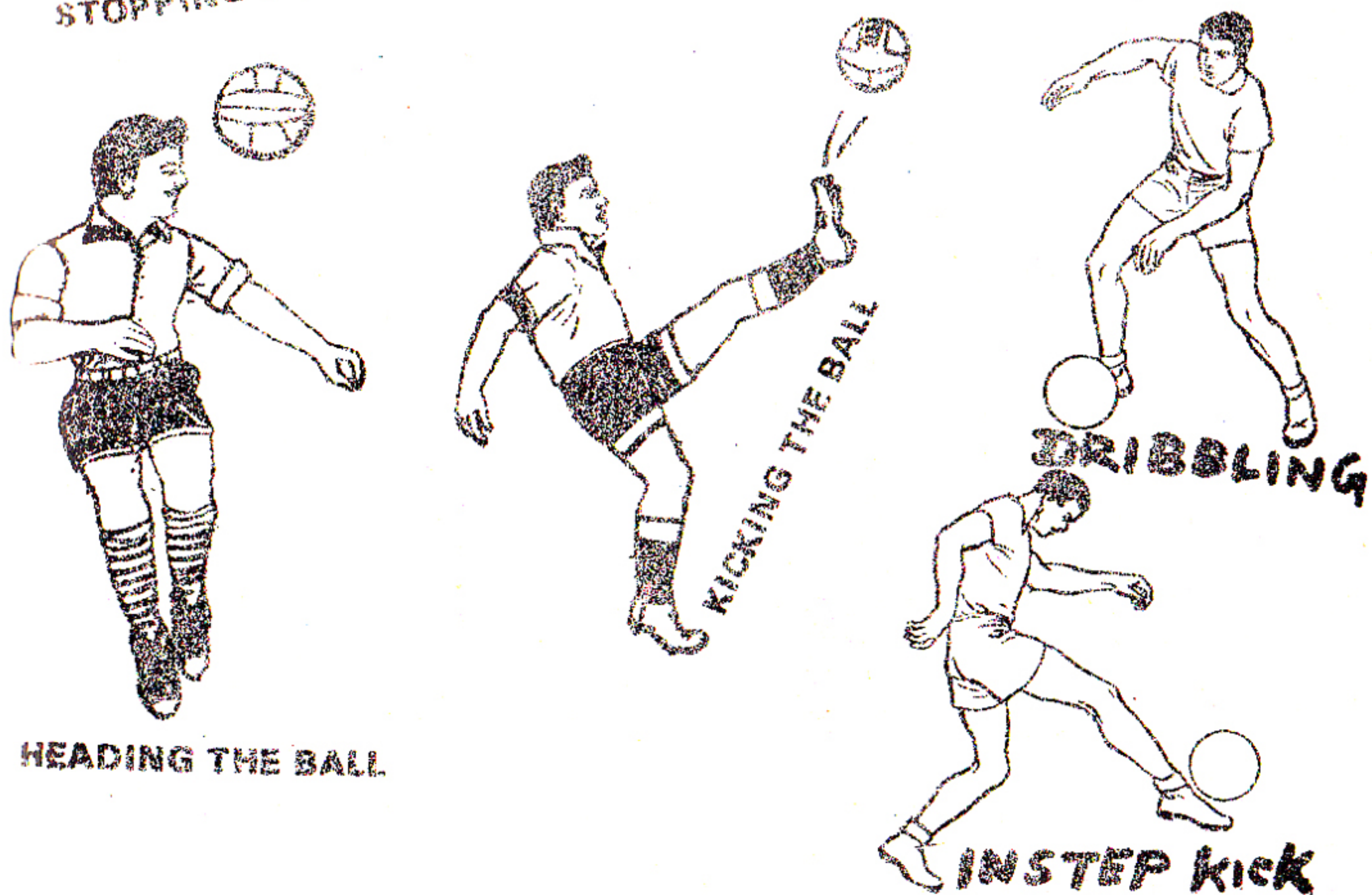


# FOOTBALL FIELD





# SOME SKILLS IN FOOTBALL





# KHO-KHO

1. Give the length and width of the Kho-kho ground?

The length of the kho-kho is 29m and the breadth is 16m.

2. What is the height and circumference of the Post and the distance between the two posts?

The height of the post is 120cm above the ground. The circumference is between 30 to 34cm. The distance between two posts is 23.60m.

3. What is central lane?

The rectangle 23.60m long and 30cm broad between the posts is dividing the play field into two halves, is known as the central lane.

4. What is square?

Each of the rectangle 30cm X 30cm formed the intersection of the central lane and cross lane is called a square.

5. What is cross-lane?

The intersecting of the central lane with 16m and 30cm broad at right angle at regular length is called cross lane. There are 8 cross lanes. (see the kho-kho ground).

6. What is the lobby?

The open space of 3 metres surrounding the limits of the play field is called the lobby.

7. How does the kho-kho game begin?

The game is started by the spin of a coin by the referee. The winner of the toss has a right to opt for either chasing or running.



**8. Who are called chasers?**

The players sitting in the squares are known as chasers.

**9. How will the sitting chasers sit?**

The eight sitting chasers will sit in the squares facing alternate directions, while the ninth player will stand near the post as an Active chaser.

**10. Who are called as runners in Kho-Kho?**

The players of the side other than the chasers are known as runners.

**11. How many players are there in a team?**

There are two teams in a match with 12 players in a team. Only 9 players in a team enter the field for a match. The other 3 players will act as substitutes.

**12. What is the duration of a Kho-Kho game?**

A match consists of 2 innings. An inning consists of chasing turn and running turn. Each turn consists of 9 minutes. The interval between turns is 5 minutes. But, the interval between innings is 9 minutes.

**13. Who are called defenders?**

Runner's side sends 3 runners each time to the field. They are called defenders.

**14. How do the defenders enter for play?**

The defenders enter the ground in a group of three from a particular place only.

**15. What is a Foul in Kho-kho?**

If a sitting or active chaser violates any rule, it is called a foul.

**16. Explain the rules for the chasers?**

(a) Active chaser should utter the word Kho loudly as



soon as he touches the sitting chaser by hand, from behind the sitting chaser.

(b) After giving a kho, an active chaser should sit down immediately on the square of the sitting chaser whom kho is given.

(c) After receiving kho, the chaser has to go in the same direction, which he has first selected.

(d) An active chaser has to run from one post to another post without crossing the central lane. He is not allowed to change direction.

(e) Sitting chaser should not get up unless he is touched at his back by the active chaser.

(f) Sitting chasers should sit in a manner which shall not obstruct the runners by extending his hands or legs.

(g) If an active chaser goes out of limits, he can reenter the ground but should follow the chaser's rules strictly.

## **17. What are the rules for the runners?**

(a) Runner's side shall send 3 runners each time from one side of the field.

(b) The next three runners are put out, if they do not enter the court before 2 khos are given by the chasing side.

(c) If the runners enter the court late or enter out of turn, they shall be declared out.

(d) A runner shall not touch the sitting chasers. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

## **18. When a runner is called out?**

A runner shall be declared out if he is touched by hand by an active chaser without violating any rules.



**19. How is the winner decided?**

The chasing side scores 1 point for each runner who is put out. The side that scores more points is declared as winner of the match.

**20. How will you solve a Tie in kho-kho?**

If the points are equal, one more inning shall be played. If again, the points are equal, an additional inning shall be played as follows. In the inning turn, as soon as the first point is scored, the turn shall be closed by the referee. The time for scoring of the first point shall be noted. The side that takes less time for this first point minimum chase, is the winner of the match.

**21. How will you continue to finish the incomplete match?**

If a match is not completed for any reason, it shall be continued with the same players, same officials, and the completed turns of each side, in the same session.

If the match is not played in the same session, the entire match will be replayed from the beginning. In the case, the players and officials need not be the same.

**22. How many officials are there in a match?**

One referee; Two umpires; One time-keeper; One scorer.

**23. What are the basic skills in the game?**

For the chasers : 1.To get up straight 2.Perfect kho 3.Judgement kho 4.Tap 5.Dive.

**24. How to substitute a player in a kho-kho match?**

Chasing team can substitute at any time during the match. But, the running team can substitute its players only before the start of the match.



**25. What is perfect kho?**

The active chaser should utter the word kho loudly and distinctly as soon as he touches the sitting chaser by hand, from behind him. At the time, his foot should have contact with the cross lane. This is called perfect kho.

**26. Explain the skill 'judgement kho'?**

The kho given by the active chaser near the post is called judgement kho. With the help of this skill, the runner is forced to leave the post and come in front of the sitting chaser. Then the sitting chaser easily gets up and makes out the runner comfortably.

**27. Explain the single chain skill in kho-kho?**

The runner runs in a zig zag manner from one post to the another post, from the back of the each sitting chaser. (see the diagram) This is called single chain method.

**28. What is 'Double chain' skill?**

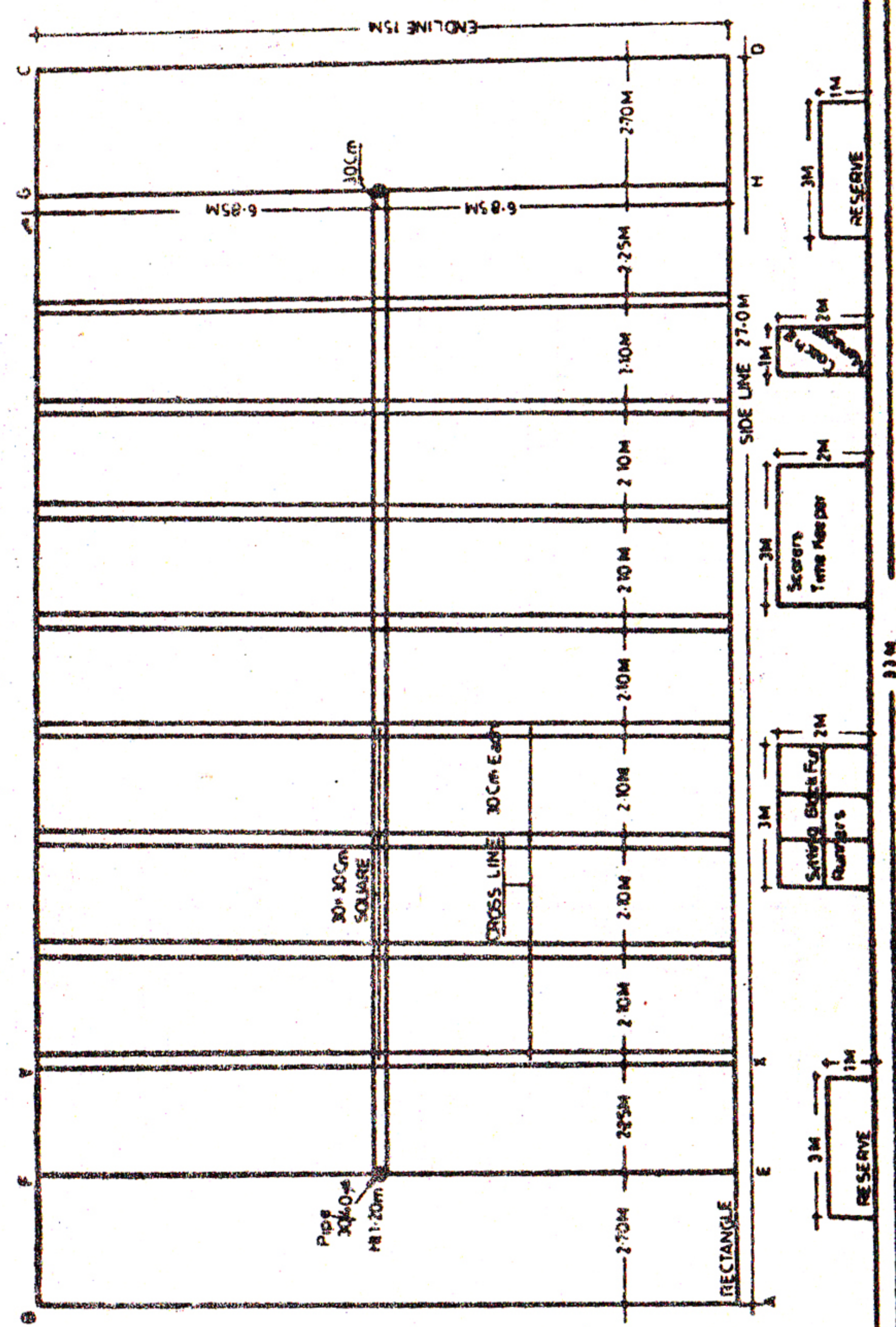
In this skill, the runner runs behind the back of every 2 sitting chasers with zig zag running. (see the diagram).

**29. Explain the skill turn in kho-kho?**

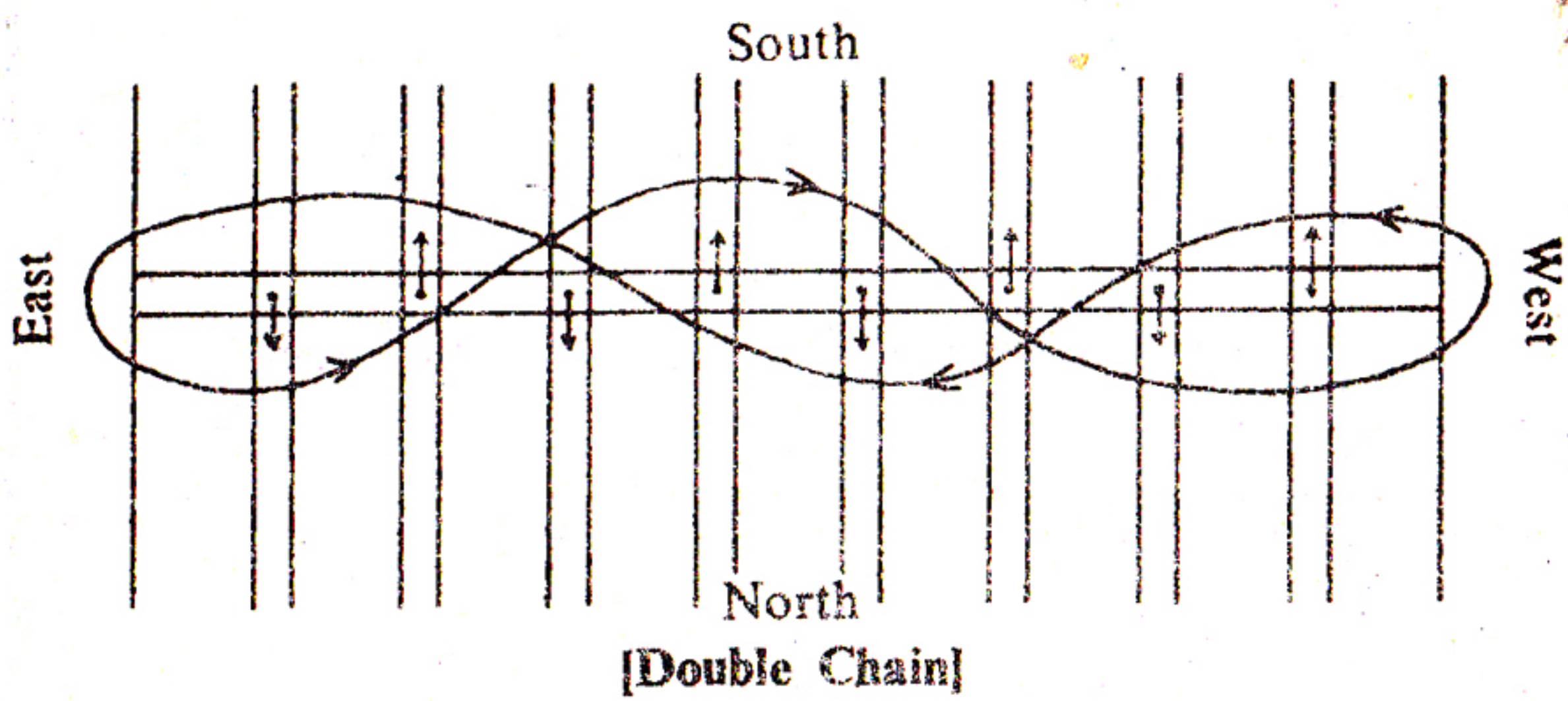
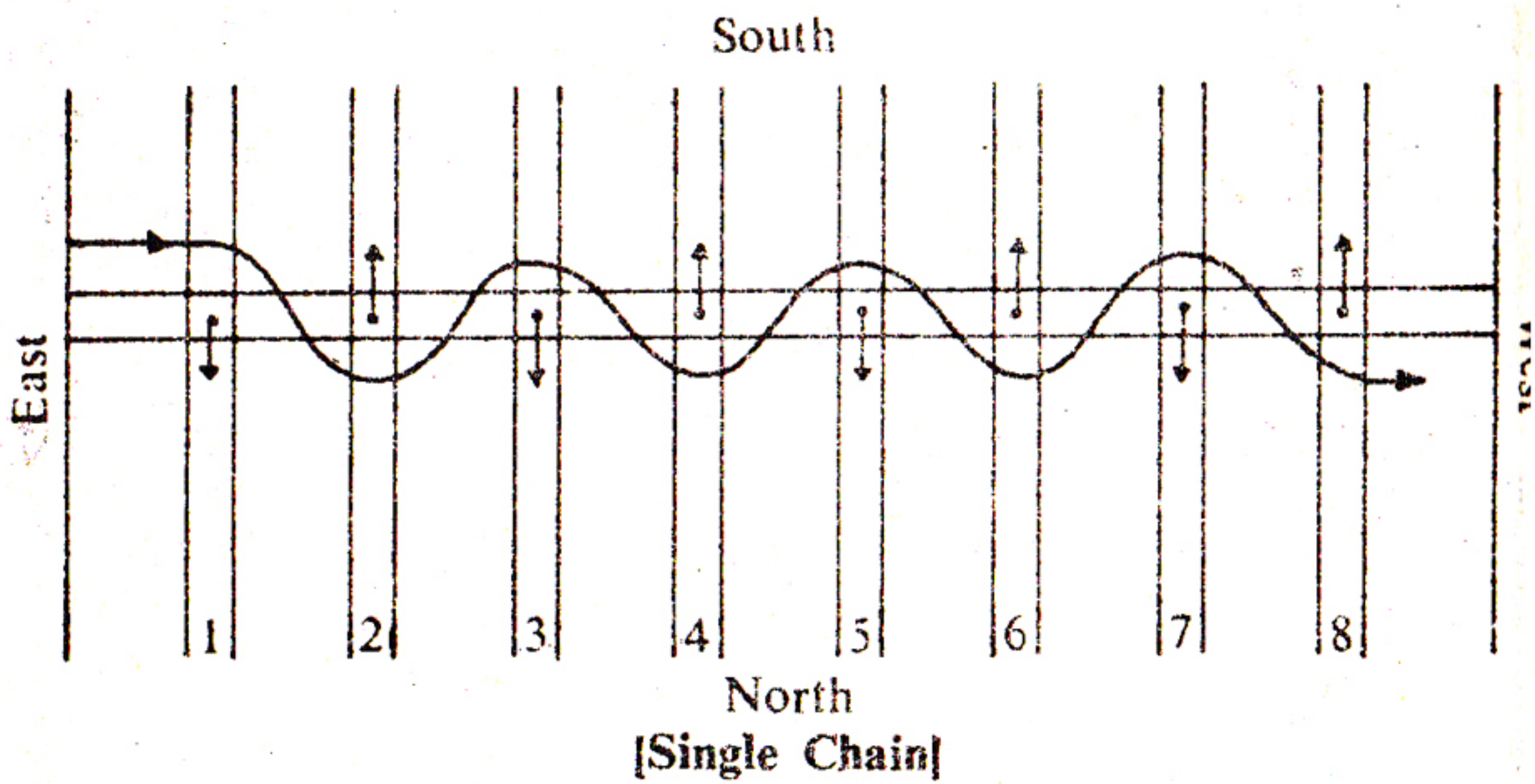
When the active chaser is trying to touch the runner, the runner goes to side and starts running in the opposite direction in order to escape from the chaser. This is called turn.



LOSSY ALL  
AROUND  
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# TABLE TENNIS

1. What is the length and breadth of a Table Tennis Table?

The length of the Table is 9 feet (274 cms) width is 5 feet (152 cms) and the height from the floor is 2 1/2 feet. (76 cms).

2. What is the size of a Table Tennis ball?

The circumference of the ball is 11.43cm to 12.06cm (4 1/4 to 4 3/4"). The weight is between 2.40 to 2.53 grammes. The ball is made up of celluloid of similar plastic white colour.

3. What is the length of a Table Tennis net?

The length of the net is 6 feet (183cm). The height of the net is 6 inches (15.25cm)

4. What are the grips of holding the racket?

Two types : 1. Pen holder grip                      2. Tennis grip

5. How is the winner decided in a match?

The team which scores 21 points first will be announced as winners. If both teams score 20 points each, the team first scoring 2 points more than the opposing team will be the winner.

6. What are the types of service in Table Tennis?

1. Simple service.    2. Top spin service.    3. Bottom spin service.    4. Mixed spin service.

7. What are the rules for a good service?

For a good service, the ball should be placed on the palm of the free hand, which should open and flat, with fingers together and thumb free. Then the server shall project the ball and do the service. At the time of service, the ball should be always visible. The ball shall be struck



so that it touches first the server's court and then passing directly to the opponent's court without touching the net. It is called good service.

**8. What is a good return?**

The ball after having been served should be struck so that it may pass directly over or around the net and it should touch directly the opponent's court.

**9. What are the fouls in the Table Tennis game?**

1. If the ball touches the receiver's hand, wrist, body or his dress etc. 2. If a player strikes the ball twice successively. 3. If the player touches the surface of the table. 4. If the receiver smashes the ball before it touches his table are the fouls in the game.

**10. When does a player lose his point?**

When a player or a team loses point:—

1. If he is unable to make a good service. 2. If he fails to make a good return. 3. When he is playing, his other hand touches the table. 4. If he returns the ball with volley.

**11. What is Let?**

1. If a service is good but the ball touches the net and falls correctly in the other court. 2. When the service is delivered and the opponent is not yet ready to play the ball. It is called let.



DOUBLE LINE

76.25cm 2Ft. 6in

274cm  
(9 Ft.)

NET

POST

152.5cm

(5 Ft.)



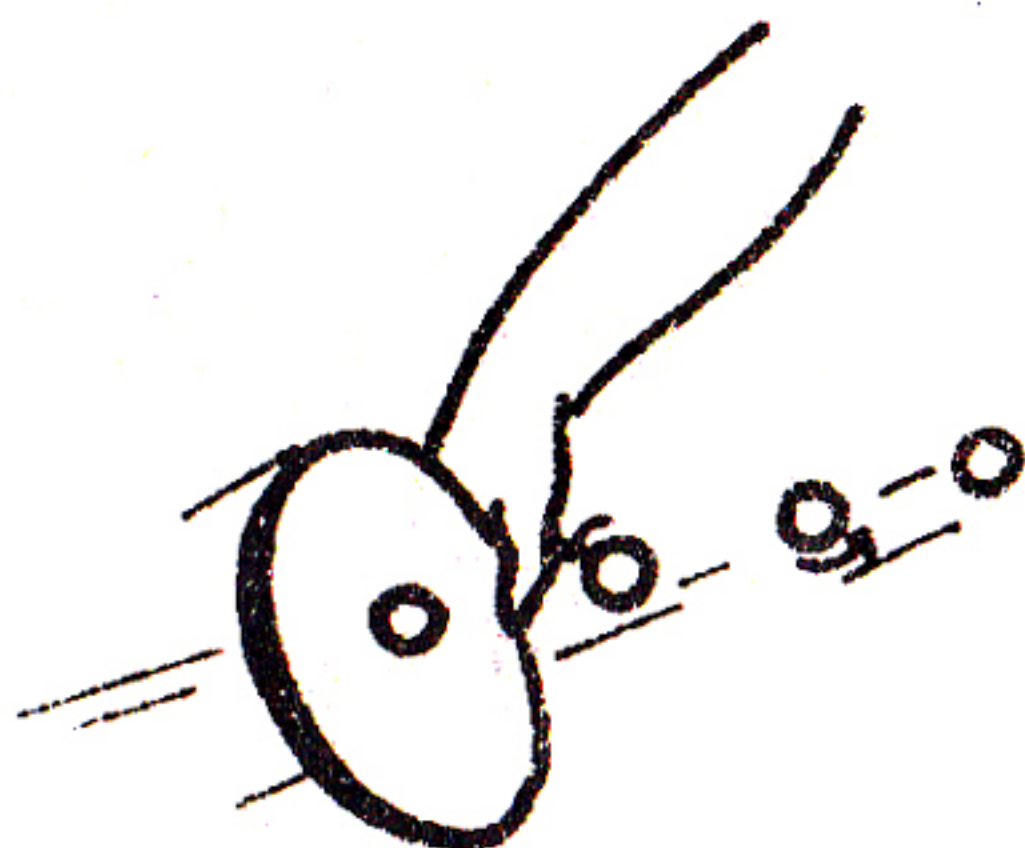
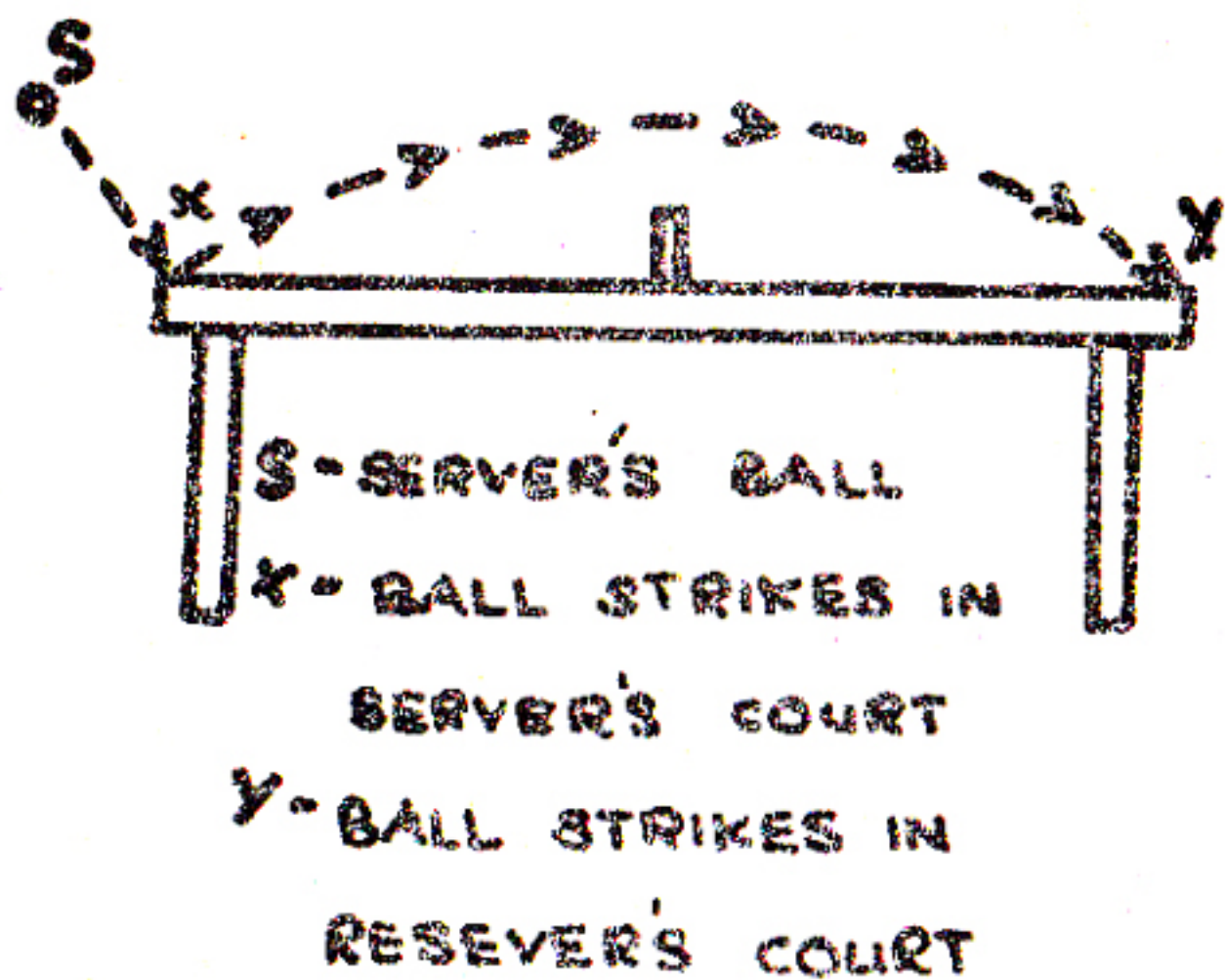
# TABLE TENNIS



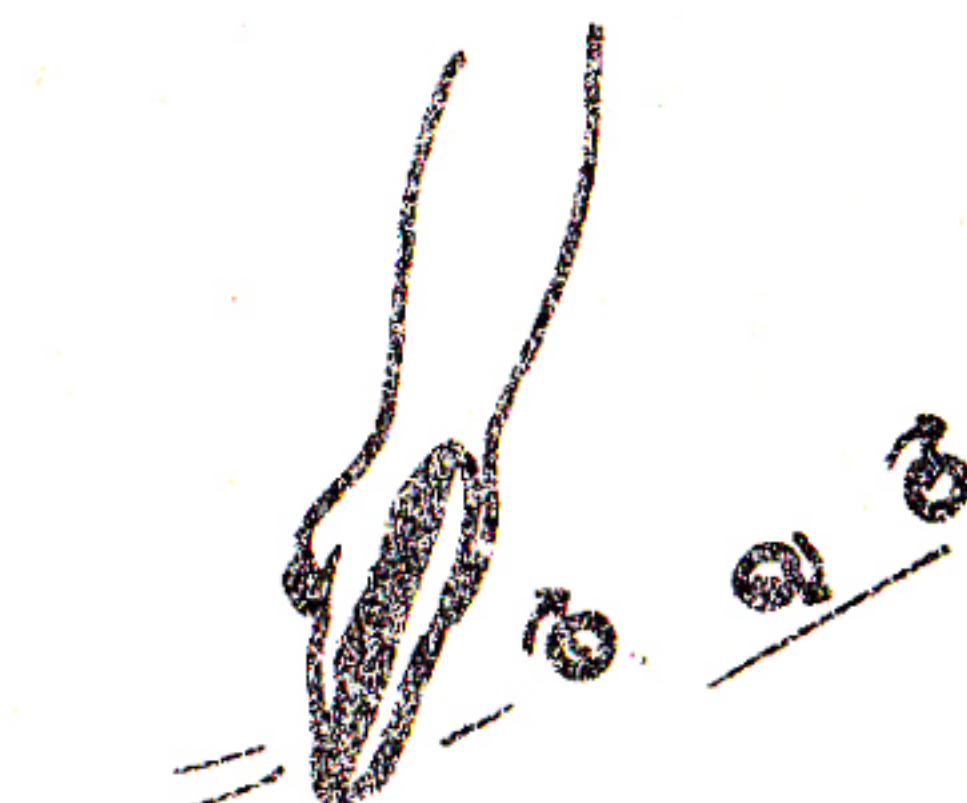
BACKHAND



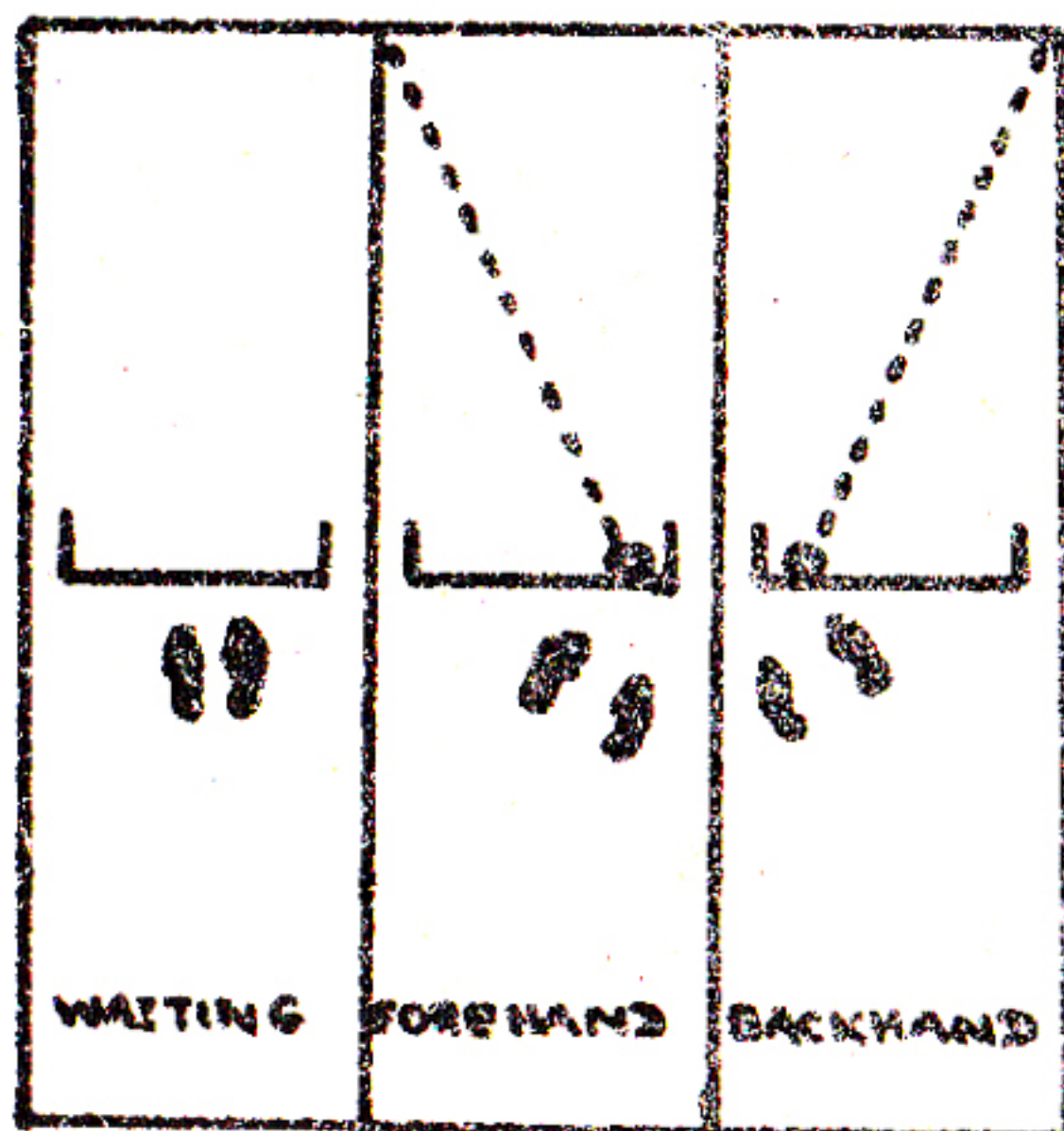
FOREHAND



BACKSPIN



TOPSPIN





# DISCUS THROW

1. **What is the meaning of the word Discus?**

Discus comes from the ancient Greek word Discos, means Thing for throwing. Probably just a rough stone.

2. **What is the weight of discus used for the Competition?**

For men, minimum weight is 2 Kg. For women, 1 Kg. For Senior boys 1.5Kg.

3. **How is the discus constructed?**

Wood and Brass are used to construct a discus. The sides and centre portion of the discus are made by brass. The remaining portion is wood.

4. **What are the qualities of a discus thrower?**

1. Good height 2. Strong body 3. Powerful arm strength 4. Balancing ability.

5. **State the basic skills in discus throw?**

1. Hold 2. Standing Position 3. Swings 4. Rotation or turn. 5. Delivery or release 6. Balance.

6. **How do you hold the discus for the throw?**

The discus is held against the palm with the first joint of each finger over the rim of the discus. The fingers are slightly and about evenly spread and grasp the edge firmly. The thumb is flat against the discus extending in a line with fore arm. This method provides for balance and helps easily to the spin as the discus leaves the end.

7. **Explain the 'swing' skill in discus throw?**

The thrower takes two or three preliminary swings. During swing, the discus is carried from left hand shoulder to the backside of the right hand. When the swing is taken, the weight of the body comes on the left leg and the right heel goes upwards.



**8. What is the main aim of the swing?**

The main aim of the swing is to get ready physically and mentally for the throw that is to develop the speed in the body, and keep the balance steady.

**9. What is turn in discus throw?**

The thrower places himself back to the line of direction in the throwing circle, and runs across the circle, getting into a strong throwing position is called a turn or rotation.

**10. What is pivot style in discus throw?**

The weight of the body is transferred from one leg to the other with half turn. Always this pivot turning is done on the toes only.

**11. How the discus should be released?**

The angle of release of the discus is approximately 30 degrees and the release is done by the first finger which imparts a clockwise spin to the discus.

**12. What are the throwing Conditions placed upon the thrower?**

The thrower must throw the discus with full speed within the 8' 1/2" diameter circle, and the discus must fall within a 40 degree sector.

**13. What are the basic rules in the discus throw?**

1. The Competitor should not use his personal discus. 2. He should not tape his fingers. 3. He should not step over the ring of circle. 4. The discus should fall within the edges of the sector line. 5. Best throw will be measured out of his six throws.

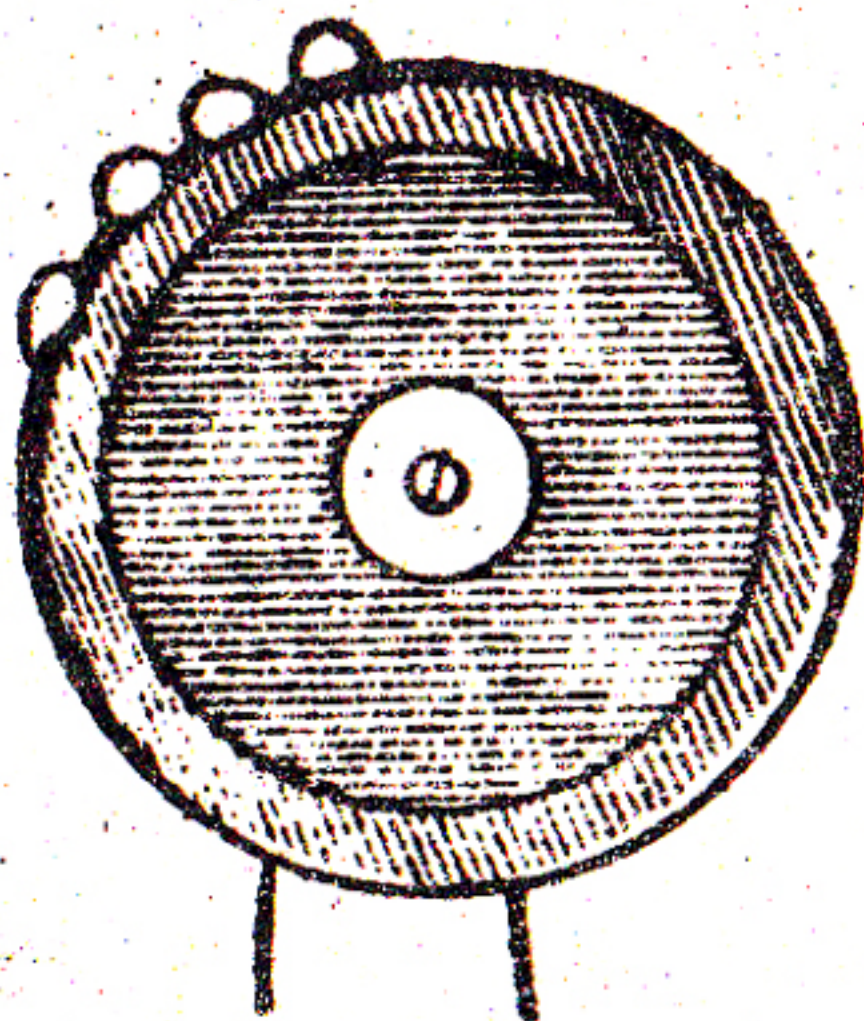
**14. How will you break the tie in Discus throw?**

In case two or more competitors are equal, then the **Second best** throw is considered. If the tie still remains, then the **Third best** will be considered and so on.





**SHOT PUT GRIP**



**DISCUS GRIP**



**Over-shoulder**



**Finnish front**



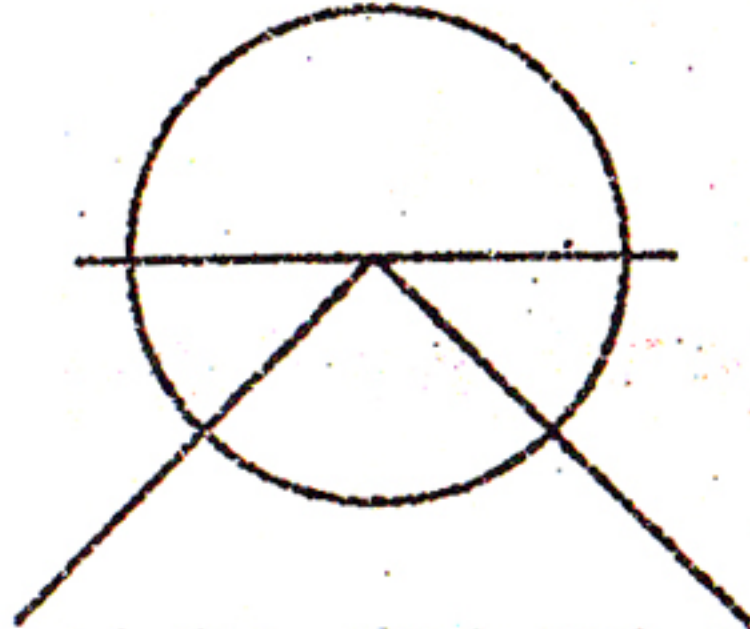
**Underarm**

**JAVELIN GRIP**



# SHOT PUT

## 1. The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

## 2. What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys below 18 years 5Kg.

## 3. How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

## 4. What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing  
4. Glide 5. Throw 6. Release 7. Followup and balance

## 5. Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck; the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## 6. What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg arm co-ordinations 6. Balancing.

**10. What are the fouls in shot put?**

1. The shot is thrown by both hands. 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.



## TRAINING AND WARM-UP EXERCISES FOR THE RUNNER



### *Abdominal Exercise.*

With knees straight, scissor kick the legs.



### *Arm and Shoulder Girdle Exercise.*

With body straight, touch chest to the ground, and then push up to arms-extended position.



### *Leg and Back Exercise.*

From an erect position, arms extended sideways, touch left toe with right hand, and repeat to other side.



### *Trunk-Stretching Exercise.*

Rotate the trunk as far to the right as possible, and repeat to the left



### *Hip-Flexibility Exercise.*

Rotate the legs as in riding a bicycle. Start slowly and increase speed.



### *Knee-Lifting Exercise.*

Run in place, lifting the knees as high as possible



# TRACK AND FIELD

**How many lanes are there in a Standard Track?**

There are 8 lanes in a standard track.

**What is the breadth of a lane?**

The breadth of lane is between 1.22m and 1.25m.

**What are the main types of running?**

There are 6 types of running.

(a) Short distance running : 100m, 200m, 400m

(b) Middle distance running : 800m, 1500m

(c) Long distance running : 5000m, 10,000m

(d) Hurdle races : 110m, 400m

(e) Relay races : 4 x 100m, 4 x 400 m

(f) Marathon race : 42, 195m

**4. Explain the skills of short distance running?**

1. Start 2. Strides 3. Finish

**5. What are the main types of start?**

1. Standing start 2. Crouch start

**6. How many divisions are there in crouch start?**

1. Bunch or Bulet start

2. Medium start

3. Elongated start

**7. Give brief explanation about the various starts?**

**1. Bunch Start** :— The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

**2. Medium Start** :— The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start :-** In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

**8. What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

**9. What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

**10. Why is starting block used?**

Starting block helps the athlete to make a quick start.

**11. Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

**12. How is the winner decided in 100m dash?**

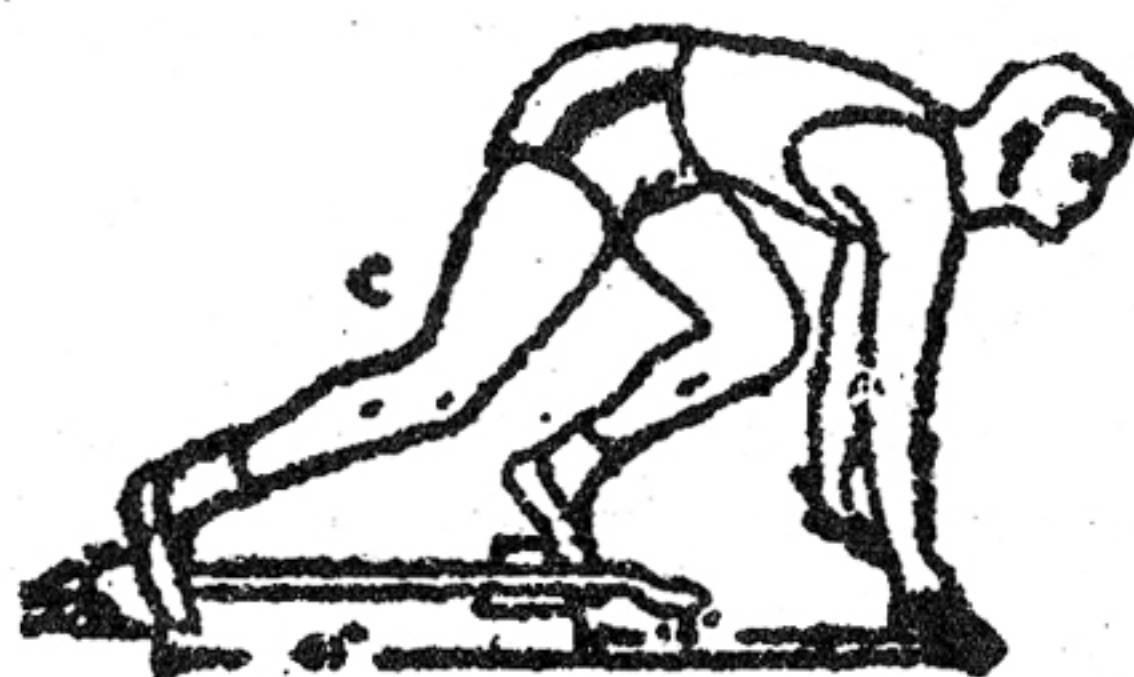
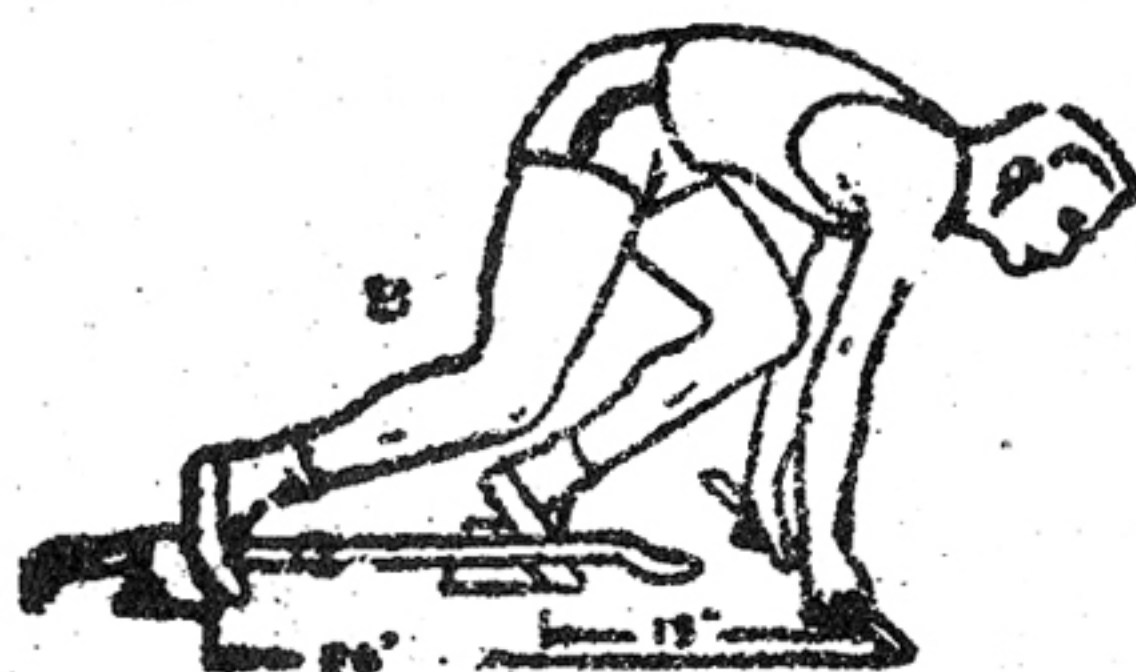
As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

**13. Which is the fastest start in 100m running?**

The bunch start is the fastest start.



# STARTING METHODS:



SITTING POSITION BEFORE START



ON YOUR MARKS:

SET:

GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

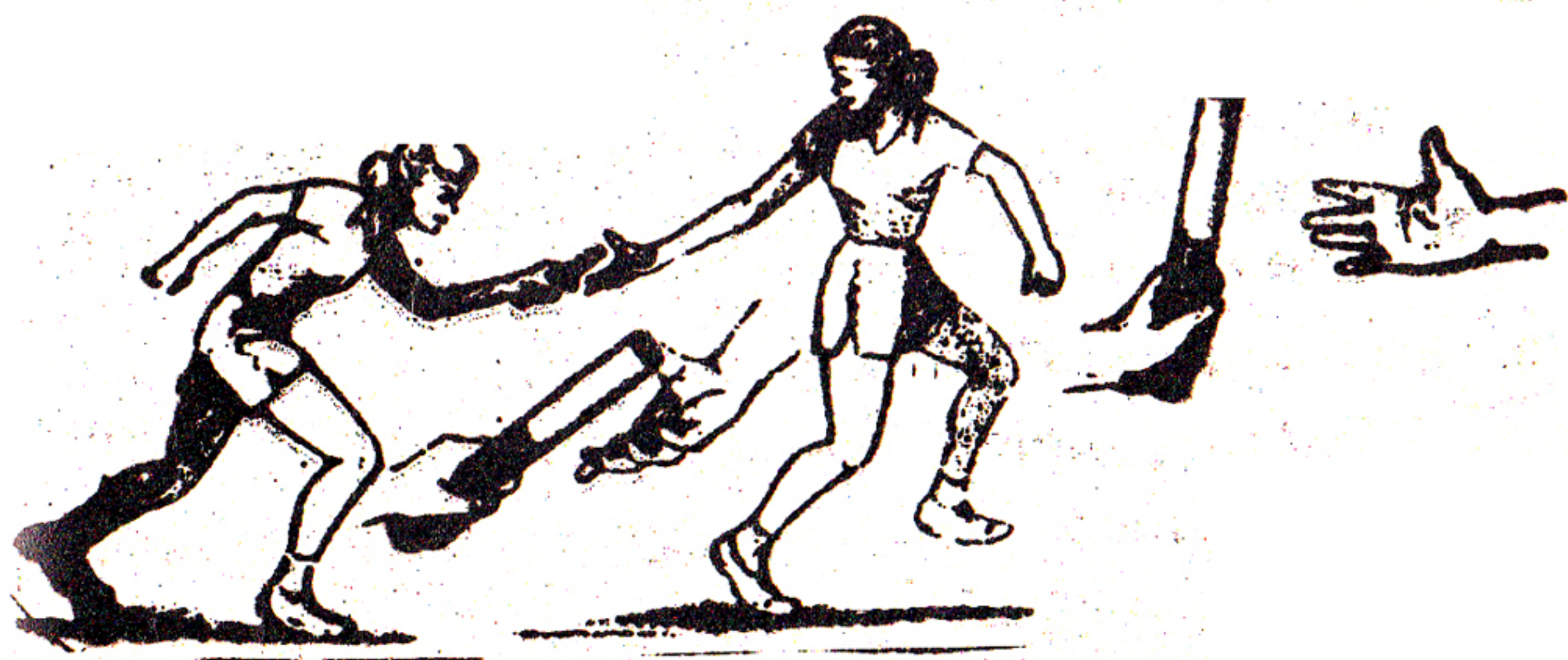
## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.







# LONG JUMP

1. What are the measurements of a landing area in long jump?

The length and breadth of Long Jump area is 9 metre X 2.75m (29.6" X 9 feet).

2. State the measurements of the runway and a take off board?

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22 long, 20m wide and 10 cm deep.

3. Explain the main skills of long jump?

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. What is approach?

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. What is the main aim of take-off in long jump?

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or board is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. Must a long jumper jump from one foot?

Yes, No double foot take-off is allowed. The 'somer-sault' technique also is prohibited.

7. What are the common styles of walking in the air?

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style.



**8. What is the aim of walking in the air technique?**

The basic flight technique is the hitch-kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

**9. How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

**10. What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 1 1/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If he or she takes take-off with both feet together.

**11. How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, six trials will be given to them.

**12. A competitor wishes to put a hand kerchief on the take off board or in the pit. Is it correct?**

No., As per the rules, the competitor cannot place a hand kerchief on the take-off board but he can place it on the side of the run way.

**13. What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the tie is decided.

**14. How many steps one can take for the approach run in long jump?**

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

**1. What is high jump?**

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

**2. What is the distance between the two upright stands?**

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high jump should be marked by between 20m to 25m radius.

**3. What are the qualities of a good high jumper?**

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

**4. What are the various jumping styles in high jump?**

1. Scissor style.    2. Eastern cut off    3. Western roll
4. Straddle method    5. Fosbury Flop.

**5. What are the basic skills in high jump?**

1. Approach    2. Take-off    3. Crossing the bar
4. Landing.



**6. Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. Without foam mattress, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point.

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

**12. How will you break the tie for the first place in high jump?**

1. The Competitor with the **lowest number of jumps** at the height at which the tie occurs, shall be awarded the first place.

2. If the tie remains, the competitor with the **lowest total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

3. If the tie still remains, if it is for the first place the tying competitors shall have one more jump at the height at which they failed.

4. if no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced

5. if the tie concerns with any other place, the competitors shall be awarded the same place in the competition.

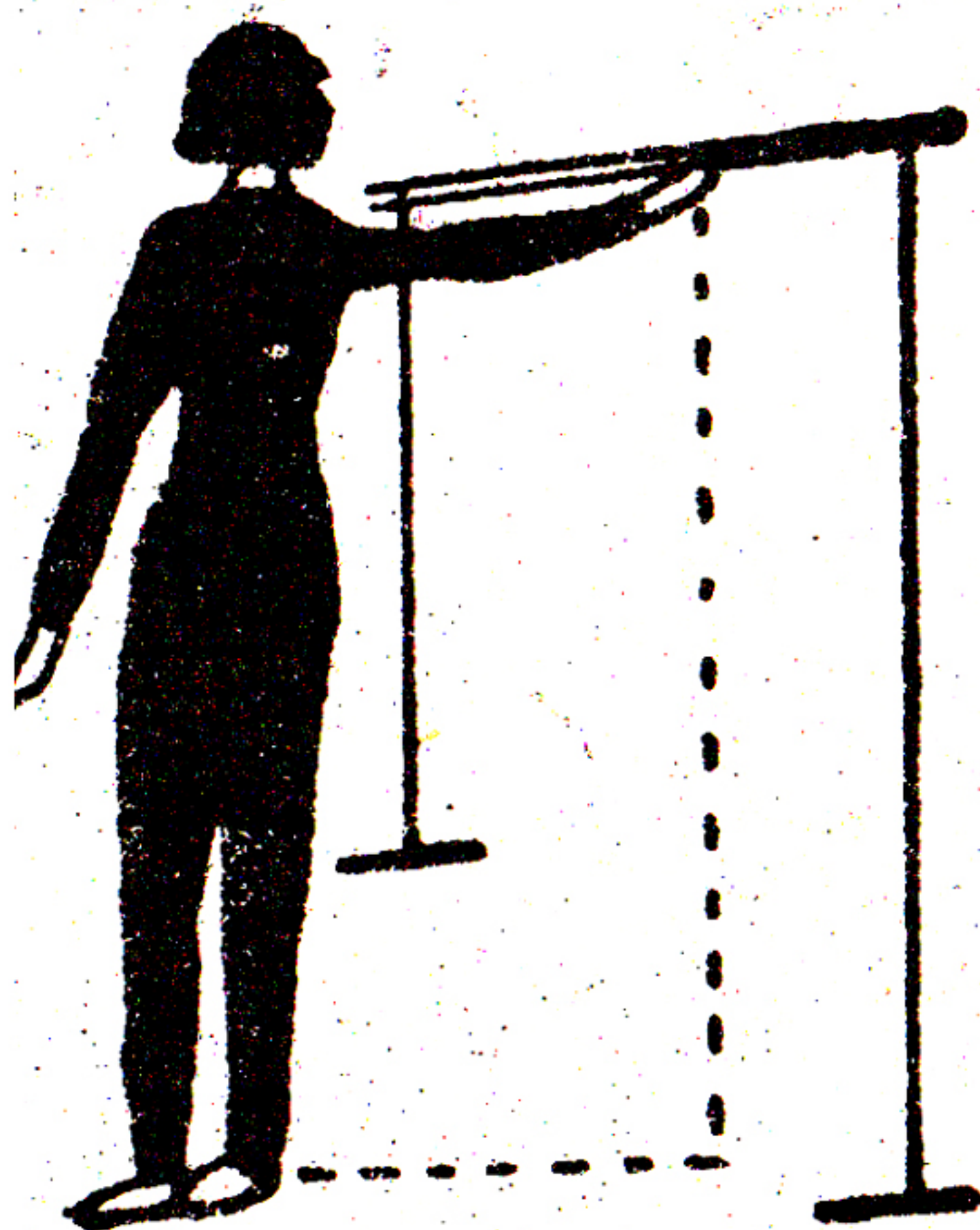


**SAVASANA**





The Running Broad Jump.

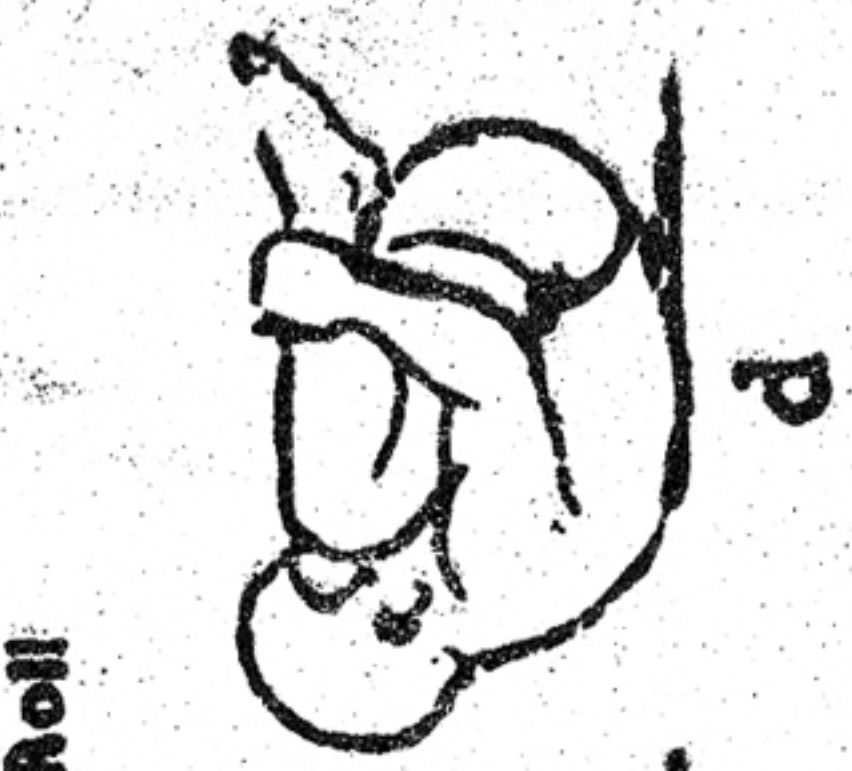


Measuring takeoff

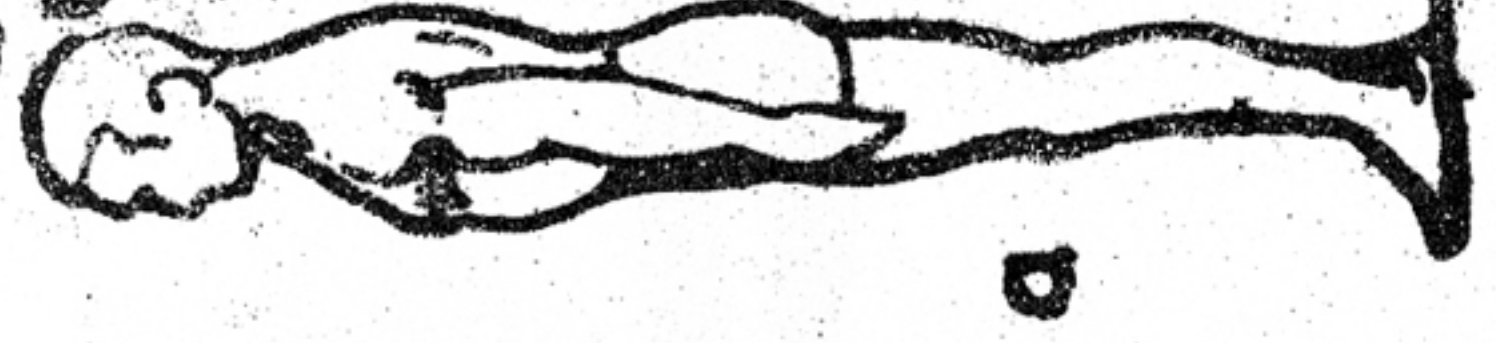




Forward Roll



Backward Roll





# ASANAS

## 1. DHANURASANA

Dhanus means bow in Sanskrit. This asana in the final position seems to be bent bow. The stretched arms and legs resemble the string of the bow while the trunk and thighs resemble to bow.

### BENEFITS

1. It strengthens the muscle of the thighs and buttocks and also the abdomen region.
2. It expands and develops the chest and also increases the lung capacity.
3. It reduces the excess fat around the waist.
4. It promotes digestion and relieves constipation.
5. It will improve the posture.

### STARTING POSITION

Lie prone on the ground with chin resting on it and the arms placed along the side of the body.

1. Raise the hand.
2. Bend the legs in Knees Joints.
3. Grasp the ankles in the corresponding hands.
4. Raise backward the chest and the thighs resting the whole body on the abdomen.

## 2. YOGA MUDRA

Mudra means Symbol or gesture in Sanskrit.

### BENEFITS

1. It tones up the nervous system in general.
2. It strengthens the lungs and stimulates circulation of the blood.
3. It broadens the chest and makes the shoulder flexible.



4. It strengthens the internal organs like small intestines, kidneys, spleen.

Return to position ... Two.

### **3. PASCHIMOTTASANA**

PASCHIMA means BACK, UTASANA means STRETCH OUT in Sanskrit. It means, stretching the posterior region of the body.

#### **BENEFITS**

1. It massages the heart and the abdominal organs.
2. The joints of arms elbow, shoulder, legs ankles and hips become more elastic.
3. It is a good remedy for constipation and removes digestive disturbances.
4. It prevents several intestinal disorders.
5. The legs become firm evenly.

### **4. TRIKONASANA (The triangle posture)**

Trikona means triangle in Sanskrit.

The two legs and the floor resemble the three sides of a triangle in the final position of this asana.

#### **BENEFITS**

1. It strengthens the spine and keeps it flexible.
2. It removes stiffness of the muscles of the thighs and calves.
3. The muscles and nerves of the neck are toned up.
4. Adrenal glands are stimulated.
5. It reduces excess fat in the abdomen, waist and hip.



## 5. SUPTA VAJRASANA

Supta means asleep in Sanskrit. Supta Vajrasana is lying down spine in Vajrasana.

### BENEFITS

1. It brings in a fresh supply of blood to the abdominal region.
2. It expands the chest and increases the mobility of the throat.
3. It sets right minor deformities of the spine.
4. The joints of the ankles and knees become more flexible.
5. The feet and toes become more strong.

### STARTING POSITION

1. Start from vajrasana bring the knees close to each other.
2. Lie on the back supporting the shoulders with palms of the hands the elbows bent over head. And then return the position.



SUPTA VAJRASANA



## **MINOR GAMES**

### **1. Clasp Tag**

Players are spread out within the play area. IT runs in and tags the players. Those tagged, hold the waist of one another, this forming a CHAIN and under the direction of IT, try to touch the rest.

### **2. Crows and Cranes**

Players are divided into two groups of equal number and are named crows and cranes. They stand in their respective groups on two starting lines 6 feet apart, facing each other.

The teacher calls out in prolonged tone, CR...R...R...R.. and ends as ANES (cranes) or ROWS (crows) when cranes or crows whichever is called, dash back to a given line, 20 metres away from the starting line and are chased by the other group. Those who are tagged, join the other side. Repeat the game four times and the team that has the largest number at the end, wins the game.

### **3. Luggage Van**

Trains are formed by the five players holding the waist of one another in file. Three such trains are formed. One is selected as the Luggage Van. This van is away at a distance of 10 metres from the trains.

On signal, the luggage van tries to attach itself with the tail end of one of the trains, by hooking his arms around the waist of the last player in the train. The front player in the train with outstretched arms jumps about, turning the train to and from to avoid the luggage van. The luggage van tries all the three trains and if it succeeds the player at the head of the train becomes the next luggage van.



#### **4. Pump pump pull away**

Divide the players into two equal groups and make them stand in two parallel lines with a distance of 100 feet.

IT stands in the centre and calls the two groups – TRY TO ESCAPE FROM ME. The two group members try to pass over IT and reach the other end line without being tagged by IT.

If anybody is tagged by IT, joins with IT and they will shout like this. TRY TO ESCAPE FROM US.

Repeat this game four times, and anybody is safe without being touched, will be the new IT and thus continues the game.

#### **5. Over and under Relays**

Relay teams stand in a file behind the starting line. The first player in each team is provided with a ball. On signal, the first player passes the ball backward over his head and the second passes the ball backward under his legs, thus alternating over and under.

The last man who receives the ball, runs up in front to the returning point, comes to the head of his team and passes the ball over.



# 1. MARCHING

Marching is taught to move the student groups from one place to another place in an orderly manner. It helps children to walk with erect posture. Marching can produce spectacular and group effect.

## POSITIONS AND EXPLANATIONS

### 1. Attention: (Command: Class.. Atten.. tion)

On hearing the command, the class will come to the following position.

Heels closed, toes turned out at an angle of 30 Degrees. Knees pressed in straight, body erect resting equally on hips; shoulders in level; chest forward; abdomen in; Arms hanging down, fingers half closed; thumb in front, neck erect, head balanced, eyes looking at their own height, breathing freely.

### 2. Stand at ease:

At the command, carry the left foot 12 inches to the left, so that the weight of the body rests evenly on both the feet. At the same time, carry the hands behind, and the palm of the right hand should be in the palm of the left hand, grasping it firmly with the fingers and the thumb. Arms should be allowed to hang at their full length.

### 3. Stand Easy:

In this position, relax the limbs. Head and body may move; but the students should not move their feet.

Talking, turning back, and using hand-kerchief are not permitted. This position gives the students short rests among the strong movements.

### 4. Dressing up:

(Command: Right Dress or Left Dress)

On hearing the command, the shortest student at the flank will stand erect and face towards the front. Each student except him, will move up forward or backward to get in correct alignment.

To dress correctly, each man must be able to see the lower part of the face of the student next but one to him.



According to the command, the students will dress up in right side or left side.

**5. Eyes Front**

When the squad (students) is dressed correctly, the teacher will give the order EYES FRONT; on which, all students look to their front, turning their head smartly.

**6. Right - Turn**

The movement is carried out on a Tow COUNT action with a pause between.

COUNT: 1 Slightly raise the left heel and right toe and turn the body 90 degree ( $1\frac{1}{4}$  circle) to the right.

Pause: Raise the left foot UP

COUNT 2: Close with the left foot assuming the position of ATTENTION.

**7. Left - Turn**

The movement is the opposite of Right Turn.

**8. About - Turn**

It is always made on the RIGHT, unless otherwise stated, and the turn is circle to the right.

**9. Mark - Time March**

On receiving the command, the class will begin marking time, lifting the left foot and right foot upward alternately.

Legs should be raised to 6 inches from the ground, knees to the front, hands to the sides, chest forward, head up looking to the front

The leader may give command 'Left - Right' or One - Two'.

**10. Mark - Time Halt**

The Command HALT is given as the right foot touches the ground. ( in two count Rhythm)

Count: ONE: The left foot takes a step forward.

Count: TWO: The right foot is brought up in a line with the left foot with a stamp and at the same time the hands are cut away smartly to the position of attention.

**11. Salute**

On command, bring the right hand smartly with a circular motion to the head; palm to the front fingers extended; point of the forefinger one inch above the right eye. Keep the tip of the fingers, wrist and elbow in a straight line.



# BODY BUILDING EXERCISES

1. 1 Arms forward bend and heels - Raise.  
2. Arms sideward fling and knees full - Bend.  
3. Same as One.  
4. Position.
2. 1. Arms forward raise and left forward - Step.  
2. Left arm sideward fling, right arm over head place and left sideward - Lunge.  
3. Same as One.  
4. Position.
3. 1. Arms forward raise and left forward - Step.  
2. Arms upward raise, right forward - Lunge  
3. Same as One.
4. 1. Arms sideward raise and left sideward - Step.  
2. Arms sideward raise and left sideward - Lunge  
3. Same as One.  
4. Position.
5. 1. arms sideward, upward raise and left - Step.  
2. Arms sideward lower, right sideward lung, and trunk right sideward - Bend.
6. Starting Position - Attention.  
1. Left arm forward and upward wing and right leg upward to the rear kick.  
2. Position.
7. 1. Jump astride with the left foot forward and right arm forward and left arm backward - Raise.  
2. With a jump - Change.  
3. Same as One.  
4. Position.
8. 1. Arms sideward raise and half squat.  
2. Arms sideward and full squat.  
3. Same as One.



4. Position.

a Starting position, arms sideward and feet apart.

1. Trunk forward downward bend and with both hands left ankle grasp.

2. Position.

10. 1. Neck firm - left leg forward place.

2. Trunk forward bend and with the left leg forward - **Lunge.**

3. Same as One.

4. Position.

11. Starting position - full squat, Hands on the floor between knees.

1. Support on hands, legs sideward on hand and trunk downward bend.

2. Position.

12. 1. Arms upward - **Bend.**

2. Arms sideward and backward.

3. Arms upward bend and head raise.

4. Position.

13. 1. Arms forward upward raise and left foot sideward - **Step.**

2. Head and trunk backward - **Bend.**

3. Head and trunk - **Raise.**

4. Arms sideward downward and foot - **Replace**

14. 1. Left knee raise and clasp.

2. To touch the knee with the head trunk forward - **Bend.**

3. trunk - **Bend.**

4. Position.

15. 1. Hands touching the ground between legs full knee- **Bend.**

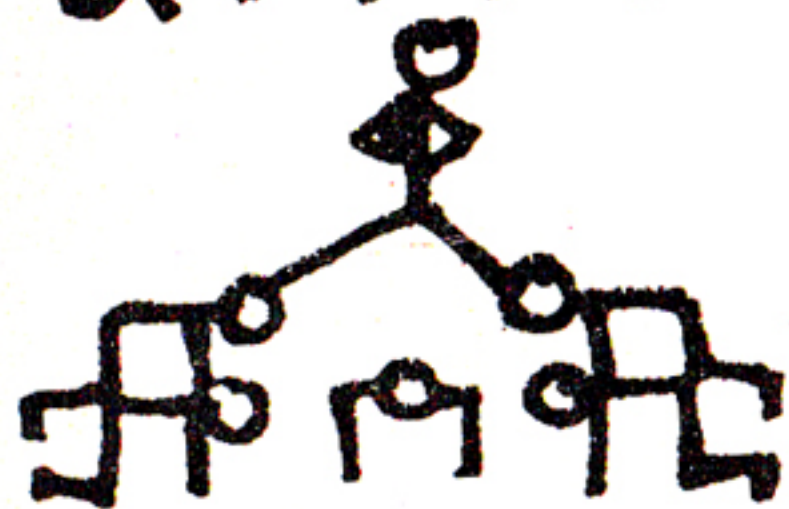
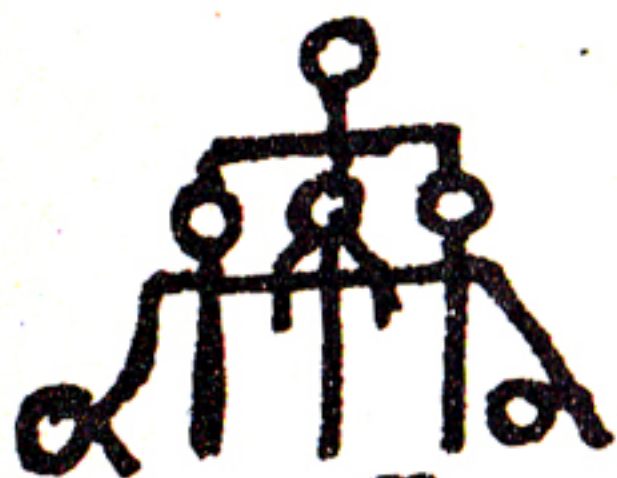
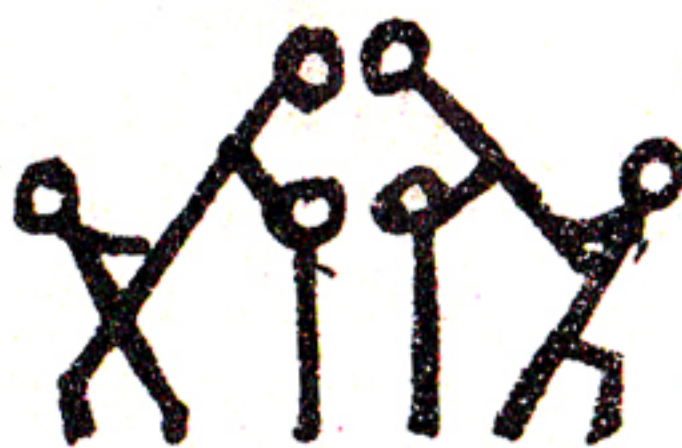
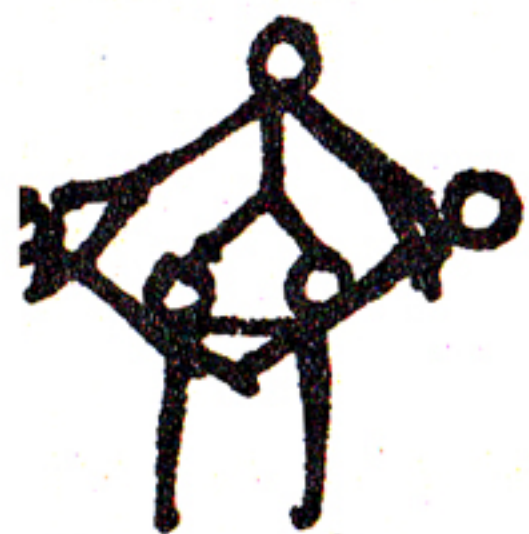
2. Left leg sideward - **Stretch.**

3. Left leg replace and full knee - **Bend.**

4. Position.



## PYRAMIDS





## 1. What is health?

Health is basic to life. Life is for living. Health has been defined as a state of complete, physical and mental well being. The mere absence of a disease or deformity is not health. So, health is wealth.

## 2. What is personal health?

All human beings try to achieve in life. All like to enjoy their life to the fullest extent. Life can be enjoyed through good health. Good health depends upon the good personal health habits.

Most of personal health habits are the outcomes of our religion and culture and our own family. Care of body, care of teeth, feet, nails, good habits regarding diet, rest, exercise, work are called good personal health habit.

## 3. What are the advantages of personal health?

An unhealthy person cannot live happily and he cannot make proper use of his life. He is a burden to his family and his society and nation.

Personal health alone can produce good posture and good personality. We are the right royal members of the society. We build our nation strong by being strong and healthy. So, personal health is a means to an end, a medium that aids in achieving noble purposes, and contributes to an enriched living. Health is every body's business. so each person has a responsibility for the health of others in the family, community, nation and world.

## 4. What is mental health?

Mental health is one that is able to make proper adjustments in solving many problems of life as and when they arise and still feel happy.



**5. What are the ill effects of smoking?**

Smoking increases the risk of cancer of the lungs and lips. Smoking damages lungs, stomach, heart and circulation. Smoking costs money. It looks like little is spent. But it adds up to a lot. It affects the family food budget.

**6. What are the chief functions of food?**

1. The first main function of food is to provide the materials necessary for the growth and building up of the body and also for its repair.

2. The second function of food is to provide fuel for the generation of energy in the human body.

3. The third is to provide those regulating factors which keep the reaction running at the right rates, and keep the conditions inside the body within the zones of delicate adjustment which the life process requires.

**7. What is a balanced diet?**

Diet is a combination of different food stuffs. Food substances collect in correct proportions for a meal is called balanced diet.

**8. Write short notes on Disease?**

The word disease is divided into two words like dis + ease, it means uncomfot. So, we can say like this, disease is the state of body in which one or more of its parts fail to do their work properly.

**9. What are communicable diseases?**

Communicable diseases are caused and spread through air, food, water, insect bites and through physical contact.

**10. What are the chief characteristics of the communicable diseases?**

1. Each communicable disease has fixed time limit during which the man remains ill.

2. It spreads from one person to another.



3. If a person suffers only once from one type of disease, he becomes immune to it.

4. Each disease is caused by different kinds of germs.

#### **11. What are the symptoms of communicable diseases?**

1. The sick person's temperature rises very often which produces poison in the body. Consequently, the heat producing and heat discharging arrangements in the body becomes inactive.

2. The man feels cold even in high temperature.

3. Small red rashes appear over the body which indicate the functional inactivity of the skin.

4. Indisposition, head ache, throat troubles in children are also indications of the infectious diseases.

#### **12. What are the ways to prevent communicable diseases?**

1. For preventing the diseases, a physician should be informed first, so that he may make efforts to check out break of the disease.

2. The victim should be isolated from healthy persons in that house.

3. As preventive measure, persons should get themselves inoculated or vaccinated.

4. At the slight suspicion of catching infection, the man should be isolated, and should be carefully observed.

5. The things used by the patient, should be thoroughly disinfected so that the germs may be completely destroyed.

#### **13. What are the aims of health education?**

1. To teach children, the health laws and guide them to follow properly and carefully.

2. To make the children to understand the causes and cure of their diseases.

3. To help the children to follow the methods of improv-



ing health.

4. To guide the guardians, parents as to how they can maintain their own health and that of their children.

5. To help the community in understanding health problems and their solutions.

**14. What are the bad effects of carbonated drinks?**

Carbonated drinks like soda and other things have no nutritional value apart from sugar. Children who take a lot of carbonated drinks, and other sweet things, often begin to get cavities and rotten teeth at an early stage. These drinks are especially bad for persons which add indigestion or stomach ulcers.

**15. What are the procedures to be followed for road safety?**

1. Should always keep to the left while walking on the road.

2. Should obey the traffic constable's signals and not to allow yourself to be distracted.

3. Never walk in the middle of the road, chit-chating carelessly or in a playful mood.

4. Should walk and should not run while crossing a road.

5. Don't try to touch a running car or vehicle in motion.

6. Should not you have an arrogant thought that the road is meant only for your walking.

**16. What are some desirable habits for healthy living?**

Habit is the result of doing something often which is not good for health or life is called bad habit.

Any habit which gives happiness to one or helps to other or to the society will be known as good habit.

Queue habit, dust bin habit, spitting habit, postural habit and good manners are known as desirable habits for healthy livings.



**17. What is health education?**

Health education is an inter-disciplinary education in nature. It derives its contents from various sciences like biology, public health, nutrition, medicine, anatomy, physiology, environmental studies.

**18. What is health?**

Health is a condition of physical soundness. It is a good condition of the body's whole organism, expressing in joyous play and satisfactory work.

**19. What is the aim of health?**

Health is a quality of life which enables the individual to live most and serve best.

**20. What is hygiene?**

Hygiene is the science of preserving and promoting of health. So, hygiene means science of health.

**21. What do you understand about hygiene?**

Hygiene consists of all clean and healthy habits like nutrition food, regular exercises, proper rest, sleep, and prevention of diseases.

**22. Write 5 healthy habits?**

1. We must go to bed early and get up early in the morning.
2. We must take bath daily and clean our body properly.
3. We should wear always clean clothes.
4. We must eat clean, fresh and nourishing food.
5. We should always breath through our nose.



**Dear Students,**

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because, sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

**Dr. S. Navaraj Chelliah.**



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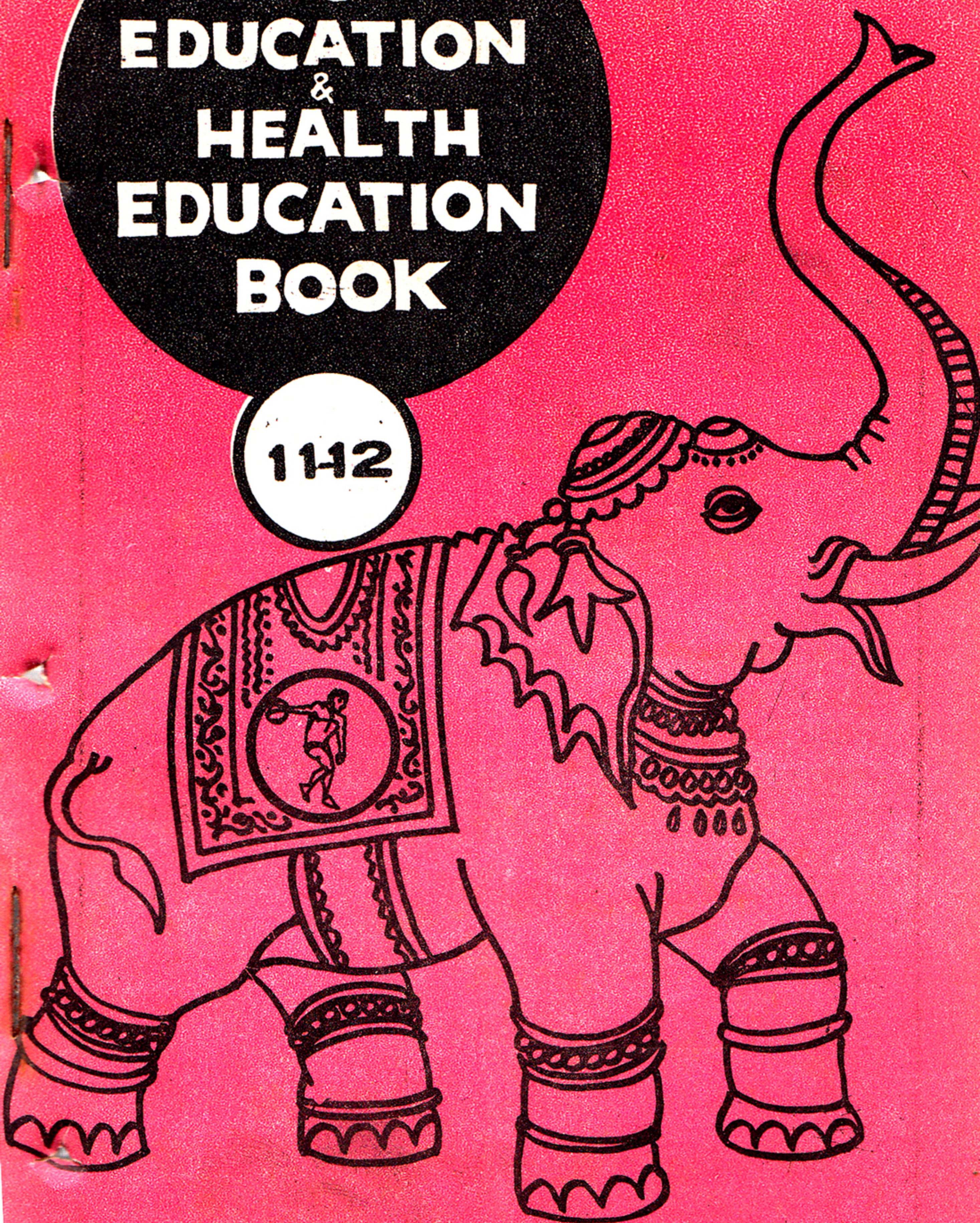
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# PHYSICAL EDUCATION & HEALTH EDUCATION BOOK

1112



**DR. S. NAVARAJ CHELLIAH**

M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI



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# **PHYSICAL EDUCATION & HEALTH EDUCATION BOOK**

**XI, XII Standard Boys & Girls**

(Based on The New Educational Policy Syllabus)

**Dr. S. Navaraj Chelliah**  
M.A., M.P.Ed., Ph.D., D.Litt., D.Ed., FUWAI  
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# CONTENTS

1.	<b>MAJOR GAMES</b>	
1.	Cricket	3
2.	Table Tennis	8
3.	Ball Badminton	12
4.	Kho Kho	15
5.	Football	21
6.	Volleyball	28
7.	Basketball	33
8.	Hockey	41
9.	Kabaddi	46
10.	Tenikoit	52
2.	<b>HEALTH EDUCATION</b>	55
3.	<b>TRACK AND FIELD EVENTS</b>	
1.	Running	61
2.	Relay Races	64
3.	Discus Throw	66
4.	Shot put	69
5.	Long Jump	72
6.	High Jump	74
7.	Javelin	79
4.	<b>ASANAS</b>	81



# CRICKET

**1. Who does the toss and where?**

At least 15 minutes before the start of a match, the captains of both the teams will go to the ground and toss the coin for the innings.

**2. What is the duty of the winner of the toss?**

The winner of the toss shall communicate to the rival team captain, about his decision regarding batting or fielding. This decision shall not be changed later on.

**3. How many players play in a cricket team?**

11 players and 5 substitutes.

**4. What are the dimensions of a cricket ball?**

Weight  $5\frac{1}{2}$  to  $5\frac{3}{4}$  ounces. Circumference 22.4 to 22.9 cm

**5. What are the dimensions of a cricket bat?**

The maximum length of a cricket bat is 38 inches (96.5 cm), and the maximum width of the bat is  $4\frac{1}{4}$  inches (10.8 cm).

**6. What is the length of a cricket pitch?**

The length is 22 yards (20.12 metres), width is 3.05 metres.

**7. What are the dimensions of a wicket?**

A wicket is made up of 3 wooden stumps and 2 bails. The height of the stumps from the ground shall be 28 inches. (71.1cm). The length of the wooden bails is 11.11 cm. The width of a cricket is 9 inches.

**8. What is the length of the bowling crease?**

The length of the bowling crease is 8 feet 8 inches, straight in length.



**16. Explain the term No Ball?**

A ball will be declared No Ball if it is thrown (i.e.) the bowler uses unfair jerk from the wrist and the bowler's front foot crosses the popping crease and if either foot of the bowler, touches the return crease. If no run is made one run shall be scored.

**17. What is wide Ball?**

If a bowler bowls the ball so high over or so wide of the wicket that it passes out of the batsman's reach, it is called wide ball. If no runs are made, one run shall be scored.

**18. What is an important rule in bowling?**

One bowler must not bowl two successive over in one innings.

**19. What are the restrictions for a substitute?**

A substitute cannot do bowling, batting and wicket-keeping. Substitute is allowed to play for any player who is unable to play due to injury or illness. he can act as runner for a batsman and can do fielding in the place of a fielder.

**20. When is a batsman declared out?**

The batsman is declared out in the following situations.

1. Leg Before Wicket 2. Bowled 3. Caught 4. Handled the ball 5. Hit the ball twice 6. Hit the wicket. 7. Obstructing the field 8. Run out 9. Stumped.

**21. What is DRAW and TIE in the cricket match?**

If both the teams fail to complete their both innings in the fixed number of days, the match is considered a Draw.

When the scores are equal at the conclusion of play, but only if the side batting last has completed its innings, the match is declared Tie.



**9. Where is the popping crease marked?**

The popping crease is marked 4 feet in front of the wicket at each end.

**10. What is boundary and why it is needed?**

The boundary indicates the limit of the playing area. Whenever a ball crosses the boundary line after a batsman has hit the ball, 4 runs are awarded to the batsman. If the ball falls over the boundary line, then 6 runs are awarded to the batsman.

**11. How many innings are to be played in a match?**

In a cricket match, 2 innings are to be played by each team. An innings consists of batting and bowling. Each team shall take their innings alternately. The team having more runs after its completed innings, shall be the winner.

**12. What is a Run?**

A run is scored when two batsman pass each other and reach the opposite wicket after a hit or at any time, the ball is in play.

**13. What is a Bye?**

A bye is a run taken when the ball has not touched the batsman's bat or any part of his body.

**14. What is a Leg Bye?**

If the ball touches any part of the striker's dress or person except his hand and run be obtained is called Leg Bye.

**15. What is an OVER?**

The fixed number of balls bowled by a bowler from one end of the wicket is called an over.

A bowler bowls 6 balls in a over. No Balls and Wide Balls are not counted in an over.



**22. What is follow on?**

A team which bats first leads up by 200 runs in a 5 day match, 150 runs in a 3 or 4 day match; 75 runs in a 1 day match, can request the other team to follow their innings.

**23. What is an Appeal in the match?**

The umpire shall not order any batsman out, unless appealed by any fielder. The appeal should be made prior to the delivery of the next ball and before the time is over.

The fielders while appealing shall ask the umpire How is this? The umpire signals out by raising his index finger above the head.

**24. What are the main skills in cricket?**

1. Batting 2. Bowling 3. Fielding 4. Wicket keeping.

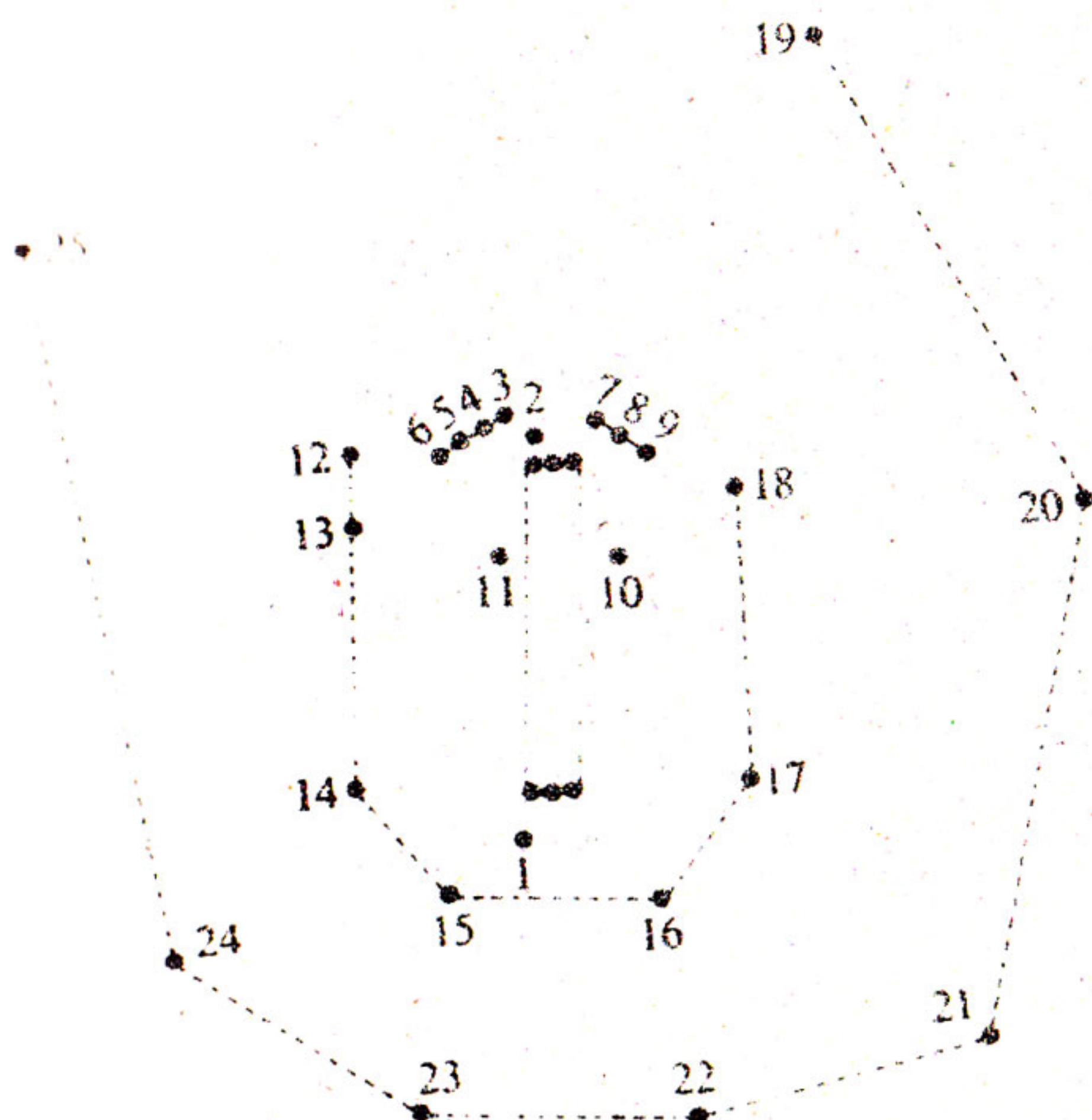
**25. What are the different styles in batting?**

1. Drive 2. Leg glance 3. Back leg glance 4. Forward leg glance 5. Block 6. Hook and pull 7. Forward Defensive shot 8. Back foot defensive shot 9. Running between the wickets.

**26. How many types of bowling are there in cricket?**

1. Fast Bowling 2. Spin Bowling (Leg spin & Off spin).





Position of the fielders on the ground

1. Bowler	10. Silly-mid-on	19. Long-leg
2. Wicket-keeper	11. Silly-mid-off	20. Deep-square-leg
3. First slip	12. Short-third-man	21. Deep-mid-wicket
4. Second slip	13. Cover-point	22. Long-on
5. Third slip	14. Extra-cover	23. Long-off
6. Gully	15. Mid-off	24. Deep-extra-cover
7. Leg slip	16. Mid-on	25. Deep-third-man
8. Backward-short-leg	17. Mid-wicket	
9. Forward-short-leg	18. Square-leg	



# TABLE TENNIS

1. **What is the length and breadth of a Table Tennis Table?**

The length of the Table is 9 feet (274 cms) width is 5 feet (152 cms) and the height from the floor is 2 1/2 feet (76 cms).

2. **What is the size of a Table Tennis ball?**

The circumference of the ball is 11.43cm to 12.06cm (4 1/4 to 4 3/4"). The weight is between 2.40 to 2.53 grammes. The ball is made up of celluloid of similar plastic white colour.

3. **What is the length of a Table Tennis net?**

The length of the net is 6 feet (183cm). The height of the net is 6 inches (15.25cm)

4. **What are the grips of holding the racket?**

Two types : 1. Pen holder grip      2. Tennis grip

5. **How is the winner decided in a match?**

The team which scores 21 points first will be announced as winners. If both teams score 20 points each, the team first scoring 2 points more than the opposing team will be the winner.

6. **What are the types of service in Table Tennis?**

1. Simple service. 2. Top spin service. 3. Bottom spin service. 4. Mixed spin service.

7. **What are the rules for a good service?**

For a good service, the ball should be placed on the palm of the free hand, which should open and flat, with fingers together and thumb free. Then the server shall project the ball and do the service. At the time of service, the ball should be always visible. The ball shall be struck



so that it touches first the server's court and then passing directly to the opponent's court without touching the net. It is called good service.

**ii What is a good return?**

The ball after having been served should be struck so that it may pass directly over or around the net and it should touch directly the opponent's court.

**iii What are the fouls in the Table Tennis game?**

1. If the ball touches the receiver's hand, wrist, body or his dress etc. 2. If a player strikes the ball twice successively. 3. If the player touches the surface of the table. 4. If the receiver smashes the ball before it touches his table are the fouls in the game.

**iv When does a player lose his point?**

When a player or a team loses point:-

1. If he is unable to make a good service. 2. If he fails to make a good return. 3. When he is playing, his other hand touches the table. 4. If he returns the ball with volley.

**v What is Let?**

1. If a service is good but the ball touches the net and falls correctly in the other court. 2. When the service is delivered and the opponent is not yet ready to play the ball. It is called let.



DOUBLE LINE

--- 76.25cm ---

2Ft. 6in

(9 Ft.)

NET

POST

--- 152.5cm ---

(5 Ft.)



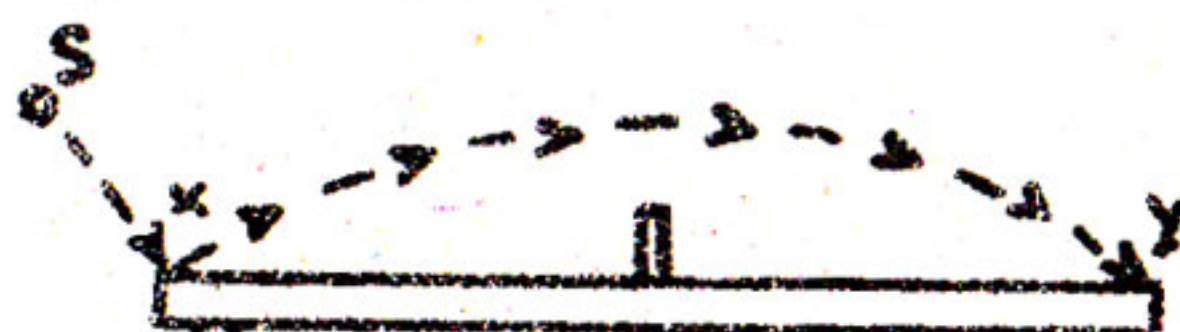
# TABLE TENNIS



BACKHAND



FOREHAND



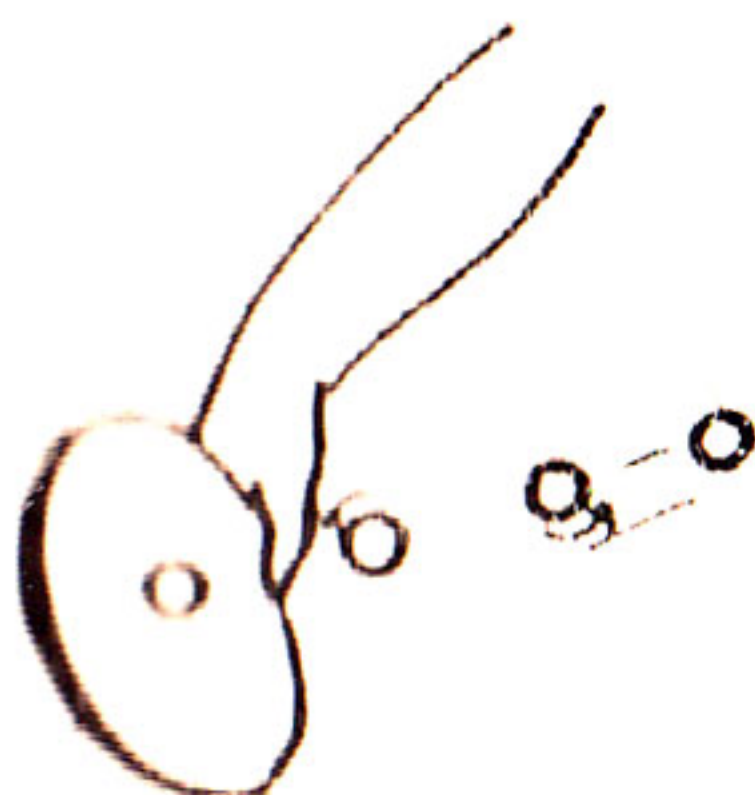
S-SERVER'S BALL

X-BALL STRIKES IN

SERVER'S COURT

Y-BALL STRIKES IN

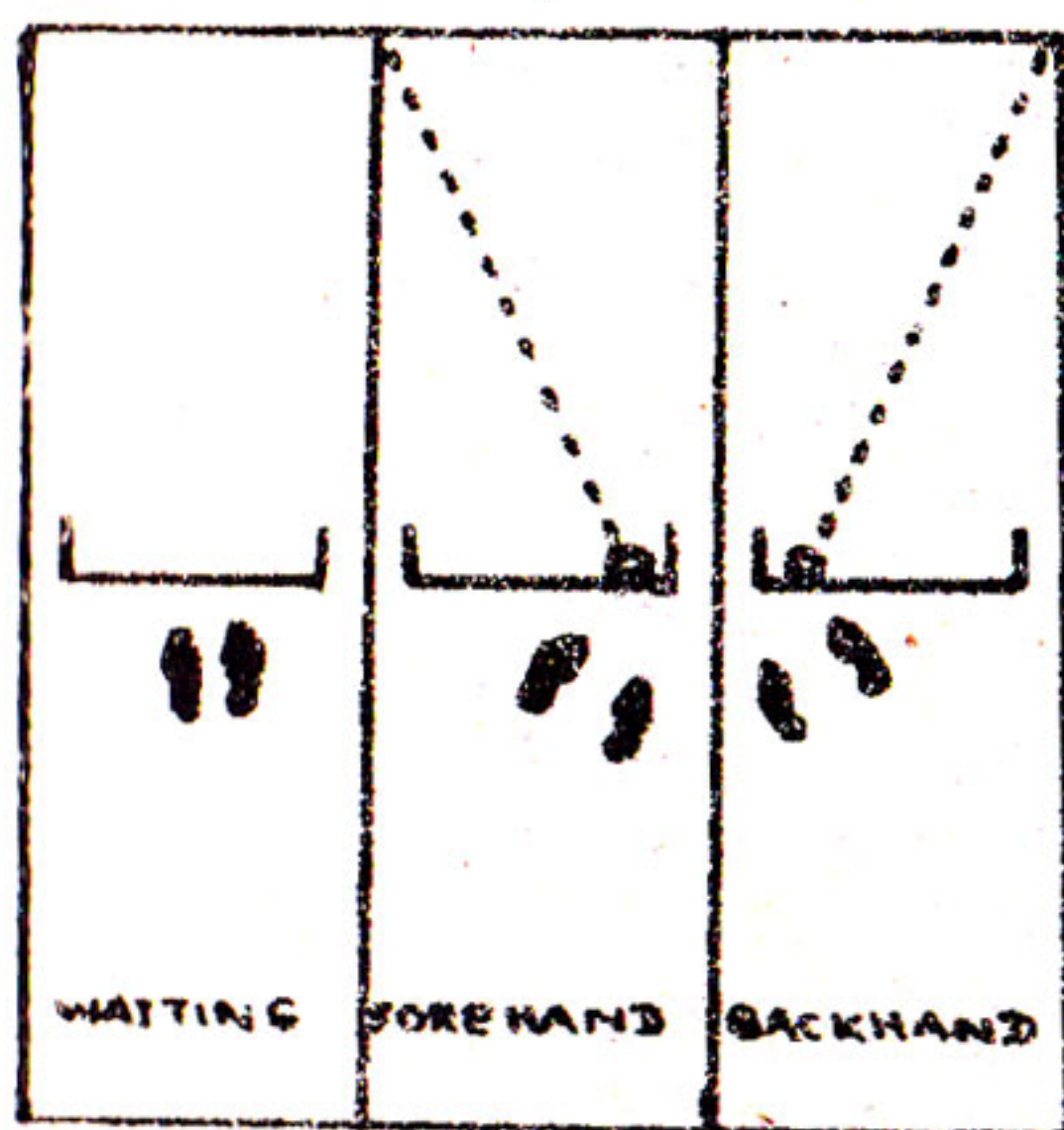
RESEVER'S COURT



BACKSPIN



TOPSPIN





# BADMINTON

## 1. Draw a neat diagram of a Badminton Court?

The length of the Court is 80 feet. Width is 40 feet. The height of the net is 6 feet. The colour of the net is white, blue and red.

## 2. Mention the badminton equipments and their measurements?

**Racket** :- The weight of racket is between 180 to 240 grams. The length is between 2-1 inches to 2 feet 3 inches. **Ball** :- The colour of ball is yellow. Weight is between 1 1/8 tola to 2 1/4 tola. The length of the net is 44 feet and width is 2 to 3 feet.

## 3. How many players are there in a team?

5 regular players and 3 substitutes.

## 4. When does a team win the match?

A match consists of 3 games. A game consists of 29 points. The side that first scores 29 point wins the game. The side that first wins 2 games becomes the winner.

## 5. How is the game started?

The team which wins the toss, shall have the choice to choose side or service. The first serving side shall have the chance to serve all 5 hands.

## 6. What are the important rules for a server?

1. Every server shall start the service from the right side of the court only and he has to change the court for every point made. 2. The ball shall be served fairly under hand and below the waist. 3. A player cannot serve twice in succession. 4. The server should send the ball to diagonally opposite court of the other side.



## **I What are the fouls in the game?**

1. If the served ball drops in the court or falls in any place between the net and serving crease line. 2. The ball in service or the rally ball touches the net. 3. The playing ball touches any player or his dress. 4. Players cross the net or the net line during the play.

## **II What is double touch?**

If the ball is touched by two bats of the same side during the play, it is called double touch. It is fault.

## **III What is an attempt?**

If a player tries to play the ball which is going away from the court, it is called attempt. It is fault.

## **IV What are the playing procedures in a match?**

The teams change sides after each game. The winner of the previous game takes the first choice to start the next game. In all the three games, the teams have to change the sides (courts) at 8th, 15th and 22nd points.

There is an interval of 5 minutes after each game.

## **V What are the basic skills in the game?**

1. Service 2. Grip. 3. Return. 4. Smash. 5. Spin the ball.

## **VI Name the officials of the game**

1. Referee, 1 Scorer, 2 Linesmen.



40'

80'

SERVING CREASE

NET LINE

SERVING CREASE



# KHO-KHO

1. Give the length and width of the Kho-kho ground?

The length of the kho-kho is 29m and the breadth is 16m.

2. What is the height and circumference of the Post and the distance between the two posts?

The height of the post is 120cm above the ground. The circumference is between 30 to 34cm. The distance between two posts is 23.60m.

3. What is central lane?

The rectangle 23.60m long and 30cm broad between the posts is dividing the play field into two halves, is known as the central lane.

4. What is square?

Each of the rectangle 30cm X 30cm formed the intersection of the central lane and cross lane is called a square.

5. What is cross-lane?

The intersecting of the central lane with 16m and 30cm broad at right angle at regular length is called cross lane. There are 8 cross lanes. (see the kho-kho ground).

6. What is the lobby?

The open space of 3 metres surrounding the limits of the play field is called the lobby.

7. How does the kho-kho game begin?

The game is started by the spin of a coin by the referee. The winner of the toss has a right to opt for either chasing or running.



**8. Who are called chasers?**

The players sitting in the squares are known as chasers.

**9. How will the sitting chasers sit?**

The eight sitting chasers will sit in the squares facing alternate directions, while the ninth player will stand near the post as an Active chaser.

**10. Who are called as runners in Kho-Kho?**

The players of the side other than the chasers are known as runners.

**11. How many players are there in a team?**

There are two teams in a match with 12 players in a team. Only 9 players in a team enter the field for a match. The other 3 players will act as substitutes.

**12. What is the duration of a Kho-Kho game?**

A match consists of 2 innings. An inning consists of chasing turn and running turn. Each turn consists of 9 minutes. The interval between turns is 5 minutes. But, the interval between innings is 9 minutes.

**13. Who are called defenders?**

Runner's side sends 3 runners each time to the field. They are called defenders.

**14. How do the defenders enter for play?**

The defenders enter the ground in a group of three from a particular place only.

**15. What is a Foul in Kho-kho?**

If a sitting or active chaser violates any rule, it is called a foul.

**16. Explain the rules for the chasers?**

(a) Active chaser should utter the word **Kho** loudly as



soon as he touches the sitting chaser by hand, from behind the sitting chaser.

(b) After giving a kho, an active chaser should sit down immediately on the square of the sitting chaser to whom kho is given.

(c) After receiving kho, the chaser has to go in the same direction, which he has first selected.

(d) An active chaser has to run from one post to another post without crossing the central lane. He is not allowed to change direction.

(e) Sitting chaser should not get up unless he is touched at his back by the active chaser.

(f) Sitting chasers should sit in a manner which shall not obstruct the runners by extending his hands or legs.

(g) If an active chaser goes out of limits, he can reenter the ground but should follow the chaser's rules strictly.

#### 17. What are the rules for the runners?

(a) Runner's side shall send 3 runners each time from one side of the field.

(b) The next three runners are put out, if they do not enter the court before 2 khos are given by the chasing side.

(c) If the runners enter the court late or enter out of turn, they shall be declared out.

(d) A runner shall not touch the sitting chasers. If he does so, he shall be warned once. If he repeats the same, he shall be declared out.

#### 18. When a runner is called out?

A runner shall be declared out if he is touched by hand by an active chaser without violating any rules.

11.12.22



**19. How is the winner decided?**

The chasing side scores 1 point for each runner who is put out. The side that scores more points is declared as winner of the match.

**20. How will you solve a Tie in kho-kho?**

If the points are equal, one more inning shall be played. If again, the points are equal, an additional inning shall be played as follows. In the inning turn, as soon as the first point is scored, the turn shall be closed by the referee. The time for scoring of the first point shall be noted. The side that takes less time for this first point minimum chase, is the winner of the match.

**21. How will you continue to finish the incomplete match?**

If a match is not completed for any reason, it shall be continued with the same players, same officials, and the completed turns of each side, in the same session.

If the match is not played in the same session, the entire match will be replayed from the beginning. In the case, the players and officials need not be the same.

**22. How many officials are there in a match?**

One referee; Two umpires; One time-keeper; One scorer.

**23. What are the basic skills in the game?**

For the chasers : 1.To get up straight 2.Perfect kho 3.Judgement kho 4.Tap 5.Dive.

**24. How to substitute a player in a kho-kho match?**

Chasing team can substitute at any time during the match. But, the running team can substitute its players only before the start of the match.



**25. What is perfect kho?**

The active chaser should utter the word kho loudly and distinctly as soon as he touches the sitting chaser by hand, from behind him. At the time, his foot should have contact with the cross lane. This is called perfect kho.

**26. Explain the skill 'judgement kho'?**

The kho given by the active chaser near the post is called judgement kho. With the help of this skill, the runner is forced to leave the post and come in front of the sitting chaser. Then the sitting chaser easily gets up and makes out the runner comfortably.

**27. Explain the single chain skill in kho-kho?**

The runner runs in a zig zag manner from one post to the another post, from the back of the each sitting chaser. (see the diagram) This is called single chain method.

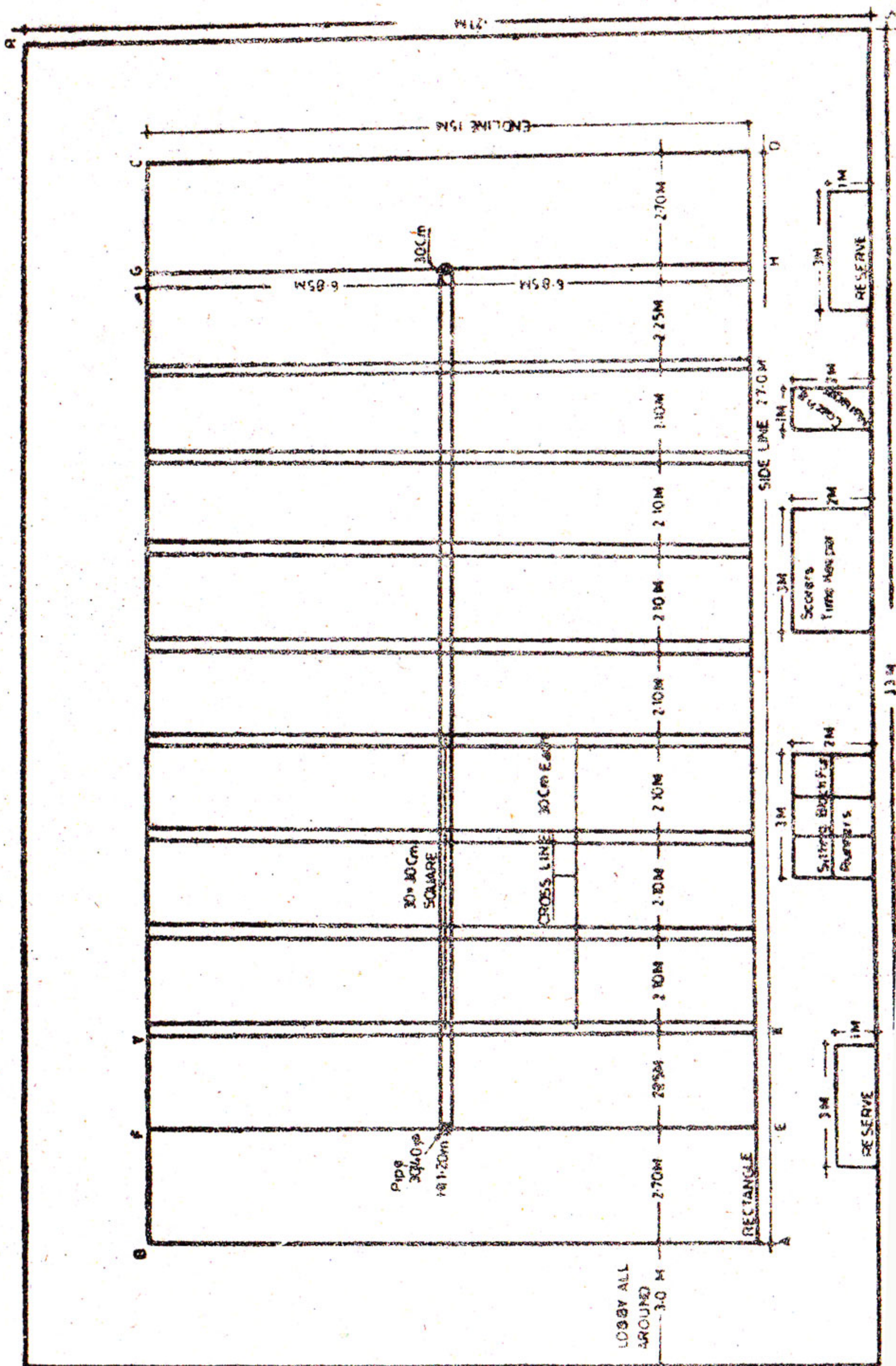
**28. What is 'Double chain' skill?**

In this skill, the runner runs behind the back of every 2 sitting chasers with zig zag running. (see the diagram).

**29. Explain the skill turn in kho-kho?**

When the active chaser is trying to touch the runner, the runner goes to side and starts running in the opposite direction in order to escape from the chaser. This is called turn.







# FOOT BALL

1. **What is the length and width of a Football field?**

Foot ball is played on a rectangular field, not more than 120m X 90m and not less than 90m X 45m. Anyway, the length must in all cases not exceed the breadth.

2. **Explain the dimensions of the goal area?**

The goal area is 18.32 x 5.50m (20x6 yards). The height of goal post is 2.44m. (8 feet) and the distance between two goal posts is 7.32m (24feet).

3. **What is the weight and circumference of football?**

The circumference is not more than 28 inches (0.71m) and not less than 7 inches. (0.69m). The weight of the ball is not more than 160 oz and not less than 140 oz (453g-396g) at the start of the game.

4. **What is the uniform of a football player?**

A player should have a jersey or shirt, shorts, stockings and boots. The goal keeper should wear colours which is different from the other players and the referee.

5. **How many players and substitutes are there in a team?**

There are 11 players and 5 substitutes in a foot ball team. The players' positions are 1 goal keeper, 2 full backs, 3 Half-backs and 5 forwards.

6. **What is the playing time of a football match?**

A match consists of two 45 minutes halves with the interval of 5 minutes between them.

7. **What is the object of the Game? How?**

The object of the game is to propel the ball into the opponent's goal. For that, the ball may be kicked, headed, or played with the body by all the players. The



goal keeper alone can use his hands. In the ball, only within his own penalty area.

**8. How the game is started?**

At the beginning of a match, choice of ends or the chance to kick off the ball is decided by the toss of a coin. The team winning the toss will select the side or kick off.

**9. Explain the term kick-off?**

1. The game is started by a kick-off. 2. A kick, off is a single kick by the centre forward, directing the ball into the opponent goal side. 3. The ball must move forward the distance of its circumference. 4. During the kick-off time, every player should remain in his own half of the field. The opponents must be atleast 10 yards away from the ball. 5. The ball should not be played twice in succession by the kick-off player. 6. Direct goal cannot be scored by a kick-off.

**10. What is Throw-in?**

1. During the play, when the ball has gone out of bounds, play will be started again by a throw-in. 2. A throw-in is done by a player of the team opposite to that of a player who has sent the ball out side the touch line. 3. Throw-in should be taken from the point where the ball has crossed the touch line. 4. The thrower should not play the ball again until it has been played by another player. A goal cannot be scored directly from throw-in.

**11. What is a goal-kick?**

When the ball crosses over the goal line, by the player of an attacking team, then the defenders get the chance of goal kick. This is the method of putting the ball in play by the defenders.

**12. How is Goal kick taken?**

Any defender can take a goal kick. All opponents



must remain outside the penalty area until the ball leaves the penalty area, it cannot be played. The kicker should not touch the ball again until it has been played by another player.

**13. What is a corner kick? Explain?**

1. If the ball is caused to go out of bounds over the goal line by the defending team, a corner kick shall be awarded to the attacking team. 2. The ball shall be placed within one yard of the corner of the field. 3. The kicker should not play the ball again until it has been played by another player. 4. A goal can be scored direct from a corner kick.

**14. Explain Penalty kick and its rules?**

1. When a player of the defending side intentionally commit any one of the 9 fouls within the penalty area, the penalty-kick is awarded to the attacking side. 2. The opposing goal keeper and the player taking the kick alone take part in the penalty-kick. 3. All players should stand outside the penalty area. 4. The ball shall be placed on the penalty spot. 5. The goalkeeper must stand without moving his feet on his own goal line, between the goal posts until the ball is kicked. 6. The ball must be kicked forward. 7. The player taking the kick, cannot play the ball twice.

**15. What is off-side? Describe briefly.**

Off-side means playing from the wrong place. A player is off-side if he is nearer to his opponent's goal than the ball, at the moment of the ball played.

He is not off-side when (a) he is in his own half of the field. (b) two opponents are nearer to their goal than he. (c) his opponent last touched the ball. (d) he receives the ball directly from the goal-kick, corner kick, throw-in, dropped ball by a referee.



## **16 What is a foul and its punishment?**

A foul is an infringement of the rules for which a free kick is awarded to the opponents

Two types of free kick.

1. Direct Free kick.
2. Indirect free kick.

## **17. When is indirect free kick awarded?**

Indirect free kick is awarded for the following fouls.

1. Playing the ball twice by a player.
2. Goal keeper carrying the ball more than 4 steps within his penalty area.
3. Goalkeeper failing to send the ball within 5 seconds.
4. off side.
5. ungentlemanly conduct.
6. Dangerous play.
7. Disobeying the decision of an official.

Note: 1. The free kick is awarded at the point of violation.

2. A goal cannot be scored directly from an indirect free kick. The ball first must touch another player.

## **18. When is Direct free kick awarded?**

Direct free kicks are awarded for the following intentional fouls.

1. kicks or attempts to kick an opponent.
2. Trips at an opponent.
3. Jumps at an opponent.
4. Charges an opponent in a dangerous manner.
5. Charges an opponent from behind.
6. Strikes or attempts from behind.
6. Strikes or attempts to strike an opponent.
7. Holds an opponent with his hand.
8. Handles the ball.
9. Pushes an opponent with his hand.

**Note:** 1. If the above fouls occur within the penalty area, penalty kick is awarded.

2. If the above fouls occur outside the penalty area, direct free kick is awarded at the place of violation.



1. A goal may be scored directly.

**19. What is a goal?**

A goal is scored when the whole ball legally goes under the cross bar, between the goal posts, over the goal line.

**20. How the winner is decided in a match?**

The team scoring more goals, will be declared as winner it will be decided by the tie breakers.

**21. State the officials for a foot ball match?**

1 Referee; Two Linesmen; 1 table official.

**22. Explain the different skills in football?**

1. Dribbling. 2. kicking. 3. passing. 4. Trapping 5. Heading. 6. Tackling. 7. Dodging. 8. Intercepting. 9. Goalkeeping.

**23. State the different skills in kicking the ball?**

1. Inside of the foot kick. 2. Out side of the foot kick. 3. Instep kick. 4. Half volley. 5. Full volley.

**24. What are the different types in heading the ball?**

1. Forward direction. 2. Sideward direction. 3. Backward direction.

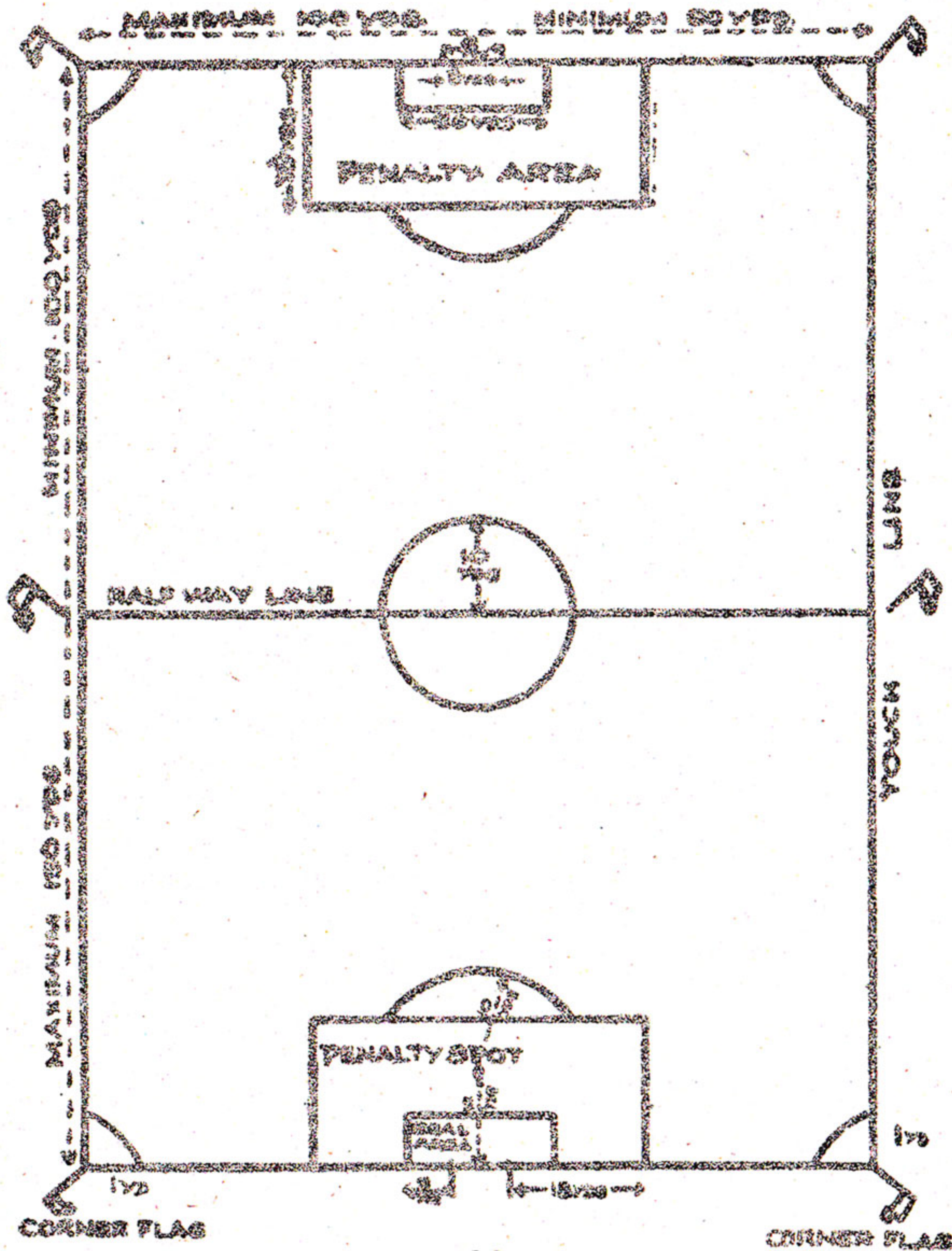
**25. What is dribbling?**

Dribbling is a series of short kicks or taps made by a player as he advances with the ball. The object of dribbling is to keep possession and control of the ball.

Dribbling may be done with inside foot, out side of the foot, and both feet intermittently.



# FOOTBALL FIELD





# SOME SKILLS IN FOOTBALL

## SOME PASSES



STOPPING THE BALL



THROW-IN



HEADING THE BALL



KICKING THE BALL



DRIBBLING



INSTEP KICK



# VOLLEY BALL

## 1. What are the measurements of the volleyball court?

Volleyball is played on a rectangular area by 18m X 9m. In each court, the attack line is drawn 3 metres away and parallel to the centre line. The width of the attack line is 5 cm.

## 2. State the dimension of the service area?

The service area is marked on the right side behind the end lines. One line is along the right hand side line 20 cm behind, and the other line is 3 metres away to the left of it by 15cm long. This area is called service area.

## 3. Explain the measurements of the equipments needed in volleyball game?

1. Net :- 1 metre wide and 9.50m long. The height of the net is 2.24m for women and 2.43m for men.

2. Side bands :- Two tapes of white material 5cm wide and 1 metre long, fastened each side of the net, perpendicular to the side line. They are considered as parts of the net.

3. Antennas :- 1.80 long and 10mm in diameter (flexible rods)

4. Ball :- Circumference -65 to 67cm.

Weight :- -260 to 280 grammes.

## 4. How many players and substitutes are there in a volley ball team?

6 Regular players and 6 substitutes.

## 5. What is the dress regulation of the players?

Banlian, shorts and shoes without heels. The banians



may be numbered from 1 to 15. The height of the number is 10cm high on the chest, and 15cm high on the back.

**6. When does the substitution take place in the game?**

Whenever the ball is dead, substitution can be done. One player can be substituted for one time only in a game. The captain can ask permission from the referee and change the substitutes.

**7. What is the duration of a volleyball match?**

There is no fixed duration for the match. A team should win either best of 3 sets or best of 5 sets. A set is a game of 15 points.

Intervals are allowed between sets 3 minutes for first 4 sets and 5 minutes between 4th and 5th sets.

**8. What are the positions of the players?**

2, 3 and 4 in the rotation order, are the three standing nearest to the net is called. Front line players. 1, 6 and 5 number of players occupying the back now are called back line players.

**9. What are the rules for the back line players?**

1. Back line players cannot stand ahead of the front line players at the time of service. 2. They cannot take part in blocking. 3. They cannot smash the ball in the attack area.

**10. Explain the methods of playing the ball in the game?**

1. The players can return the ball by batting it with any part of the body above the belt. 2. The ball cannot be momentarily caught. 3. Each team has 3 hits or touches before the ball has to be sent to the opposite court. 4. No one can touch the ball twice in succession. 5. The ball must be returned over the net. 6. It is permissible to run out of bounds to play a ball.



**11. Explain the term service?**

1. The Service is the putting of the ball in play. 2. The service is done from the service area. 3. After the referee's whistle, the server should send the ball within 5 seconds. 4. Only the team that serves, scores a point.

**12. What is a correct service?**

1. The server must be in the service area. 2 The ball should be tossed before a hit. 3. The ball should pass through between the two antennas without touching them and the net and falls within the boundary lines of the opposite court.

**13. When does a team get a point?**

When one team serves and the opposite side commits a foul, the serving team gets one point.

**14. What is side-out?**

When the serving side loses its serve, the opposite side has got a right to serve. This is called side-out.

**15. What is scoring system in volley ball match?**

1. Only serving team scores a point. 2. A set is won when one team reaches 15 points first with a 2 point lead. 3. If the game is tied at 14-14, the set continues until one team has a 2 point lead. Maximum point is 1, 7. 4. A match is played for best of 3 sets or 5 sets.

**16. What are the fouls in volleyball game?**

1. A team is out of position at the service time. 2 A team plays the ball more than three touches in succession. 3. A player touches the ball twice consecutively. 4. A player crosses the centre line and steps in other side when the play is in progress. 5. A team allows the ball to touch the ground.

**17. Explain the term time-out?**

Time out means rest time during the progress of the game. 1. The captain alone can call the timeout. 2. One team is allowed 2 time outs in a set. 3. 30 seconds is



allowed for time out and substitution. 4. The players should not leave the court during time out.

**iii. What is Rotation in a volleyball match?**

Whenever any team gets a right to serve, rotation takes place. The players must change one playing position clockwise. They must follow the score sheet rotation order.

**iv. How many officials are there in a match?**

1 Referee, 1 Umpire, 1 Scorer, 2 Linesmen.

**v. What are the important basic factors in the service?**

Service is not just sending the ball across the net to start the game. It is considered an active form of attack. There are four factors for an effective service. 1.Accuracy 2.Speed 3.Height 4.Floating.

**vi. Name the different kinds of service?**

1. Under arm service. 2. Side arm service, 3. Tennis service. 4. Floating service.

**vii. State the various kinds of passing the Ball?**

The method of sending the ball is passing.

1. Underhand pass. 2. Side roll pass. 3. The forward dive pass 4. Setting the ball for smash.

**viii. How many types of spiking in the attack system?**

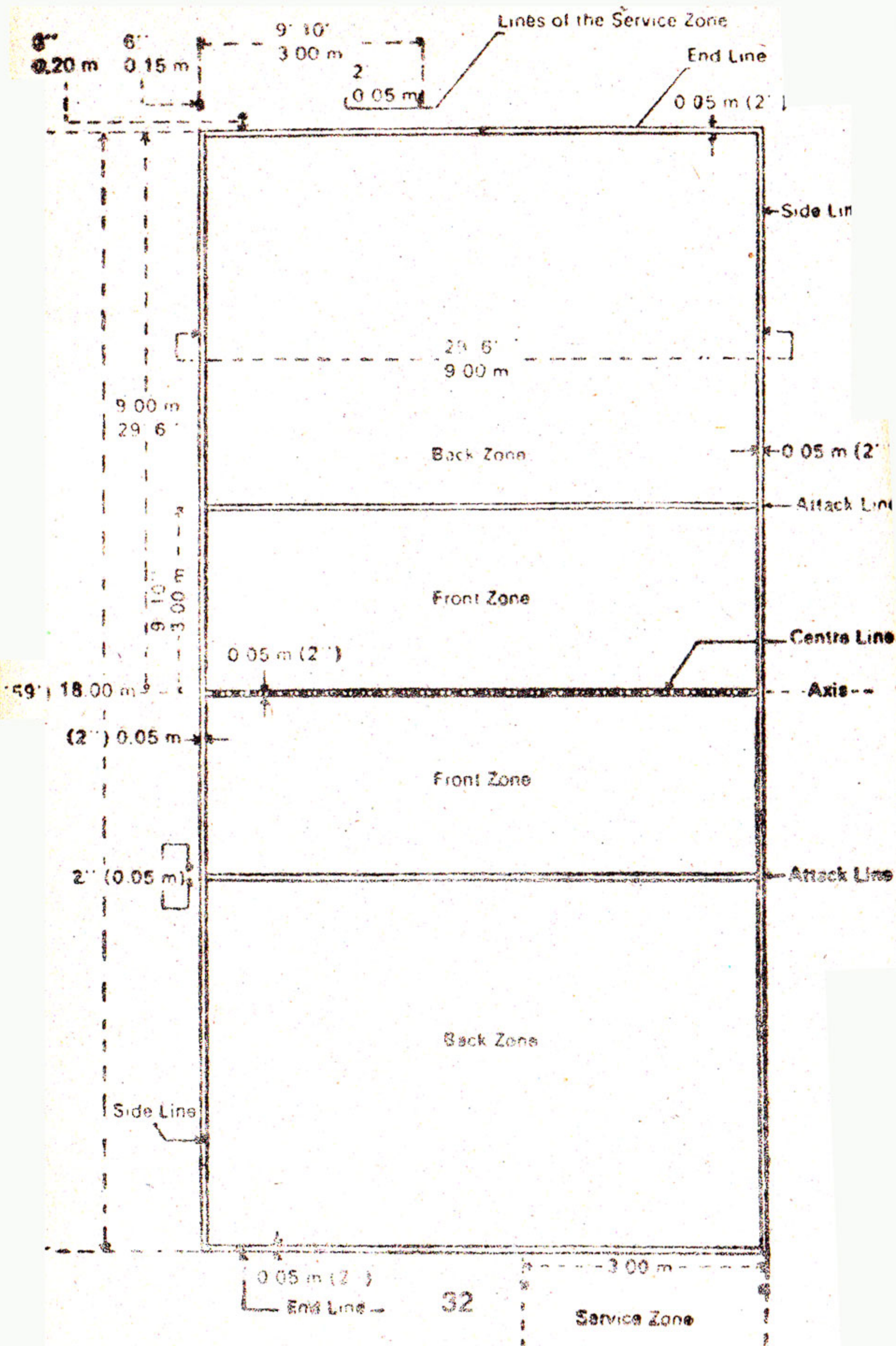
1. Straight arm spike. 2. Body turn and spike. 3. Wrist inward and outward spike 4. Round arm spike 5.The deceptive spike.

**ix. What is Blocking? Name the various methods?**

Blocking is an act of making an obstruction above the upper part of the net. It is a defensive measure over the net. It reduces the efficiency and force of the attack of the opponent.

3 types of Blocking. 1. One man Block (single block). 2. Two men Block (double block) Three men block (Triple block)







# BASKET BALL

- i. Draw a neat diagram of a Basket ball court and indicate the dimensions of its parts?

The length of the court is 28 metres and the width is 15 metres.

- ii. What is the radius of the centre circle?

The radius of the centre circle is 1.80 metres.

- iii. Where is the Free throw line drawn?

The free throw line is drawn 5.80m. away from the end line and its length is 3.60m.

- iv. Where is the 3 point circle drawn?

A circle of 6.25m. radius drawn from the centre of the end line is called 3 point circle.

- v. What is the height of the basket ?

The height of the basket from the floor is 10 feet.

- vi. What is the weight and circumference of a ball?

The weight should be from 600 to 650 grammes and the circumference is between 75 to 78 cms.

- vii. How many players are there in a team?

Each team shall consist of 10 players. Five players from each team shall be on the court during playing time and 5 substitutes shall wait out side for their changes to get in.

- viii. What is the uniform of the players?

Players wear shirts and shorts with basketball boots or canvas shoes. Shirts carry numbers front and back in cotrasting colours. Only numbers from 4 to 15 are used.

- ix. What is the duration of the basket ball match?

The game shall consist of 2 halves of 20 minutes



each, with an interval of 10 minutes between halves. The rest time or changing the substitute time is 1 minute only.

**10. How is the match started?**

The referee shall make the toss and the toss winner gets the choice for the basket. The game shall be started by jump ball in the circle.

**11. What is Jump ball? Explain?**

1. A jump ball takes place when the referee tosses the ball between two opposing players from the centre circle.

2. The Jumpers must stand in their half of the circle nearest to their own baskets with one foot touching the centre line.

3. Other players must be outside the circle and must not interfere with the jumpers.

4. Referee tosses the ball up. If it is a bad toss or if the jumpers violate the rule, the toss will be repeated.

**12. When is the jump ball awarded in the game?**

1. At the beginning of a game. 2. After a double foul. 3. When the ball is held by two opponents firmly more than 5 seconds. 4. If the ball held up between the ring and basket. 5. If the referee is doubtful in his decision.

**13. Explain the term 'Live Ball' and Dead Ball?**

The ball becomes live when a player taps the ball in jump ball; when the ball is thrown in or during a free throw.

The ball is dead, when a goal is made; or violation occurs; or a foul occurs; or a held ball occurs; or the ball lodges in the basket supports.



**14 When is the end line throw awarded?**

After basket is scored, the end line throw is awarded to the defending team.

**15 What are the points system in the game?**

A goal from the field counts 2 points. A goal from a free throw counts 1 point. A goal from 6.25m. Circle counts 3 points.

**16 What is held ball?**

Held ball occurs when two opposing players are both firmly holding the ball, and when a closely guarded player takes more than 5 seconds to shoot, pass, roll, bat or dribble.

The game starts by jump ball after a held ball.

**17 What is out of bounds for a ball or a player?**

A player is out of bounds if he touches the floor or beyond the boundary lines.

The ball is out of bounds when it touches any person or object or beyond the boundary lines including the rear of the back board or its supports.

**18 What is a foul? How many types are there?**

A foul is the violation of the rules committed by a player. There are 2 types of fouls. 1. personal foul. 2. technical foul.

**19 What is a personal foul?**

A personal foul is a foul which involves personal contact with an opponent or unsportsmanlike conduct. (eg) holding an opponent, pushing, charging or tripping.

**20 When a player is disqualified from the game?**

When a player commits 5 fouls, he is disqualified from the game.



**21. What is the procedure to be followed for a personal foul?**

When a player commits a foul, the referee indicates the scorer the number of the offender, who at once faces the scorer and raise his hand.

**22. What is a technical foul?**

1. To disregard or be disrespectful to an official. 2. To use unsportsman like tactics. 3. To use offensive language. 4. To bait an opponent. 5. To delay the game are the situations to call for a technical foul.

**23. What are the punishments for a technical foul?**

For the above fouls, the penalty is 2 free throws for the opposing team.

The penalty for a foul by coach one free throw will be awarded. The penalty by a substitute; 2 Free throws.

The persistent infractions of a coach, he may be banished from the vicinity of the court.

**24. What is 3 second rule? 30 seconds rule?**

A player shall not remain for more than 3 seconds in the opponent restricted area while the ball is in control of his team. This is called 3 second rule.

**10 seconds rule :-** When a team gains control of the ball, in its back court, it must within ten seconds, cause the ball to go in its front court.

For a violation of the above rules, opponents get a side line throw.

**25. How is throw-in to be done?**

1. The player nominated to throw in the ball, stands outside the court, at the point where the ball went out.

2. He may throw, roll or bounce the ball.

3. He should not take more than 5 seconds to throw in.



4. He can not play the ball again after his throw-in.

**26. What is a free throw? How it is executed?**

1. A free throw is taken after a personal foul or technical foul on a player in the act of shooting.

2. After a personal foul, the fouled player takes the throw.

3. If he is about to leave the field to allow a substitute to come in, he must take the free throw first.

**27. Explain briefly the free throw position of the players?**

Two opponents must stand in the two places nearest to the basket. Other players stand in alternate position, out side the free throw line.

Thrower stands immediately behind the free throw line, and throws the ball towards the ring within 5 seconds after the referee's whistle.

**28. What is the seven fouls rule in the game?**

After the team has committed seven fouls, personal or technical, all subsequent fouls shall be penalised by giving 1 free throw.

If it is successful, one more free throw is awarded; if not, then the game will be started by a side throw line.

**29. How is the winner decided in a match?**

The winner shall be decided by a team scoring of the greater number of points in the playing time.

**30. What are the important skills in Basketball?**

1. Player's stance. 2. Ball handling. 3. Catching the ball. 4. Passing the ball. 5. Shooting. 6. Pivoting. 7. Rebounding. 8. Faking. 9. Personal defence. 10. Team defence. 11. Attack.

**31. What are the different passes in tha game?**

1. One hand under hand pass. 2. Two hand under



hand pass. 3. Two hand bounce pass. 4. Two hand chest pass. 5. Two hand over arm pass. 6. Two hand side arm pass. 7. One hand base ball pass. 8. Hook pass.

**32. What are the different styles in shooting?**

1. One hand chest shot. 2. Two hand chest shot (set shot). 3. Two hand over head shot. 4. Lay up shot. 5. One hand jump shot. 6. Two hand jump shot. 7. Hook shot.

**33. Explain the types of defence in basketball?**

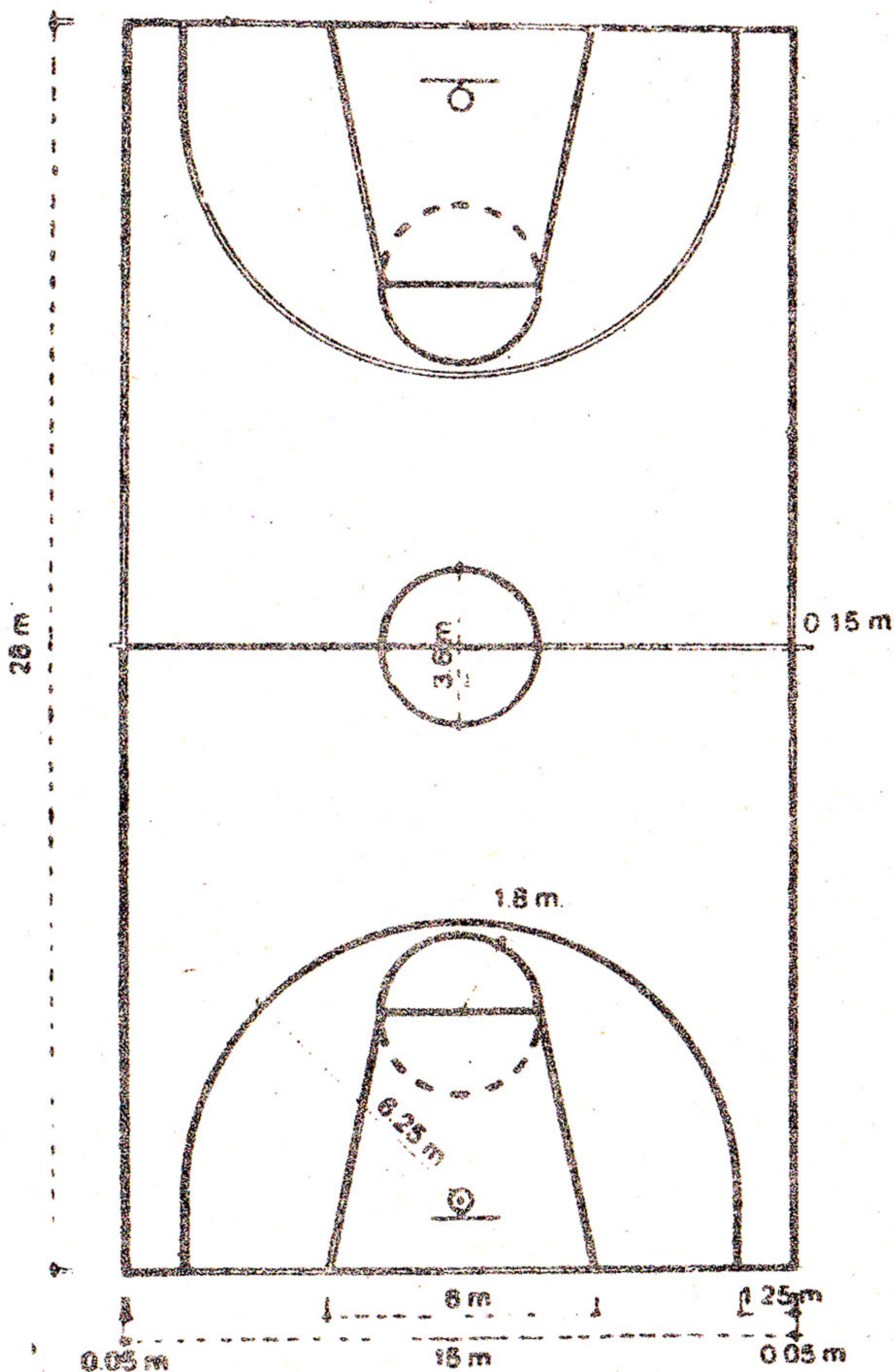
1. Man to man defence 2. Zone defence.

**34. Explain the 'fast break' skill in the game?**

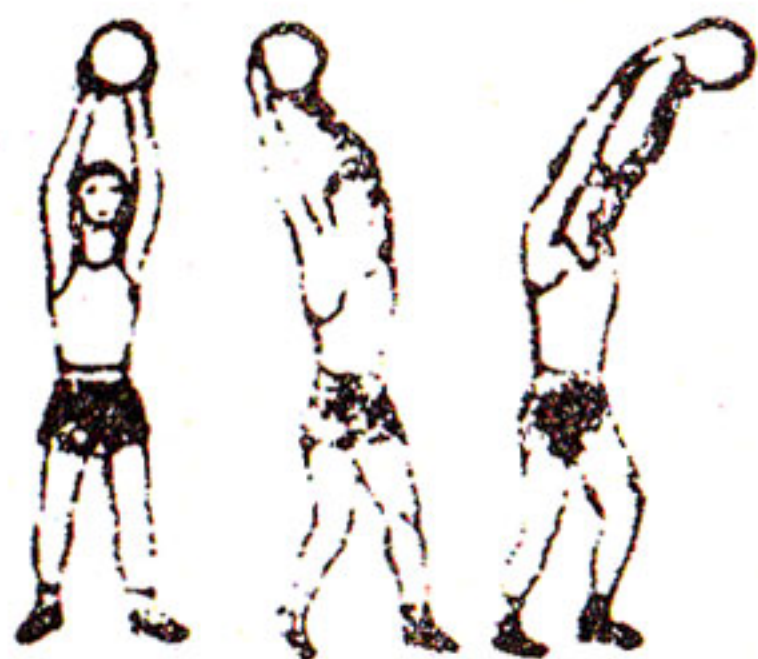
The fast break is to send the ball into the front court before the defenders have the chance to go back and get set. This is the quickest and easiest way to score.



# FULL SIZE REGULATION COURT







TWO HAND OVERHEAD



BASEBALL PASS



DRIBBLING



# HOCKEY

1. **What is the length and breadth of a Hockey field?**

The length and breadth of the field is 100 yards X 60 yards.

2. **How many players are there in a team?**

A Hockey team consists of 11 players and 5 substitutes.

3. **What is the duration of a Hockey match?**

The duration of a match shall be two halves of 35 minutes each, with an interval of 5 minutes.

4. **What is the weight and circumference of a Hockey ball?**

The weight of the ball is between 5 1/2 to 5 3/4 ounces. (156 to 163 grammes). The circumference of the ball is between 3 13/16" to 9 1/4" (20.25 to 23.75cms).

5. **What is the length and weight of a Hockey Stick?**

The maximum weight for men and women stick is 28 ounces. The length of the stick is about 1 metre. The complete stick must be able to pass through a ring having an interior diameter of 2 inches.

6. **How is the game started?**

The winner of the toss can select any of the two. 1. pass back. 2. one end of the field. The player (centre forward) starts the game by back pass from the centre of the ground.

7. **Explain the term "pass back?"**

In the pass back, the ball may be pushed back or hit. At the moment of pass back, all the players must be in their own half of the field. Opponents must be away 5 yards from the ball. If the striker misses the ball, the pass back has to be taken again.



To start the game, restart the game; after half time and after each goal scored, a pass back is taken.

**8. What is a goal in hockey game?**

A goal is scored when the whole ball has passed over the goal line between the goal posts and under the crossbar, provided it has been played by an attacker from within the striking circle.

The goal area : Height of the goal is 7 feet. Distance between the two goal posts is 4 yards. (12 feet). Striking circle : 16 yards from the goal line.

**9. What are the playing regulations in the game?**

1. A player should not play the ball with the rounded side of the stick. Only flat side should be used.

2. He shall take part in the game with his own stick only.

3. He shall not stop the ball with hand or catch it.

4. He shall not hit, strike, interfere with an opponent's stick. He shall not charge, kick, shove, trip, strike at or personally handle an opponent.

5. He shall not play a dangerous game.

**10. What is off-side? Explain.**

At the moment, when the ball is played, a player of the same team as the pusher or striker is in off-side; if there are not at least two opponents nearer to their goal line than he is.

**Punishment:** An off-side is penalised by a free hit to the opposition at the spot, where it occurred.

**11. How to take free hit?**

The free hit is taken on the spot where the breach occurred. The ball must be stationary before the hit. Other players must atleast 5 yards away. The hitter may not replay the ball until another player has touched it.



**12. What is hit-in or push in?**

When the whole ball passed completely over the side line, it shall be placed on the line at the spot at which it crossed the side line.

The ball shall be pushed or hit without undue delay by a player of the team opposed to the player, who last touched it in play.

**13. What is a penalty-corner?**

Whenever any defender commits a foul in his own striking circle, the attacking team is awarded the penalty corner.

**14. How is the penalty corner taken in the game?**

Penalty corner is taken by any attacker from a spot on the goal line, not less than 10 yards from the goal post, on whichever side of the goal the attacking team prefers. At the time of taking penalty corner, no other player shall be within 5 yards of the ball.

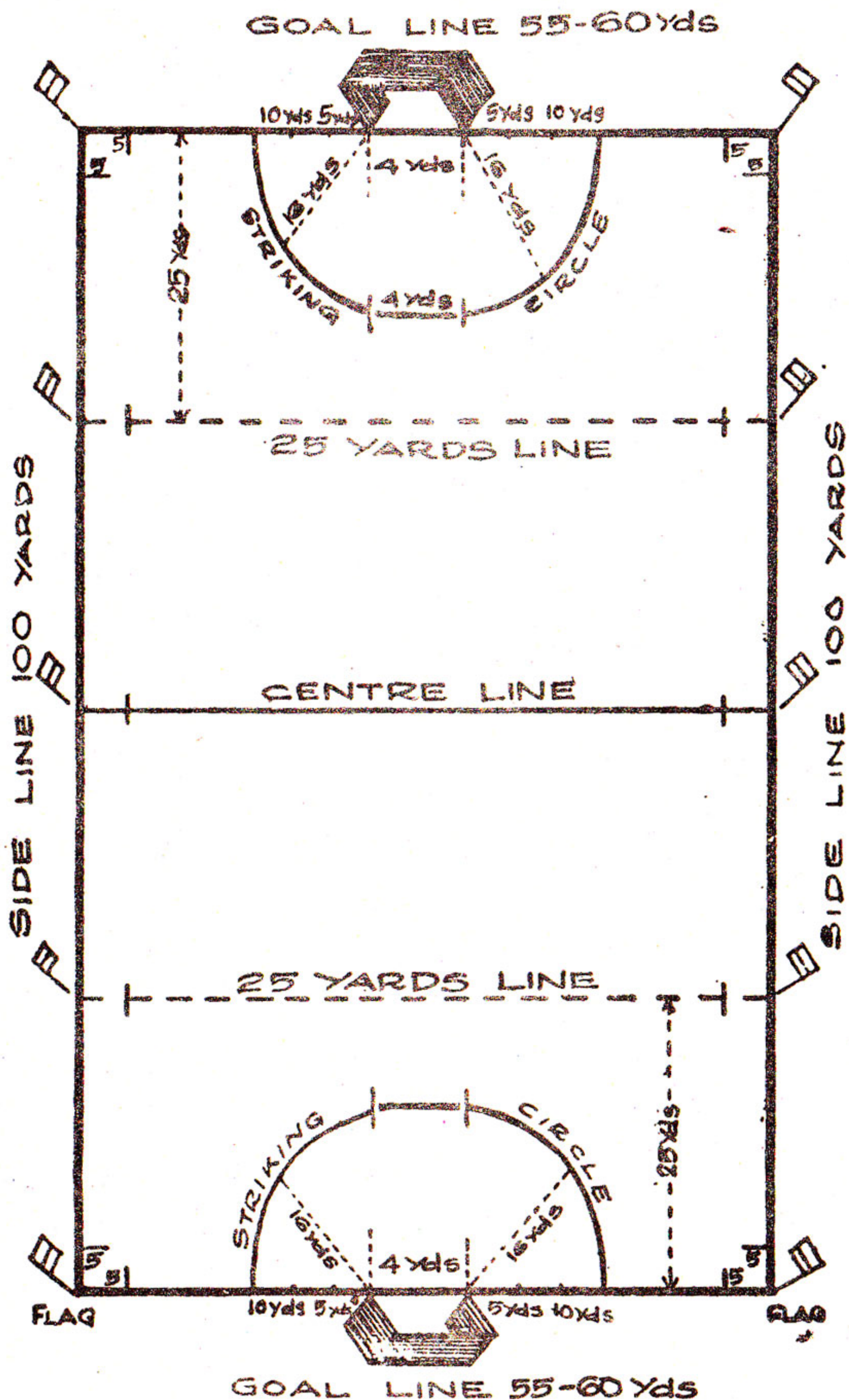
**15. What is a penalty stroke? How it is taken?**

When ever any defender commits any intentional foul within his own striking circle, then penalty stroke is awarded to the attacking side.

The penalty stroke is taken by any attacking side player by keeping the ball on the penalty spot. At the time taking the penalty stroke, all the players except the penalty stroke taker and the goal keeper, should be behind the 25 yards (22.86m) line.

The penalty stroke taker can use any type of stroke and can lift the ball to any height.







## SOME SKILLS IN HOCKEY



PASSING THE BALL



HITTING THE BALL



PUSH IN



DRIBBLING



STOPPING THE BALL



BALL CONTROL



TACKLING



WRONG TACKLING



GOAL KEEPING



# KABADDI

## 1. Explain the measurements of the kabaddi ground?

For men : 12.50m X 10m

For women : 11m X 8m

The baulk line for men's ground 3.25m from the centre line and for women 2.5m from the centre line (see the diagram) Sitting block size : 8m X 2m

## 2. How many players are there in a game?

Each team has a total of 12 players. Seven players enter in a game as regular players and 5 players are substitutes.

## 3. How many players can be substituted in a game?

Maximum 3 players can be substituted during the game once. Substituted players cannot be replaced at any time.

## 4. What is the duration of a kabaddi match?

The match for men has 2 halves of 20 minutes each with 5 minutes interval (20m-5m-20m). The match for women and children has 2 halves of 15 minutes each with 5 minutes interval.

## 5. How will you break the Tie in the kabaddi match?

A team scores 1 point for each player put out by them. If a team puts out all opposition players, that team scores a lona, a bonus of 2 points.

At the end of the game, the team scoring more points, wins the game. If there is a tie, an extra 10 minutes is allowed. Still there is a tie after extra time, the side scoring the first leading point is declared as the winners.

## 6. What are the rules for the players in the game?

1. Players bodies and limbs must be free from any



greasy substances. 2. Banians must be clearly numbered at the back and front. 3. Nails must be closely clipped. 4. No metal or ring or belt shall be worn.

**7. Explain the terms Raiders and Anti raiders?**

The raider is one who goes into the court of opponents with the cant.

The players who are in the court the raider has entered, are called anti raiders.

**8. What are the rules for a raider?**

1. Only one raider must enter in the opponent's court at a time. 2. The raider must utter the word kabaddi loudly and clearly by repeating it with one respiration. 3. The raider must begin the cant before crossing the centre line.

**9. When is a raider out?**

1. If a raider loses his cant while he is in the opponent's court. 2. If he does not cross the Baulk line, he is out. 3. When a raider goes out of bounds, he is out. 4. When a raider pushes or pulls an opponent out of boundary he is out. 5. When a raider is caught by one or more antis, he is out.

**10. When can a raider use the lobby?**

A raider can use the lobby after the struggle.

**11. What is the new rule for the raiders?**

A raider is not compelled to touch an anti. He can hold on his cant and return home safely without touching any opponent. But a team does not touch any opponent after sending 3 players, the umpire shall award 1 point to the other side.

**12. What are the rules for the anti – raiders?**

The anti raiders always try to catch the raider and



make him out. 2. When a raider is held, the antis shall not try to stifle his cant by shutting his mouth. 3. They shall not use violent tackling leading to injuries. 4. They should not wilfully push the raider out of the boundary. 6. The antis should not touch the boundary line or step into the opponents court when a raid is in progress.

**13. How is the revival made during the game?**

When a player is out, he must leave the field and go to the waiting block. He can reenter his court when an opponent is put out in the same order he was out.

**14. What are the basic skills in kabaddi?**

1. Cant 2. Raiding 3. Catching 4. Pursuit

**15. Name the officials in a kabaddi match?**

1 Referee, 2 Umpires, 1 Scorer, 1 Time keeper, 2 Linesmen.

**16. What are the various kinds of basic skills for a raider?**

1. Toe touch. 2. Front kick. 3. Side kick. 4. Cross kick. 5. Roll kick. 6. Mule kick. 7. Aero kick. 8. Squat leg thrust. 9. Jumping over antis.

**17. What are the various kinds of basic skills for anti raiders?**

1. Wrist catch. 2. Crocodile catch. 3. Ankle catch. 4. Double ankle catch. 5. Knee catch. 6. Thigh catch. 7. Trunk catch. 8. Lift catch. 9. Washerman catch.

**18. In a match, if one team has 5 players only and it wants to play. What will you do?**

As per the rule, a team can start a match with one or two players less. So, the team with 5 or 6 players will be allowed to play the match. When all the players of that team are out, absentees too shall be counted as out and points will be awarded accordingly to the other team along with 2 extra points as lona.



# KABADDI SKILLS



Toe Touch



Side Kick,



Cross kick



Roll Kick



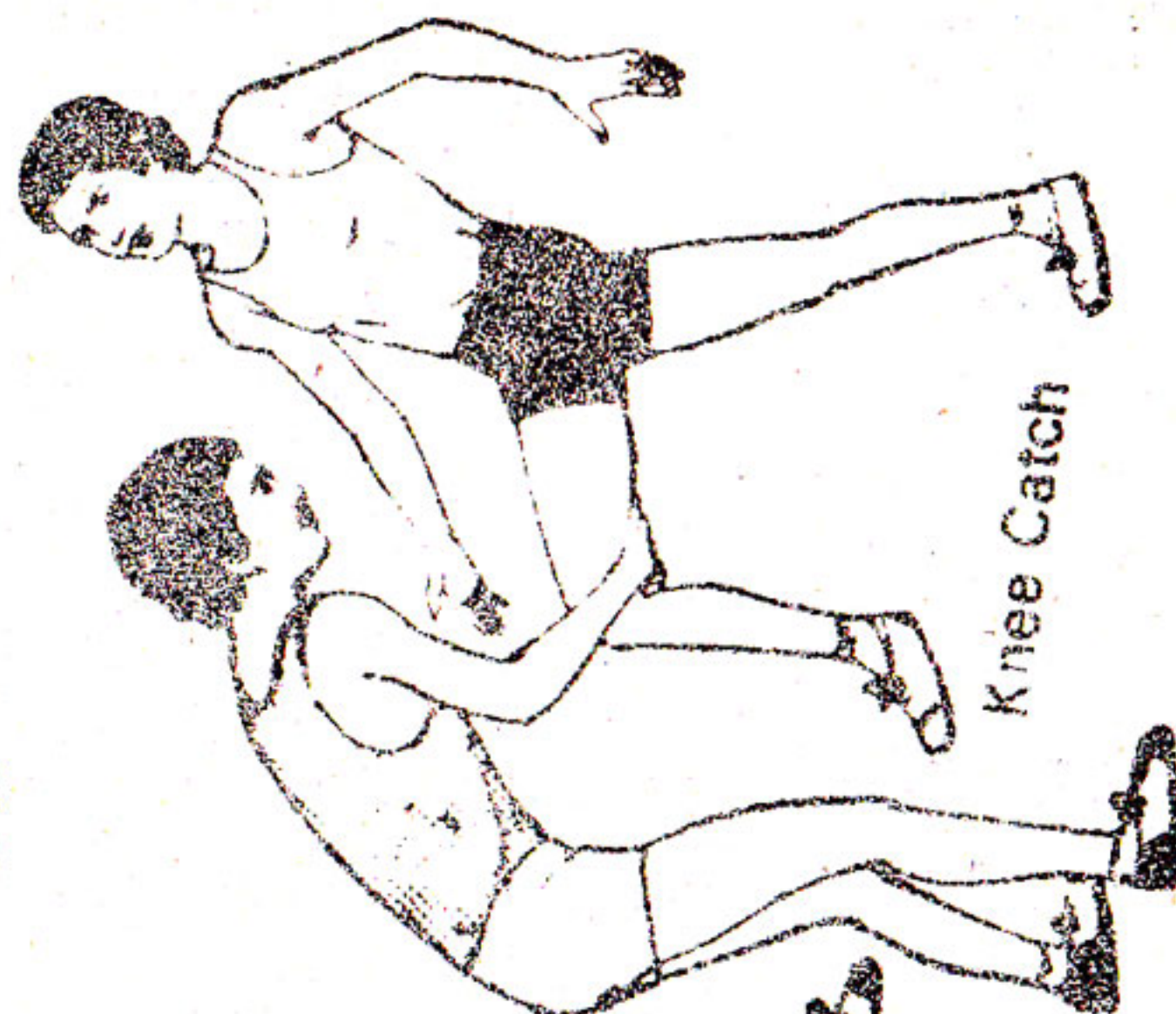
Aero kick



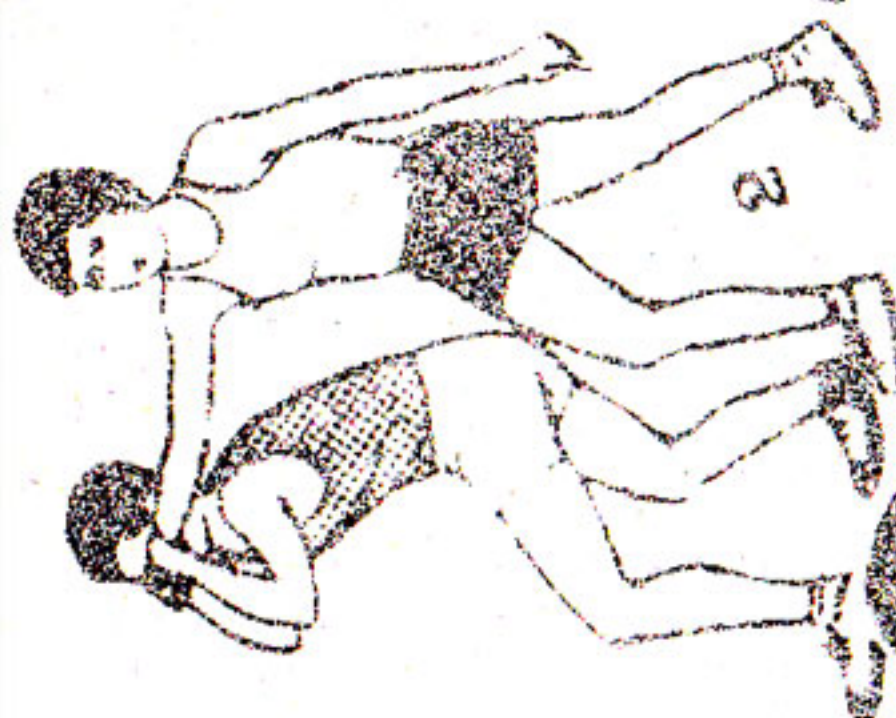




Washerman's Catch



Knee Catch



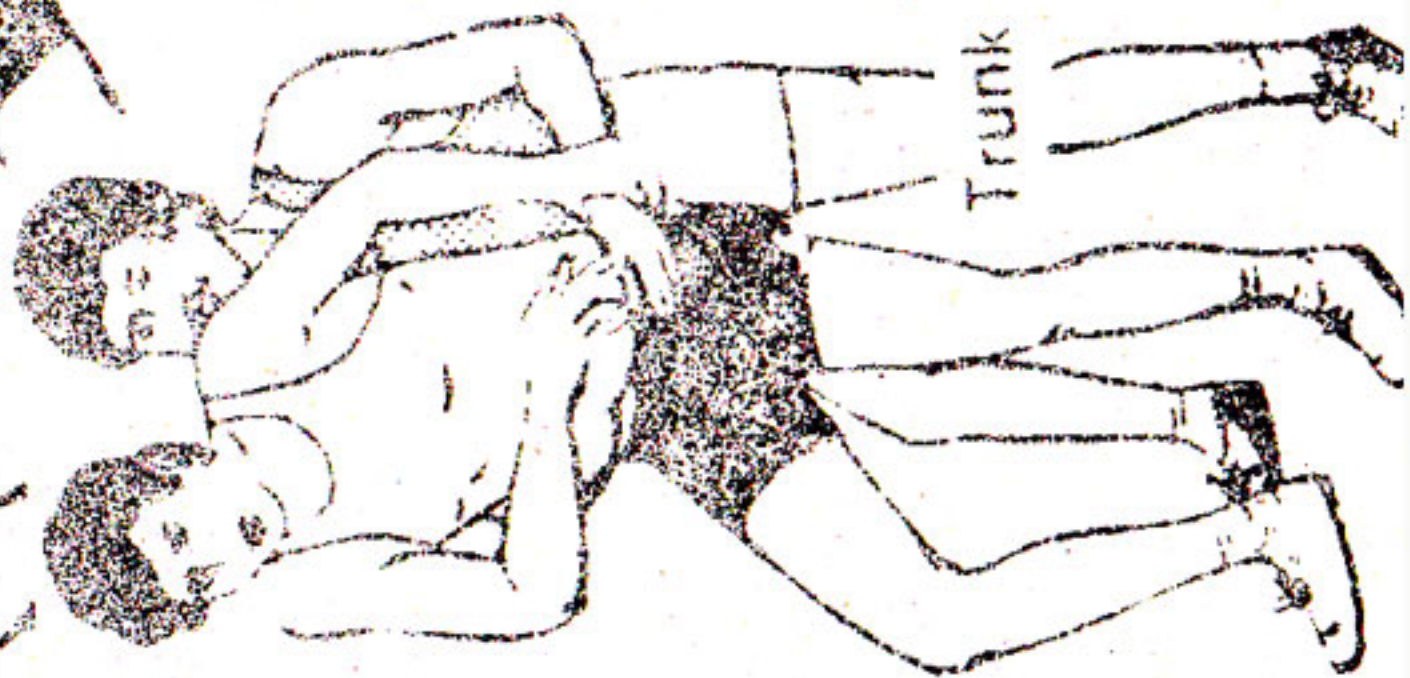
Lift Catch



Trunk Catch



Whist catch





**SITTING BLOCK**

END LINE

LOBBY

BULK LINE

WIRE

LOBBY

CENTRE LINE

BULK LINE

LOBBY

END LINE

**SITTING BLOCK**



# TENIKOIT

**1. Mention the length and width of the Tenikoit court?**

The court for singles and doubles game shall be 40 feet X 18 feet.

**2. What is the height of the net?**

The height of the net is 6 feet.

**3. State the diameter and thickness of the ring?**

The diameter of the ring is 7 inches and the ring is made up of rubber with 1 1/4 inches thickness.

**4. What are the basic skills in tenikoit?**

1. Service. 2. Receiving the ring. 3. Returning the ring.

**5. When does a team win the match?**

A team has to get 15 points first to win a game. A team has to win 2 games out of 3 games.

**6. Mention some important rules for the server?**

1. The server shall stand at the right side of the court behind the end line and serve always to the cross court. 2. The server shall not touch the end line when the time of service. The ring shall not touch the net when it is going to the opposite court. 3. Wobbling is not allowed.

**7. What are the important rules for the receiver?**

1. The receiver should catch the ring by one hand only. The ring must be returned by the hand in which the ring is caught. 2. The receiver can send the ring to his opponents court any where he likes. 3. The ring must be sent back from the same spot where he catches the ring. He shall not walk or jump when throw-



ing the ring. 4. The ring must be returned immediately and not retained in the hand for more than a second.

**8. What are the fouls in playing the ring?**

1. If the ring in service, falls in the neutral ground, it is fault. 2. overhand in any form is fault. Cheating action like throwing action is fault.

**9. Give your decision when the ring falls on the boundary lines?**

The ring striking on any boundary line is correct.

**10. Explain the Table tennis point system in a tenikoit match?**

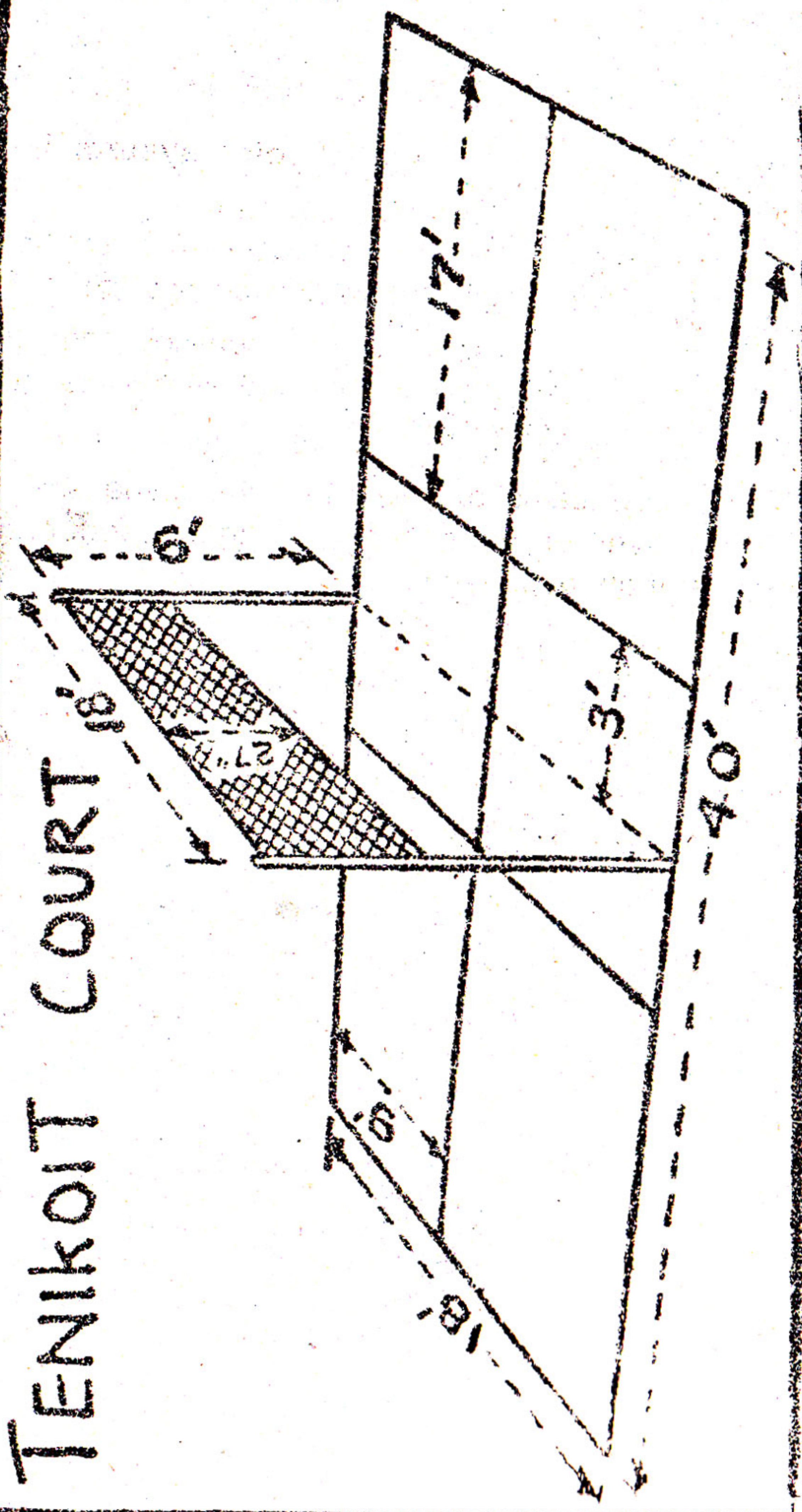
In a Table Tennis point system, a team has to get 21 points to win a game. The service system is as follows.

One player has to serve 5 services continuously. After 5 services, service is changed when the score comes like 5, 10, 15, 20.

If both teams are 20 each, the game shall be won by the player or pairs first scoring subsequently 2 points more than opponents.



# TENIKOIT COURT





# HEALTH EDUCATION

## 1. Define the term Health?

Health is basic to life. Life is for better living. Health has been defined as a state of complete physical and mental well being. The mere absence of a disease or deformity is not health.

## 2. What are the factors that influence health?

The factors that influence health can be clarified under three categories.

**Biological factors** :- The innate qualities given to us by our ancestors is called heredity.

Good heredity provides the basis for a sound body and sound mind.

**Environmental factors** :- After birth, the inherent qualities and forces of a child are influenced by the environment such as (a) living space and housing. (b) Safe water, food and nutrition, (c) Pollution. (d) Satisfaction and aesthetics.

**Socio-cultural factors** :- Our religious customs, culture, occupation, community life and social and political organisations make our social environment. Force of these social environments play a great role in determining our state of the health and diseases.

## 3. What is hygiene?

Hygiene is the Science of preserving and promoting of health. Hygiene, the Science of health consists of all clean and healthy habits like nutrition, food, regular exercises, proper rest and sleep.

## 4. Why do we need health?

Every young man and woman has the desire to participate fully in the great adventure of living. To do this



happily and efficiently, we need health.

**5. What is immunity?**

The resistance of our body to disease is called immunity. Immunity is the Power of resisting the disease and not being susceptible to it.

**6. What is Physical Health?**

When all the Organs of your body function normally in relation to your age, sex and occupation, you are considered to be in good Physical health.

**7. What is Mental Health?**

If you are able to understand your own strengths and weaknesses and you meet the daily demands of living efficiently and successfully. You accept others as they are and establish satisfying relationship with them happily. Such activities are showing that you have good mental health. That is you understand your abilities and behave like a Gentleman.

**8. What is Social Health?**

The Social Health or well being means your better abilities help you in adjusting socially in a productive manner, fulfilling ones responsibilities toward one self, ones family, community and the country.

**9. What are the unfavourable factors and condititions which influence on individual's health?**

- |                        |  |
|------------------------|--|
| 1. Poor Heredity       | 2. Inadequate medical care             |
| 3. Malnutrition        | 4. Unhealthy behaviour                 |
| 5. Low Living Standard | 6. More expectations and frustrations. |
| 7. Perverted thinking  | 8. Laziness and lack of exercises etc. |

**10. How we can develop good minds?**

Good hobbies, sports and games, recreation, rest and



relaxation, good aim and hard work after good sleep are the healthy development of good minds. If we follow the above principles, we can live happily.

**11. What are the mental disorders? explain?**

There are Neurosis, Hysteria and Psychosis.

**Neurosis** :- Faulty adjustments of the mind will result in the emotional disturbances of the mind. When a person has such an unsettled mind, and still not able to get in a responsible manner, obeying the rules of conduct, he is said to be suffering from a neurosis. Stresses and Strains are the causes for the neurosis.

**Hysteria** :- is one of the emotional disturbances in which the person believes himself or herself to be ill though he-she is strong. There is nothing wrong with either organs or the Physiological functions of the body. The Drug Habit is also due to a kind of Neurosis.

**Psychosis** :- When a Person's whole personality changes and he completely withdraws himself into a world of his own, out of touch with real world; and suffer from all types of sensory disturbances like delusions, illusions, and hallucinations, he is said to be suffering from psychosis.

**12. Why do people drink?**

Some persons drink to relax. Others use alcohol as a means to escape from their problem; some people start drinking as a desire to go along with their friends or to some social pressures; some people drink because they think it proves that they are adults. Others say that they drink for fun and excitements.

**13. What are the bad effects of drinking?**

Drunkenness harm the health, produce more diseases, organs become weak; loss of appetite; upset stomach; loss of judgement in work; losing self respect from oth-



ers; leads much unhappiness; induces to violence, affect the lives and spoil life and sorrow in life is the result.

**4. What are the bad effects in smoking?**

1. Smoking increases the risk of cancer of the lungs and lips.
2. Smoking damages lungs, stomach, heart and circulation.
3. Smoking costs money.
4. It affects the family food budget.
5. Spoils the taste and to enjoy the food items while eating.

**5. What is Nutrition?**

Nutrition means the supply of all essential nutrients in adequate quantity in proportion to the need and requirement of the body. Macro and micro elements in nutrition are called the constituents of food.

**6. What are the constituents of food? How do they help us?**

Proteins, Carbohydrates, Fats, Vitamins, Minerals and Water are the constituents of food.

1. Proteins are otherwise known as body building materials which help in the growth and development of the body and repair the wear and tear of the tissues of the body. The sources of proteins are milk, eggs, meat, cheese, pulses, fish, beans and nuts.
2. Carbohydrates are known as energy yielding food which give energy for all activities of life. The sources of Carbohydrates are Wheat, Rice, Maize, Potatoes, Sugar and Barley.
3. Fats produce warm and energy to the body and taste to the food. The sources of fats are vegetable oils, butter, cream, nuts, meat etc.
4. Vitamins :— Vitamins are necessary for life. Vitamins act as builders who organise and regulate the use of building materials in the growth of the human body. They



are known as protective foods.

**17. What are the diseases caused in Vitamin deficiency?**

Deficiency of Vitamin A causes Night Blindness

Deficiency of Vitamin B causes Beri Beri, Skin Diseases, Mental Disbalance, Pellagra etc.

Deficiency of Vitamin C causes Scurvey.

Deficiency of Vitamin D causes Rickets.

Deficiency of Vitamin E causes Childlessness and repeated abortions.

Deficiency of Vitamin K will cause delayed clotting of blood.

**18. How Sun is helpful to us?**

The Sun is the source of heat, light and energy in the world. Sunshine also helps in killing disease germs in the air; thus air is purified. Vitamin D is produced in the skin by sunlight. So, our elders advice the children to play under the sun both in the morning and evening times.

**19. What is Posture? What are its advantages?**

Posture means the position in which we hold our body erect and tall while standing, sitting walking and running.

A good posture indicates a healthy body. A good posture assures self confidence and self respect. A good posture produces a grace with body and facilitates different organs of the body to work better, and develops the vigour of the body still better.

**20. How do Sports and Games help the Participants?**

Sports and Games are a nice way of recreation. When we play games, we forget our sorrows, and the stress and strain of our life fly away and our mind relaxes and we feel refreshed again.



So, Sports and Games make us strong and cultivate a sense of punctuality and regularity. They develop the leadership qualities and also they develop the best in our body and mind. They educate and prepare us for a successful life.

**21. Explain the advantages of Yogasanas?**

1. Yogasana needs only a small airy place for practice.
2. The practice of Yogasana is not expensive Yoga is a solo practice.
3. Yogasanas give sufficient exercises to the internal organs of the body.
4. Yogasanas have a greater impact on the mind and the senses. That is to develop more mental power, to calm the mind and control the senses.
5. One who performs Yogasanas, looks younger in age and lives longer.
6. Life span, youth and health depend upon the flexibility of the spinal cord. Yogasanas keep the spinal cord flexible.

**22. How yogasanas are based on?**

Yogasanas are based on different creatures in the world. All positions and postures of Yogasanas are derived from different builds of animals, birds, insects etc.

Advantages gained by maintaining such positions are utilised for well balanced growth of the body.

**3. Why Yogasanas are followed by all kinds of people?**

Yogasana is a Scientific Process which deals with the internal and external parts of the body. There is no age and sex restriction in Yoga Practice.



# TRACK AND FIELD

**1. How many lanes are there in a Standard Track?**

There are 8 lanes in a standard track.

**2. What is the breadth of a lane?**

The breadth of lane is between 1.22m and 1.25m.

**3. What are the main types of running?**

There are 6 types of running.

(a) Short distance running : 100m, 200m, 400m

(b) Middle distance running : 800m, 1500m

(c) Long distance running : 5000m, 10,000m

(d) Hurdle races : 110m, 400m

(e) Relay races : 4 x 100m, 4 x 400 m

(f) Marathon race : 42, 195m

**4. Explain the skills of short distance running?**

1. Start 2. Strides 3. Finish

**5. What are the main types of start?**

1. Standing start 2. Crouch start

**6. How many divisions are there in crouch start?**

1. Bunch or Bulet start

2. Medium start

3. Elongated start

**7. Give brief explanation about the various starts?**

1. **Bunch Start** :- The toe of the back foot is placed opposite of the heel of the front foot while in a sitting position is called Bunch start. Those who have strong legs and medium height can use this start.

2. **Medium Start** :- The knee of the back leg is



placed opposite of the front of the arch of the front foot in kneeling position.

**3. Elongated Start** :- In a kneeling position, the knee of the back leg is placed opposite of the heel of the front foot. Tall runners follow this type of starting position.

**8. What are the three commands in the start?**

1. On your marks 2. Set 3. Go or gun sound

**9. What is the aim of taking a start?**

The main aim of taking a start is to gain good speed from the very beginning of the race.

**10. Why is starting block used?**

Starting block helps the athlete to make a quick start.

**11. Is crouch start compulsory in the sprint events?**

Yes. As per the new rules, the crouch start is compulsory in 100m, 200m and 400m events.

**12. How is the winner decided in 100m dash?**

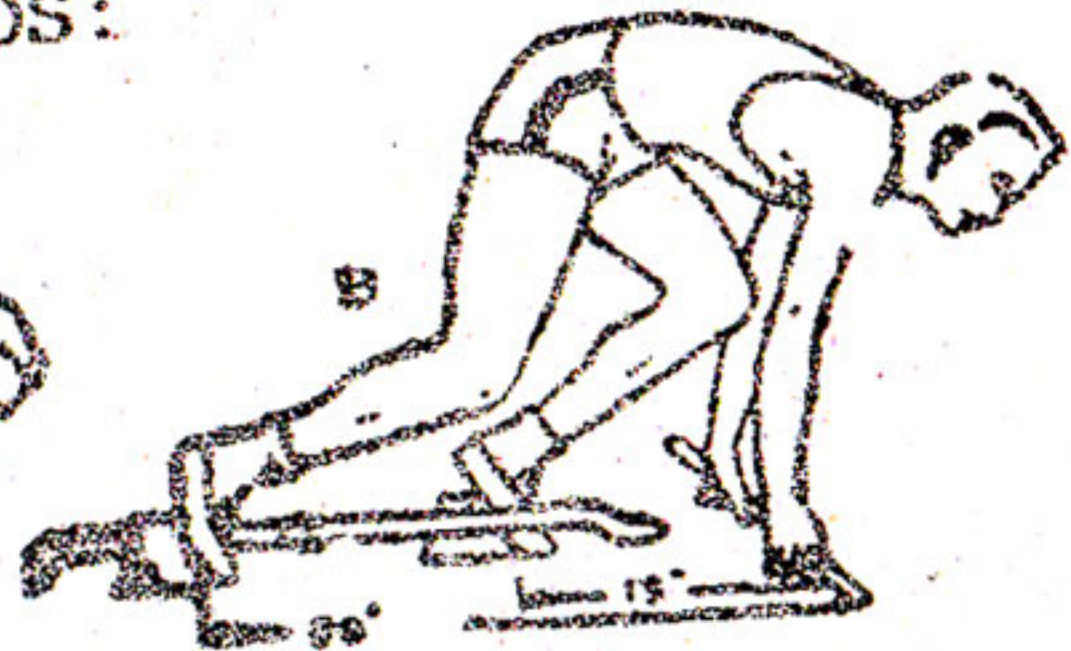
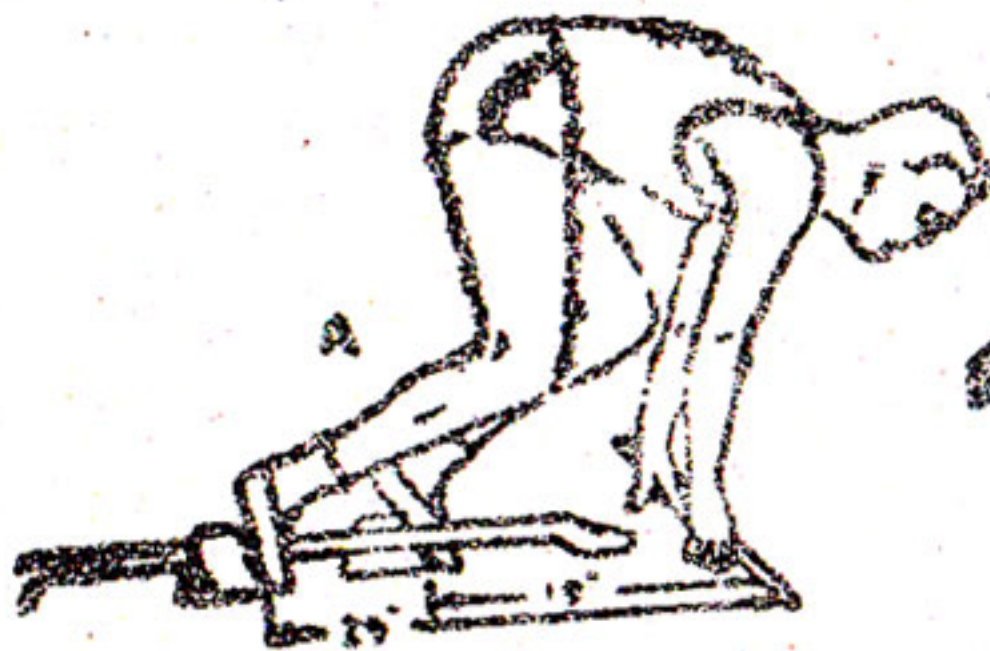
As soon as the Torso crosses the finishing line, the race is completed. The same order in which the runner's torsos cross the finishing line is the order of winners.

**13. Which is the fastest start in 100m running?**

The bunch start is the fastest start.



# STARTING METHODS:



## SITTING POSITION BEFORE START



ON YOUR MARKS:



SET:



GO:



# RELAY RACES

## 1. What are the relay events?

4 x 100 metres and 4 x 400 metres for both men and women.

## 2. How do you select a relay team?

A relay team consists of 4 runners. Runner 1 should be a good starter and bend runners. Runner 2 and 3 run the greatest distance, so they must be good in both give and take the baton. Runner 4 must be a good finisher.

## 3. What happens if a runner drops the baton during the exchange?

The person who drops it must pick it up.

## 4. What is the non visual method of exchange?

The correct method in which the incoming runner with baton, sweep the baton up in the downward 'v' formed by the outgoing runner's hand. This is called Non visual method, used in 4 x 100m relay.

## 5. What is the technique in the 4 x 400m relay?

The incoming runner is usually tired and fading fast. This means the outgoing runner has to judge the condition of his partner and adjust with his speed to receive the baton carefully. This is called visual method.







# DISCUS THROW

## 1. What is the meaning of the word Discus?

Discus comes from the ancient Greek word Discos, means Thing for throwing. Probably just a rough stone.

## 2. What is the weight of discus used for the Competition?

For men, minimum weight is 2 Kg. For women, 1 Kg. For Senior boys 1.5kg.

## 3. How is the discus constructed?

Wood and Brass are used to construct a discus. The sides and centre portion of the discus are made by brass. The remaining portion is wood.

## 4. What are the qualities of a discus thrower?

1. Good height 2. Strong body 3. Powerful arm strength 4. Balancing ability.

## 5. State the basic skills in discus throw?

1. Hold 2. Standing Position 3. Swings 4. Rotation or turn. 5. Delivery or release 6. Balance.

## 6. How do you hold the discus for the throw?

The discus is held against the palm with the first joint of each finger over the rim of the discus. The fingers are slightly and about evenly spread and grasp the edge firmly. The thumb is flat against the discus extending in a line with fore arm. This method provides for balance and helps easily to the spin as the discus leaves the end.

## 7. Explain the 'swing' skill in discus throw?

The thrower takes two or three preliminary swings. During swing, the discus is carried from left hand shoulder to the backside of the right hand. When the swing is taken, the weight of the body comes on the left leg and the right heel goes upwards.



**8. What is the main aim of the swing?**

The main aim of the swing is to get ready physically and mentally for the throw that is to develop the speed in the body, and keep the balance steady.

**9. What is turn in discus throw?**

The thrower places himself back to the line of direction in the throwing circle, and runs across the circle, getting into a strong throwing position is called a turn or rotation.

**10. What is pivot style in discus throw?**

The weight of the body is transferred from one leg to the other with half turn. Always this pivot turning is done on the toes only.

**11. How the discus should be released?**

The angle of release of the discus is approximately 30 degrees and the release is done by the first finger which imparts a clockwise spin to the discus.

**12. What are the throwing Conditions placed upon the thrower?**

The thrower must throw the discus with full speed within the 8' 1/2" diameter circle, and the discus must fall within in a 40 degree sector.

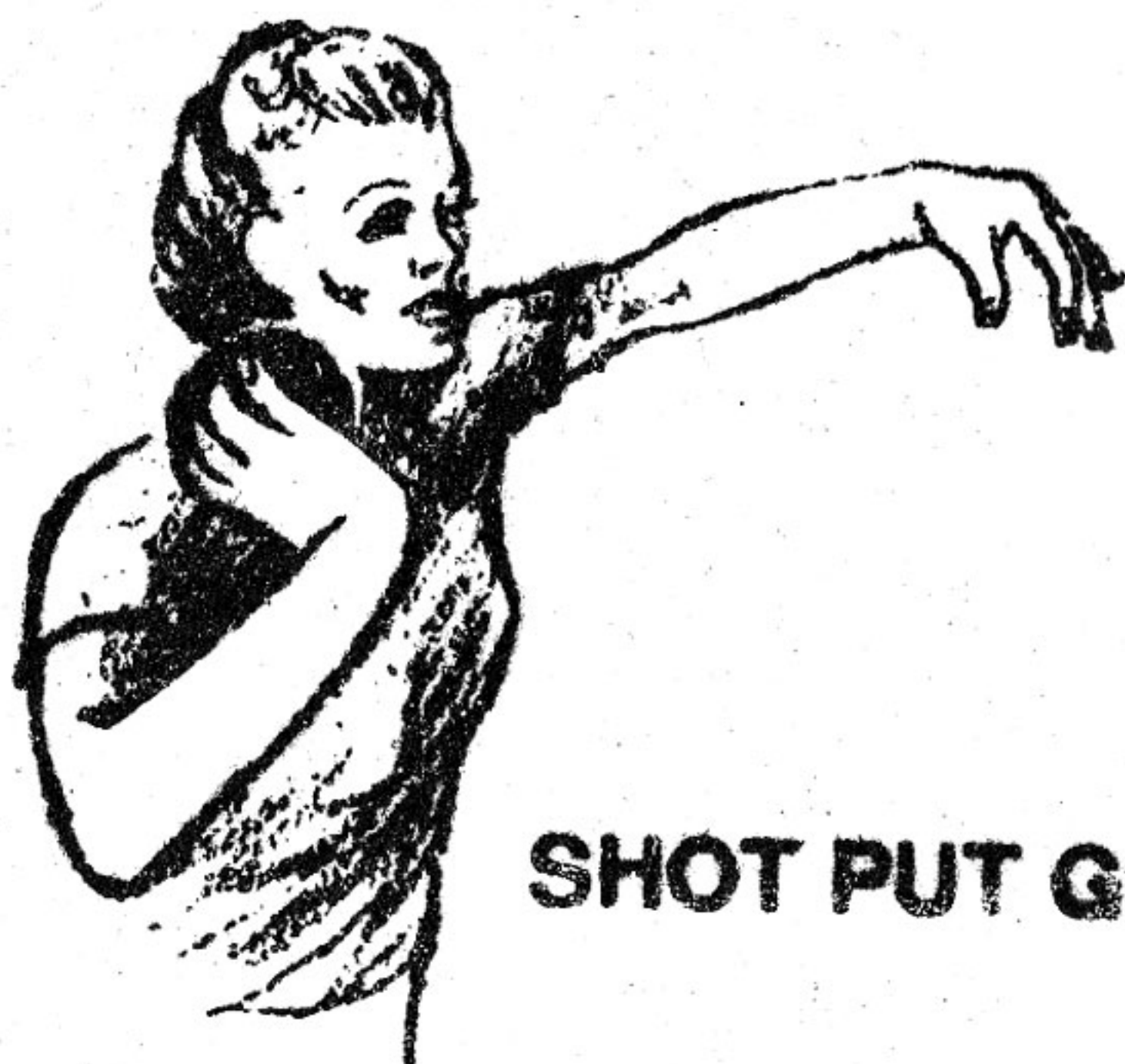
**3. What are the basic rules in the discus throw?**

1. The Competitor should not use his personal discus.  
2. He should not tape his fingers. 3. He should not step over the ring of circle. 4. The discus should fall within the edges of the sector line. 5. Best throw will be measured out of his six throws.

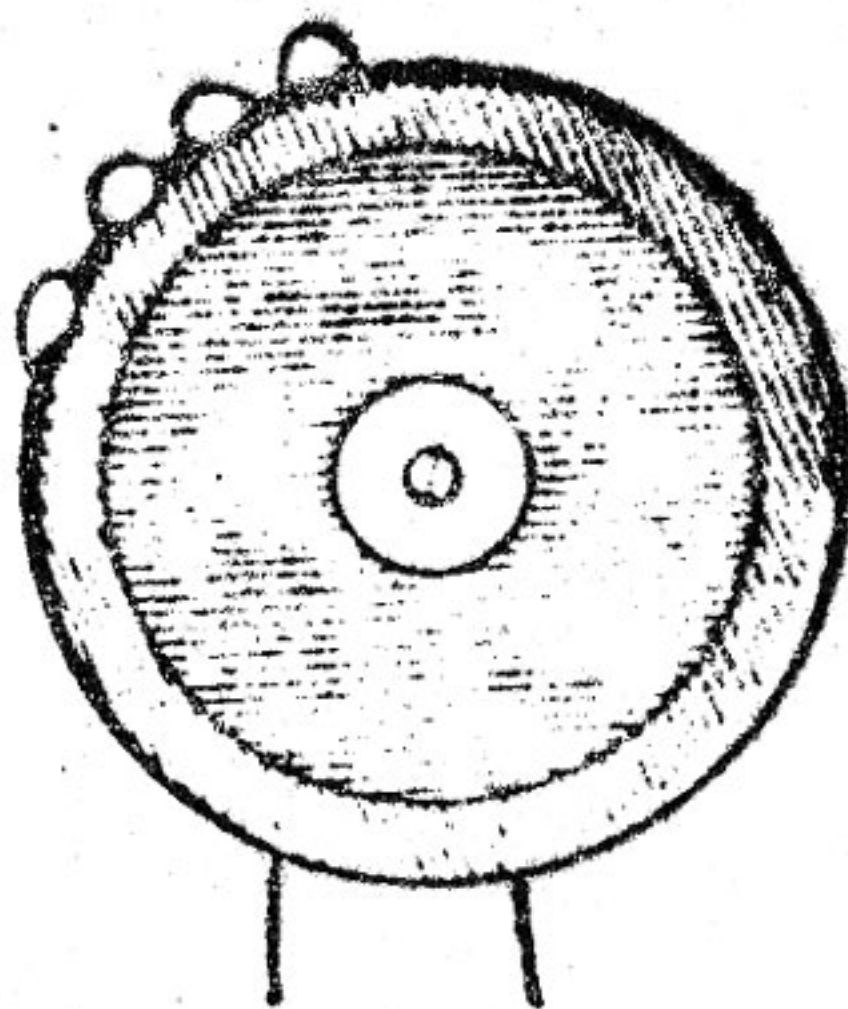
**1. How will you break the tie in Discus throw?**

In case two or more competitors are equal, then the **Second best** throw is considered. If the tie still remains, then the **Third best** will be considered and so on.





**SHOT PUT GRIP**



**DISCUS GRIP**



**Over-shoulder**



**Finnish front**



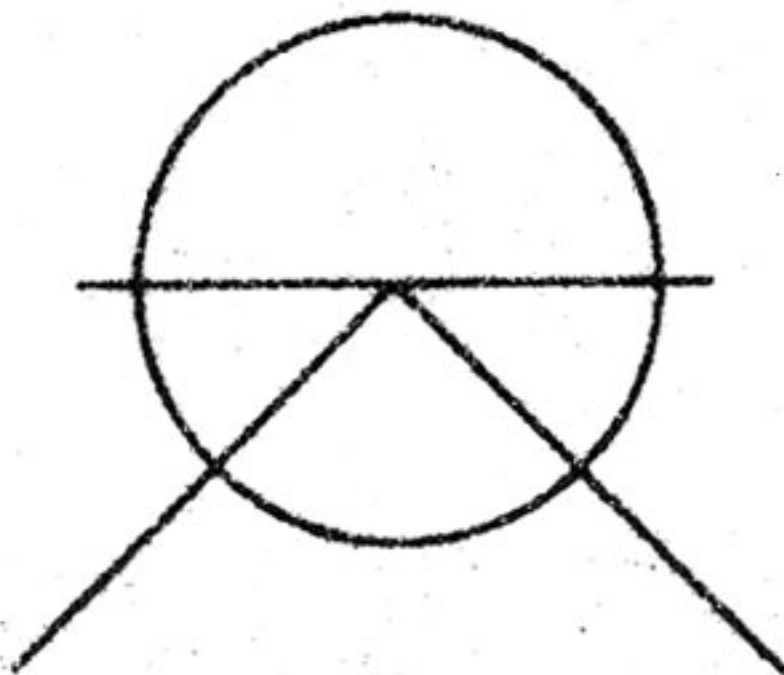
**Underarm**

**JAVELIN GRIP**



# SHOT PUT

## 1. The Diagram of Shot Put circle



The diameter of the shot put circle is 2.135M

## 2. What are the weights of shots in various Competitions?

Shots are made by Iron or Brass. For men, the weight of the shot is 7.260 Kg. For women 4 Kg. For Boys below 18 years 5Kg.

## 3. How many throwing styles are there in shot put?

1. Leg Swing style 2. O'Brien style 3. Disco Put style

## 4. What are the basic skills in shot put?

1. Grip. (Hand hold) 2. Stance 3. Leg Swing  
4. Glide 5. Throw 6. Release 7. Followup and balance

## 5. Explain briefly how to hold (grip) the shot?

A right handed putter should pick up and carry the shot with the left hand so as to avoid heaviness to the putting arm. Do not hold the shot flat in the palm on the right hand. Keep thumb on one side and the rest of the four fingers around the other side of the shot. The shot rests against the neck, the elbow of the supporting arm extended towards the front of the circle. The left foot is lightly touching the ground.

## 6. What is leg-swing, and glide?

By leg swing, the thrower's weight of the body moves



forward with full speed towards the throwing direction. The aim of glide is to provide speed to the body and to the shot and thus to move him towards the throwing direction.

**7. What is balance in shot put?**

After putting the shot, the thrower should take care of his body balance must be in the circle until the shot has landed and walk out from the back half of the circle.

**8. What is the difference between putting and throwing?**

A putting is a push or made from the neck. A throw is a pure pulling, started well behind the thrower's shoulder.

**9. What are the important qualities for a shot putter?**

1. Good height 2. Strong arms 3. Strong shoulder muscles 4. Good speed and stamina 5. Body strength and leg arm co-ordinations 6. Balancing.

**10. What are the fouls in shot put?**

1. The shot is thrown by both hands 2. Shot fall outside the sector. 3. Shot is brought behind the shoulder level. 4. Thrower touches the top of the stop board with any part of his body. 5. Thrower comes out from the front part of the circle.

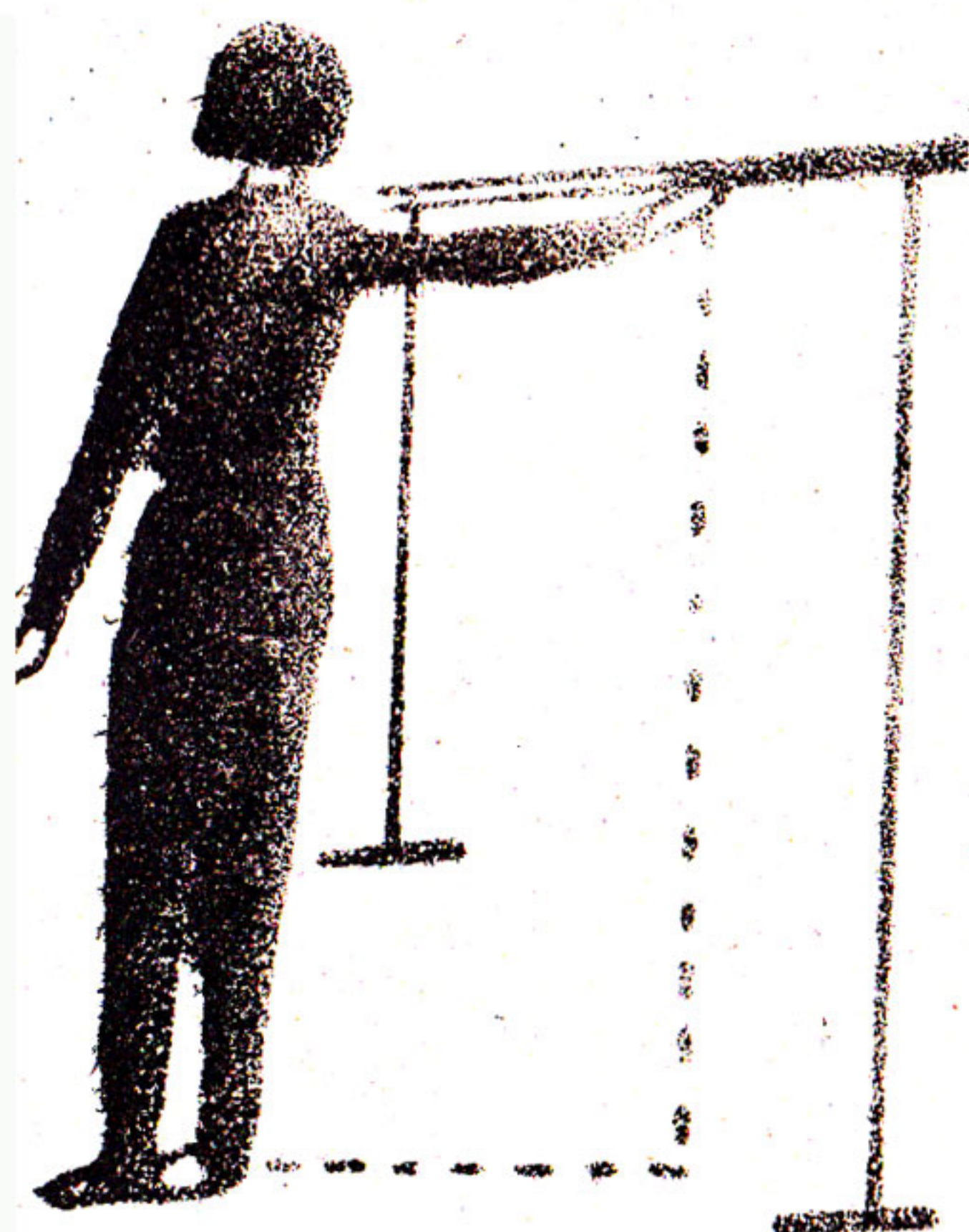
**11. How will you break a tie in shot put?**

In case two or more competitors are equal, then the second best throw is considered. If the tie still remains, then the third best will be considered and so on.





The Running Broad Jump.



Measuring takeoff



# LONG JUMP

1. **What are the measurements of a landing area in long jump?**

The length and breadth of Long Jump area is 9 metre X 2.75m (29.6" X 9 feet).

2. **State the measurements of the runway and a take off board?**

The runway is 1.22m wide and 40m long from the take-off board. The take-off board should be 1.22 long, 20m wide and 10 cm deep.

3. **Explain the main skills of long jump?**

There are 4 main skills in long jump.

1. Approach 2. Take-off 3. Walking in air 4. Landing

4. **What is approach?**

Approach is the important running method to reach the takeoff board with high speed and for correct stepping on the take-off board. For a better jump, approach run is very important.

5. **What is the main aim of take-off in long jump?**

Take-off is the planting of the foot correctly on the take-off board with as much force, the take-off or board is pushed by more force, the competitor's body is pushed forward so that the competitor can cover more distance in long jump.

6. **Must a long jumper jump from one foot?**

Yes, No double foot take-off is allowed. The 'somer-sault' technique also is prohibited.

7. **What are the common styles of walking in the air?**

There are three common styles.

1. Sailing style 2. Hitch kick 3. hanging style.



**8. What is the aim of walking in the air technique?**

The basic flight technique is the hitch--kick. Its aim is to enable the jumper to get his feet as far ahead of the centre of his body weight as possible and jump maximum distance.

**9. How should a long jumper land in the pit?**

A competitor should land in the pit on both heels by keeping the balance of his body. Both feet should be a foot apart and no part of the body should be behind his heels.

**10. What is a foul jump?**

1. If any competitor touches the ground beyond the take-off line. 2. If he/she runs through the take-off board. 3. If he or she takes more than 1 1/2 minutes to take a jump. 4. If he or she walks back after a completed jump through the landing area. 5. If he or she takes take-off with both feet together.

**11. How many competitors are selected for the final round?**

For the final round, best 8 competitors are selected.

If the competitors are more than 8, three trials are given and 8 will be selected. If the competitors are within 8, six trials will be given to them.

**12. A competitor wishes to put a hand kerchief on the take off board or in the pit. Is it correct?**

No., As per the rules, the competitor cannot place a hand kerchief on the take-off board but he can place it on the side of the run way.

**13. What is a tie in long jump? How will you break the tie and given the first place?**

If two competitors are equal in the best jump, it is called a tie. To break a tie, the second best jump of



them is considered. If the tie still remains, then the third best will be considered. If the tie still remains, then the competitors so tying, will get one chance each until the tie is decided.

14. How many steps one can take for the approach run in long jump?

1. 16 steps method    2. 20 steps method.

## **HIGH JUMP**

1. What is high jump?

A jumper must clear a cross bar suspended between two upright stands. This is called High Jump.

2. What is the distance between the two upright stands?

The distance between the two uprights is minimum 4 metres and maximum 4.04 metres.

The length of the jumping pit is between 4 to 5 metres. The approach run for high jump should be marked by between 20m to 25m radius.

3. What are the qualities of a good high jumper?

A good high jumper should possess the following qualities.

1. Good height    2. Long and strong legs    3. Good jumping power    4. Self confidence.

4. What are the various jumping styles in high jump?

1. Scissor style.    2. Eastern cut off    3. Western roll
4. Straddle method    5. Fosbury Flop.

5. What are the basic skills in high jump?

1. Approach    2. Take-off    3. Crossing the bar
4. Landing.



**6. Why scissor style is neglected by the jumpers?**

This is the oldest style. All jumpers left out this because no one can improve performance with this style. We must know the reason first. Usually, our centre of gravity is always around our navel. When we do scissor style, our centre of gravity goes up to 10 to 12 inches above the cross bar. So, we unnecessarily go high and our skills and strength are wasted. So, this is an useless one.

**7. How is western roll?**

This roll is better than the scissor style. The centre of gravity is close to the cross bar. In this style, the athlete lands on the take-off leg and on both hands on the pit. It means, the take-off leg and the landing leg is the same.

**8. How is Fosbury Flop performance done?**

The jumper crosses the bar on his/her back side and falls for a perfect landing. Foam mattresses are necessary for this jump. **Without foam mattress**, jumpers do not try this style, because it is very dangerous to their life.

**9. How will you measure and fix the take-off spot?**

The jumper stands at the centre of the bar, feet together, and take an arm's length from the bar. The jumper faces the direction of the approach and places and chalk mark at this point. This is his/her take-off point.

Then the jumper runs 5 or 7 steps away from the bar, and marks the point. This is his/her starting point.

**10. How many chances are given on each height to a competitor?**

3 chances at a height. If he commits 3 fouls consecutively, he is out of the competition.

**11. What are the fouls in high jump?**

1. The Competitor passes through under the crossbar.



2. He/she dives with both feet take-off.
3. Hits down the crossbar when jumping.
4. Taking more than 1 1/2 minutes for a jump.

**12. How will you break the tie for the first place in high jump?**

1. The Competitor with the **lowest number of jumps** at the height at which the tie occurs, shall be awarded the first place.

2. If the tie remains, the competitor with the **lowest total number of failures** throughout the competition up to and including the height last cleared, shall be awarded the first place.

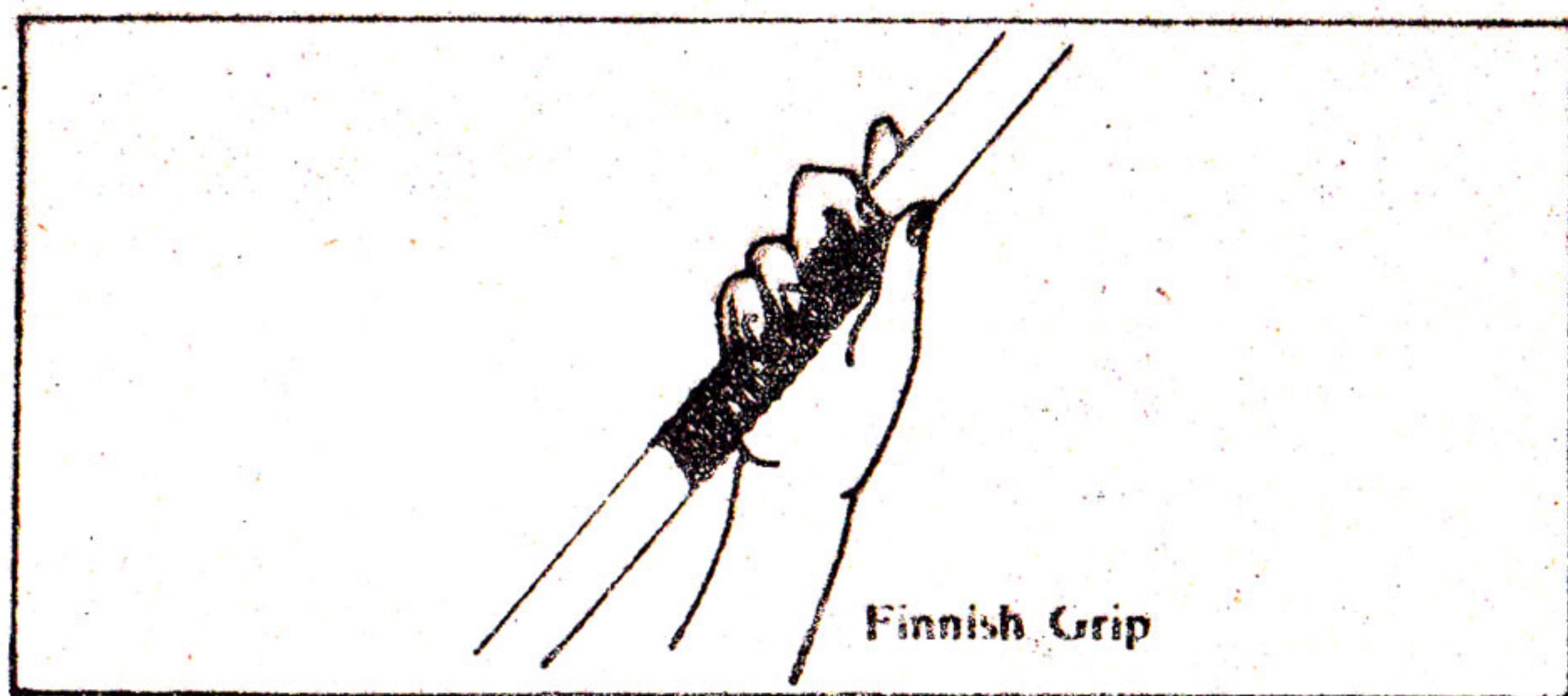
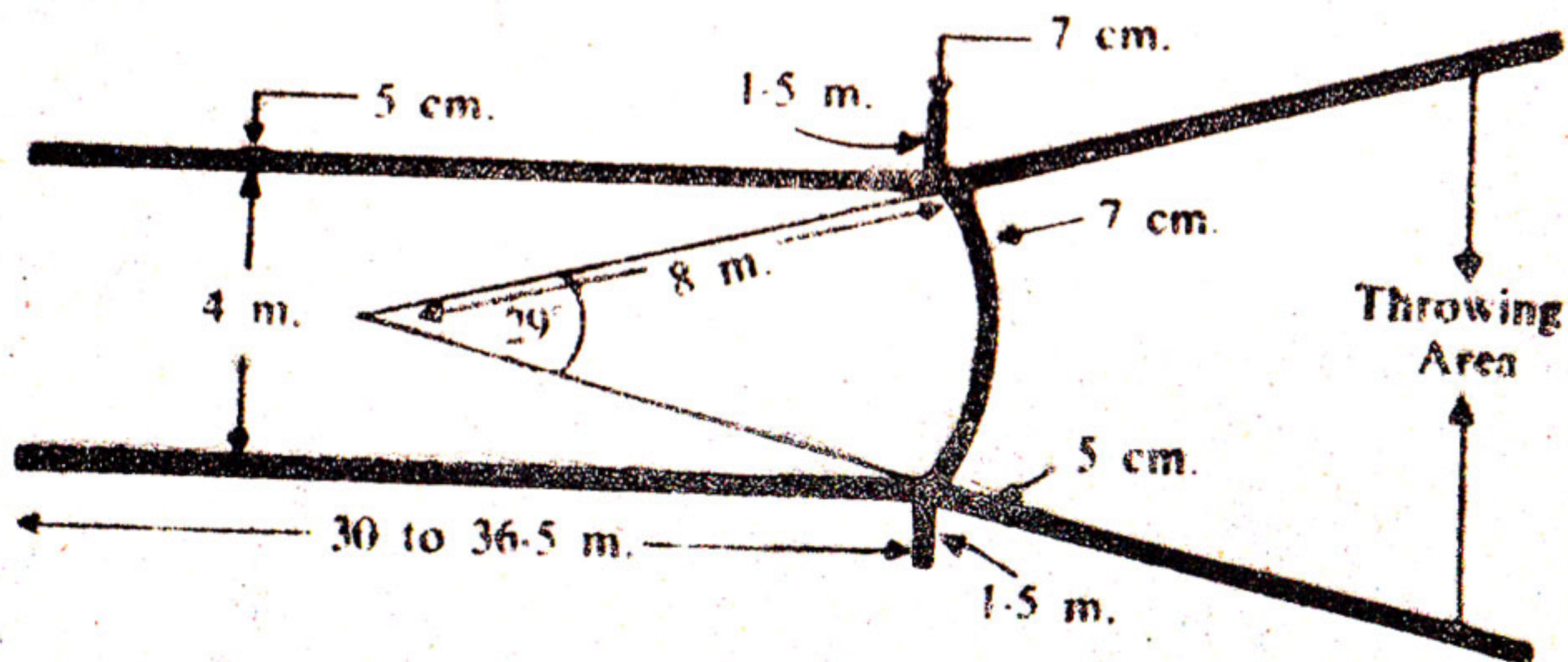
3. If the tie still remains, if it is for the first place, the tying competitors shall have one more jump at the height at which they failed.

4. If no decision is reached, the crossbar will be lowered or raised to the heights, which shall be announced.

5. If the tie concerns with any other place, the competitors shall be awarded the same place in the competition.



(3) Draw the diagram of a javelin throw ground.





## TRAINING AND WARM-UP EXERCISES FOR THE RUNNER



*Abdominal Exercise.*  
With knees straight, scissor  
kick the legs.



*Arm and Shoulder Girdle  
Exercise.*  
With body straight, touch  
chest to the ground, and then  
push up to arms-extended  
position.



*Leg and Back  
Exercise.*  
From an erect  
position, arms  
extended side-  
ways, touch left  
toe with right  
hand, and re-  
peat to other  
side.



*Trunk-  
Stretching  
Exercise.*  
Rotate the trunk as far to the  
right as possible, and repeat  
to the left.



*Hip-Flexibility Exercise.*  
Rotate the legs as in riding  
a bicycle. Start slowly and  
increase speed.



*Knee-Lifting  
Exercise.*  
Run in place,  
lifting the  
knees as high  
as possible.



# JAVELIN THROW

1. Draw a neat diagram of a Javelin Throw area.

(See the diagram in the next page)

2. What are the three styles in throwing the Javelin?

1. American style 2. Finnish style 3. Russian style.

3. What are the basic skills in throwing the Javelin?

1. The Grip. 2. Carry the Javelin 3. Approach

4. What is the length and weight of the javelin for men and women?

Men : Length is between 2.60 metres to 2.70 metres

Women : Length is between 2.20m to 2.30 metres.

Men: Javelin weight is 800 grams and women: javelin weight is 600 grams.

5. What is the weight of discus used for the Competition?

For men, minimum weight is 2 Kg. For women, 1 Kg  
For Senior boys 1.5Kg.

6. When the Javelin throw is not measured?

1. If the javelin metal head does not touch the ground and falls flat on the ground.

2. If a competitor's foot touches in the throwing area

7. State the qualities of a good Javelin thrower?

1. Body strength 2. Good speed 3. Co-ordinated tall body 4. Balancing power 5. Strong and firm determination.

8. If the tie occurs in javelin throw, how will you solve it?

Winners are decided by seeing the best throw in their six trials or attempts. If 2 or more competitors are equal in their best throws, then the second best throw is considered. If the tie still remains, then the third best throw is considered and so on.



# PYRAMIDS (Ten's Formation)

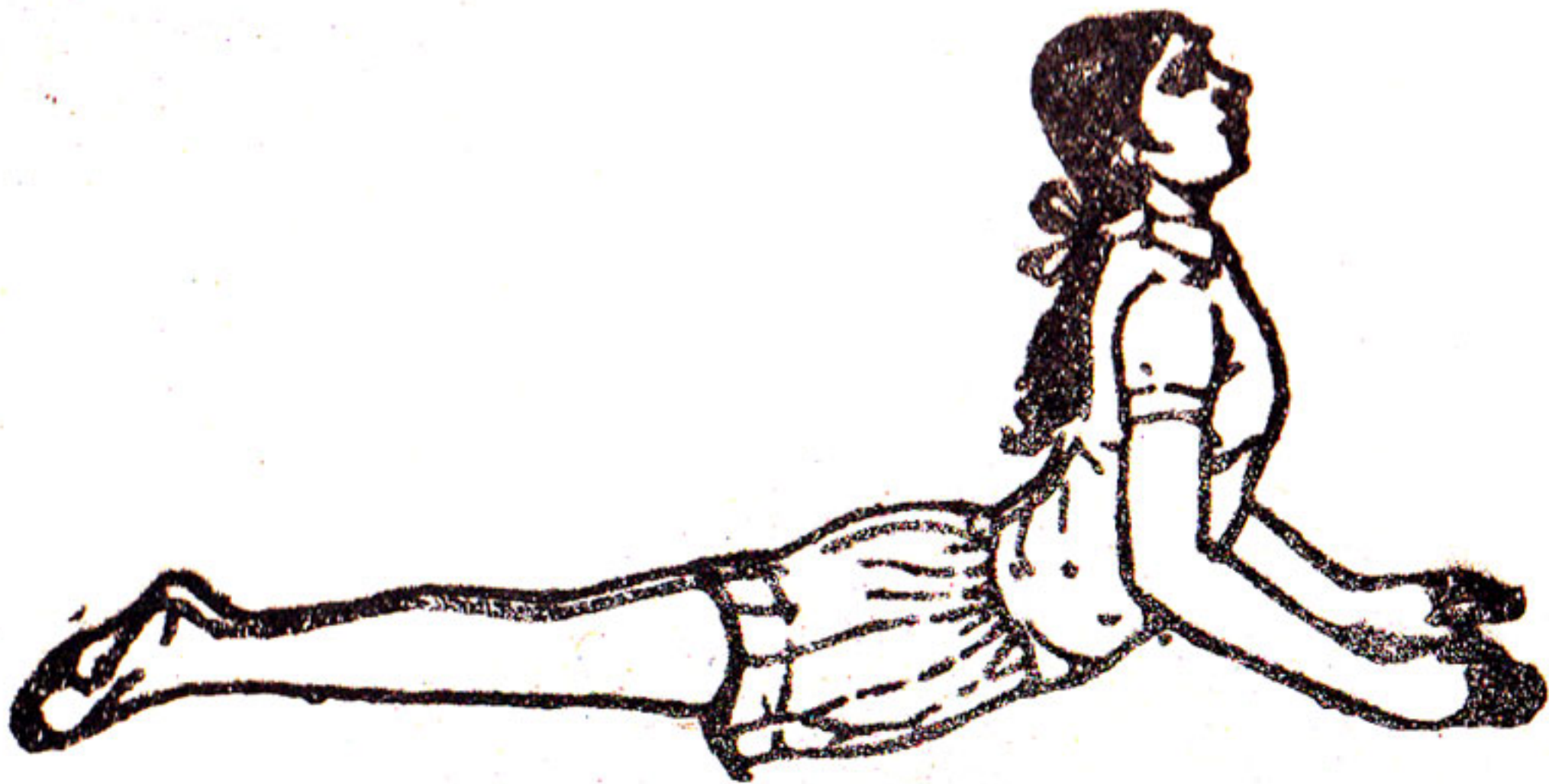




# ASANAS

## 1. BHUJANGASANA ( The cobra posture).

Bhujanga means, 'COBRA' in sanskrit. The raising of the trunk, neck and head in this asana resembles a cobra raising its hood. The stretched legs resemble the tail of a cobra.



### BENEFITS :

1. It helps to keep the back muscles in good condition and the spinal column elastic.
2. It increases the blood circulation in the spine and removes its stiffness.
3. It relieves tension and stiffness in the neck and back.
4. It strengthens the arms, wrists, shoulders and the buttocks and expands the chest.
5. It improves the digestive system and stimulates appetite.

It increases the lung power and the circulatory system is made more vigorous.

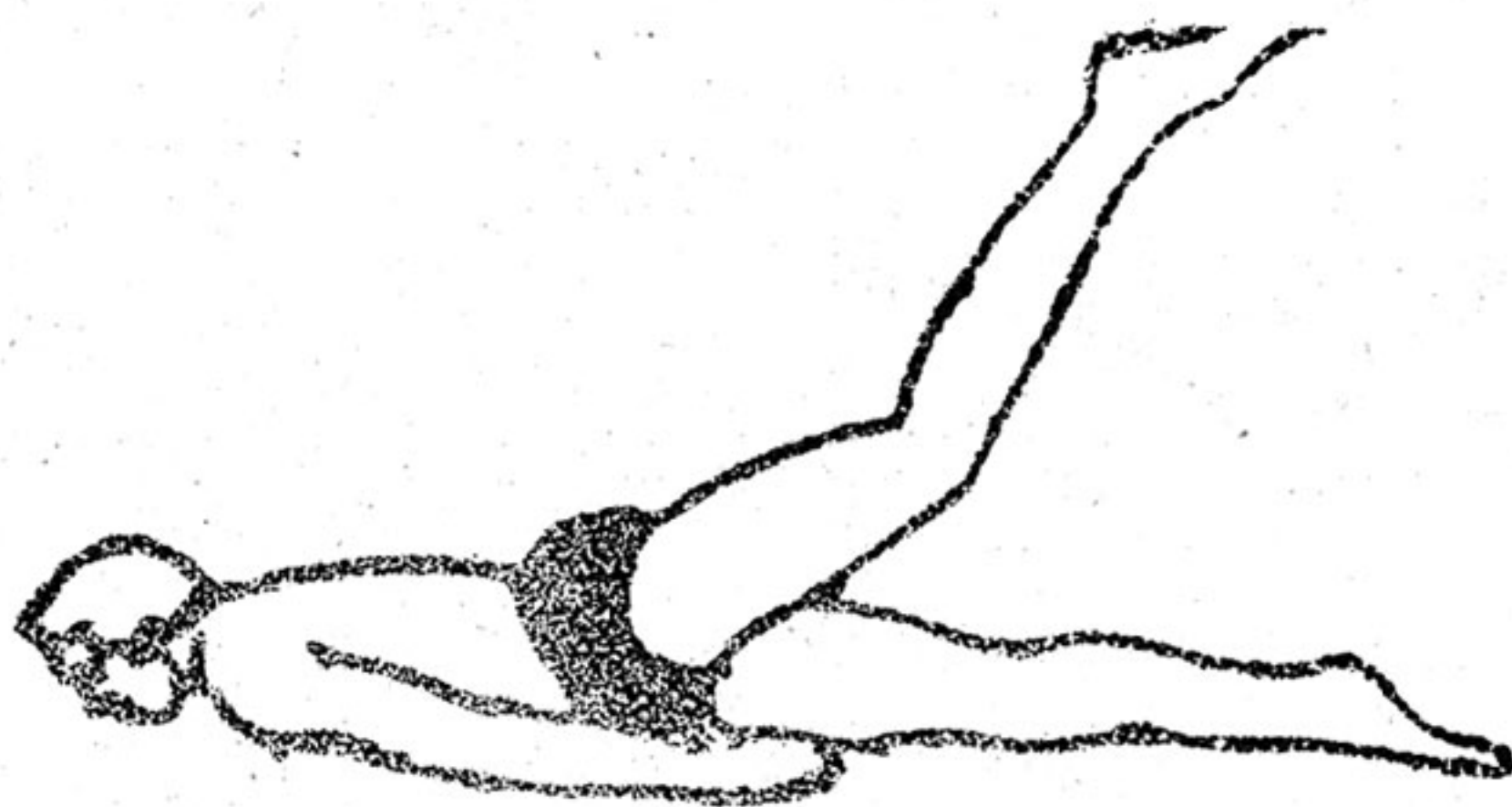


## STARTING POSITION

Lie prone on the ground touching it with forehead. Pairs should rest on the ground by the side of the chest. Take toes in resting on the ground.

1. Slowly raise the chest with arms support.
2. Take the toes, rest them on the ground.
3. Throw back the head slowly but fully.
4. Slowly raise the abdomen, arms are slightly bent at the elbows.

## 2. ARTHASALABHASANA



1. Lie prone on the ground touching it with the chin clench the fists allowing the arms to lie along the body.
2. Raise the left leg backward, making an angle of about 45 degree.
3. Lower down the same to its original position.
4. Repeat movement with the right leg.

## 3. DHANURASANA

### STARTING POSITION

Lie prone on the ground with chin resting on it and the arms placed along the side of the body.



1. Raise the head.
2. Bend the legs in the knees-joints.
3. Grasp the ankles in corresponding hands.
4. Raise backward the chest and the thighs resting the whole body on the abdomen.



#### **BENEFITS:**

1. It broadens the chest.
2. It corrects faulty postures habits.
3. It cures constipations and relieves gas troubles.
4. The nerves in the spine and the pelvic organs are toned up.
5. It will increase the height also.

#### **4. SUPTAVAJRASANA**

SUPTA means ASLEEP in Sanskrit Supta Vajrasana is lying down supine in vajrasana.

#### **BENEFITS:**

1. It brings in a fresh supply of blood to the abdominal region.



2. It expands the chest and increases the mobility of the throat.



3. It sets slight minor deformities of the spine.
4. The joints of the ankles and knees become more flexible.
5. The feet and toes become more strong.

#### **STARTING POSITION**

1. Start from vajrasana bring the knees, close to each other.
2. Lie on the back supporting the shoulders with palms of the hands, the elbows bent over head. And then return the position.

#### **5. YOGA MUDRA**

Mudra means 'Symbol' or gesture in Sanskrit.





1. It tones up the nervous system in general.
2. It strengthens the lungs and stimulates circulation of the blood.
3. It broadens the chest and makes the shoulders flexible.
4. It strengthens the internal organs like small intestines, kidneys, spleen.
5. It will correct minor postural defects.

### STARTING POSITION

Start from padmasana. Take cross-legged sitting position with left foot over right thigh, hold toes and bend trunk forward touching floor with forehead one

Return to position..... Two

### 6. PASCHIMOTTASANA

PASCHIMA means BACK, UTTASANA means STRETCH OUT in sanskrit. It means, Stretching the posterior regions of the body.

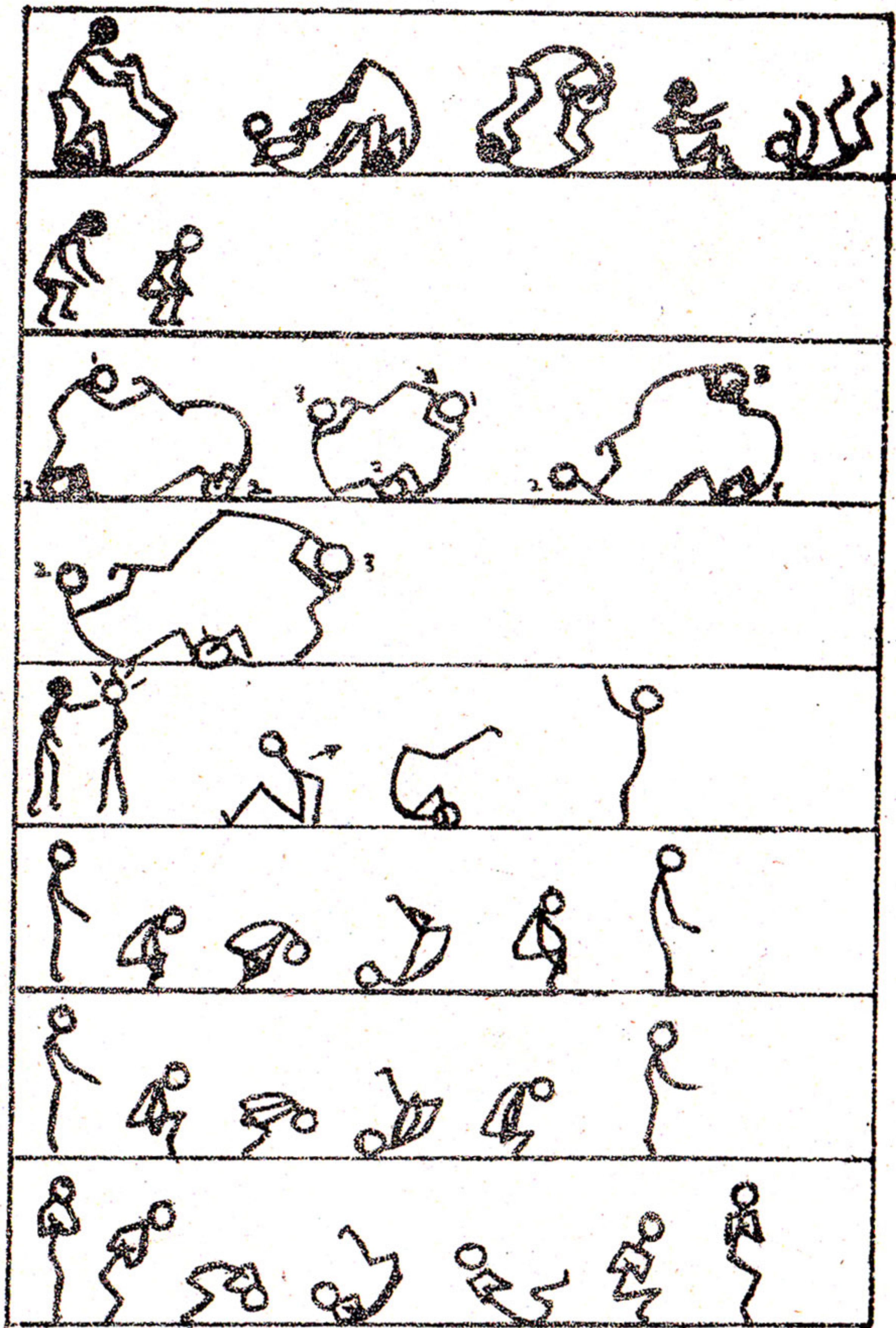


### BENEFITS :

1. It massages the heart and the abdominal organs.
2. The joints of arms, elbows, shoulders, legs, ankles, and hips become more elastic.



# TUMBLING





# PYRAMIDS (Ten's Formation)



87





Dear Students,

Sports and Games help us to live stronger to day and guide us to stay young tomorrow. They are utilised by the people of the world in three dimensions.

1. participation. 2. Competition, 3. Recreation. These three dimensions train us to enjoy the time, to enlighten our mind, to enrich our experience and to entertain our life's ambitions successfully and smoothly.

Sports and games always stay with us as a part and parcel of our daily activities. Because, sports and games are the reflections of our life.

This book is prepared not only for the examination purpose, but also with an aim to claim our daily life happy and healthy.

The Desire, Dedication and Determination which we develop through sports, will make us great in every phase of our life. We can get everything and anything through, sports and games.

Try to taste the sports and train your body and mind with true spirit.

with best wishes and blessings.

. S. Navaraj Chelliah.



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