8

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

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1. THE AIMS AND OBJECTIVES OF PHYSICAL EDUCATION

The Primary aim of physical education

The primary aim of Physical education is not to develop a star Athlete or Winning teams but to develop national vitality with physical fitness and character values.

Physical education should aim to provide skilled leadership and adequate facilities which will afford an opportunity for the individual to act in a situation, which are physically wholesome, mentally stimulating and satisfying and socially sound.

The secondary aim of Physical education is:

1. To mould up every citizen physically fit, mentally sound and sharp, emotionally balanced and socially well-adjusted with society.

2. To inculcate national integration.

3. To develop sportsmanship qualities like respecting the rules and regulations, following the instruction of the captain, treating the success and defeat equally.

4. To develop neuro-muscular co-ordination and skills.

5. To strengthen the internal and external organs.

6. To increase learning capacity among the pupils.

7. To lengthen the life.

8. To mould up good citizens.

9. To co-operate with others, irrespective of caste, creed and religion.

10. To attain self-realization, human relationship and civic responsibilities.

11. To develop organic fitness.

12. To develop desirable social behavior.

13. To develop the attitude towards leisure and the ability to use leisure in fruitful ways.

14. To develop desirable health habits.

15. To develop interpretive and intellectual efficiency.

****Hard work is the mother of good luck****

2. 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 is 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 of stiffness.

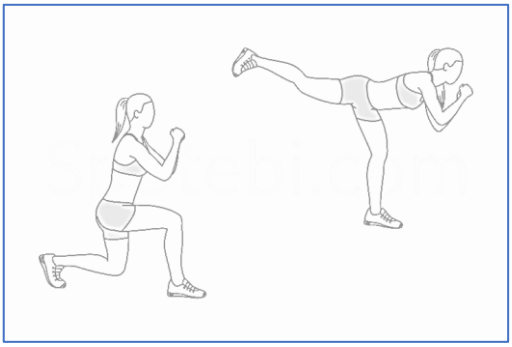
Marching:

i) Stand upright and march in place 20 to 30 times. Move your arms upto shoulder level in connection with your leg movements. Do not tighten your firsts.

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 sidewards slowly.

Opposite Toe Touch:

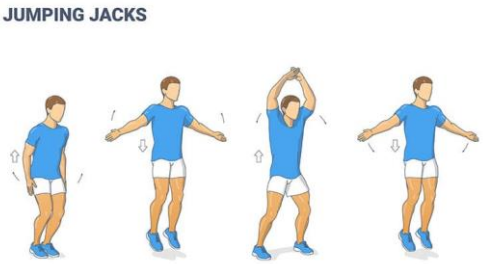
Stand both the feet little wider. Bend and touch the left foot with right hand and turn and touch the right foot with left hand.

Jumping :

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

8.Jumping jack :

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



3.MARCHING

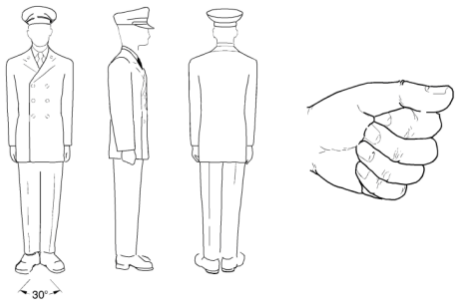
Marching is an essential part of physical Education in schools. It brings an orderliness, discipline, good posture and correct alignment of body, it also helps to get co-ordination of body parts, briskness, self-confidence, group units etc.,

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 30^0. Arms down with fingers closed. Look straight without any body movements.



Fall in

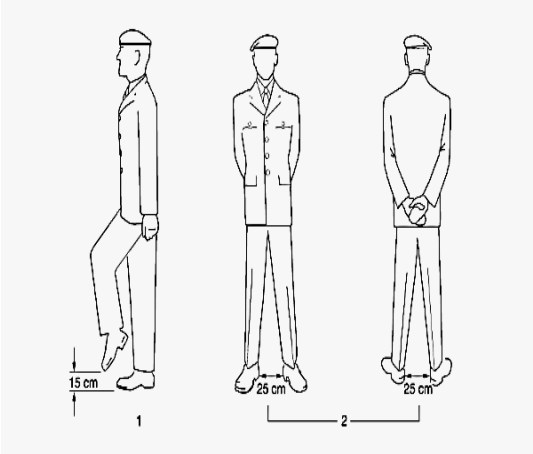
The tallest on the right and the shortest on the left in a single line – class fall in. The students stand in "stand at ease" position.

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 thumps. It's a simultaneous movement of arms and left foot.

"Stand easy" position

Stand easy means relax the limps, 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.

4.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.

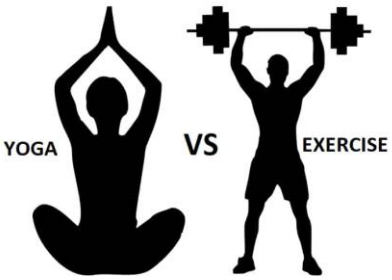
8. If you have to practice asanas in a room, then open the windows and doors to get good ventilation.

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

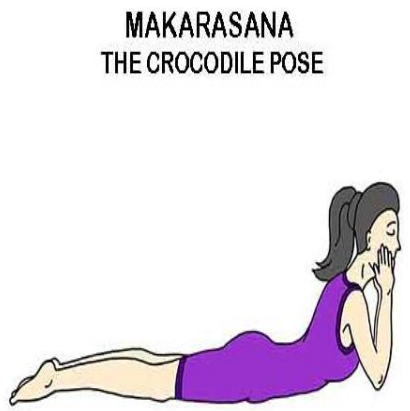
"Ardha chandrasana"

- Stand erect with body, neck and head in one line.
- Bend your body on your right and touch an object which is 6" height.
- Left hand vertically upward.
- Come to starting position. Keep this position for 3 seconds.

"Supta Veerasana"

- Sit on heels and move the heels a few inches apart.
- Bend the body back slowly and lie down on your back.
- Stretch out the hands back with palms turned up. Let the knees remain touching the ground, as given in the picture.
- Come back to position after a few seconds.

"Makarasana"



- Lie on the ground facing down. Keep the heels upward and wide apart.
- Raise the arms and keep them in front of the head and hold the left upper limb with right hand and right upper limb with left hand.
- Keep this posture for a few seconds. Breathe deeply and meditate on god.
- Come back to starting position.

"Uttanapadasana"

- Lie flat on the back. Keep the arms by the side of the body. Look up.
- Lift the legs 45 degree up slowly as shown in the picture.
- Keep this position for a few seconds.
- Come back to position.

"Vrikasana"

- Stand in Attention position.
- Raise the arms up, let the palms touching each other. Elbow straight and look forward.
- Keep the left foot over the right knee as given in the picture.
- Keep this position for some times and come back to position.

"Gomukhasana"

- As shown in the picture, sit on the left heel with the soles turned up and stretched out.
- Bend the left leg and place it over the right knee.
- Raise and bend the right hand back. Bring the left forearm to the back and raise it to touch the right hand. Make a finger lock of the two index fingers.
- Keep the body erect. Come back after a few seconds.

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 11 and proper adoption of the techniques of the concerned events.

4.1. HURDLE RACE

Hurdles means obstacles. The sprinter has to skim over the hurdles. That is, the hurdles are cleared with skimming over action rather than Jumping.

Hurdle Race is a track and field event in athletics. In this race, the runner has to run fast and cross a number of hurdles (obstacles) placed on the track without stopping. The athlete should cross the hurdles smoothly and continue running towards the finish line.

Meaning of Hurdles

Hurdles are obstacles fixed at equal distances on the running track. The athlete should not jump too high while crossing them. Instead, the runner should skim over the hurdles quickly and smoothly.

Aim of the Event

- To complete the race in the shortest time.
- To cross all hurdles without losing speed.
- To maintain balance and rhythm while running.

Basic Skills Required

1. Speed
2. Balance
3. Flexibility
4. Coordination
5. Concentration
6. Rhythm in running

Important Techniques in Hurdle Race

1. Start

- The athlete starts from the crouch position.
- Quick reaction at the sound of the whistle or gun is important.

2. Running to the First Hurdle

- The runner should gain speed quickly.
- Steps should be regular and balanced.

3. Crossing the Hurdle

- One leg leads over the hurdle called the **Lead Leg**.
- The other leg follows quickly called the **Trail Leg**.
- The body bends slightly forward while crossing.

4. Running Between Hurdles

- The runner should maintain rhythm.
- Usually 3 steps are taken between hurdles.

5. Finishing

- The athlete should run fast through the finish line without slowing down.

Rules of Hurdle Race

1. Every athlete must stay in his/her own lane.
2. Hurdles should be crossed properly.
3. Pushing another athlete is not allowed.
4. Knocking down hurdles intentionally is not allowed.
5. The athlete who reaches the finish line first wins.

Standard Distances (School Level)

- Boys and girls commonly participate in:
    - 60m Hurdles
    - 80m Hurdles
    - 100m Hurdles
    - 110m Hurdles

Benefits of Hurdle Race

- Improves speed and stamina.
- Develops body coordination.
- Increases flexibility and agility.
- Builds confidence and discipline.
- Strengthens leg muscles.

Safety Measures

1. Warm up properly before practice.
2. Wear suitable sports shoes.
3. Practice under teacher supervision.
4. Maintain proper distance between runners.
5. Use correct technique to avoid injury.

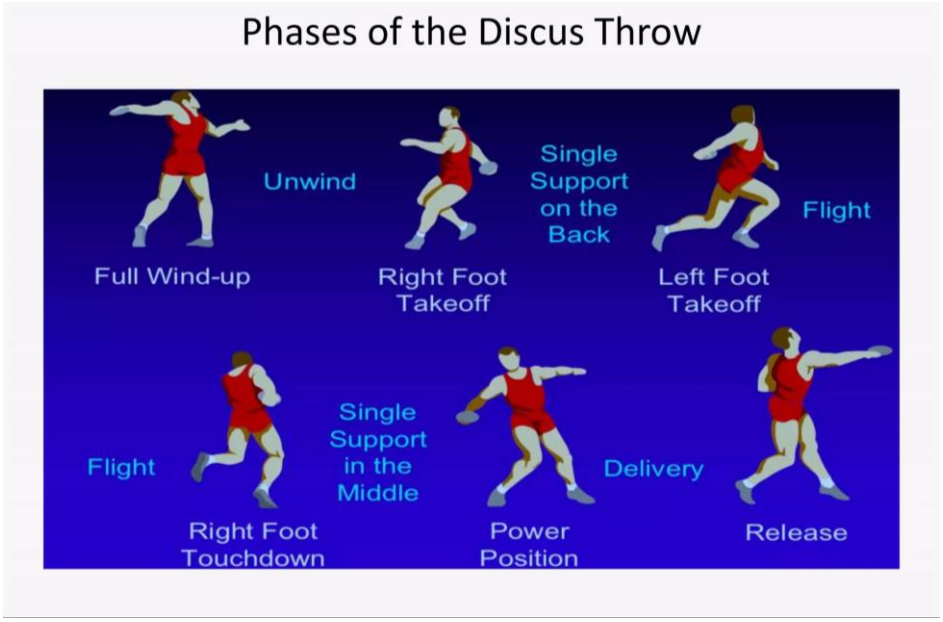
Hurdle Race is an exciting athletic event that combines speed, skill, balance, and coordination. Regular practice and proper technique help athletes perform better and cross hurdles smoothly and safely.

4.2 DISCUS THROW

Introduction

Discus Throw is one of the important throwing events in athletics. In this event, the athlete throws a heavy circular disc called a **discus** as far as possible within a marked sector. It is a test of **strength, balance, speed, coordination, and technique**.

Discus Throw is included in school sports, national competitions, and international athletic events like the Olympics.



Equipment Used

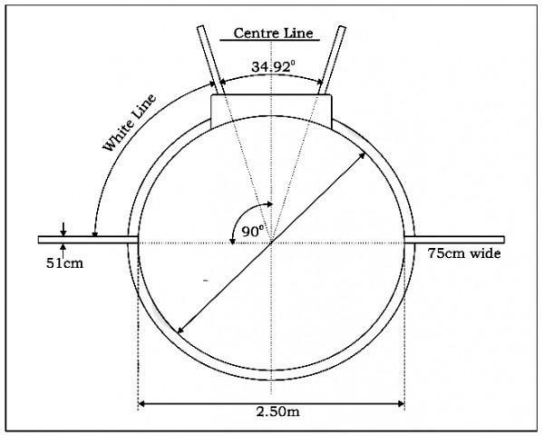
Discus

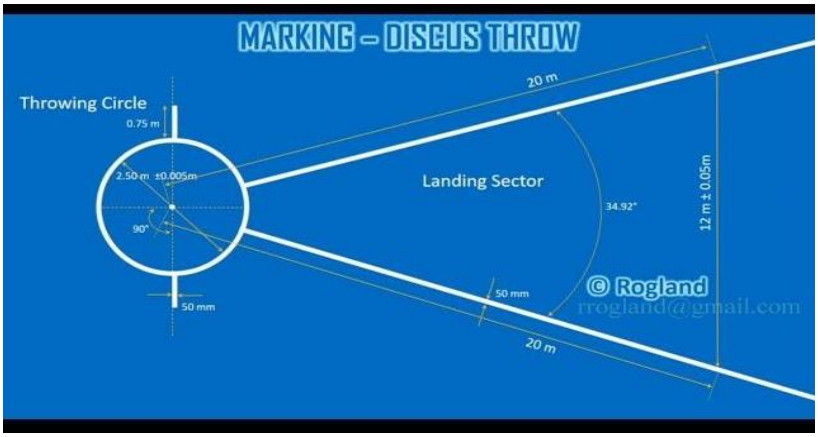
The discus is a round flat object made of wood, rubber, metal, or fiber.

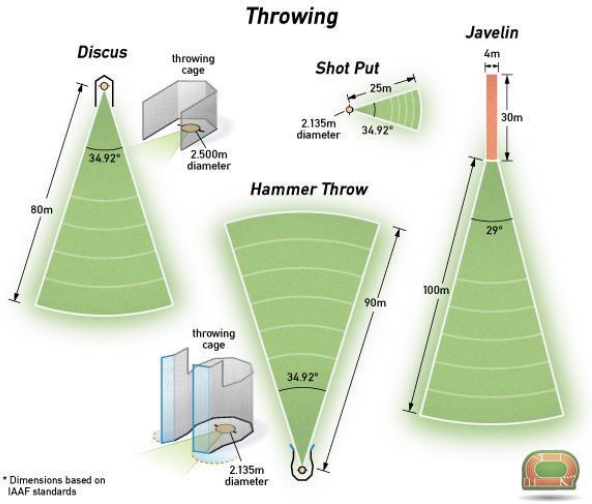
Weight of Discus

- Boys (School Level): 1 kg
- Girls (School Level): 1 kg
- Men (Senior): 2 kg
- Women (Senior): 1 kg

Throwing Area







1. **Throwing Circle**
    - Diameter is 2.5 meters.
    - Athlete must throw from inside the circle.
2. **Sector Area**
    - The discus should land within the marked sector lines.
3. **Safety Cage**
    - A protective net or cage is used for safety.

Basic Techniques of Discus Throw

1. Grip

- The discus is held on the fingers, not tightly in the palm.
- Fingers are spread comfortably over the discus.

2. Starting Position

- Stand inside the circle.
- Feet should be shoulder-width apart.
- Body should be relaxed and balanced.

3. Swing

- Swing the discus backward and forward smoothly.
- Build momentum before the throw.

4. Rotation

- Rotate the body quickly inside the circle.
- Turn on the ball of the foot for balance.

5. Release

- Release the discus at shoulder height.
- The discus should spin while leaving the hand.

6. Follow Through

- Continue body movement after release.
- Maintain balance and avoid stepping outside the circle.

Important Rules

1. The athlete must throw from inside the circle.
2. The discus must land within the sector area.
3. The athlete should not step outside the circle before the discus lands.
4. Each player gets a fixed number of chances.
5. The longest valid throw is considered for winning.

Fouls in Discus Throw

- Stepping outside the circle during the throw.
- Throwing outside the sector lines.
- Leaving the circle before the discus lands.
- Improper throwing technique.

Physical Benefits

Discus Throw helps to:

- Increase muscular strength.
- Improve body coordination.
- Develop balance and flexibility.
- Improve concentration and confidence.
- Strengthen shoulders, arms, and legs.

Safety Measures

1. Warm up properly before practice.
2. Practice only under teacher supervision.
3. Stand away from the throwing sector.
4. Use proper sports shoes.
5. Never cross the field during a throw.

Advantages of Learning Discus Throw

- Builds sportsmanship.
- Improves athletic skills.
- Helps in overall physical fitness.
- Develops discipline and confidence.

Discus Throw is an exciting field event that requires strength, skill, balance, and proper technique. Regular practice and correct training help athletes improve their performance and achieve greater throwing distance safely.

4.3 JAVELIN THROW

Introduction

Javelin Throw is an important field event in athletics. In this event, the athlete throws a long spear-like equipment called a **javelin** as far as possible within a marked sector. It is a combination of **speed, strength, balance, coordination, and proper technique**.

Javelin Throw is conducted in school sports, national competitions, and international athletic events like the Olympics.

Equipment Used

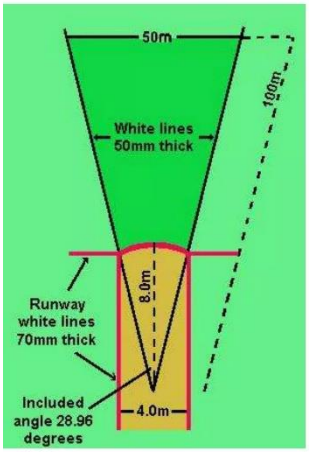
Javelin

The javelin is a long, spear-shaped equipment made of metal or fiber with a pointed end.

Weight of Javelin

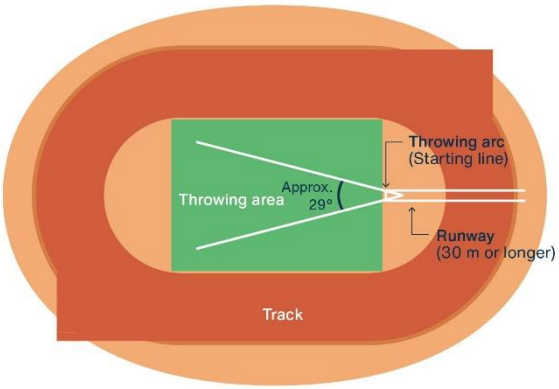
- Boys (School Level): 600 g
- Girls (School Level): 500 g
- Men (Senior): 800 g
- Women (Senior): 600 g

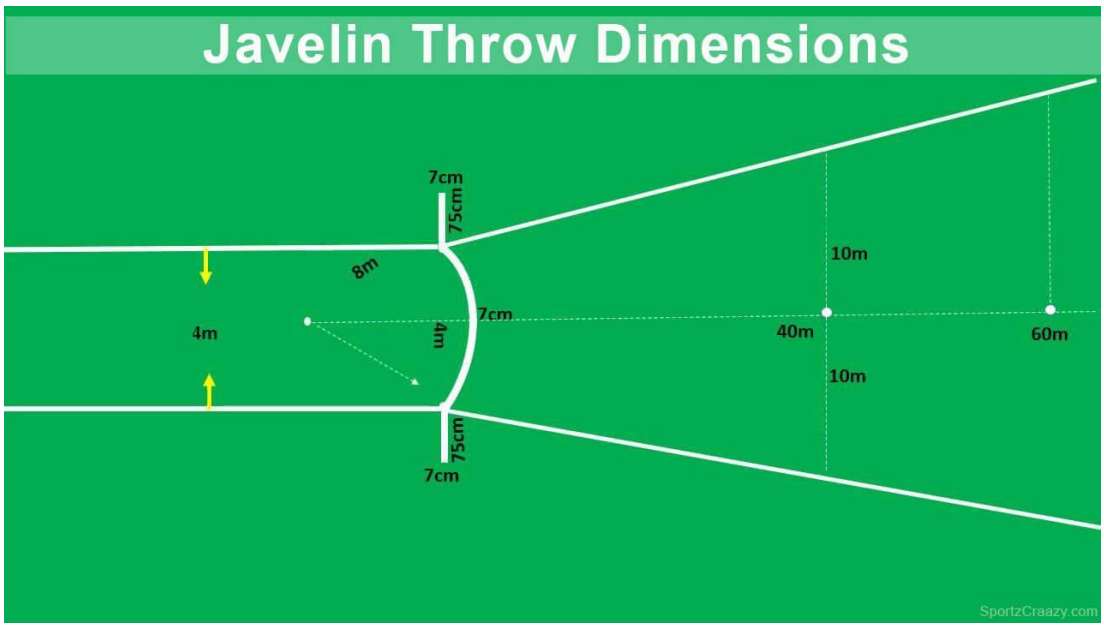
Throwing Area



The arc, which is made of wood or some other type of durable material, must be flush with the ground and painted white. The thrower can't touch any of these lines, leave the runway, or the area outside of these lines, before the javelin lands.

An athletic field and the javelin throw's throwing area





1. **Runway**
   - The athlete runs on a straight runway before throwing.
   - The runway helps to gain speed and momentum.
2. **Throwing Arc**
   - A curved line marks the throwing limit.
   - The athlete should not cross this line.
3. **Sector Area**
   - The javelin must land within the marked sector lines.

Basic Techniques of Javelin Throw

1. Grip

The javelin is held firmly but comfortably.

Types of Grip

- American Grip
- Finnish Grip
- Fork Grip

2. Carrying the Javelin

- The javelin is carried above the shoulder.
- The tip should point slightly upward.

3. Approach Run

- The athlete runs smoothly and gains speed.
- The run should be controlled and balanced.

4. Withdrawal

- The throwing arm moves backward.
- The body turns slightly sideways.

5. Cross Steps

- Special running steps are used before the throw.
- Helps to transfer body momentum into the throw.

6. Release

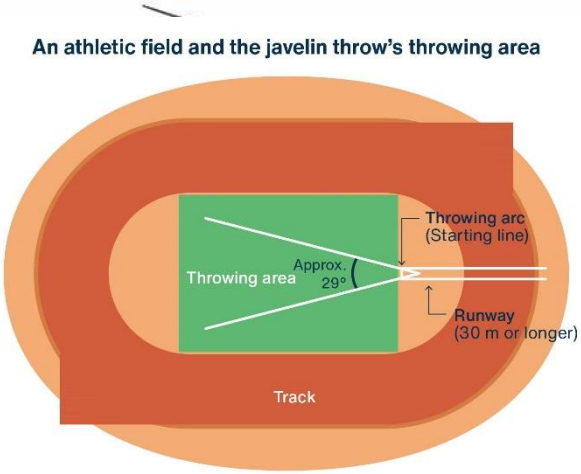
- The javelin is thrown over the shoulder.
- It should leave the hand at the correct angle.
- The point of the javelin must hit the ground first.

7. Recovery

- After release, the athlete stops safely without crossing the foul line.

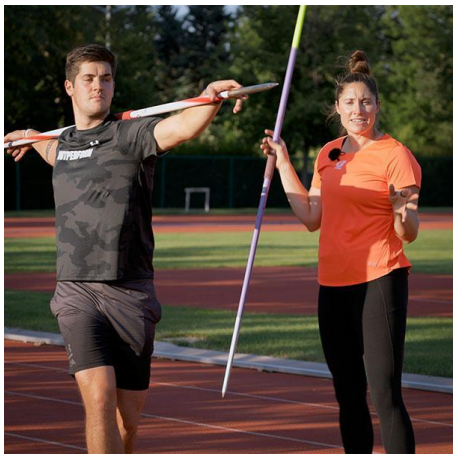
Important Rules

1. The throw must be made over the shoulder.
2. The athlete should not cross the throwing arc.
3. The javelin must land within the sector area.
4. The pointed end should touch the ground first.
5. The longest valid throw is considered for winning.



Fouls in Javelin Throw

- Crossing the throwing line.
- Throwing outside the sector.
- Improper throwing action.
- Javelin not landing point first.



Physical Benefits

Javelin Throw helps to:

- Improve arm and shoulder strength.
- Develop coordination and flexibility.
- Increase speed and balance.
- Build concentration and confidence.
- Strengthen the whole body.

Safety Measures

1. Warm up properly before practice.
2. Practice only under teacher supervision.
3. Never stand in the throwing sector.
4. Use proper sports shoes.
5. Collect javelins only after all throws are completed.

Advantages of Learning Javelin Throw

- Improves athletic performance.
- Builds discipline and confidence.
- Enhances physical fitness.
- Develops sportsmanship and coordination.

5.MAJOR GAMES

5.1 HOCKEY

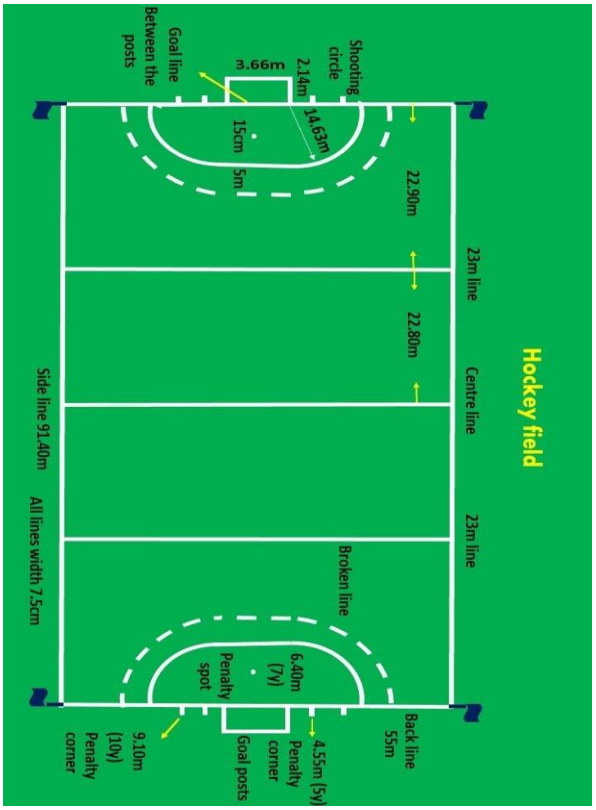
Introduction

Hockey is one of the most popular outdoor team games in the world. It is played between two teams using a hockey stick and a ball. The main aim of the game is to score more goals than the opposing team.

Field Hockey requires **speed, teamwork, coordination, skill, discipline, and physical fitness**. India has a proud history in hockey and has won many international championships and Olympic medals.

History of Hockey

- Hockey originated in England.
- Modern field hockey rules were developed in the 19th century.
- Hockey became an Olympic event in 1908.
- India is famous in hockey history because of legendary players like:
    - Major Dhyan Chand
    - Dhanraj Pillay



Aim of the Game

The aim of hockey is:

- To score goals by hitting the ball into the opponent's goal post.
- The team scoring more goals wins the match.

Number of Players

Each team consists of:

- 11 Players
    - 10 Field Players
    - 1 Goalkeeper

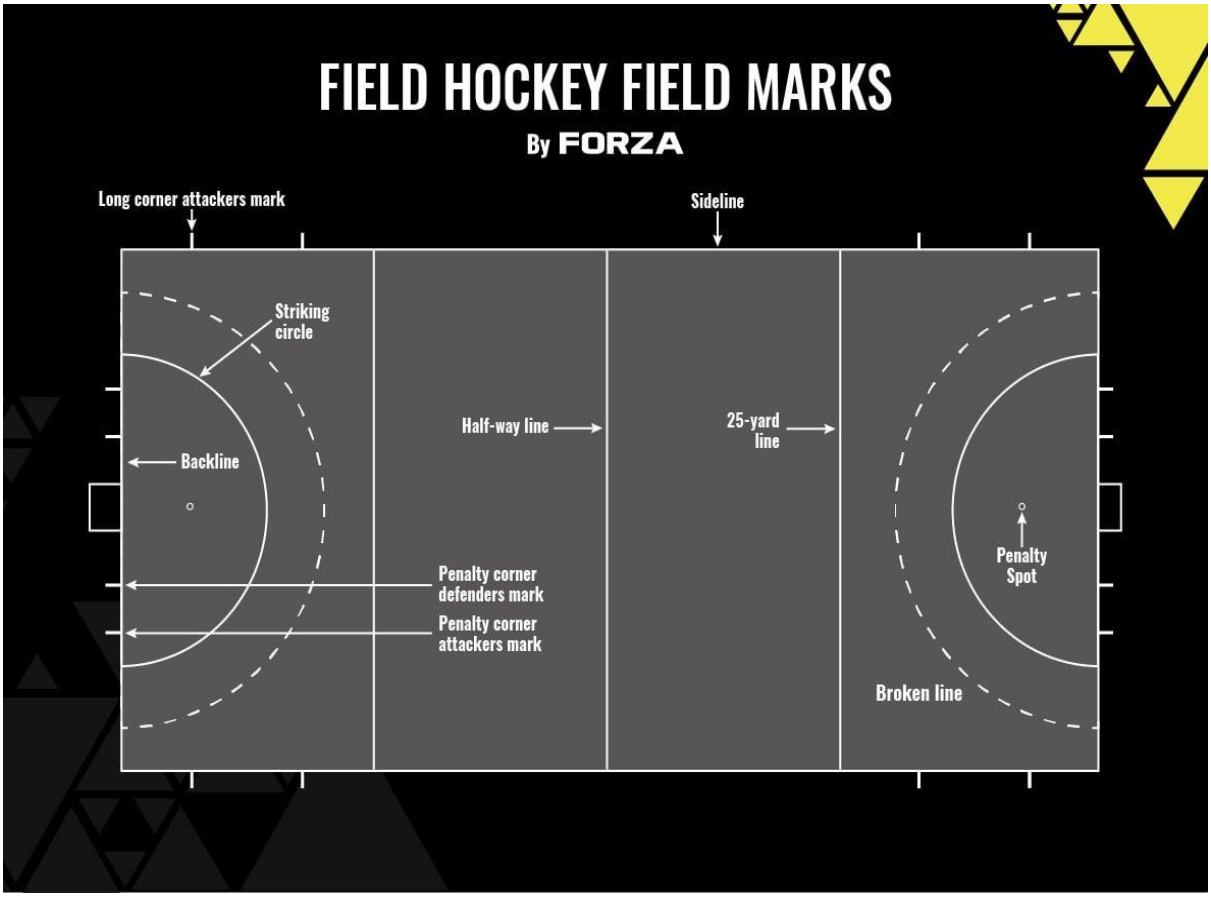
Additional Players

Teams may also have substitute players.

Duration of the Match

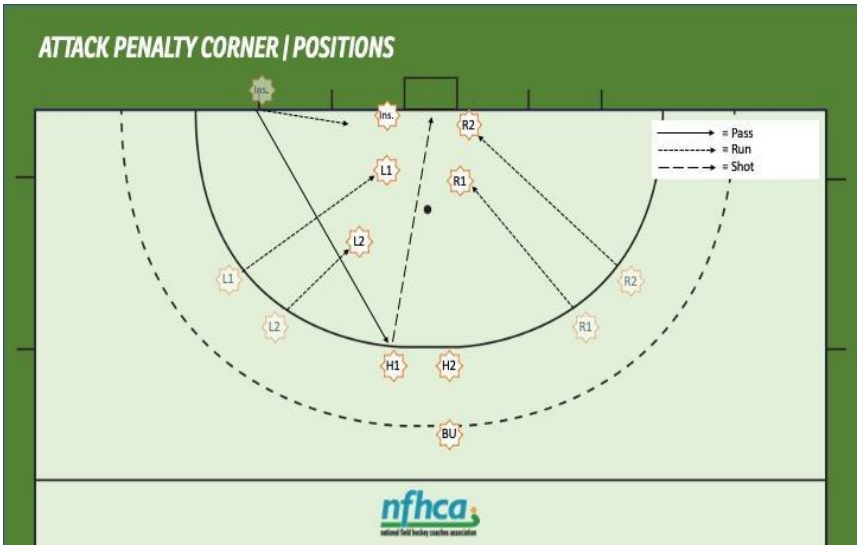
- A hockey match is usually played in:
    - 4 quarters of 15 minutes each
- Short breaks are given between quarters.

Hockey Ground



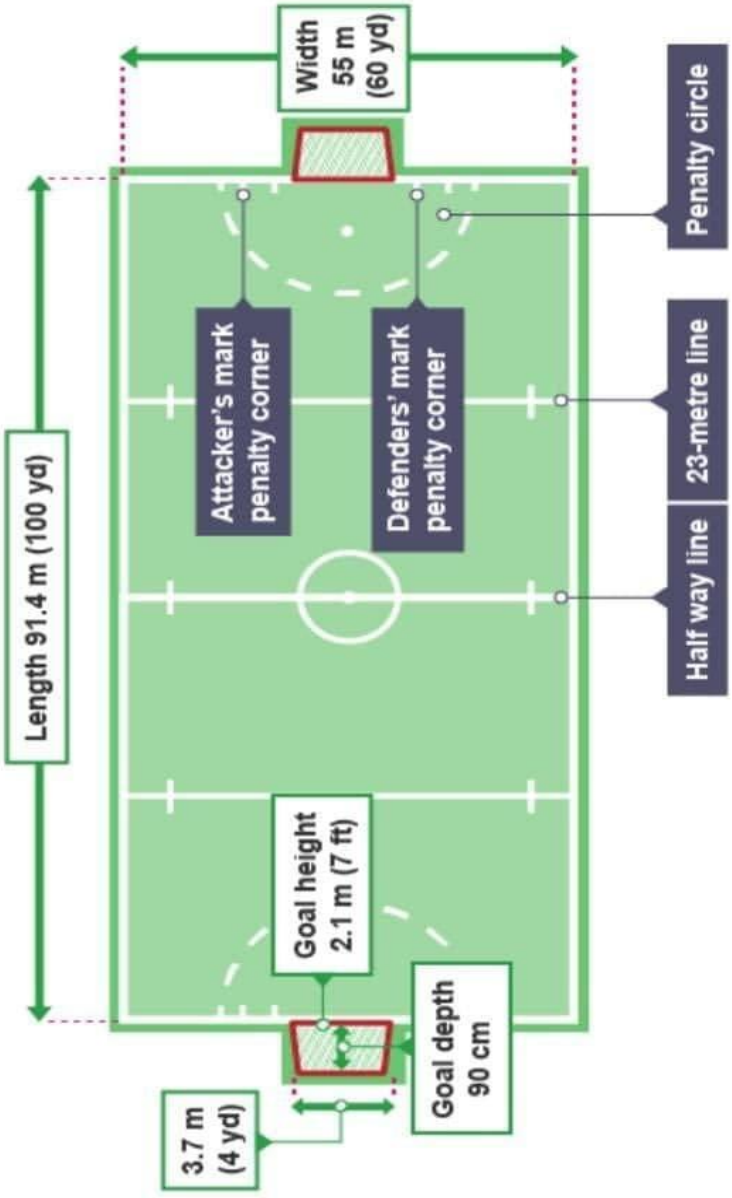
Measurements

- Length: 91.4 meters
- Width: 55 meters



Important Parts

1. Side lines
2. Goal posts
3. Centre line
4. Penalty circle
5. Shooting circle



Equipment Used

1. Hockey Stick

- Made of wood, fiber, or composite materials.
- Used to hit and control the ball.

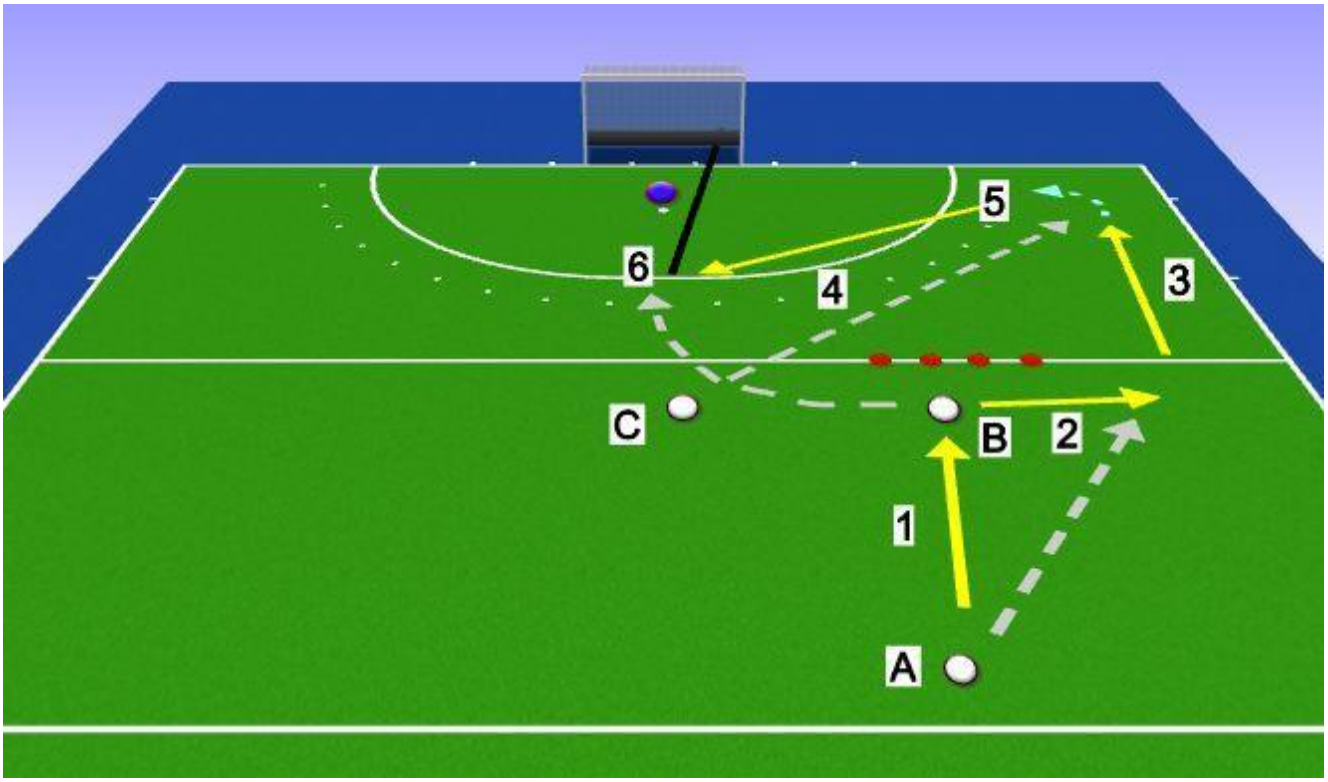
2. Hockey Ball

- Small hard ball usually made of plastic.

3. Protective Equipment

- Shin guards
- Gloves
- Mouth guard
- Goalkeeper pads and helmet

Basic Skills in Hockey



HE NORTHSTAR

Hockey Foundations:
DRIBBLING TECHNIQUE
1
Keep your eye on the ball
2
Top hand over your knee
3
Push the ball ahead of the body
4
Bend your knees and lean forwards
5
Keep the ball in contact with the stick
Hockey Foundations
performancepathways.co.uk
Scan & watch

1. Dribbling

Moving the ball while running using the hockey stick.

2. Passing

Passing the ball to teammates accurately.

3. Hitting

Striking the ball strongly using the stick.

4. Push Pass

Pushing the ball smoothly along the ground.

5. Tackling

Stopping the opponent from controlling the ball.

6. Goal Keeping

Protecting the goal from opponents' shots.

Rules of Hockey

1. The ball should be played only with the stick.
2. Players should not use feet or hands intentionally.
3. Dangerous play is not allowed.
4. Goals can be scored only from inside the shooting circle.
5. Fouls result in free hits or penalty corners.

Types of Fouls

- Foot foul
- Obstruction
- Dangerous hitting
- Stick interference
- Pushing or tripping opponents

Officials in Hockey

1. Umpires
2. Referee
3. Timekeeper
4. Scorer

Important Terms in Hockey

Term	Meaning
Dribbling	Moving the ball with control
Penalty Corner	Special attacking chance
Free Hit	Hit awarded after a foul
Goalkeeper	Player protecting the goal
Push Pass	Soft ground pass

Benefits of Playing Hockey

Hockey helps to:

- Improve physical fitness.
- Increase speed and stamina.
- Develop teamwork and leadership.

- Improve coordination and concentration.
- Build discipline and confidence.

Safety Measures

1. Wear proper protective equipment.
2. Warm up before playing.
3. Use correct playing techniques.
4. Follow rules and fair play.
5. Practice under teacher or coach supervision.

Forward lunges	
Lateral lunges	
Trunk rotation	
Arm swings	
Leg swings	

Famous Hockey Tournaments

- Olympic Games
- Hockey World Cup
- Asian Games
- Champions Trophy

Hockey is an exciting and fast-moving team sport that develops physical fitness, teamwork, discipline, and sportsmanship. Regular practice and proper training help players improve their skills and perform well in competitions.

5.2CRICKET

Introduction

Cricket is one of the most popular outdoor team games in the world. It is played between two teams of **11 players each**. The game is played with a **bat and ball** on a large field with a rectangular pitch at the center.

The main objective of cricket is to score more runs than the opposing team. Cricket develops physical fitness, concentration, teamwork, discipline, and sportsmanship.

History of Cricket

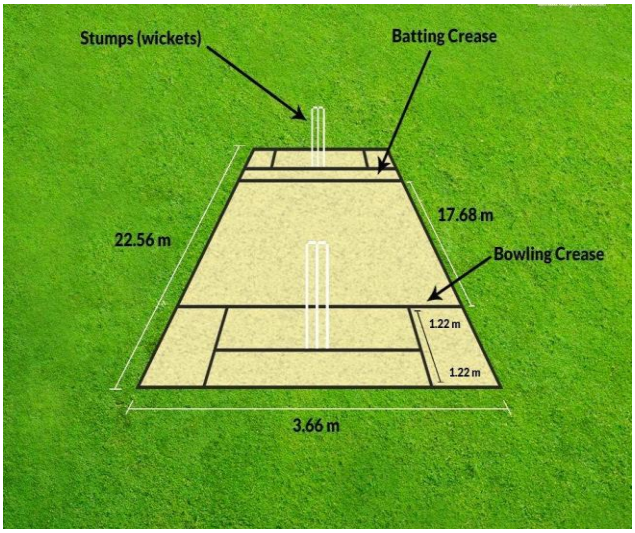
- Cricket originated in England.
- The first international cricket match was played in 1844.
- Cricket is governed internationally by the International Cricket Council (ICC).
- Cricket is very popular in India, Australia, England, Pakistan, South Africa, New Zealand, and many other countries.

Objective of the Game

The aim of cricket is:

- To score more runs than the opponent.
- To dismiss (get out) the opposing batsmen.
- The team with the higher score wins the match.

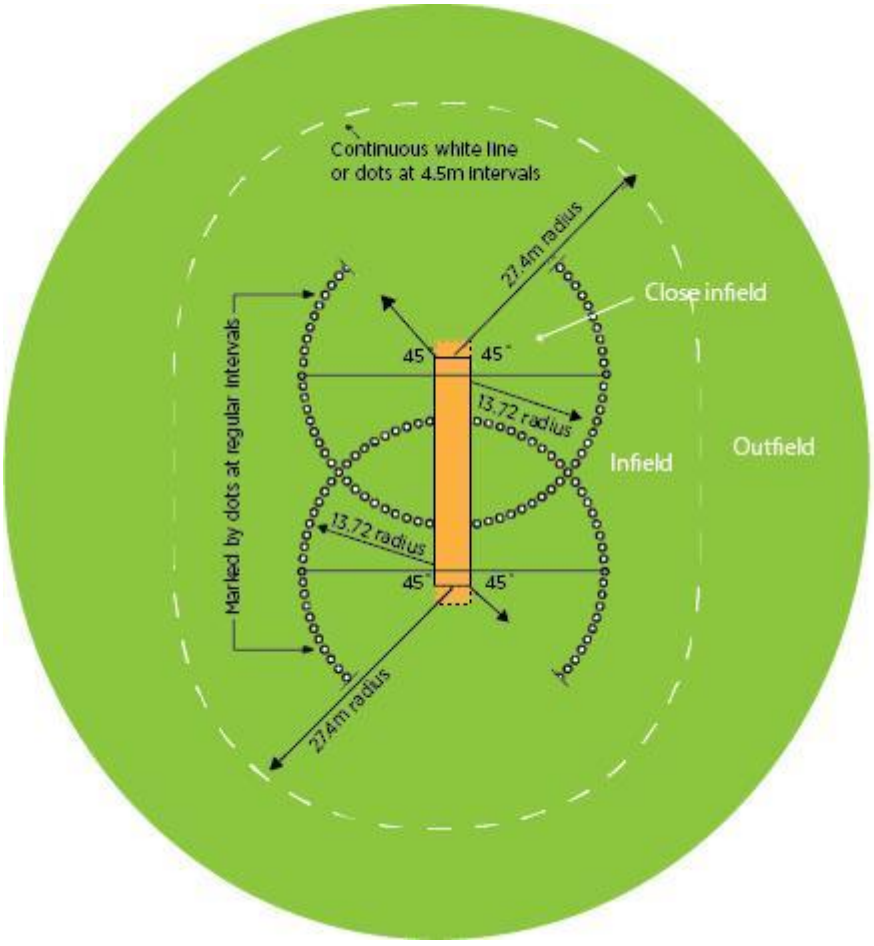
Number of Players



Each team consists of:

- 11 Players
    - Batsmen
    - Bowlers
    - All-rounders
    - Wicketkeeper

Cricket Ground



Important Parts

1. Pitch

- Length: 22 yards (20.12 meters)
- Width: 3.05 meters

2. Wickets

- Three stumps and two bails.

3. Crease

- Batting crease
- Bowling crease

4. Boundary

- Marks the outer limit of the field.

Equipment Used

1. Cricket Bat

- Made of willow wood.
- Used by the batsman to hit the ball.

2. Cricket Ball

- Hard leather-covered ball.

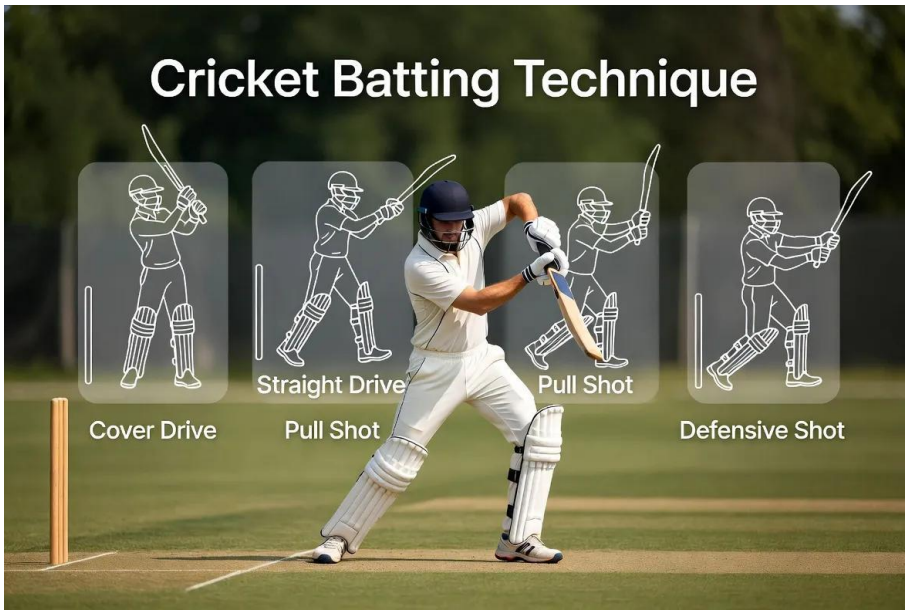
3. Wickets

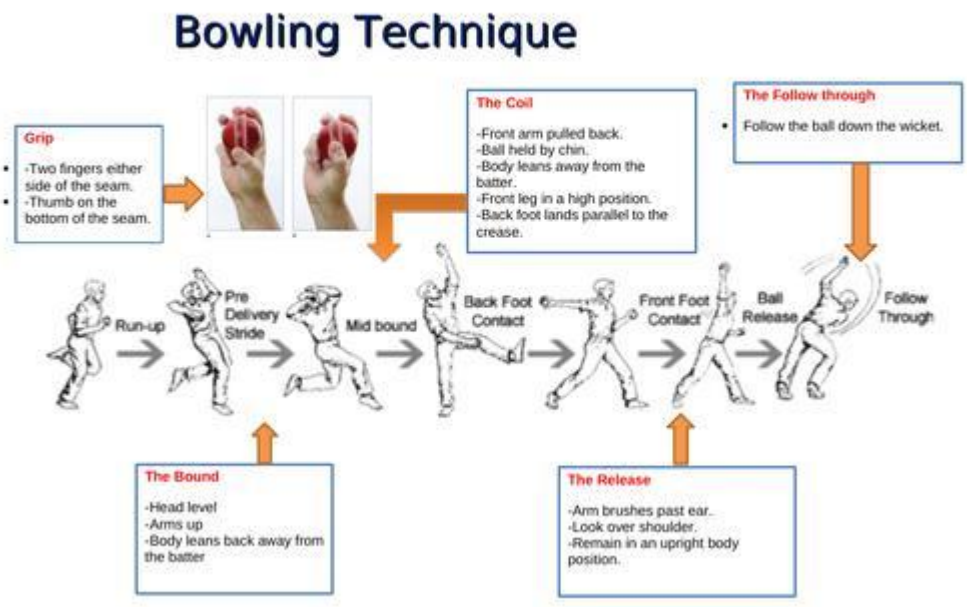
- Three stumps and two bails.

4. Protective Equipment

- Helmet
- Batting pads
- Gloves
- Abdominal guard
- Thigh guard

Basic Skills in Cricket





1. Batting

Batting is the skill of scoring runs by hitting the ball.

Basic Batting Shots

- Straight Drive
- Cover Drive
- Cut Shot
- Pull Shot
- Sweep Shot

2. Bowling

Bowling is the act of delivering the ball to the batsman.

Types of Bowling

- Fast Bowling
- Medium Pace Bowling
- Spin Bowling

3. Fielding

Fielders stop the ball and prevent runs.

Fielding Skills

- Catching
- Throwing
- Ground Fielding

4. Wicket Keeping

The wicketkeeper stands behind the stumps and catches or stops the ball.

Ways of Scoring Runs

1. Running between wickets.
2. Boundary Four (ball reaches boundary after touching the ground).
3. Boundary Six (ball crosses boundary without touching the ground).
4. Extras:
    - Wide Ball
    - No Ball
    - Bye
    - Leg Bye

Ways a Batsman Gets Out

1. Bowled
2. Caught
3. Run Out
4. LBW (Leg Before Wicket)
5. Stumped
6. Hit Wicket

Match Officials

1. Two Umpires
2. Third Umpire
3. Match Referee
4. Scorers

Formats of Cricket

Format	Overs per Side
Test Match	Unlimited (5 Days)
One Day International (ODI)	50 Overs
Twenty20 (T20)	20 Overs

Important Terms in Cricket

Term	Meaning
Over	Six legal deliveries
Wicket	Dismissal or set of stumps
Run	Unit of scoring
Boundary	Edge of the field
Century	100 runs by a batsman
Hat-trick	Three wickets in three consecutive balls

Rules of Cricket

1. Each team has 11 players.
2. The batting team scores runs.
3. The bowling team tries to dismiss batsmen.
4. An over consists of six legal balls.
5. The team scoring more runs wins.

Benefits of Playing Cricket

Cricket helps to:

- Improve physical fitness.
- Develop hand-eye coordination.
- Increase concentration and alertness.
- Build teamwork and leadership.
- Improve discipline and confidence.

Safety Measures

1. Wear protective equipment while batting and wicketkeeping.
2. Warm up before practice.
3. Use proper techniques.
4. Follow the umpire's instructions.
5. Maintain sportsmanship and discipline.

Famous Cricket Tournaments

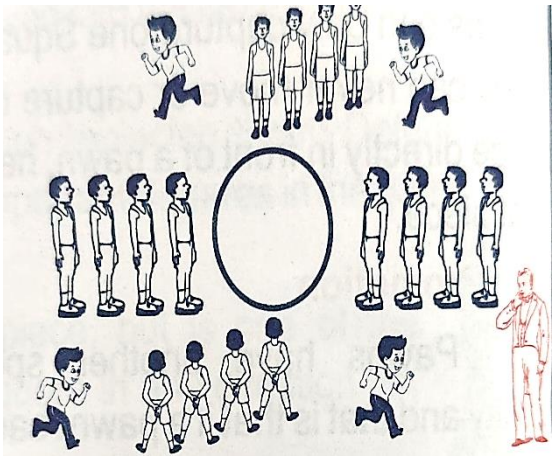
- ICC Cricket World Cup
- ICC T20 World Cup
- ICC Champions Trophy
- Indian Premier League (IPL)

Cricket is an exciting team sport that combines skill, strategy, fitness, and teamwork. It is enjoyed by millions of people around the world and helps students develop discipline, leadership, confidence, and sportsmanship. Regular practice and proper coaching enable players to improve their performance and enjoy the game safely.

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

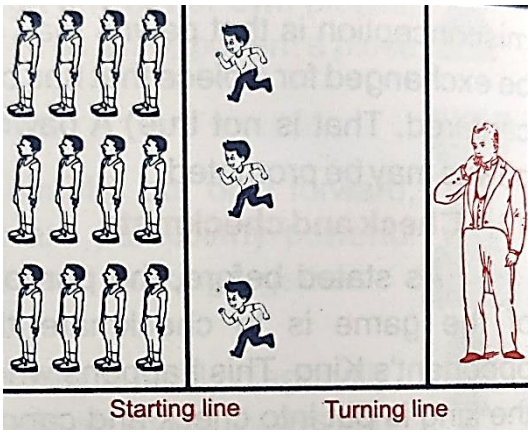


This is a good type of relay when space is too limited for straight-away races. Arrange the teams like the spokes in a wheel, radiating from a hub.

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.

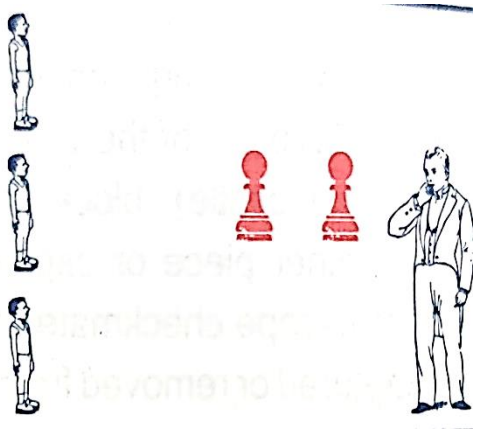
6.2 BACKWARD RUNNING RELAY



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.

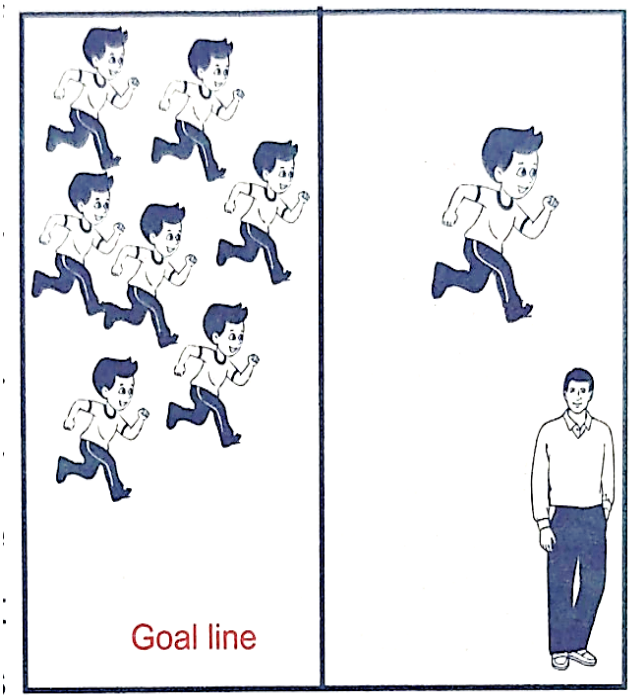
The player failing to secure a club is out of the game. Remove one club and repeat. Continue until only one player is left. This one is the winner.

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.

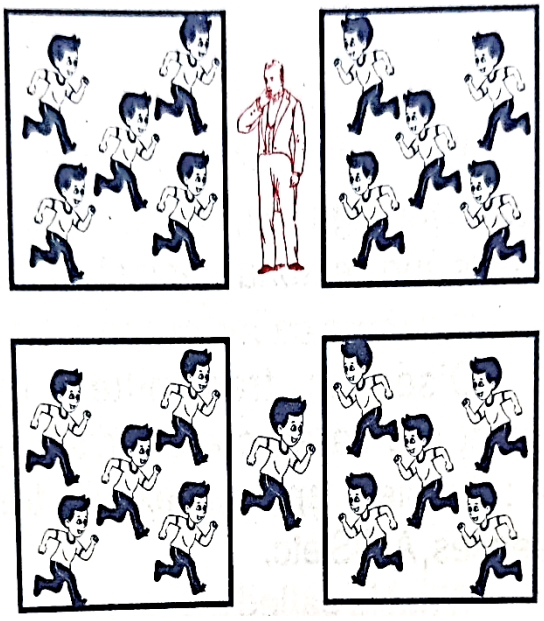


6.5 FOUR CORNERS

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

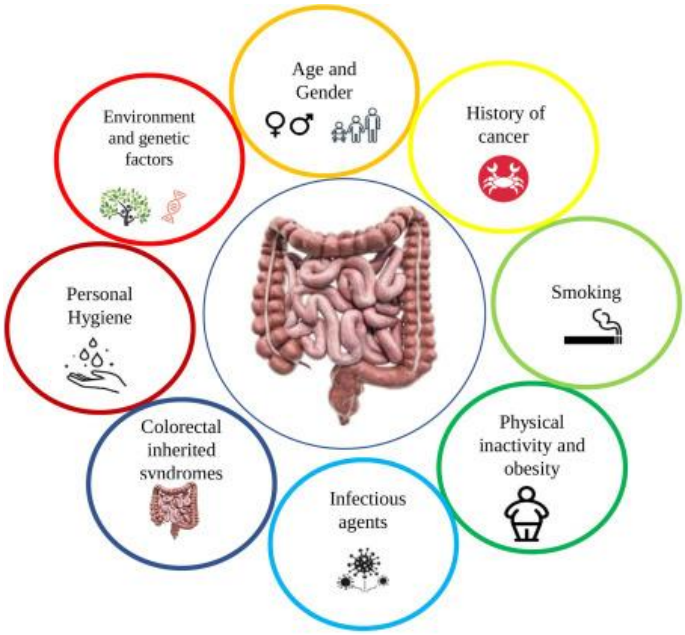
"Health is wealth" is an old saying. Health, in fact is a key to education, success, good citizenship and happy life. Hence health is considered as one's most precious possession. A healthy individual is like a pillar of the society.

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).

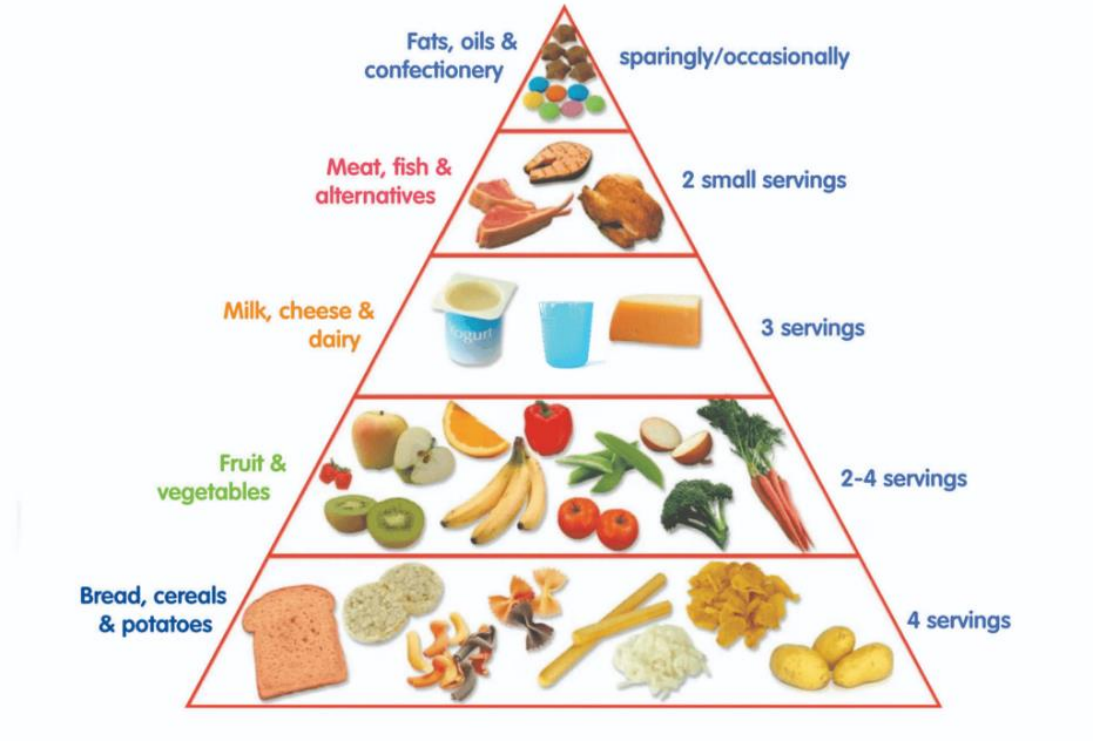
A balanced diet is defined as a diet that provides all essential nutrients in the correct proportions, including carbohydrates, proteins, fats, vitamins, and minerals, required for the body to function properly. Finally, personal hygiene describes the practices, such as regular handwashing, bathing, 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 was 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

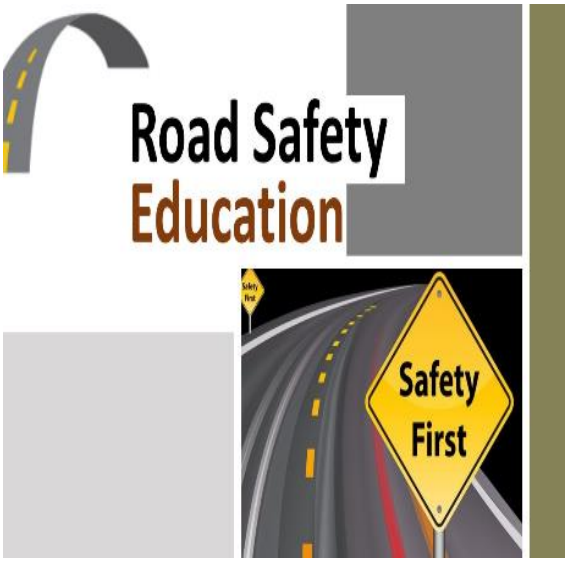
1. Driving faulty vehicle
2. Absent mindedness
3. Over confidence
4. Carelessness
5. Hurriedness
6. Ignorance
7. Inefficiency
8. Forgetfulness
9. Harsh driving etc.

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. What is the length and width of the hockey court?
2. Mention the name of any two asanas?
3. Who is the father of Modern Olympic?
4. Write down the timings of hockey match?
5. What is starting method for 100 meters?
6. What are the steps involved in triple jump?

II. Answer the following: **5 × 2 = 10**

1. State any three fundamental skills in Cricket?
2. What is called first aid?
3. Define health?
4. What are the medals being awarded to the 1st, 2nd and 3rd place holders in the Olympic sports?
5. How is the warming up exercise help the sports man?
6. Write down the Olympic oath?

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 Hockey Court.
2. Explain the methods of doing any two Asanas?
3. Write the aims and objectives of physical education?

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