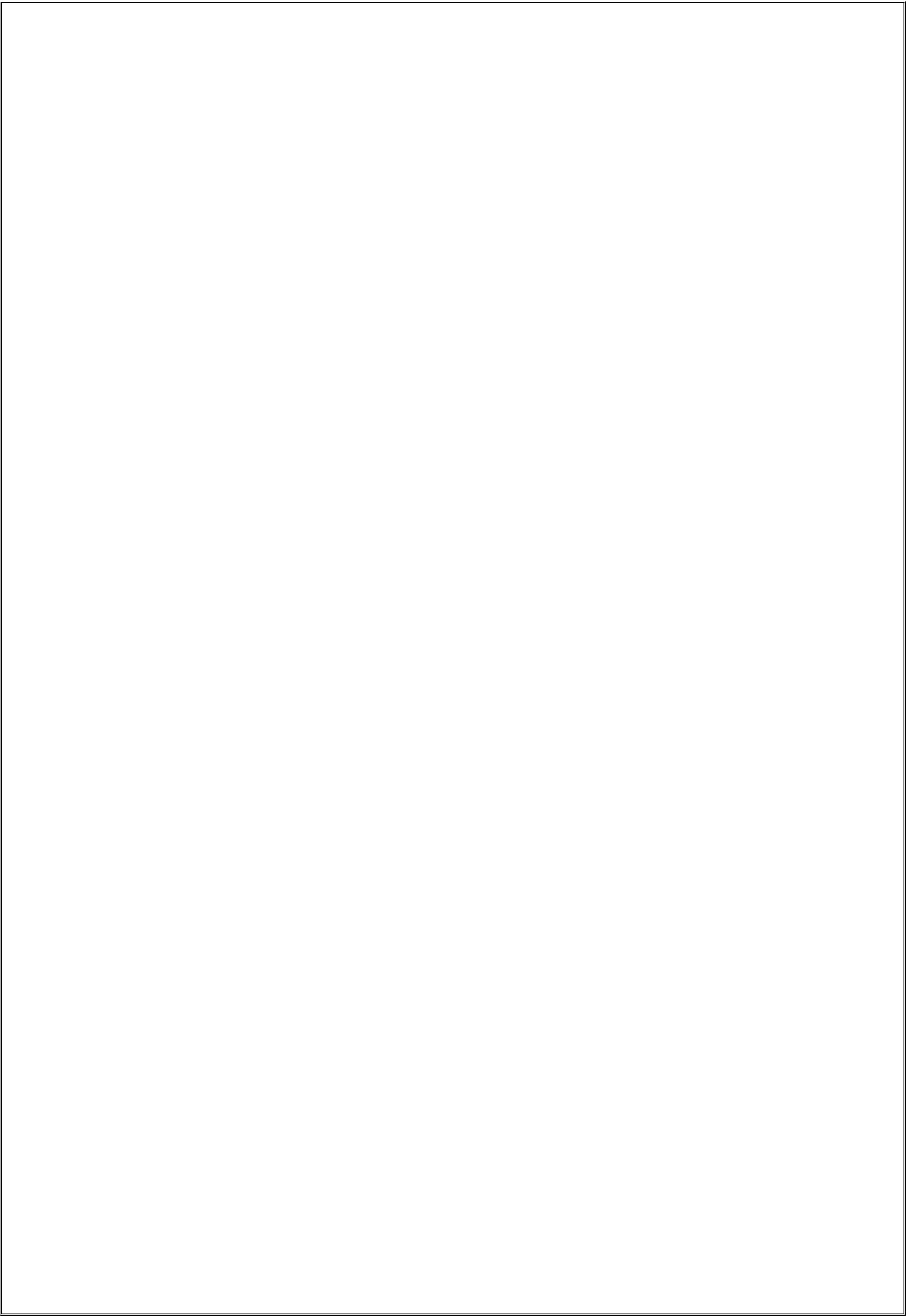
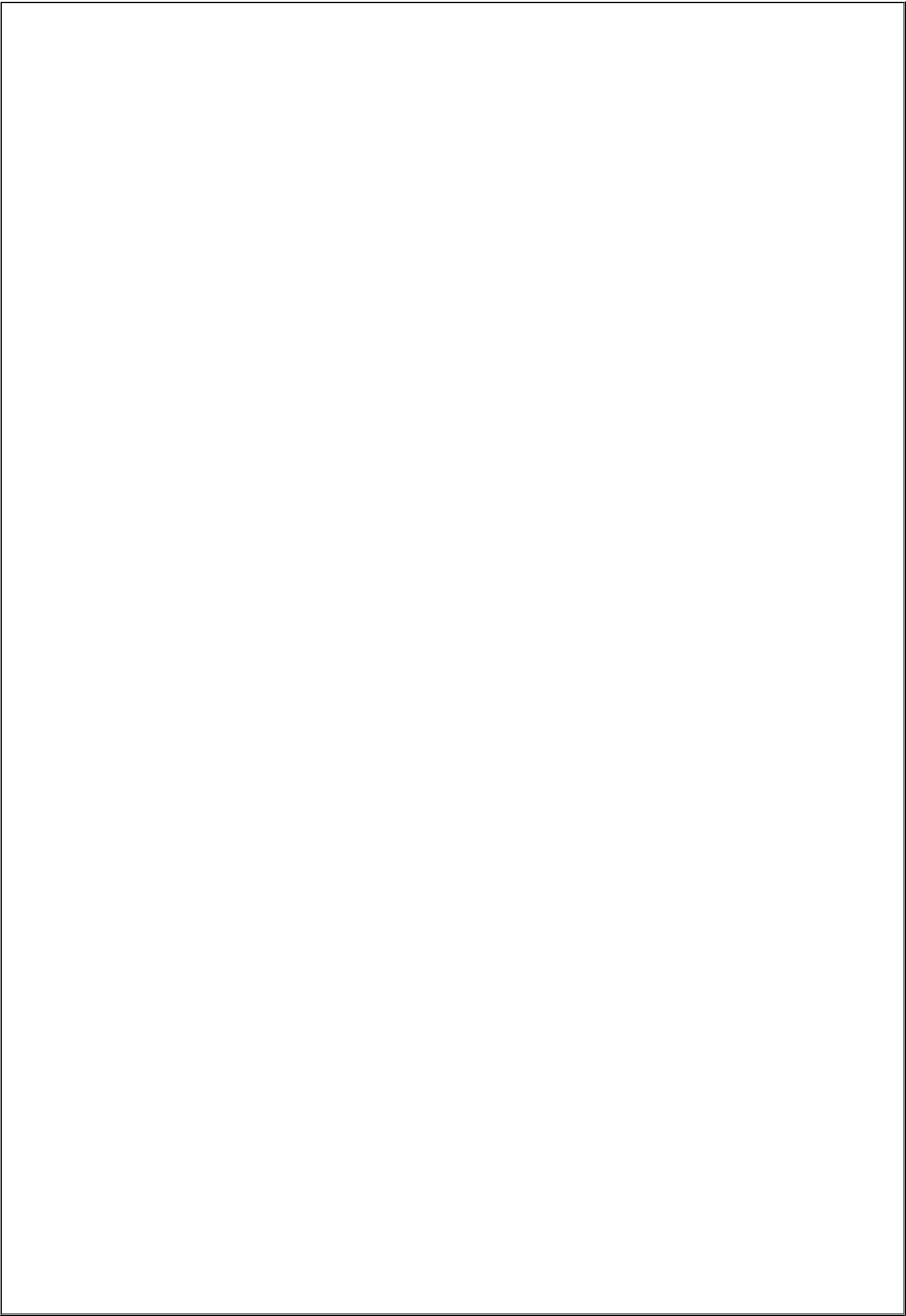


**“Empowering Young Minds Through Fitness,
Discipline, Health, and Safety.”**



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1. WARMING UP EXERCISES

Where you are novice or an expert it is essential to warm up and stretch your muscles before involving any vigorous activity. Hence a basic warm-up routine is necessary before a work-out session, your basic warm up should last between 5 and 10 minutes.

Jogging:

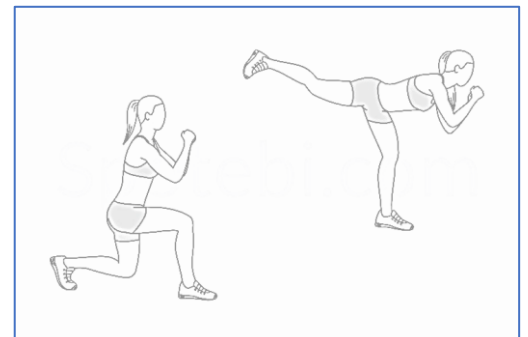
Jogging is an activity of running at a gentle pace as form of physical exercises. Some gentle jogging for a few weeks before the event can prevent any aching or stiffness.

Marching :

- i) Stand upright and march in place 20 to 30 times. Move your arms up to shoulder level in connection with your leg movements. Do not tighten your fists.
- ii) Next, march forward and backward 20 to 30 times.
- iii) Do this for 60 seconds.

Back - Kicking Exercise:

- i) Stand with your legs slightly apart.
- ii) Begin rocking side to side, as you lift each leg in the air. So your heel goes back, as if to tap your buttock.
- iii) Do this for quick succession for 60 seconds.



Hands in the air Exercise:

- i) Stand with your legs slightly apart.
- ii) Rise your arms straight above your head.
- iii) Begin rocking to your side as you take your right leg far behind your left leg in a cross while simultaneously throwing both your arms far behind your back.
- iv) Come back to standing position.



Running:

Run forward, backward and sideways slowly.



Opposite Toe Touch:

Stand both the feet little wider. Bend and touch the left foot with right hand and turn and touch the right foot with left hand.



Jumping :

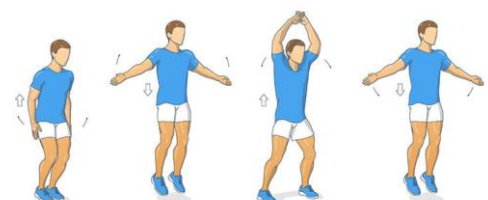
Stand with both the feet close. Jump forward, backward and sideward slowly.



8. Jumping jack :

Jump and raise both the arms above the head and clap. Jump and come back to a exact body position.

JUMPING JACKS



2.MARCHING

Marching is an essential part of physical Education in schools. It brings an orderliness, discipline, good posture and correct alignment of body, it also helps to get co-ordination of body parts, briskness, self-confidence, group units etc.,

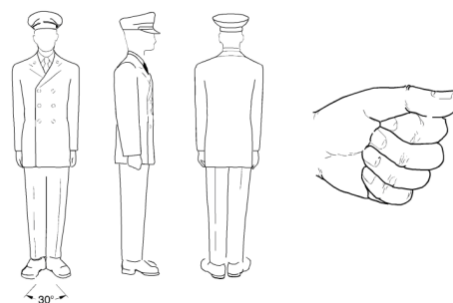


The need of Marching

Marching inculcates a sense of discipline, maintain good posture and physical fitness, smartness in appearance, followership qualities, self-confidence etc., and it is an important form of exercises also.

Stand in “Atten-Tion” position

Stand erect, keeping heels together. Feet in “V” shape with an angle of 30° . Arms down with fingers closed. Look straight without any body movements.



Fall in

The tallest on the right and the shortest on the left in a single line – class fall in. The students stand in “stand at ease” position.

Divide the line in two groups

Command should be given – from the right in twos number.

- | | | |
|--------------------|---|------------------------|
| Number ones | - | stay where you are and |
| Number twos | - | two steps |
| Open order forward | - | march |

“Stand –at ease” position

The left foot will be carried 12 inches to the left side so that the weight of the body rests equally on both feet. At the same time bring the hands behind and place the right hand in the palm of the left, grasping it with the fingers and the thumbs. It's a simultaneous movement of arms and left foot.

“Stand easy” position

Stand easy means relax the limbs, body and the head while standing. Talking, turning the head and the feet are not permitted. Feet 12 inches to the left. Look straight.

Right dress: On the command “Right dress”, all the students except the student in the right extreme of the line should turn their head to their right. Keeping the eyes on the right side, the students should move front or back to keep a straight line.

Eye Front: All the students should smartly turn their right hand to the side of the body.

“Right turn” while standing

Count 1: Turn to the right at an angle of 90 degree, pivoting on the right heel and on the left toe.

Count 2: Bring the left foot to the side of the right- heels closed “V” shape with an angle of 30 degree. Look straight.

“Left turn” while standing

Count 1: Turn to the left at an angle of 90 degree pivoting on the left heel and on the right toe.

Count 2: Bring the right foot to the side of the left heels closed. Look straight.

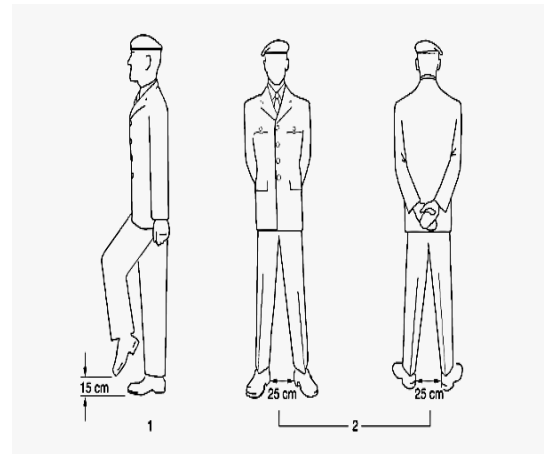
The way of doing “About turn”

Count 1: Pivot the body back at an angle of 180 degree with the right heel and the left toe.

Count 2: Raise the left foot at knee level and keep near the right foot ending at “attention”.

Note: (i) The “about – turn” is always made right about.

While giving a word of command to the students, the teacher or the captain will stand only in attention position. Arms close to the body while turning.



3.YOGASANAS

Yoga as a system of Physical exercise has been existing in India since very Ancient Time. The word Yoga is derived from “Yog” which means union between Jivatma and Paramatma.

Yogasanas are performed not only to tone up the muscles and reduce excess fat but also for a thorough exercise of the internal organs like liver, spleen, pancreas, intestines, heart, lungs, brain and important endocrine glands like thyroid, para thyroid, adrenals, pituitary and pineal glands which play very important role in human behaviour and good health.



Sage Patanjali is called the father of Yogasanas.

The eight Chapters of the sage Patanjali

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samathi

Divisions of Yoga

- (i) Raja yoga (Achieving the target)
- (ii) Gnana yoga (Associated with intellect)
- (iii) Karma yoga (Action oriented)
- (iv) Bhakthi Yoga (Advocating love and peace)

The points to be remembered while practicing Yogasanas

1. Yoga should be practiced on the blanket or carpet and not on the bare floor.
2. Perform asanas in the open space, enjoying the fresh air and proper sunlight.
3. Wear a loose underwear & a banian and avoid tight fitting garments, spectacles, belts, brassieres etc., while practicing yogasanas.
4. Asanas can be performed either in the early morning or in the evening with an empty stomach.
5. Highly sick people, Pregnant women, and people suffering from heart diseases can avoid asanas.
6. Practice each asana slowly and steadily, taking care of inspiration and expiration.
7. Elect any few asanas and practice them regularly every day.
8. If you have to practice asanas in a room, then open the windows and doors to get good ventilation.

The benefits of Yogasanas

- The blood circulation is regularised and the blood in the different blood vessels is purified.
- The endocrine glands are stimulated for effective functioning.
- Yogasanas give sufficient exercise to the internal organs of the body. Thereby the body gets more resistance power.
- One who performs yogasanas looks younger and lives longer.
- Diseases like constipation, gastric trouble, diabetes, blood pressure, hernia, headache etc. can be cured by practicing yogasanas.



- The power of contraction and expansion of lungs is increased.
- Life span, youth and health depend upon the flexibility of the spinal cord. Totally yogasana keeps the body parts flexible.
- Yogasanas promotes not only physical and mental fitness but also intellectual and spiritual development.

Difference between yogasanas and other physical exercises

In other physical activities, the internal organs do not get proper exercise. But the yogasanas give sufficient exercise to the internal organs. As a result, an individual can maintain good health and longevity of life.



Suitable place to practice yogasana

It should be a place where we get fresh air and proper sunlight. Yogasanas should be practiced on a mat or on a carpet.

Suitable time for asanas

It's better to practice yogasana either in the morning or in the evening. Morning 5.30 to 6.30 is the best time to practice yogasana.

Types of yogasana:

- * Padmasana
- * Pachimotasana
- * Vakrasana
- * Yogamudrasana
- * Sarvangasana
- * Halasana
- * Sirasasana
- * Dhanurasana
- * Salabasana

The way of doing Suryanamaskar asana

Suryanamaskar is a combination of many asanas. This can be practiced at the early morning facing the sun. There are twelve stages involved in Suryanamaskar as described below.

Stage 1:

Stand erect facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, at the chest.

Stage 2:

Inhale and raise the arms upward. Slowly bend backward, stretching the arms above the head.

Stage 3:

Exhale slowly bend the body forward, touch the earth with the hands, head touching knees.

Stage 4:

Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head.

Stage 5:

While exhaling, bring the left foot together with the right. Keep the arms straight, raise the hip and align the head with the arms, forming an upward arch.

Stage 6:

Exhale and lower the body to the floor until the feet, knees, hands, chest, and forehead touch the ground.

Stage 7:

Inhale and slowly raise the head and bend backward as much as possible, bending the spine to the maximum level.

Stage 8:

While exhaling, bring the left foot together with the right. Keep the arms straight, raise the hip and align the head with the arms, forming an upward arch as stage 5.

Stage 9:

Inhale and move the right leg back away from the body in a wide backward step. Keep the hands and feet firmly on the ground, with the left foot between the hands. Raise the head, as stage 4.

Stage 10:

Exhale slowly bending forward, touching the earth with the hands, head touching knees.

Stage 11:

Inhale and raise the arms upward. Slowly bend backward, stretching arms above the head as shown in the picture.

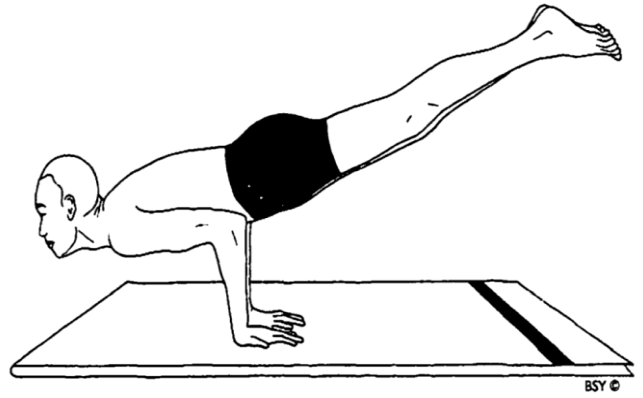
Stage 12:

Stand facing the direction of the sun with both feet touching. Bring the hands together, palm-to-palm, in front of the chest.



“Mayurasana”

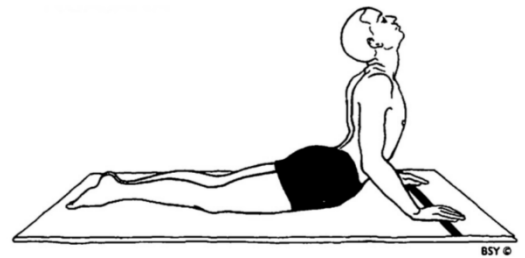
- i. Knee on the floor slightly apart, supporting the legs on the feet.
- ii. Invert the palms and place them between the knees keep both hands steady and firm.
- iii. Bring the elbows slowly close to the abdomen just under the navel. The elbows are placed together and the horizontal body could rest.



- iv. Stretch the legs, raise the heels and hold the legs parallel to the ground, come back to position after a few minutes.

“Bhujangasana”

- i. Lie down flat on the belly, keeping the feet touching one another.
- ii. Place the palms on the ground below the shoulder.
- iii. Raise the head, and body above the navel on the hands.
- iv. Raise the body till the arms are straight and stiff. Keep this position for a few seconds and come back to starting position.



4. TRACK AND FIELD EVENTS

Track and field Athletics consists of the natural activities of running, Jumping and Throwing. Even though these activities are natural, efficiency in performance and better results can be obtained only by hard training and proper adoption of the techniques of the concerned events.

4.1. Sprint events:

sprint, in athletics (track and field), a footrace over a short distance with an all-out or nearly all-out burst of speed, the chief distances being 100, 200, and 400 meters and 100, 220, and 440 yards.

The course for sprint races is usually marked off in lanes within which each runner must remain for the entire race. Originally, sprinters used a standing start, but after 1884 sprinters started from a crouched position using a device called a starting block (legalized in the 1930s) to brace their feet.

Races are begun by a pistol shot; at 55 to 65 meters (60 to 70 yards), top sprinters attain maximum speed, more than 40 km per hour (25 miles per hour). After the 65-meter mark the runner begins to lose speed through fatigue.

All-important international races at 200 meters and 220 yards, as well as 400 meters and 440 yards, are run on an oval track. The starts are staggered (the lanes farther from the center begin progressively farther forward on the track) so that each runner will cover an equal distance.

As a result, the competitors, particularly in the 400 meters and 440 yards, have no exact knowledge of their respective positions until they have completed the final turn. Great emphasis is therefore placed on athletes' ability to judge their own pace, as well as upon their speed and endurance.

Types of starting methods:

1. The bunch start
2. The medium start
3. The elongated start.

In the bunch start:

The runner places the front foot about 19 inches from the starting line and the rear foot about 29 inches from it. This type of start provides a high elevation, a favorable body lean and a faster foot action.

In the medium start:

The runner places the front foot about 13 inches from the starting line and the rear foot about 34 inches from it.

In the elongated start:

The runner places the front foot about 13 inches from the starting line and the rear foot about 41 inches from it.

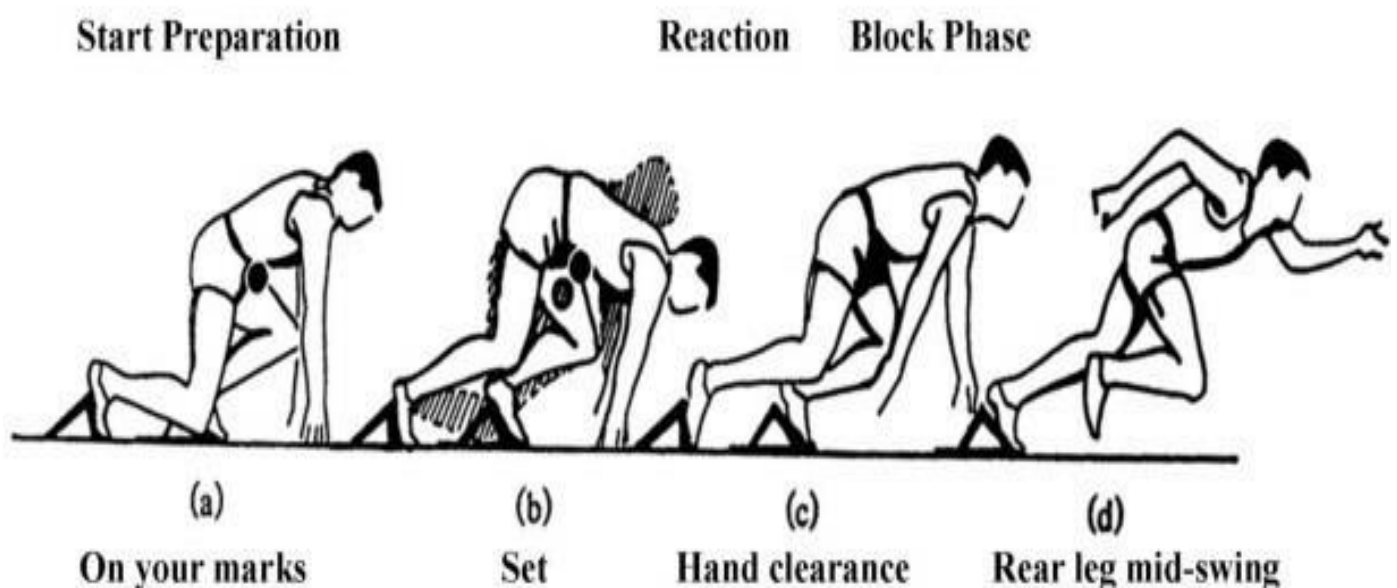
Starting of the sprint event:

There are three commands that a starter gives while starting the race.

1. On your marks
2. Set
3. Go

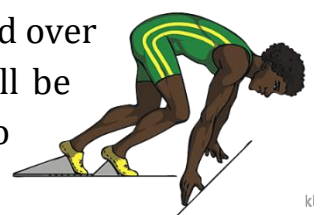
On your marks:

When the starter says “On Your Marks” the runners should take up their position, behind the starting line as shown in the picture.



SET:

When the starter commands “SET” the sprinter rocks further forward over his hands raising his hip without any jerky movement. The hip will be slightly higher than the shoulder. Push the upper limb forward to have an unstable position of the body as shown in the picture.



Go:

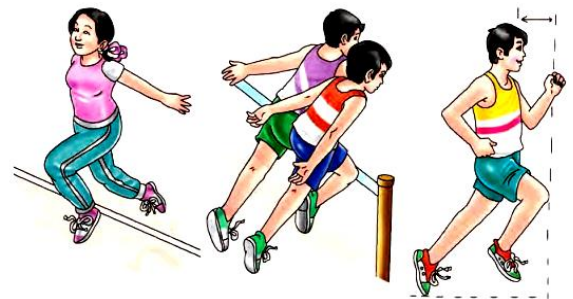
When the starter commands “GO” or fires the Gun, the sprinter runs out of the starting block and keeps the first two or three strides of the feet close to the ground. The body angle will get more upright until about eight strides. When the runner’s “Torso” crosses the tape at the finishing line, he is said to have completed the race.



The finishing techniques in sprint event:

A runner having approached a few strides from the tape can employ any of the following finishing techniques.

- i) “Run through” Technique
- ii) “Drop finish” Technique.
- iii) “Shoulder shrugging” Technique.



“Run through” Technique:

The runner can sprint right through the tape, without decreasing the speed to a point 4-5 meters beyond, and slow down gradually. This is called “Run through” technique.

“Drop finish” Technique:

The sprinter can thrust his arms out behind, and the chest down on the tape. This is called “Drop finish” technique.

“Shoulder shrugging” Technique:

The runner shrugs his shoulder by turning the chest sideways into the tape at the very last moment. This is called “Shoulder shrugging” technique.

Starting foul:

Only one foul can be permitted. If a runner takes a wrong start twice, he or she will be disqualified from the competition.

Race finishing:

When a runner’s “torso” Crosses the tape at the finishing line, he is said to have completed the race.

Some important points to sprinter's:

1. In all sprint events, the runners should run in their own lanes only.
2. Athletes should not touch the starting line.
3. The runner should not take a wrong start twice.
4. The runner should obey the commands of the starter, recall starter and other officials concerned.

Starting block:

Starting blocks are a device used in the sport of track and field by sprint athletes to brace their feet against at the start of a race so they do not slip as they stride forward at the sound of the starter's pistol. The blocks also enable the sprinters to adopt a more efficient starting posture and isometrically preload their muscles in an enhanced manner. This allows them to start more powerfully and increases their overall sprint speed capability.



Questions and answers :

1. Who won the men's 100m race at the 2024 Summer Olympics games ?

Ans : Noah Lyles

2. Who won the 2024 Olympic Women's marathon race ?

Ans : Sheila Chepkirui, Kenya.

3. Name the Indian athlete who is known as the "Payyoli Express" ?

Ans : P.T. Usha

4. In a 110m Hurdles event, how many hurdles does a sprinter have to jump over ?

Ans : Ten hurdles.

5. How many gold medals did P.T. Usha win at the 6th Asian track and field championship held at Jakarta in 1985 ?

Ans : Five gold medals.

6. Who won the summer Olympics at 2024 ?

Ans : In men's team **Tamirat Tola**, in Women's team **Sifan Hassan**.

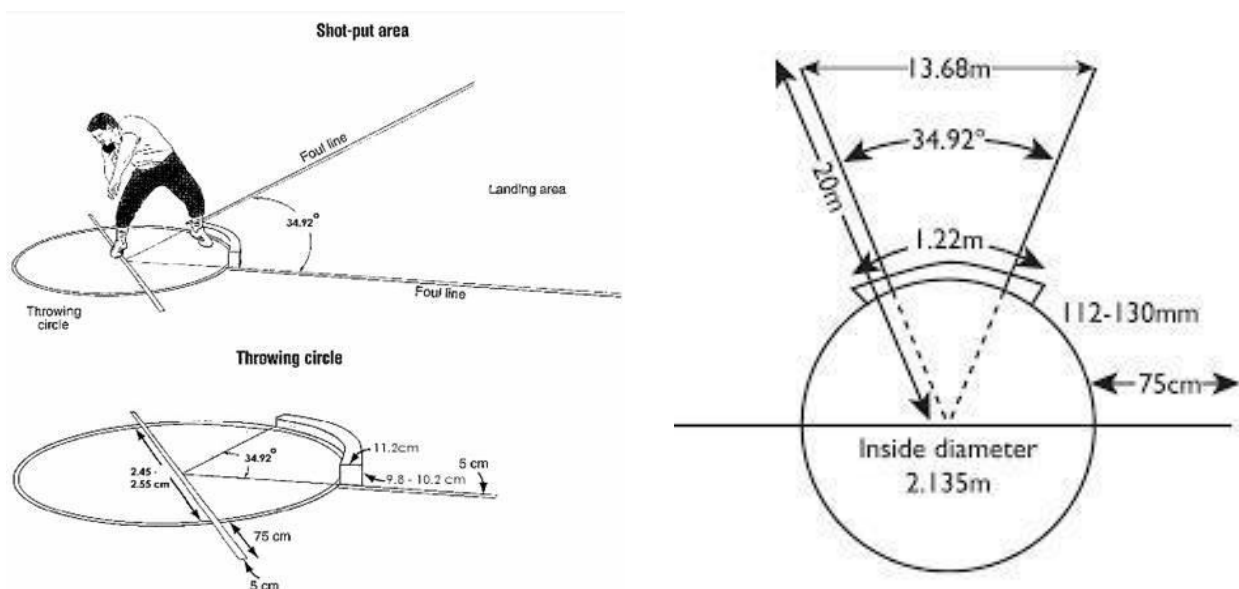
4.2.SHOTPUT

The **shot put** is a track and field event involving "putting" (throwing) a heavy spherical ball—the shot—as far as possible. For men, the sport has been a part of the modern Olympics since their revival (1896), and women's competition began in 1948. The shot put is part of the most common combined events, the decathlon, the women's and men's heptathlon and the women's pentathlon.

Way of holding shotput:

The shot is held resting on the base of the fingers and not on the palm. The first, second and third fingers are slightly spread in holding the shot. The thumb prevents the sideward movement of the shot. The little finger gives forward and upward force and helps in maintaining balance with the thumb

Legal throws:



The correct technique for keeping the shot near the neck

The following rules (indoor and outdoor) must be adhered to for a legal throw:

- * Upon calling the athlete's name, the athlete may choose any part of the throwing circle to enter inside. They have one minute to commence the throwing motion; otherwise, it counts as a forfeit for the current round.
- * The athlete may not wear **gloves**, IAAF rules permit the **taping** of individual fingers.
- * The athlete must rest the shot close to the **neck**, and keep it tight to the neck throughout the motion.

- * The shot must be released above the height of the **shoulder**, using only one hand.
- * The athlete may touch the inside surface of the circle or toe board, but must not touch the top or outside of the circle or toe board, or the ground beyond the circle. Limbs may, however, extend over the lines of the circle in the air.
- * The shot must land in the *throwing sector*, which is a **circular sector** of 34.92° centered on the throwing circle. The throwing sector has been narrowed multiple times over the years to improve safety, most recently in 2004 from 40°. The current throwing sector angle (34.92°) was chosen because it provides a sector whose bounds are easy to measure and lay out on a field (10 meters out from the center of the ring, 6 meters across).
- * The athlete must leave the throwing circle from the back half.

Foul throws occur when an athlete:

- * Does not pause within the circle before beginning the putting motion.
- * Does not complete the putting movement initiated within thirty seconds of having their name called.
- * Allows the shot to drop below their shoulder or outside the vertical plane of their shoulder during the put. At any time if the shot loses contact with the neck then it is technically an illegal put.
- * During the putting motion, touches with any part of the body (including shoes)
- * the top or ends of the toe board
- * the top of the iron ring
- * anywhere outside the circle.
- * Puts a shot which either falls outside the throwing sector or touches a sector line on the initial impact.
- * Leaves the circle before the shot has landed.
- * Does not leave from the rear half of the circle.

Weight:

In open competitions the men's shot weighs 7.26 kilograms (16 lb), and the women's shot weighs 4 kilograms (8.82 lb.). Junior, school, and master's competitions often use different weights of shots, typically below the weights of those used in open competitions; the individual rules for each competition should be consulted in order to determine the correct weights to be used.

Leg swing position:

In this position the right leg act as the balancing point. The trunk leans forward and the left leg is lifted backward and upward. The left arm comes down across the chest towards the right knee. The whole body is balanced on the right toe in this movement.

The action of push in shotput:

Immediately after the left foot is planted, the push begins. An effective put is one in which there is no pause between the shift and the push. A good putter gains distance gains concentrating on speed rather than forceful movement.

- i. The foot should not touch the top of the stop board.
- ii. The shot should be put from the shoulder with one hand only.
- iii. The shot should not be brought behind the line of the shoulder.
- iv. All measurements should be made immediately after each putting.
- v. The competitor must not leave the circle until the shot has touched the ground.

Questions and Answers:

1.In which year was the shot-put event introduced in the sports?

Ans: The shot-put event was introduced in the sports in the year 1876.

2.What is the weight of a shot put for men?

Ans: The minimum weight of a shot put for men is 7.260kg.

3.What is the weight of a shot put for women?

Ans: The minimum weight of a shot put for women is 4kg.

4.State the diameter of a shot put for men?

Ans: The diameter of a shot put for men is 110mm to 130mm.

5.What is the diameter of a shot-put circle?

Ans: The diameter of a shot put for women is 95mm to 110mm.

6.What is the angle of throwing sector?

Ans: It is 40 degrees

7.State the styles of putting the shot?

Ans: i) log swing style ii) 'a' Brien style iii) Disc put style

8.What are the basic skills involved in shot put throw?

Ans: i) Correct holding ii) Proper stance iii) The leg swing iv) Release and follow through.

4.3. RELAY RACE

A relay race is one of the most interesting items in the track event. It is a team event. In this race each runner is expected to cover a specific distance. Four runners take part in a relay race. The first runner hands over the relay baton to the second runner and the 2nd to the third and so on. The fourth runner finishes the race.



Rules and strategy:

Each runner must hand off the baton to the next runner within a certain zone, usually marked by triangles on the track. In sprint relays, runners typically use a "blind handoff", where the second runner stands on a spot predetermined in practice and starts running when the first runner hits a visual mark on the track (usually a smaller triangle).

The second runner opens their hand behind them after a few strides, by which time the first runner should be caught up and able to hand off the baton.

Usually, a runner will give an auditory signal, such as "Stick!" repeated several times, for the recipient of the baton to put out his hand. In middle-distance relays or longer, runners begin by jogging while looking back at the incoming runner and holding out a hand for the baton.

Two runners prepare to pass the baton.

A team may be disqualified from a relay for:

- Losing the baton (dropping the baton shall not result in disqualification. See IAAF rule no. 170.6)
- Making an improper baton pass, especially when not passing in the exchange zone
- False starting (usually once but sometimes twice)
- Improperly overtaking another competitor
- Preventing another competitor from passing
- Will fully impeding, improperly crossing the course, or in any other way interfering with another competitor

Based on the speed of the runners, the generally accepted strategy used in setting up a four-person relay team is: second-fastest, third-fastest, slowest, then fastest (anchor); however some teams (usually middle school or young high school) use second-fastest, slowest, third-fastest, then the fastest (anchor). But if a runner is better in the starting blocks than the others, they may be moved to the first spot because it is the only spot that uses starting blocks.

“Baton change zone” in the relay race:

The exchange zone will be marked 10M in the front 10m, at the back from every 100m. Point from start for 4 x 100m relay. And the exchange zone will be marked 10m, front 10m, back from every 400m point from the start for 4 x 400m relay race.

Methods of changing the relay baton:

There are two methods 1. Visual method, 2. Non-Visual method.

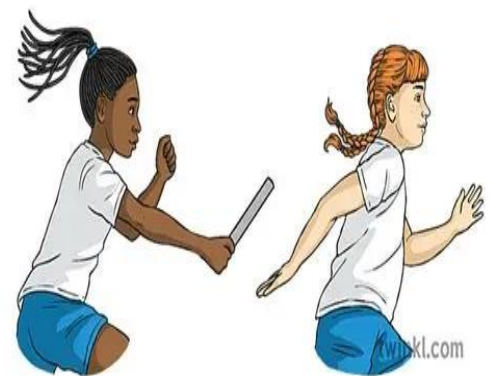
Visual method:

Here, the receiver should adjust his start with that of the speed of the giver and should receive the relay baton by turning his head and eyes back and by stretching out his hand back.



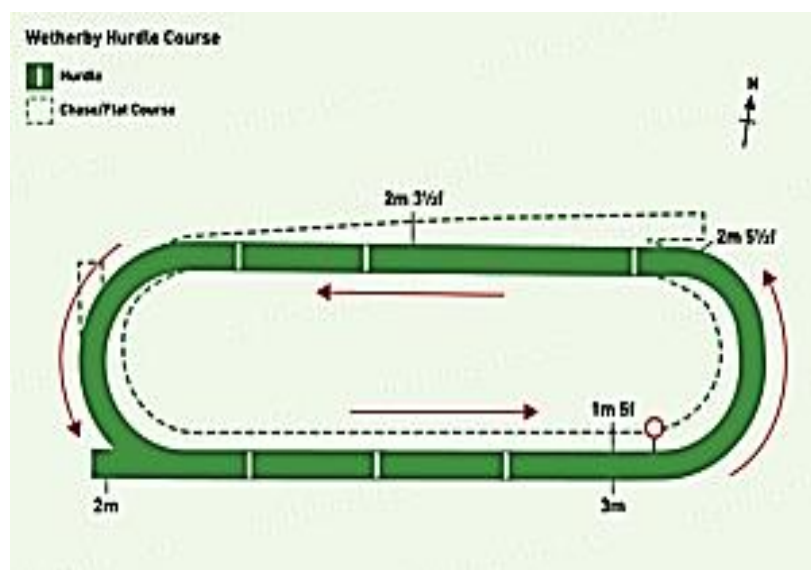
Non visual method:

As the incoming runner covers a short distance he or she feels no tired. So, it is the incoming runner who places the baton in the open hand of the outgoing runner. The outgoing runner, gets the baton without noticing it. This method is suitable only for 4 x 100m relay race.



Measurements of relay baton:

The length of the relay baton shall be 28mm to 30mm. The circumference shall be 120mm to 130mm. The weight of the baton shall not be less than 50 grams.



Question and Answer:

1.State the types of relay race?

Ans: i) 4 x 100m ii) 4 x 200m iii) 4 x 400m

2.How many runners are needed for relay team?

Ans: Four runners are needed to relay race.

3.What is the distance of a take-over zone?

Ans: 20 meters

4.Which hand is to be used in giving and getting the relay baton while exchanging?

Ans: Give the baton with left hand and receive the baton with right hand.

5.Can a relay team be disqualified if it dropped the baton while changing?

Ans: No, Dropping the baton is not a foul but it should be recovered only by whom it is dropped.

6.Can an incoming runner throw the baton to his team mate within the takeover zone?

Ans: No, the incoming runner should not throw the baton, but to hand it over to him in person.

7.When was 4x100m. relay race introduced in the Olympics.

Ans: 4x100m. relay race was introduced in the Stockholm. Olympics in 1912.

8.What is the term used for the final runner in a relay team?

Ans: Anchor

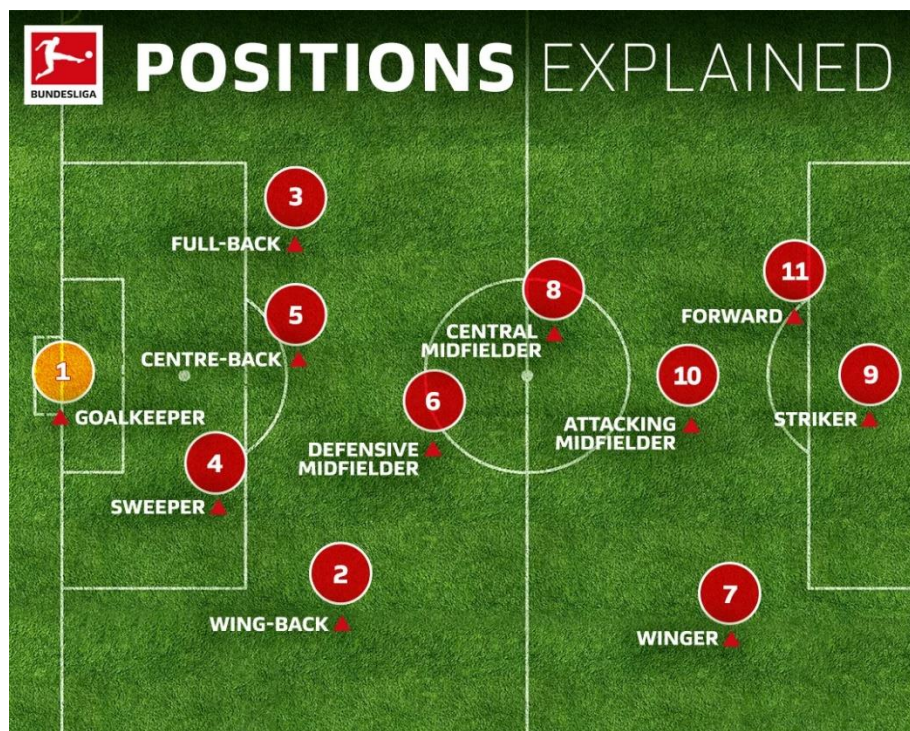
5.MAJOR GAMES

5.1 FOOT BALL

Football (association football) originated in its modern form in 19th-century England, with the Football Association forming in 1863 to codify rules. It is played on a rectangular field, generally 100–110 meters long and 64–75 meters wide for international matches, though FIFA allows a range of 90–120m in length and 45–90m in width. Within this field, the goal area (or 6-yard box) measures 5.5m (6 yards) out from each goalpost, and the penalty area (or 18-yard box) extends 16.5m (18 yards) from the posts, according to FIFA Laws of the Game.



The goalposts are 7.32m (8 yards) apart, with a height of 2.44m (8 feet) from the ground to the lower edge of the crossbar. The ball itself is spherical, typically weighing between 410g and 450g at the start of a match. A standard match consists of two 45-minute halves, totaling 90 minutes of play, excluding stoppage time. Football was officially included in the Olympic Games in 1900, though it was a demonstration sport earlier. Corner flags, which must be at least 1.5m high, are positioned at each corner of the field.



The game is initiated by a kick-off in the center of the pitch at the start of each half and after every goal, where the ball must be kicked forward, explains the IFAB Laws of the Game. Ties in knockout matches are solved through extra time (two 15-minute halves) and, if necessary, a penalty shootout. A throw-in is a method of restarting play when the ball goes out over the side touchlines, taken by the team that did not touch the ball last, notes Laws of the Game.



A goal kick is awarded to the defending team when the attacking team hits the ball over the goal line without scoring, taken from within the goal area, according to FIFA. Conversely, a corner kick is awarded to the attacking team when the defending team plays the ball over their own goal line, taken from the corner arc, as defined by FIFA.

Direct free kicks are awarded for fouls involving physical contact (like tripping or pushing) and can be kicked directly into the goal for a score. Indirect free kicks, awarded for technical infractions (like offside or dangerous play), require the ball to be touched by another player before a goal can be scored, explain the IFAB.

Finally, a penalty kick is a type of direct free kick awarded when a foul punishable by a direct free kick is committed by a team inside their own penalty area; it is taken from the penalty mark 11m (12 yards) from the goal, according to FIFA.

When an offside offence occurs, the referee awards an **indirect free kick** to the opposing team. This kick is taken from the location where the player became involved in active play, even if it is within their own half.

Fundamental Skills Required

- **Passing and Receiving:** Accurately passing to teammates and controlling the ball.
- **Shooting:** Powerfully aiming and striking the ball into the goal.
- **Dribbling:** Controlling the ball while moving at speed to bypass defenders.
- **Heading:** Using the forehead to guide the ball in the air.
- **Defending:** Tackling and positioning to stop opponents from scoring.
- **Ball Control/Touch:** Maintaining possession through close control.
- **Decision Making:** Understanding when to pass, dribble, or shoot.

- **Goalkeeping:** Specialised skills for stopping shots and commanding the penalty area.

Situations for Kick-off from the Center Circle

- **Start of the match** (first half).
- **Start of the second half.**
- **Start of extra time** (if applicable).
- **After a goal is scored** (restarted by the team that conceded).

Dribbling

Dribbling is the technique of moving the ball with your feet while running, allowing a player to advance, evade defenders, or create space without losing possession. It involves close control and quick changes in direction to keep the ball away from opponents.



Heading

Heading is a skill used to play the ball with the forehead to make a pass, clear the ball defensively, or shoot at the goal, allowing players to interact with the ball while it is in the air.

Goalkeeping

Goalkeeping is the specialized role of the player designated to defend their team's goal. They are the only players permitted to use their hands and arms, but only within their own penalty area. Key skills include shot-stopping, handling, diving, punching, and distribution.

Offside

A player is in an **offside position** if any part of their head, body, or feet is in the opponents' half (excluding the halfway line) and is nearer to the opponents' goal line than both the ball and the second-last opponent.

- **Note:** Being in an offside position is not an offence in itself.

- **Offence:** A player is only penalised for being in an offside position if, at the moment the ball is touched by a teammate, they become actively involved in play by interfering with play, interfering with an opponent, or gaining an advantage.

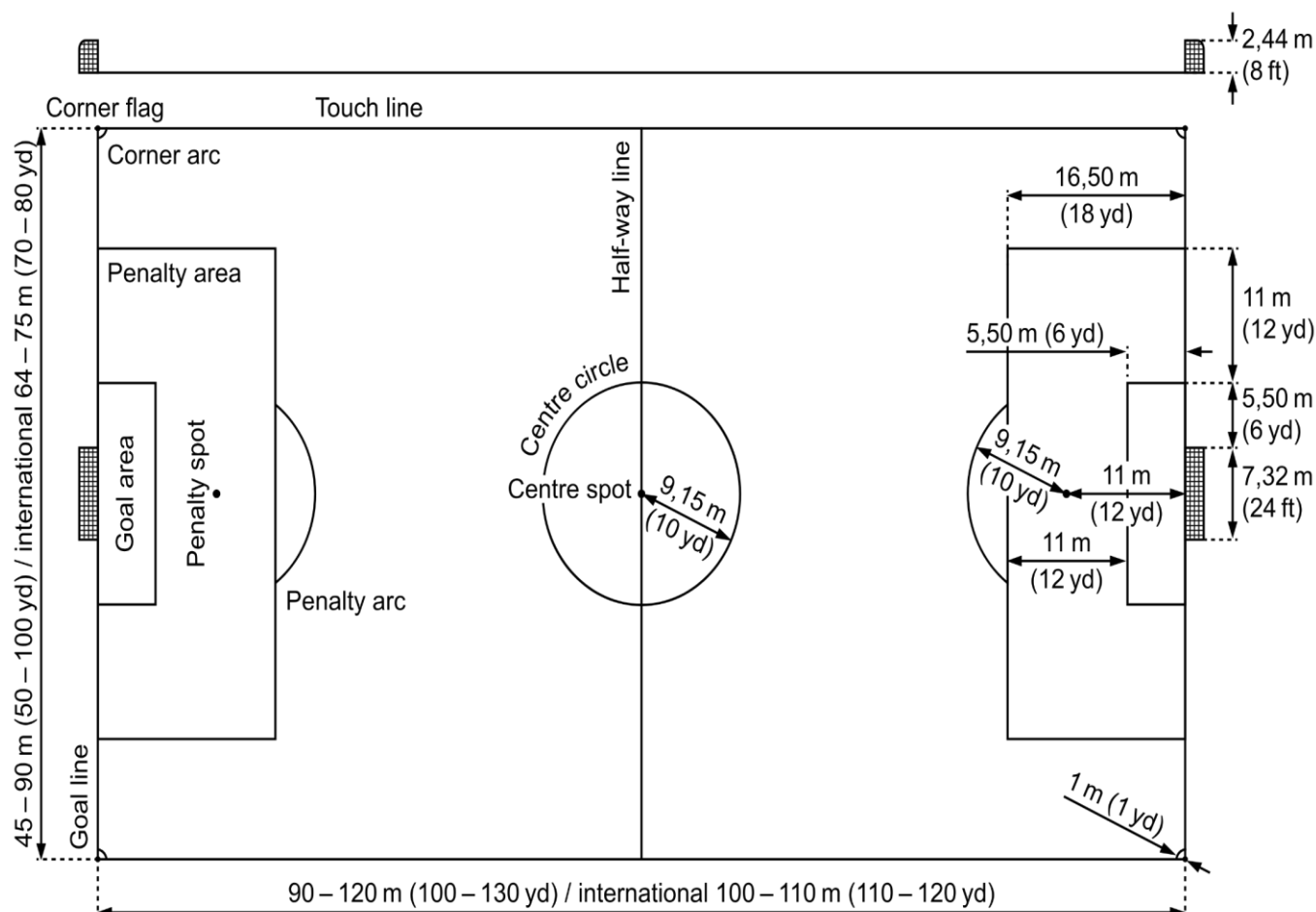
Classification of Free Kick

Free kicks are classified into two types:

- **Direct Free Kick:** The player can score a goal directly from the kick without the ball touching another player first. Awarded for major fouls (e.g., kicking, tripping, pushing).
- **Indirect Free Kick:** The ball must touch another player (either on the same team or the opposing team) before a goal can be scored. Often awarded for technical offences, such as offside or dangerous play.

Spot Kick

A "spot kick" is commonly used to refer to a **penalty kick**. It is a direct free kick taken from the penalty mark (11m/12 yards from the goal line) when a direct free kick foul is committed by a player inside their own penalty area.



6.4 KHO – KHO

Here are the details of the Kho-Kho game based on standard rules:

Length & Breadth of Field (Senior/Junior): The rectangular playing field is 27 meters long and 16 meters wide.

Number of Boxes in Field: There are 8 squares (boxes) in the central lane.
Measurements of Kho-Kho Field Boxes

- Number of Boxes: 8
- Length of each Box: 30 cm
- Width of each Box: 30 cm

Additional Field Measurements

- Central Lane Length: 23.50 m
- Central Lane Width: 30 cm
- Distance between two Cross Lanes: 2.30 m
- Width of Cross Lane: 30 cm

where the chasers sit.

Height and Diameter of the Post:

Height: 120 cm to 125 cm above the ground.

Diameter: 9 cm to 10 cm.

Top of the Post: The top of the post must be smooth and free from any sharp edges.

Who is Attacker & Runner: Attacker (Active Chaser): The player who runs to catch the defenders after receiving "Kho" or starting the game.

Runner (Defender): The player from the opposing team who tries to avoid being touched by the attacker.

Sitting Position of the Chasers: Eight chasers sit in the squares (sitting blocks) in the central lane, facing alternate directions (one faces one side, the next faces the other).
How Many Players: Each team consists of 12 players, but only 9 players play in the field at a time.
How Many Runners in Field at a Time: Runners enter the field in batches of three. The next batch must enter before the last runner of the previous batch is out.
How Game Begins: The game starts with a toss between the two team captains. The winning captain decides whether to chase or defend.
How Winners Declared: The team that scores the highest number of points in the two innings (or four turns) wins.

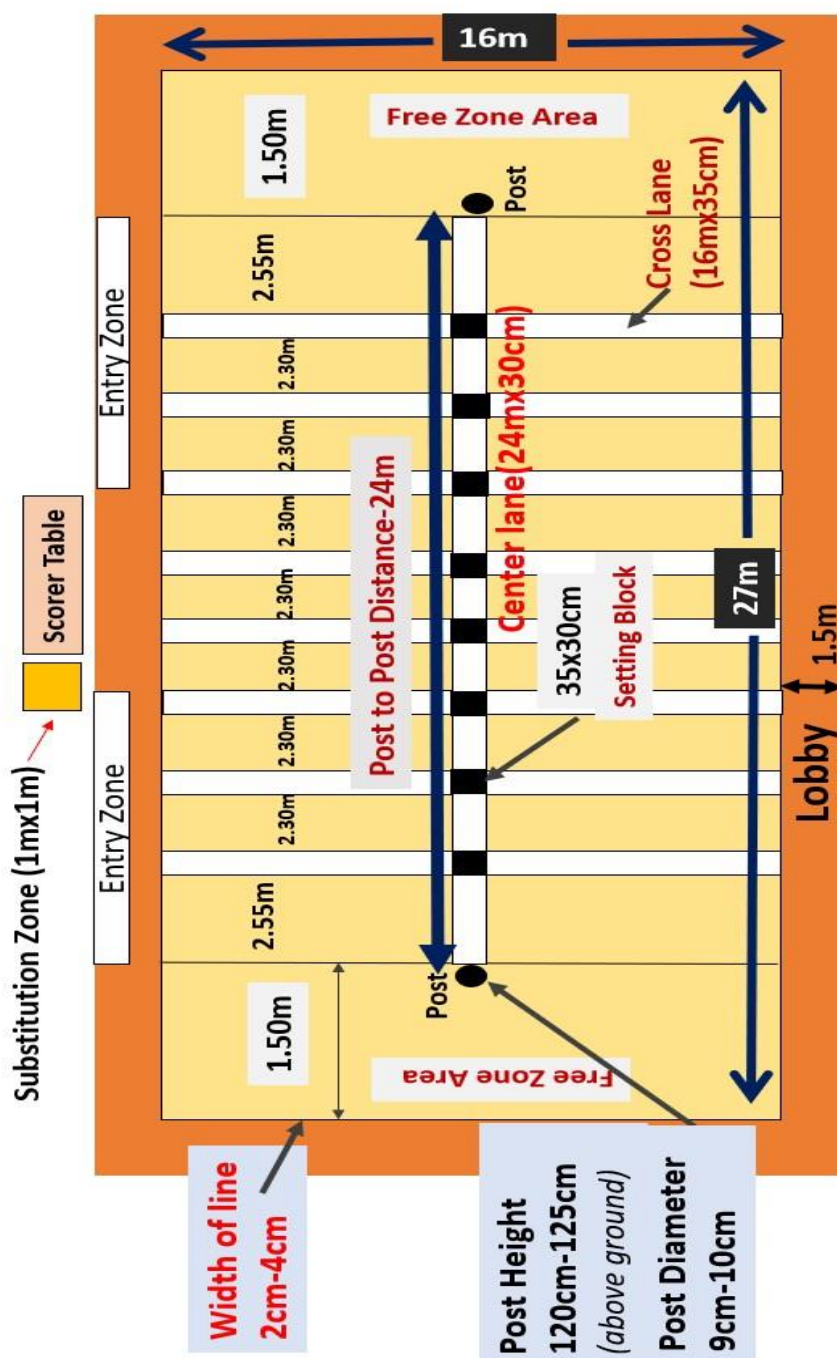
How Tie Will Be Solved: If the score is tied, the team with the higher score in any of the previous innings wins. Alternatively, a "tied test" (similar to a penalty shootout) is played.

Fundamental Skills:

Chasing: Giving Kho, taking direction, tapping, running dive, pole dive.

Running: Dodging, faking, single chain, double chain, ring game.

Rules for Chasers: Must follow the direction in which they start facing in the square. Cannot cross the central line to move to the other half. Must give a "Kho" by touching the seated player with the palm and shouting "Kho" loudly. Cannot touch the active chaser (attacker) once they are on their feet. Must use the pole to change direction if needed.



6. MINOR GAMES

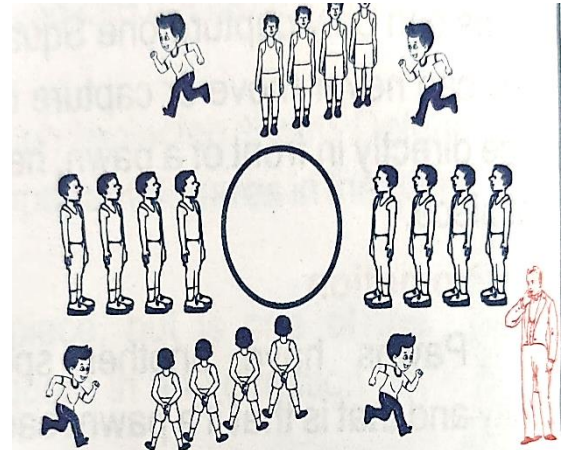
Minor games are games of low organisation which involve simple skills and a few rules. They require a few or no equipment. A little area and a short duration of time. They can be adapted to any situation and can be played by different age groups.

6.1 CIRCLE RELAY

This is a good type of relay when space is too limited for straight-away races. Arrange the teams like the spokes in a wheel, radiating from a hub.

At the signal, the last player of each spoke runs around the circle to the right and touches off the second player who repeats.

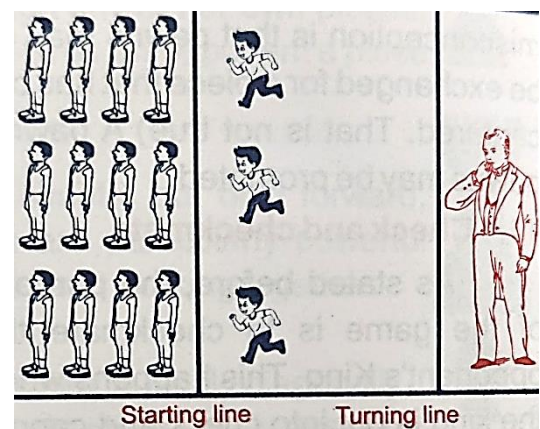
The first player then takes his place at the hub end of the spoke. Continue until all have run. The team finishing first wins.



6.2 BACKWARD RUNNING RELAY

Arrange the teams in parallel files facing the starting line. At signal, the first player of each team runs backward to the turning line, returns, and touches off the second player.

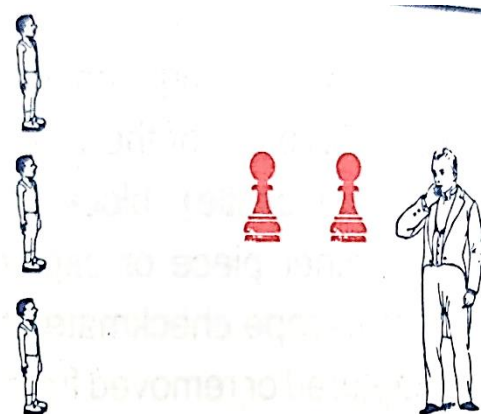
The second player runs and touches off the third player. Continue until all have run. The team finishing first wins.



6.3 SECURE ONE

Arrange the players in a single line and place a row of Indian clubs 15 to 20 meters in front of them. There should be one less club than players. At the signal the players dash for the clubs and attempt to secure one.

The player failing to secure a club is out of the game. Remove one club and repeat. Continue until only one player is left. This one is the winner.

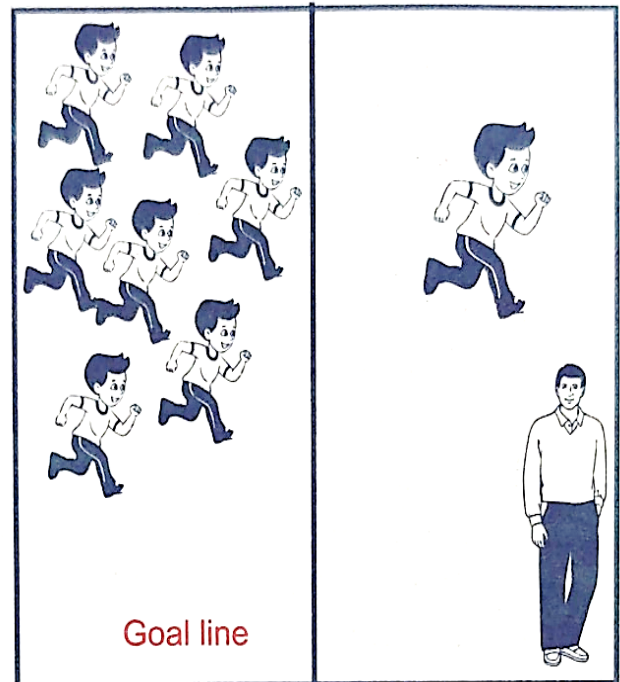


6.4 MID-NIGHT

A goal line is marked at one end of the playing area. One player is selected as the fox.

On signal the Fox moves forward slowly from the goal line, while other players follow him and ask, “what is the time Mr. Fox?” If the Fox replies any hour except midnight, they are safe and they can follow him.

When he replies, “Twelve ‘O’ Clock at midnight”, the players must run back to the goal line, and the fox tries to tag them. The first one who is tagged becomes the next Fox to continue the game.

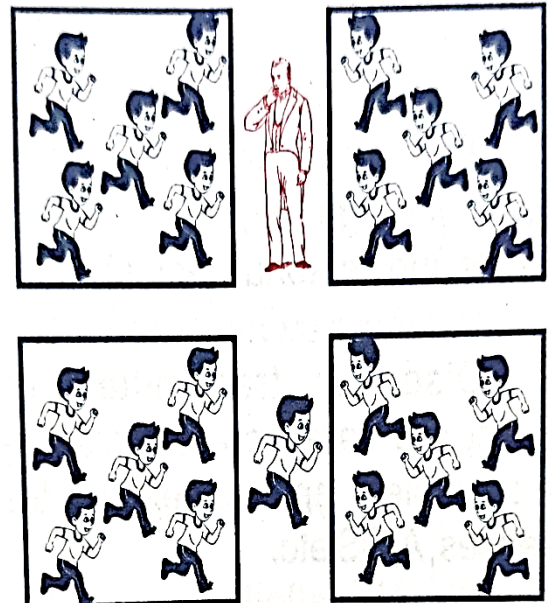


6.5 FOUR CORNERS

Four teams equal in number occupy four corners of a 15-metre square; one of the players act as “It”. He stands in the centre of the squares.

On signal, teams cross diagonally to the opposite corners. “It” tries to tag as many as possible. The tagged players are eliminated from the teams.

The team which retains the largest number after a prescribed number of changes is the winner.



7. HEALTH EDUCATION

“Health is wealth” is an old saying. Health, in fact is a key to education, success, good citizenship and happy life. Hence health is considered as one’s most precious possession. A healthy individual is like a pillar of the society.

According to the [World Health Organization \(WHO\)](#), health is defined as a state of complete physical, mental, and social well-being, not merely the absence of disease or



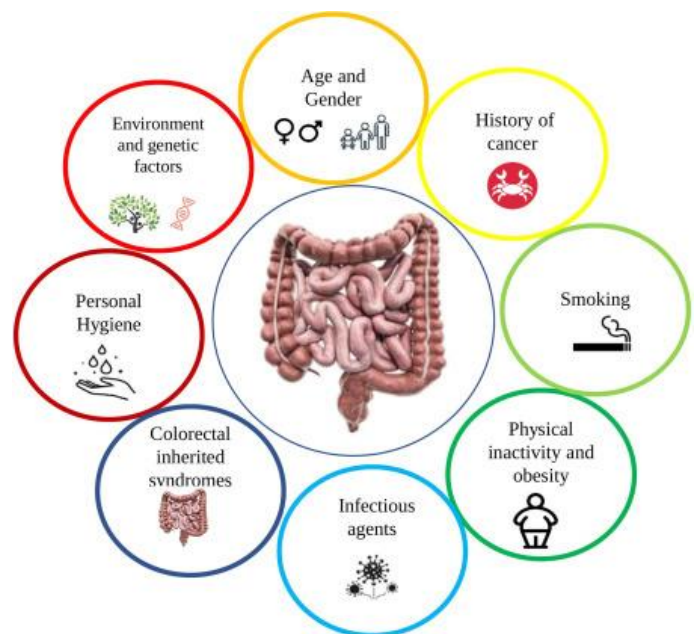
infirmity. Health education, which aims to promote healthy lifestyles and disease prevention, can be classified into three main types: education regarding body and self-care, information about health services and resources, and education on wider policies affecting health (such as environmental regulations).

Several key factors influence an individual's health, often referred to as determinants of health, including genetics, environment, lifestyle choices (diet, exercise), socioeconomic status, education, and access to healthcare services.

Heredity refers to the passing of physical or mental characteristics, or genetic traits, from parents to their offspring through genes.

Examples of inherited traits include eye color, hair type, blood group, and susceptibility to certain genetic disorders, such as diabetes or hemophilia.

Regarding disease, communicable diseases spread from person to person through pathogens like bacteria and viruses,



typically via contact with contaminated surfaces, droplets, aerosols, food/water, or insect vectors.

Contact diseases are a specific subset of communicable diseases spread through direct physical contact (e.g., skin contact, sexual intercourse) with an infected person or indirect contact with their personal items (fomites), such as HIV or leprosy.

A disease is defined as an abnormal condition that negatively affects the structure or function of an organism. These are broadly classified into two categories: **communicable diseases**, which are infectious and spread from one person to another (e.g., cholera, COVID-19, tuberculosis), and **non-communicable diseases**, which are not infectious and are often linked to lifestyle or genetics (e.g., cancer, heart disease).

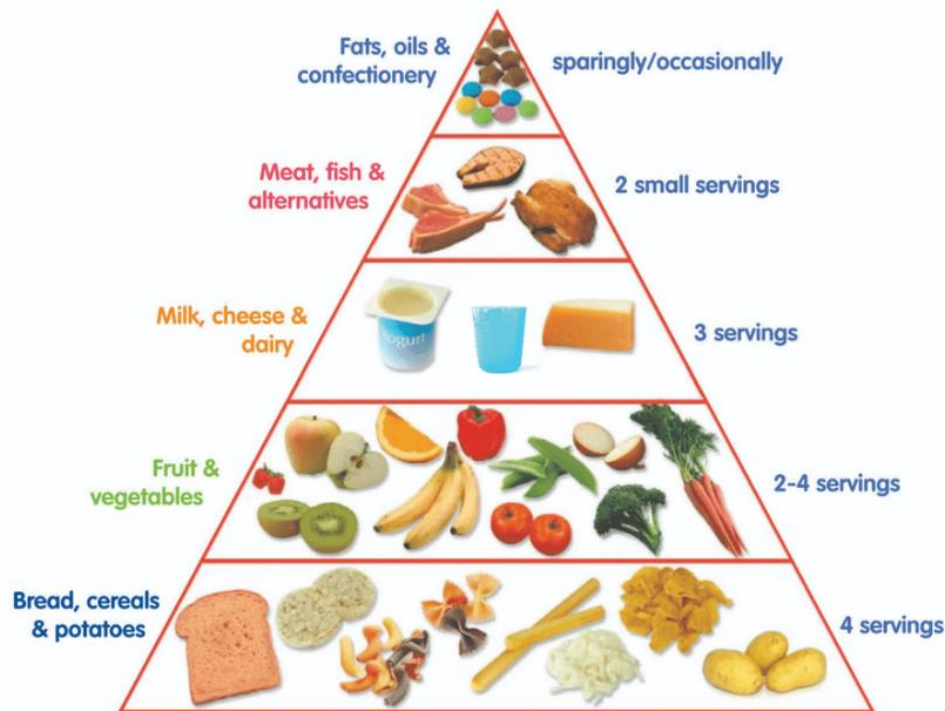
A balanced diet is defined as a diet that provides all essential nutrients in the correct proportions, including carbohydrates, proteins, fats, vitamins, and minerals, required for the body to function properly. Finally, personal hygiene describes the practices, such as regular handwashing, bathing, and oral care, that an individual maintains to prevent infection and promote overall health and well-being.

NUTRITION AND HEALTH

The Role of Food in Maintenance of Good Health

Food plays a fundamental role in maintaining good health by providing the necessary energy, nutrients, and chemical compounds for the body to function, grow, and heal. Key roles include:

- **Supplying Energy:** Carbohydrates, fats, and proteins provide the energy required for daily physical activities, metabolism, and bodily functions like breathing.
- **Growth and Repair:** Proteins are vital for building, repairing, and maintaining tissues, muscles, and organs.
- **Immune System Support:** Vitamins (A, C, E) and minerals (zinc, selenium) boost the immune system, helping the body fight infections and diseases.
- **Preventing Chronic Diseases:** A balanced diet, rich in fruits, vegetables, and whole grains, reduces the risk of noncommunicable diseases (NCDs) like heart disease, diabetes, and certain cancers.
- **Maintaining Physiological Functions:** Nutrients regulate vital processes such as metabolism, blood pressure control, and cholesterol levels.
- **Digestive Health:** Fiber-rich foods support digestion and prevent conditions like constipation.



A Few Communicable Diseases

Communicable diseases, also known as infectious or contagious diseases, are caused by microorganisms like bacteria, viruses, parasites, and fungi that can spread from person to person or via animals/vectors.

Common examples include:

- **Respiratory Infections:** COVID-19, Influenza (Flu), Tuberculosis (TB), Pertussis (Whooping Cough), Pneumonia.
- **Vector-borne Diseases:** Malaria, Dengue fever, Zika virus, Chikungunya.
- **Waterborne and Foodborne Diseases:** Cholera, Typhoid fever, Hepatitis A, Salmonellosis.
- **Sexually Transmitted and Blood-borne Diseases:** HIV/AIDS, Hepatitis B and C, Syphilis, Gonorrhea.
- **Skin/Direct Contact Diseases:** Scabies, Ringworm, Leprosy.

VEGETABLES AND FRUITS

Apple is rich in phosphorus and iron. Hence it provides excellent brain tonic, it sharpens memory. Bitter Gourd purifies blood and reduces sugar level in the blood. As it generates heat in the body, one should not take excessive quantity of this vegetable.

Carrot, a vegetable with a sweet reddish or yellowish tapering root, is rich in vitamin E. It generates fresh blood and provides glow to the skin. Fresh carrot juice is applied on the skin to treat burns.



Date, the fruits of the date, are rich in iron. They increase muscular weight when eaten with ghee.

Fibre in diet helps to prevent ulcer, an open sore in skin or mucous membrane and colon (greater portion of the large intestine) cancer. Green leafy vegetables and drumstick are rich in fibre. Lack of fibre causes constipation - the root cause of many diseases.

Garlic, a bulb with a strong taste and smell, is believed to lower blood pressure and blood cholesterol. Regular consumption of garlic protects us from cold.

Honey is full of essential nutrients. It works as the perfect pick-up, when your energy levels are down.

Lemon, a citrus fruit contains vitamin C, potassium, and calcium. It is good cough reliever. Milk is the only complete food for the baby. It is the only source of vitamin B in the diet of vegetarians. It can be consumed in many forms as curd, paneer, cheese, milk shakes, and ice cream.

Nuts, which include groundnuts, almonds, cashew nuts, walnuts and peanuts are rich in minerals, proteins and fats. Nuts are useful in treating the common cold.



Oats help to remove bile acids. It has the potential to lower blood cholesterol, stabilise blood sugar levels and combat inflammation.

Potato is known as "King of Vegetables". It is rich in protein, vitamin C, Carbohydrates, iron and amino acids. Diabetics, heart patients and patients with high blood pressure should avoid eating potato.

Radish, a white or red root is eaten raw in salads. It is useful for removing stones in kidneys and gall bladder. Its hot effects help in quick digestion and cold effects keep skin soft and glowing.

Spinach, a vegetable with juicy leaves, thick and fleshy is a rich source of iron. Hence it is used for iron deficiency variety of anemia (bloodlessness). It cleanses the blood and clears up skin eruptions. Spinach is used in various soups, cooked vegetable forms, mixed vegetables and juice forms.

Tomato is a juicy fruit, usually red, sometimes yellow. It contains vitamins A, B, and C, potassium salt and iron. It is a Wood purifier. Both in cooked and raw form it is tasty.

8. OLYMPIC GAMES

The origin of the Olympics goes back to the Greek legend of Zeus and Kronos. Poets praise of Zeus and Kronos, the mightiest of the Gods, fighting for possession of Earth on Mount Olympus and the games being held in commemoration of Zeus' Victory.

The ancient Olympic games were conducted once in four years at Olympia in Greece in honour of the God Zeus / Horkios.

The first ancient Olympics was conducted in the year 776 B.C.

The participants should be born in Greek ii. The events were open only to amateurs iii. The participants should have no criminal records iv. The competitors must have had at least 10 months of training prior to their participation. The Olympic Oath was taken only after sacrificing a pig to God Zeus.

The trumpeters, officials and the competitors only were participated, in the march past.

The victor in each event was honored with a crown of olive leaves. He was then taken into his state in a triumphal procession.

The first modern Olympic games were conducted at Athens in Greece in the year 1896.

The sacred fire was kept burning perpetually at the altar of God Zeus.

The special features of ancient Olympics:

- i. Women were not permitted either to participate or to witness the Olympic games.
- ii. The participants were not allowed to wear any dress and they had to take part nakedly.
- iii. The competitors were only the Greeks and they should not have committed any crime.
- iv. Every competitor had to take the oath of fairness.
- v. The competitors must have practised for ten months in Palestra and for the last month in Olympia.
- vi. The competitions were only among the Greek city states.
- vii. There were only individual items and not team items.

Five pentathlon events in the ancient Olympics:

1. Discus throw
2. Javelin throw
3. Long jump
4. Wrestling
5. Foot race.

Olympic Oath

"We swear that we will take part in the Olympic Games in loyal competition respecting the regulations which govern them and desirous of participating in them in true spirit of sportsmanship for the honour of our country and the glory of sports."

The opening ceremony of Olympic games

1. March past
2. Declaring the meet open
3. Flag hoisting
4. Lightening the Olympic torch
5. Oath taking
6. Start of the events.

9.MODERN OLYMPICS

First modern Olympics

The first modern Olympic games were held at Athens in the year 1896 A.D.

In 1916, 1940 and 1944 the Olympic sports were not conducted because of the first and second world wars.

controlling body of the modern Olympic games

The I.O.C. is the controlling body of the modern Olympic games

the father of the Modern Olympics

"Baron Pierre De Coubertin" is the father of the modern Olympics.

At 1984, Los Angeles. Olympic games did RT. Usha finish in the 400m hurdles finals

In 1988, Seoul Olympics was Ben Johnson stripped off his gold medals.

the minimum age for male competitors in the Olympic gymnastics event is Sixteen years of age.

The Olympic sports in 2008 was conducted at Beijing in China.

The Olympic flag was first used in the Antwerp Olympics in 1920.

The Olympic flame was first inaugurated in 1932 Olympics in Los Angeles.

There are two kinds of Olympic flags:

1. Olympic flag for hoisting.
2. Ceremonial Olympic flag.

The Olympic flag is white in colour.

There are five interlaced rings at the centre of the flag.

The following five continents are represented by the rings

America (Blue), Asia (Yellow), Africa (Black), Europe (Green), Australia (Red)

Olympic motto

Citius (faster) Altius (Higher) fortius (Stronger) is the Olympic motto.

Rev. Father Didon first used the motto.

Olympic Oath

The Olympic Oath is a solemn promise made by representatives of athletes, coaches, and officials during the Opening Ceremony of each Olympic Games to uphold rules, fair play, and anti-doping, usually delivered by host nation representatives holding

the Olympic flag. As of 2018, it is a combined, modernized oath focusing on solidarity, equality, and inclusion.

Current Olympic Oath Text (Since 2018/2020) The oath is now a unified pledge spoken on behalf of all athletes, coaches, and officials:

The current, unified oath is a solemn pledge emphasizing integrity, inclusion, and the Olympic spirit of fair play, with the full text available on the [Olympics website](#).

Key Facts About the Olympic Oath

- **Origin:** Introduced at the 1920 Antwerp Games by fencer Victor Boin.
- **Combined Format:** Since 2018, the athlete, coach, and official oaths were merged into a single, athlete-led pledge.
- **Purpose & Symbolism:** Emphasizes fair play, anti-doping, and inclusion, with representatives holding the Olympic flag.
- **Participants:** Led by host nation representatives (one athlete, one coach, one official).

The Olympic oath was introduced in 1920 at Antwerp.

Marathon race

The marathon race was first introduced in 1896 at the first modern Olympic games in Athens.

The distance is 26 miles and 385 yards (42.196 meters.)

Spiridon Louis, a shepherd of Greeks is the winner of the first Marathon race.

In 490 B.C. the Persians invaded Greece and fought with Greeks at the battle field of Marathon. In that battle, the Persians were defeated. The Greek commander wanted to convey the glad news to Athens. Therefore, he called for Pheidippides, the famous Athenian runner and asked him to run all the way to Athens and communicate the news to the anxious city fathers.

Pheidippides had fought in the battle that day as a soldier. Although he was tired, he obeyed the orders of his commander and ran all the way from Marathon to Athens a distance of 26 miles and 385 yards and said "Rejoice, we conquered" Having conveyed the news he fell down dead.

In his memory the **Marathon** race was introduced in the modern Olympics.

women in the Olympics

In the year 1900 women were first allowed to participate in the Olympics at Paris. It was swimming and diving.

10. SAFETY EDUCATION

Causes of accidents

1. Driving faulty vehicle
2. Absent mindedness
3. Over confidence
4. Carelessness
5. Hurriedness
6. Ignorance
7. Inefficiency
8. Forgetfulness
9. Harsh driving etc.



The safety measures to be adopted at home

1. We should keep the medicines, insecticides etc. beyond the reach of the children.
2. Sharp materials like blade, knife, needle, axe, etc. should be kept in a locked room.
3. Toilet and bathroom should be kept neat and clean always to avoid slippery.
4. We should not permit the children to play near the deep pits or wells.
5. It is better not to permit children to handle electric materials, gas stove etc.
6. It is good to wear cotton dress materials while cooking.

The points to be borne in mind while walking on the road

1. We should walk only at the left extreme of the road always.
2. Road rules should be followed very strictly.
3. We should remove the rough materials like skin of plantain fruit, iron rod, glass pieces, etc. if found on the road.
4. We should use the one way traffics and under ground passage without fail.
5. We should check the vehicle whether in good condition, before use.
6. We should see the right side first, then at the left side before crossing the road.



7. We should not see here and there (looking the posters on the wall etc.) while walking on the roads.

The safety measures to be taken at school

1. Play field should be maintained properly, removing thorns and stones, ups and downs etc.
2. Playing courts except kho-kho field should be constructed mostly towards south to north to avoid sun rays.
3. Protected water should be supplied to the children in the school.
4. We should check the play materials whether in good condition, before use.
5. Long jump, high jump pits should be filled up with sand sufficiently.
6. Foam mattress should be used while practicing gymnastic exercises.
7. In the science lab, the chemicals should be handled very carefully.
8. School buildings and furniture should be maintained properly. Conducting classes in the damaged buildings should be avoided.



**“Fitness and Safety Begin
with
Awareness and Practice.”**

11. MODEL - QUESTION PAPER

Std. 7

Time - 1.00 Hr.
Marks: 40

I. Answer any five of the following:

5 × 2 = 10

1. When was international football Federation formed?
2. How many players are there in a football Team?
3. What is the duration of football Game?
4. Write any two techniques in High Jump?
5. What is starting method for 100 meters?
6. List out the techniques in High Jump?

II. Answer the following:

5 × 2 = 10

1. How many events are there in Sprint event?
2. What are the Four Techniques in High Jump?
3. Write any two field events?
4. What is "let" known in kho-kho?
5. How many members are there in a foot ball Team?

III. Answer the following:

2 × 5 = 10

1. Explain any two Asanas?
2. What is a balanced diet?

IV. Answer one of the following:

1 × 10 = 10

1. Draw a neat diagram of kho-kho Court.
2. Explain the methods of doing any two Asanas?

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