

### Prof. K S Nisar Ahmed

Prof. K S Nisar Ahmed was the president of the 73<sup>rd</sup> All India Kannada Sahitya Sammelana. He is a poet, analyst and a litterateur. He was born in Devanahalli district of Bangalore on 05.02.1936. His full name is Kokkare Hosahalli Sheik Hyder Nisar Ahmed.



Prof. K.S. Nisar Ahmed

He praised the natural beauty of the Sahyadri hills with his famous song “Jogada siri belakinalli thaaye ninage nithyothsava”. He was the first person to release ‘Nithyothsava’ a cassette of regional patriotic songs and thereby was successful in creating interest in the minds of the kannadigas.

He has received the post graduate degree in Geology. He was worked in Mysore, Gulbarga and Chitradurga. He has worked as the professor in Geology in the Central college in Bangalore.

## THEORY

### Lesson -1

## DEVELOPMENT OF PHYSICAL EDUCATION IN INDIA AFTER INDEPENDENCE

### The following points are learn in this lesson

- Development of Physical Education during the post independence period
- Appointment of various committees for the development of physical education
- Recommendations and policies of various committees

The development of physical education has got its own history in India. Let us learn the developments in Physical Education in the pre independence and post independence period and its status at present.

Before Independence till 1857, due to Lord McCauley's biased educational policies, new schools especially, missionary schools were established. As a result gradually games and sports of Indian origin were neglected and Indian educational system was westernised.

After Independence, in 1948 the central government constituted the Tarachand committee and Dr. Radhakrishnan commission to improve the status of physical education in high schools and colleges respectively. The Tarachand committee made recommendations such as establishing a central college to award degrees in physical education, establishing teacher trainee colleges in physical education, publishing literature related to sports training and recreation, streamline examinations in physical education, evaluation and training and system of supervision in the lines of those existing in Madras, Bombay and West Bengal, opening of Akhadas, gymnasiums, sports clubs and so on. Dr. Radhakrishnan commission in addition to acceptance of the recommendations of the Tarachand committee also recommended a minimum of two years of compulsory physical education in colleges.

In 1954 the Central government formed the 'Central Advisory Board for Physical Education and Recreation' Committee. This

committee after making a complete review of the physical education and recreation activities in the country came out with a report in 1956, 'National Plan for Physical Education and Recreation'. This report laid out the procedures for curriculum, evaluation in physical education and also recommended starting of college of physical education having a physical education course for three years. In 1957, under the leadership of Dr. P M Joseph, a national college of physical education to provide a three year graduate degree in physical education was started in Gwalior in the state of Madhya Pradesh. Thereafter one year teacher training centres in physical education were started in all the states.

In the course of this, a plan involving the preparation of a physical fitness qualification exam known as the Central Advisory Board for Physical Education and Recreation National Physical Education Drive (NPED) was prepared and it came into force in 1959-60. The Rajkumari Amrit Kaur Sports Coaching Scheme which was started in 1958 was later changed to National Institute of Sports (NIS) in 1961, based on the recommendations of Central Advisory Board for Physical Education and Recreation.

After Independence, to reduce the problems of indiscipline and lack of cultural following caused by the displacement, and on the advice of Pandit Jawarlal Nehru, Retired major general G. K. Bhosle introduced drill and marching, folk songs and some minor games programmes. This programme was later known as National Discipline Scheme (NDS), and became a compulsory physical education curriculum in all the schools of the country.

The introduction of activities like NCC (National cadet corps), ACC (Auxiliary cadet corps) Scouts and Guides in 1957 caused confusion in the high school physical education curriculum. To correct this confusion, in 1959 the Hridayanath Kunzru Committee was appointed which submitted its report in 1963. On the basis of the recommendations of this committee the high school curriculum was reconstructed. This new curriculum was called the National Fitness Corps (NFC) and just as in the case of NDS, this curriculum was made compulsory in all the schools in 1965-66. But it is clear that there was less importance given to games in this curriculum.

In 1967, in order to bring about a balance in physical education and sports activities a committee was formed under the chairmanship of Dr. Deshmukh. The main recommendation of this committee was “All schools, colleges and universities should give importance to physical education and yoga should progress. Conferences concerning Yogasanas and Pranayama should be conducted in physical education programmes.

In 1992 the Central government in its new National Education Policy confirmed Physical Education as an integral part of total education. In 1993 a committee under the chairmanship of Sri. K P Singh Dev was constituted to take measures to make physical education involving Yoga compulsory at all levels of school education, motivate the teachers and students to involve in physical activities and sports and games and for schools to develop low cost facilities for physical education and sports and games activities. This committee in addition to reaffirming the recommendations of the previous committees put forth several more recommendations. Some of the important recommendations are:

1. All the students and teachers should compulsory by take physical education examination and compulsorily pass them.
2. Schools should provide a 40 minute period for physical education and sports activities, which would be conducted by a trained physical education teacher.
3. Yoga should be included in the physical education programme and should be made compulsory in all schools.
4. Students participating in competitions in sports should be given leave and arrangements should be made to conduct alternate exams.
5. Sportspersons participating in competitions should be given opportunities in higher education and should be considered for jobs.

Lastly, this committee recommended that a text book in physical education be prepared for classes 1 to 12 and all states should adopt it.



In 2001-02, after studying the report of the K P Singh dev committee and after taking into consideration the state of affairs of Karnataka, Sri. B T Pemmaiah of the Karnataka state government strongly recommended the implementation of the recommendations of K P Singh dev committee.

Following that in 2003-04 a committee under the chairmanship of the minister for education, Law and parliamentary affairs honourable Sri. B S Horatti, and keeping the recommendations of the Sri. B T Pemmaiah as the base, strongly recommended the introduction of physical education as a compulsory subject in high schools.

In 2006 the government of Karnataka constituted a committee under the chairmanship of Prof. L R Vaidyanathan, to implement a common physical education syllabus at all levels for primary and secondary school education. This committee after studying the status of physical education in schools made many recommendations in its report. As a result of this from 2009-10 onwards in primary and high schools upto ninth standard physical education was made a compulsory exam subject.

During June 20 to 22, 2011 an international workshop was organised in Simla to take measures to encourage physical education and sports in schools. In this workshop a blue print of physical education text book was prepared for primary (1 to 5), higher primary (6 to 8), Secondary (9-10) and high school (11-12) levels. It was also recommended to prepare a textbook at the national level for all classes.

### Exercises

#### I. Fill in the blanks with suitable words.

- 1) The national University of Physical education was established under the leadership of \_\_\_\_\_
- 2) Physical education is an integral part of the learning process was recommended by \_\_\_\_\_ committee.

- 3) Dr. Radhakrishnan Committee was constituted in \_\_\_\_\_.
- 4) National Institute of Sports (NIS) was started in \_\_\_\_\_ place.

## II. Choose the correct answer and fill the blanks

- 1) Before independence the missionary schools were started as a result of academic discrimination by \_\_\_\_\_.  
(a) Lord William Benting      (b) John Wright  
(c) Lord McCauley      (d) William G Morgan
- 2) \_\_\_\_\_ committee recommended the merger of Yogasana and Pranayama in the physical education programmes.  
(a) G Bhosle      (b) Deshmukh  
(c) Prof. L R Vaidyanathan      (d) Tarachand
- 3) The name recommended for the sports coaching programme is \_\_\_\_\_.  
(a) Sri. Hridayanath Kunzru      (b) Smt. Rajkumari Amrit Kaur  
(c) Dr. Radhakrishnan      (d) Sri. K P Singhdev
- 4) To implement the recommendations of the Sr. K P Singhdev committee in Karnataka, a committee was constituted under the leadership of \_\_\_\_\_.  
(a) Sri. B S Horatti      (b) Sri. B G Pemmaiah  
(c) Prof. L R Vaidyanathan      (d) Sri. Tarachand

## III. Match the years given in the A column with the committees given in the B column.

- 1) 1948 - a) Sri. K P Singhdev committee
- 2) 1959 - b) Sri. Tarachand Committee
- 3) 1967 - c) Sri. Hridayanath Kunzru Committee
- 4) 1992 - d) Sri. Dr. Deshmukh Committee

#### IV. Answer the following questions in two to three sentences.

1. Which committee did the central government form in the year 1948 to develop physical education? Write their recommendations.
2. Name the programmes undertaken to remove the issues of indiscipline and lack of culture caused by the problem of displacement of people.
3. The addition of which activities caused the confusion in the physical education syllabus in schools? What were the measures taken to solve this confusion?

#### V. Activity :

- 1) Collect information from your elder sisters/brothers about the physical education studied in their period and write a report.

## TEAM GAMES

### Lesson – 2

## VOLLEYBALL

**The following aspects are learnt from this lesson.**

- Some techniques in the game of volleyball.
- Essential qualities of a volleyball player.
- Competitions, prizes and awards.

Volleyball is a simple and active game which has earned a special place in the field of sports. This game has its own specialities. Already we have learnt a few points connected with volleyball. Let us learn more features of this game.

### Some tactics in Volleyball

In order to overcome and win over the opponents depending on the situation a few common tactics can be employed.

#### 1. Service :

While servicing plan tactics after identifying the strong and weak points of the opponents.

- i) A powerful service has to be made after spotting an opponent having a weak defense, a player not able to give a good first pass and after recognising the change of places of the passer.
- ii) Identify an empty spot in the court and serve to that area. (Employ any one skill depending on the situation in the court).

#### 2. Setting the ball :

- i) Before setting (passing) the ball, the setter should be aware of the position and ability of his front zone players and also should identify the position and ability of the opponent blockers, spot the unmarked zones. Based on this the passer should give front, back, medium, high, short or wave passes.

#### Do it yourself :

*Collect information about the teams which your school volleyball team has played at the taluk and district level in the last two years.*



- ii) Vary the speed of the pass according to the situation and at times when there is a vacant spot in the court skilfully place the ball in that area.
- iii) If the lifter (passer) is a front zone player, and the ball is approaching from the opponent court close to the net, instead of giving a pass, he should jump up before the opponent blocker can react, and hit the ball himself into the opponent court and gain a point.
- iv) If the front court players are not successful in gaining a point, then the setter should give the ball to the back court players for a hit.

### **3. Smash (Attack hit)**

- i) Before executing the attack hit, observe the positions of the opponents and hit the ball from above the reach of the blocking opponents. Identify the weaker defense players of the opponents and the vacant spots to place the smash.
- ii) As per the requirements vary the speed of the ball and use a variety of shots.
- iii) If the opponent blockers are skilful and have a greater reach, try to get a touch out or place the ball to gain a point.

During a game if the opponents are gaining points rapidly, decrease the speed of the game. According to the situation take time outs, substitutions and vary the speed of the game.

### **Essential qualities of a volleyball player**

1. Tall players can easily perform skills like smash and block over the net.
2. Agility is required to move around the court and play the ball.
3. Higher explosiveness will give advantage to players over their opponents in performing skills that involve jumping.
4. Playing the ball with extended arms and legs require flexibility.
5. Speed is decisive for reaching the ball on time and perform a particular skill.
6. Good reaction ability will help players to react quickly to the ball and perform appropriate skill.

## Volleyball Competitions, Prizes and Awards

1. National Junior volleyball championships.
2. National sub-junior volleyball championships for boys and girls.
3. National mini volleyball championships
4. National super league competitions.
5. Federation cup for men and women.
6. Senior volleyball championships for men and women.
7. National super league competitions.
8. Asian Junior volleyball championships for boys and girls conducted once in two years.
9. Senior international volleyball tournament for men and women conducted once in four years.
10. International Volleyball youth championships conducted for under 19 boys and girls once in two years.
11. World cup in volleyball for men and women conducted once in four years.
12. International league for men and International grand prix competitions for women.
13. Sirivanti Aditnar Gold cup International invitational tournament.
14. Rashid International invitational tournament.
15. Arjuna and Ekalavya awards given to outstanding players in volleyball and Dronacharya award for outstanding coaches.

### Activity

Collect the photo's of International volleyball players and prepare a album.

## EXERCISES

### I. Fill in the Blanks with Suitable words.

- 1) \_\_\_\_\_ players can easily perform skills over the net like smash and block.
- 2) \_\_\_\_\_ is decisive for reaching a ball travelling with high speed.
- 3) Good \_\_\_\_\_ ability will help in reaching quickly to a ball.
- 4) \_\_\_\_\_ is required to effectively move around the court.

### II. Fill in the blanks with correct answer.

- 1) Opponent's ability and \_\_\_\_\_ has to be identified while structuring serving tactics.  
(a) Strength (b) Weakness (c) Speed (d) time
- 2) If opponents are quickly scoring points, the game should be \_\_\_\_\_  
(a) Slowed (b) Speed (c) Substitution (d) Fail
- 3) \_\_\_\_\_ is required to sketch hand and play the ball inside court.  
(a) Speed (b) Skill (c) Flexibility (d) Agility
- 4) \_\_\_\_\_ Space without opponents should be served  
(a) Empty (b) Back (c) Front (d) Side

### III. Answer the following questions.

1. Write any two tactics that should be adopted while serving in Volleyball?
2. How to perform smash in Volleyball ? Explain.
3. Write the essential qualities of a volleyball player.
4. Which is the award given to outstanding coaches?
5. Name any three national volleyball championships.

## Lesson – 3

# HOCKEY

**The following points are learn from this lesson.**

- Tactics in hockey.
- Essential qualities of hockey players.
- Tournaments and awardees.

Hockey is a very active game. It occupies a place of prominence in India. Already you have learnt some aspects of this game in the previous classes. In this lesson you will learn some theoretical points of this game.

### Tactics in hockey

Hockey and other team games have zonal play as one of the important tactical aspects. If a player keeps in mind the tactical points, his path towards victory can be easier.

One of the important tactical aspects is ‘Outnumbering’ or the number of offensive players should be more than the number of defensive players while attacking the opponents goal. This means the offensive players should attack the opponent’s goal at the same time. Each player’s role is important till the end of the game. All the players (forwards, midfielders and full backs) will be moving towards the ball.

#### Activity

Listout the Indian Olympics players who were participated in recent Olympics games, collect the picture of captan of the team.

In a competition importantly the ball will be travelling in the field. The players should pass the ball to teammates by pushing, hitting, running, changing directions to the right and left and dodging the opponents. In these situations the flick, scoop, push or hit should be executed quickly.

### Essential qualities of a hockey player

1. Endurance is essential to move throughout hockey playfield and play effectively.

2. Agility is required to change direction as per the movements of opponents.
3. Eye-hand and leg coordination is essential to keep the ball in control.
4. Accuracy is required to pass the ball appropriately.
5. Speed is a pre-requisite to receive pass from teammates and dodge the opponents. Speed is also required to grab the ball from opponents.
6. Flexibility is required to stop the ball by stretching the stick and perform a skill effectively.
7. Hockey Player requires reaction ability.

### **Hockey Tournaments**

There are many tournaments in hockey. Some of the international tournaments are

**1) Hockey World Cup :** Considered as the World Hockey Championship, the Hockey World Cup is organised by the International Hockey Federation (FIH). The tournament was started in 1971. It is held every four years in between two Olympics.

**2) Olympics :** Hockey was introduced at the 1908 Olympic Games in London as a men's competition. Hockey was removed from the Olympics at the 1924 Paris Games due to the lack of an international structure. In reply to this, in the same year, the International Hockey Federation (FIH, Fédération Internationale de Hockey) was founded in Paris. Men's hockey became a permanent fixture at the next Olympic Games, the 1928 Games in Amsterdam.

The first women's Olympic hockey competition was at the 1980 Moscow Games. Olympic field hockey games were first played on artificial turf at the 1976 Montreal Games.



**3) Champions Trophy :** The Hockey Champions Trophy was founded by the Pakistan Air Marshal Nur Khan in 1978 for men. In 1987 the first women's tournament took place. Six teams qualify for the championship, though the first edition had five teams, the second had seven and in 1987 there were eight teams. In the year following the Olympics or a World Cup, the six teams were included.

- 1) The host nation of champions trophy
- 2) The defending champion
- 3) The next highest ranked teams from either the most recent World Cup or Olympic Games.
- 4) The world champion

**4) Sultan Azlan Shah Cup :** The Sultan Azlan Shah Cup is an annual field hockey tournament held in Malaysia. It began in 1983 as a biennial contest. After this tournament gained in popularity it was conducted annually since 1998. The tournament is named after the ninth King of Malaysia, Sultan Azlan Shah who is an avid fan of field hockey.

**5) Asian Games :** Hockey is an Asian Games event since 1958 in Tokyo. Women's competition was held for the first time at the 1982 Asian Games in New Delhi.

**Know this :**

Name of the Arjun awardees in Womens hockey national team - Suraj Latha Devi, Mamatha Kharab, Helen Veara, Varsha Soni, Preetham Ranisivach, N. Omana Kumara.

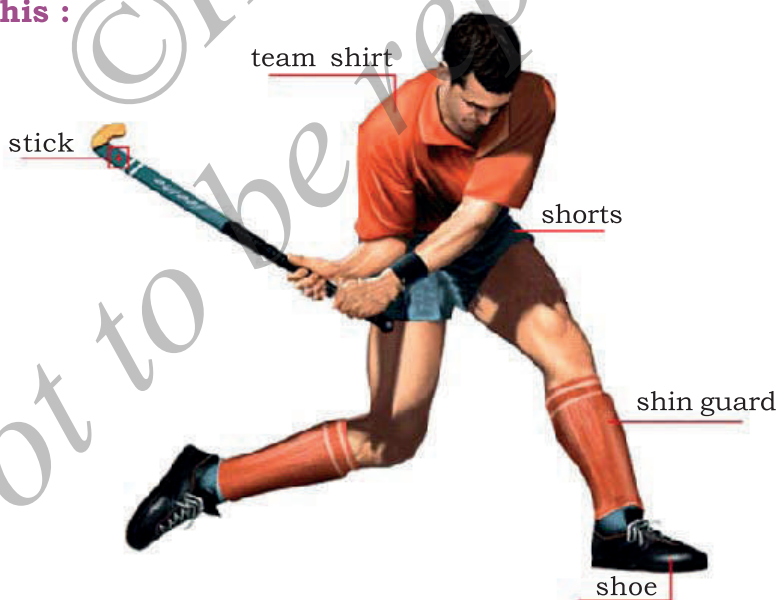
**6) Junior Hockey World Cup :** The Junior Hockey World Cup is organized by the International Hockey Federation (FIH). The players participating in this tournament should be under 21 years of age as at December 31 of the year before the tournament. This tournament is held every four years. The women's junior world cup started in the year 1989.

### **National Hockey Tournaments**

1. All India Beighton Cup Hockey Tournament, Kolkata[W.B.]
2. All India MCC Murugappa Gold Cup Hockey Tournament, Chennai[T.N.]

3. All India Gurmeet Memorial Hockey Tournament, Chandigarh[Punjab]
4. All India Surmeet Memorial Hockey Tournament, Jalandhar[Punjab]
5. All India Chhatrapati Shivaji Hockey Tournament, Delhi
6. All India Agha Khan Hockey Tournament, Mumbai[Maharashtra]
7. All India Bombay Gold Cup Hockey Tournament, Mumbai[Maharashtra]
8. All India Obaidullah Khan Gold Cup Hockey Tournament, Bhopal[M.P.]
9. All India Jawaharlal Nehru Hockey Tournament, Delhi
10. All India Lal Bahadur Shastri Hockey Tournament, Delhi
11. All India Sanjay Hockey Tournament, Delhi

**Know this :**



In this picture we know the materials which are used during the playing hockey.

12. All India Indira Gold Cup Hockey Tournament, Jammu [J & K]
13. All India G.P.Kuppuswami Naidu Hockey Tournament, Kovilpatti[T.N.]
14. Senior National Hockey Tournament
15. Junior National Hockey Tournament
16. Sub-junior National Hockey Tournament

### EXERCISES

#### I. Fill in the blanks with suitable words.

- 1) In the game of hockey there are \_\_\_\_\_ and \_\_\_\_\_ players.
- 2) \_\_\_\_\_ is essential to change direction with ball as per the movement of defenders.
- 3) \_\_\_\_\_ is required to appropriately pass the ball and score a goal.
- 4) \_\_\_\_\_ speed is essential for a hockey players.

#### II. Choose the correct answer from the ptions given below.

- 1) Hockey is the national game of \_\_\_\_\_ country.  
(a) Brazil    (b) Australia    (c) India    (d) Japan
- 2) There are total \_\_\_\_\_ number of players in hockey.  
(a) 10    (b) 14    (c) 15    (d) 16
- 3) In order to have control over the ball eye-hand and leg \_\_\_\_\_ is essential.  
(a) Speed    (b) Agility    (c) Coordination    (d) Flexibility
- 4) Hitting ball from left to right with control is called \_\_\_\_\_.  
(a) Hit    (b) Flick    (c) Dribble    (d) Scoop

### III. Match the following.

- |                             |   |         |
|-----------------------------|---|---------|
| 1) World Cup                | - | a) 1908 |
| 2) Men's Olympics           | - | b) 1983 |
| 3) Women's Champions trophy | - | c) 1971 |
| 4) Sultan Azlan Shah        | - | d) 1989 |
|                             |   | e) 1987 |

### IV. Answer the following questions,

- 1) Explain the tactics in hockey ?
- 2) Explain the need for speed and agility in hockey game.
- 3) Write about accuracy and endurance in hockey game.
- 4) Write the essential qualities of a hockey player.

### V. Activity.

- 1) Collect the pictures and biodata of hockey players of Karnataka who have played at the national and international level and prepare a album.
- 2) Preparation of a model – Hockey stick – wooden or a thermacol.

## Lesson – 4

# HANDBALL

### You learn the following points from this lesson

- Tactics in Handball
- Essential qualities of handball players.
- Tournaments and awardees.

Handball has gained popularity in recent years. To achieve success in this game, we have to learn the tactics to be adopted. Our state has made achievements in this game.

### Tactics of Handball

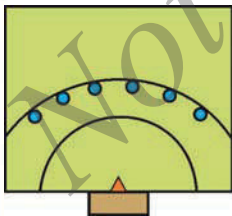
- 1) Defensive system
- 2) Attacking system

#### I. Defensive tactics

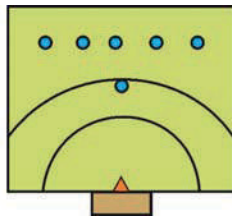
There are three methods.

During a game several methods can be created to save the goal from an opponent.

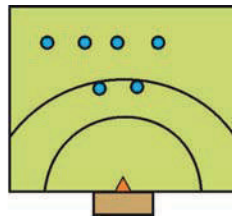
- 1) All the defending players can block the opponent with the ball.
- 2) Some defenders like those in the middle or to the side only try to block the attacker.
- 3) Blocking the opponent from his own position without leaving the zone.



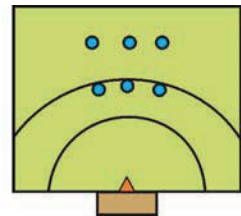
1) 6 : 0



2) 5 : 1



3) 4 : 2



4) 3 : 3



## Essential qualities for handball players

- 1) Handball player needs endurance for offence and defence in the entire court.
- 2) Agility is essential for changing direction as per the movement of opponents.
- 3) Eye-hand coordination is essential for appropriate control of the ball and scoring the goal.
- 4) Accuracy is required to successfully pass the ball and score goals.
- 5) Speed is required to gain control of the ball from opponent and score goals.
- 6) Receiving the ball and scoring goals against opponents requires flexibility.
- 7) Explosiveness in shoulder is required to forcefully throw the ball and score goals.

### You should know

#### Karnataka Handball Association

The Karnataka Handball Association was established in 1975-76. During the national handball championships held at Secunderbad in 1974, the then secretary of the Indian Handball Federation Ibrahim Khan proposed the formation of the Karnataka handball association. Due to the efforts of Sri. Ramamurthy/ Sri. B S Nagaraj and Sri. M K Nagendra the Handball Association came into existence in Karnataka.

### Awards

#### I. State award winners (for achievements in dasara games)

- |                         |                   |
|-------------------------|-------------------|
| 1. Sri. Sadanand Samuel | 2. Sri. Ravikumar |
| 3. Smt. Kausalya Kumari | 4. Sri. Premnath  |

#### II. Ekalavya award winners

- |                         |                  |
|-------------------------|------------------|
| 1. Sri. Raja Reddy      | 2. Sri. Amal Raj |
| 3. Smt. Kausalya Kumari | 4. Sri Premnath  |

### Indian representatives in Asian championships

1. Sri. Raja Reddy
2. Sri. Arun Kumar
3. Sri. Somashekar
4. Sri. Suresh
5. Sri. Arunachalam
6. Sri. Balasubramaniam
7. Sri. Srinivasaram

### Indian representatives in Commonwealth games

1. Sri. S. Amalraj
2. Smt. D. Hemalatha

The state men and women and many junior players have attended the national camps.

#### You should know

Sri. N K Prasad of Karnataka was selected as an international referee to officiate in the Asian games in 1988 at Seoul, South Korea.

### EXERCISES

#### I. Fill in the blanks

- 1) For speedily throwing the ball to score goals \_\_\_\_\_ is essential in shoulders.
- 2) To score goals and pass the ball appropriately \_\_\_\_\_ is essential
- 3) For scoring goals and appropriately passing the ball \_\_\_\_\_ is essential
- 4) The act of deceiving the defenders and scoring goals is called \_\_\_\_\_.

#### II. Match the following

- |                                      |                           |
|--------------------------------------|---------------------------|
| 1) For playing entire court          | 1) Accuracy is essential  |
| 2) For successful passing            | 2) Agility is essential   |
| 3) For grabbing the ball and scoring | 3) Endurance is essential |
| 4) For rapidly changing movement     | 4) Speed is essential     |
| 5) Players in handball               | 5) 12 players             |

#### III. Answer the following

- 1) Mention the defensive faction in handball.
- 2) Write about the need of endurance for handball players.
- 3) Mention the need of accuracy and agility.
- 4) Write the essential quality of handball player.

#### IV. Activity.

Collect information about the players who have participated in taluk and district handball competitions.

## Lesson – 5

# BASKETBALL

### You learn the following points in this lesson

- Tactics in Basketball
- Essential qualities of basketball players
- Prizes and competitions in basket ball game

Basketball is a very unique game and is popular in India. In this lesson you will learn more rules about basketball in addition to the knowledge already got in the earlier class.

### Tactics

#### 1. Offensive tactics

**i) Screening :** A screen is a tactic where the offensive player blocks a defensive player by standing beside or behind him, so that his teammate is made free to shoot, receive a pass, or drive in to score.

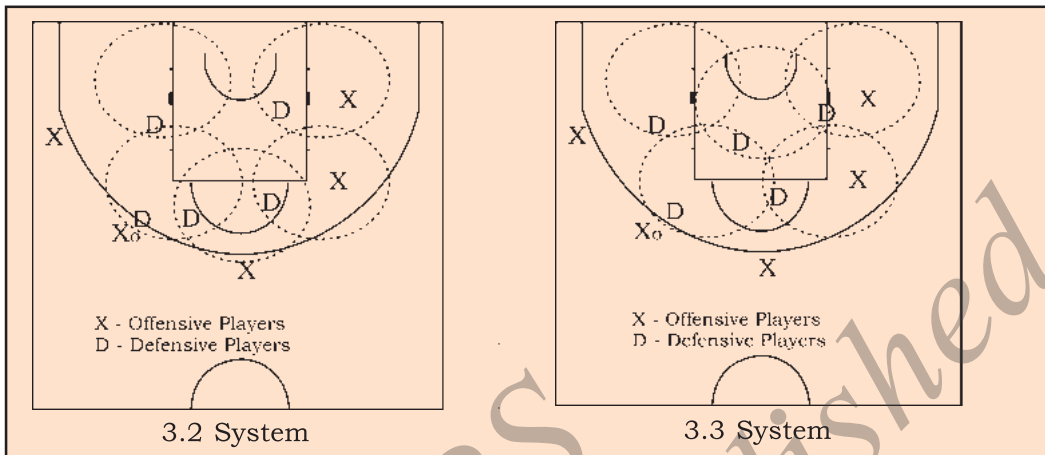
**ii) Post play :** Stationing oneself at the top of the restricted area, deceiving the opponents and giving effective passes to teammates to shoot a basket is high post play. The player specialised in high post play can give a pass in either direction. Giving passes from the end of the restricted area near the board is called low post play. This is very effective in shooting baskets. In unavoidable circumstances the players making these plays himself shoots the baskets. This player should be intelligent enough to read the opponents' movements and make the passes.

**iii) Fast break :** When the attacking team is playing in the opponents court and have lost possession of the ball, the defensive team who have gained possession attack the opponent basket before they have time to take their defensive position. This is called fast break. This tactic is especially useful when the opponents are using man to man tactics.

#### 2. Defensive tactics

**i) Zonal defence :** The defensive players pay more attention to the area in which the ball is played rather than the player playing the ball. Each player is assigned an area of the court called a zone in which he has to take a defensive position.

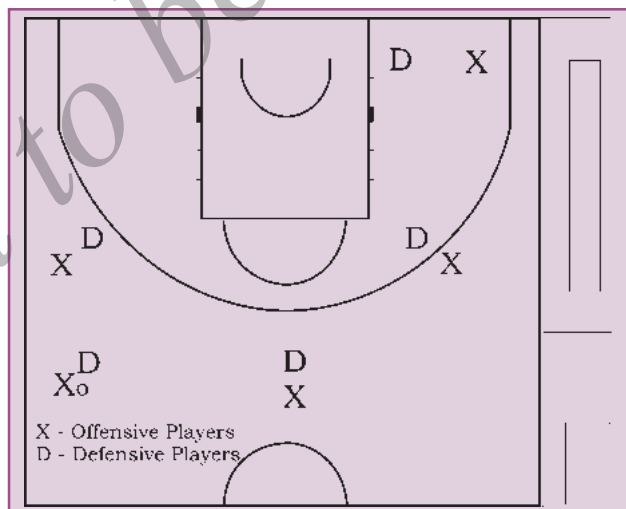
As per below picture different types of zonal system used for defence.



### Types of Zone Defence

**ii) Man to man defence :** In this defensive tactics, each opponent player is assigned to each of the players for marking. This will improve the individual defensive ability of the players. There are two aspects of man to man defence that is, full court press and half court press. The players assigned to each player have to be restricted from scoring till the end of the match or till the tactics is applied.

The players can play in any area or zone of the court. But these are some of the commonly used tactics.



### Men to Men defence

### **Prizes and competitions in basketball**

Government of India confers Arjuna award to Basketball players for their significant contribution at National and International. Highest contributor in Basketball will be Conferred Rajiv Gandhi Khel Ratna as in any other sport. Government of Karnataka confers Ekalavya award to Basketball players of the State for successful players. Following are the popular competitions in Basketball:

- 1) FIBA Basketball world cup.
- 2) FIBA women's world championship.
- 3) Olympic basketball tournament.
- 4) Under 19 years World Championship.
- 5) Under 17 years World Championship
- 6) Continental cups.
- 7) Senior Basketball Championship for men and women (National).
- 8) Junior (under 18) National Basketball Championship for boys and girls.
- 9) Youth (under 16) National Basketball championship for boys and girls.
- 10) Sub junior or mini (under 13) National Basketball Championship for Boys and girls
- 11) Federation cup for men and women.

### **Essential qualities of a Basketball player**

- 1) Tall players will find easy to put the ball into Basket or to obtain rebound if unsuccessful.
- 2) Explosiveness is essential for jumping as it is inevitable in most situations.
- 3) Agility is essential for defending the ball as per the movements of opponents, and to pass as well as shoot the ball.
- 4) In order to speedily cover distance of the court length speed is essential.



- 5) For receiving the pass and giving the pass by stretching the body flexibility is essential.
- 6) Eye-hand coordination is essential for players to successfully put the ball into basket.
- 7) Accuracy is needed to successfully put the ball into basket.

## **EXERCISES**

### **I. Fill in the blanks**

- 1) Screening means standing \_\_\_\_\_ to player's movement.
- 2) The player observes \_\_\_\_\_ and plays in his specified zone.
- 3) Eye-hand \_\_\_\_\_ is required to successfully put the ball into basket and score points.
- 4) \_\_\_\_\_ is required for successfully putting the ball into basket.

### **II. Fill in the blanks with suitable answers given in the options**

- 1) \_\_\_\_\_ players are essential for basketball.  
(tall, short, fat, slim)
- 2) \_\_\_\_\_ is required to cover the distance of court in short time.
- 3) Standing on the restricted area and giving pass for scoring basket by deceiving opponent is \_\_\_\_\_
- 4) Carrying the ball forward by an opponent before opponents getting set is called \_\_\_\_\_  
(Fast break, Low post, high post, zone defence)

### **III. Answer the following questions.**

- 1) How many types of tactics are there in basketball?
- 2) What is post play?
- 3) What is fast break?
- 4) Write the essential qualities of basketball player.

### **IV. Activity.**

Collect the photos and information of national and international basketball players.

## Lesson – 6

# BADMINTON

### The following points are learn in this lesson

- Tactics of badminton
- Essential qualities of a badminton player.
- Competitions and awards

We halve already learnt some points about badminton. In addition to it we will a few more aspects of the games in this lesson.

### Tactics

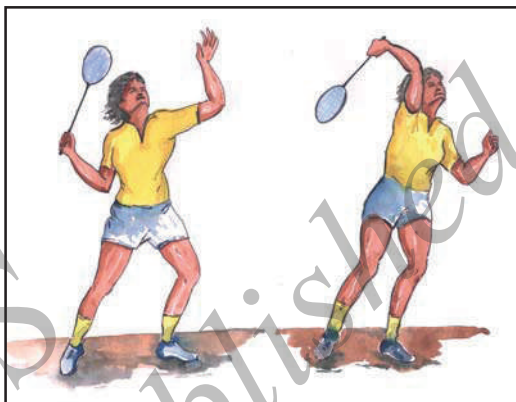
1. Short service and long service
2. High service and floating service
3. Dropping
4. Receiving
5. Smashing
6. Back hand receiving

**1. Short service and long service :** This is the method of starting a rally by holding the shuttle in the hand and hitting it to the opponent's court. Short service means sending the shuttle near the front or the middle part of the court. Long service means sending the shuttle near the back line or to the rear end of the court. These two kinds of services are done during the game depending on the position and the ability of the opponent. While servicing normally servicing to the left of the opponent is more effective.

**2. High service and floating service :** High service is the service done in such a way that the shuttle goes high into the opponent's court. When the shuttle is sent over medium height and it floats and changes direction in the air, it is called floating service. While doing the service, it is a good tactic for the player to observe the movement of the air and see that the shuttle is sent over the left shoulder of the opponent.

**3. Dropping :** During a rally, when the opponent is at the back of the court, the art of skilfully placing the shuttle near the front of the court in such a way that it drops suddenly to the floor, is called dropping.

**4. Receiving :** When the shuttle is sent from the opponent's court, sending it back in an effective manner is receiving. While receiving the player should observe the speed of the shuttle and the position of the opponent before sending back the shuttle. It is a good tactic to send the shuttle to the weak side of the opponent which is normally the left side, and also near the side lines.



**Dropping**

**5. Smashing :** When the cock is approaching over the head and to the right side, hitting it powerfully so that it moves swiftly in a downward trajectory to the opponent's court is called smashing. Left handed players hit the shuttle coming on their left side.



**Smashing**

**6. Backhand receiving :** This skill is used to send the cock coming to the left of the player, into the opponent's court. When the shuttle

is sent from the opponent's court to the left of the right handed player, he turns his body to the left by extending his right hand to the left and turning the racket so that the back of his palm is facing the net, and hits the shuttle back into the opponent's court. The left handed player plays the same when the shuttle is coming to his right side.

### **Essential qualities of badminton players**

1. Eye hand coordination is essential for correct contact of shuttle with racket.
2. Higher strenght and endurance in legs is required for effective foot movent.
3. The shuttle can be effectively sent throughout the opponents court and smash performed when there is higher strength in shoulders.
4. Flexibility is essential for receiving and returning the shuttle.
5. Accuracy is required to send the shuttle in the empty space of opponents court.
6. Good reaction ability will be helpful for effectively reacting to the shuttle coming from opponent.

### **Sports awards**

Indian badminton players have not only been awarded the Arjuna and Rajiv Gandhi Khel Ratna award. Additionally participation in tournaments like the Syed Modi cup, Thomas cup, Uber cup,

Pune cup, All England championships, Asian championships world championships, Olympic competitions help in the development of the game. Tthe Indian Badminton Association is very helpful in this respect. The Indian badminton players have won prizes in the commonwealth games and also participated in the Olympics.

#### **Activity**

Collect the pictures and information from newspapers concern to Saina Nehwal playing the badminton.

Prakash Padukone received India's prestigious sports award 'the Arjuna award' in 1972. George Thomas was awarded the same in 1980 and Aparna Popat got the same in 1999. After Prakash Padukone won the All England championship, Pullela Gopichand achieved the same feat. In the women's section the performance of Saina Nehwal is commendable.

## EXERCISES

### I. Fill in the blanks with suitable words.

- 1) \_\_\_\_\_ is used in the game of Badminton.
- 2) \_\_\_\_\_ is required for correct contact of shuttle with racket.
- 3) Hitting a shuttlecock powerfully to earn a point is called \_\_\_\_\_.
- 4) Sending the cock to the backside of opponent court is called \_\_\_\_\_.

### II. Choose the correct answer from the four options given below.

- 1) The service in which the shuttle floats and changes direction is called \_\_\_\_\_.  
a) High service      b) Floating service  
c) Short service      d) Long service.
- 2) Hitting the shuttle hard over the head into the opponent court is called \_\_\_\_\_.  
a) Receiving      b) Dropping      c) Smashing      d) Receiving
- 3) When the opponent is in the back court, suddenly placing the ball near the net in an empty space is called \_\_\_\_\_.  
(a) Receiving      (b) Smashing  
(c) Dropping      (d) Floating



### III. Answer the following questions.

- 1) What is 'short service' in 'Badminton'?
- 2) What is 'underhand receive' in 'Badminton'?
- 3) What is 'smash' in 'Badminton'?
- 4) What is 'dropping' in 'Badminton'?
- 5) Write the essential qualities of a Basket ball players.

### IV. Activity.

- 1) Collect information about the players who have won medals in national and international tournaments including the Olympics.
- 2) Prepare a list of players who have won various awards and prizes.

## TRACK AND FIELD

### Lesson – 7

#### TRIPLE JUMP

##### The following aspects are learn in this lesson

- History of Triple Jump
- Jumping arena and measurements
- Rules of triple jump
- Records in triple jump and athletes

Triple jump is one of the important jumping events in athletics. In relation to the aspects of triple jump already learnt let us learn more about it.

Triple jump is an event in athletics where the athlete performs the skill using his neuro muscular coordination and explosive power of the legs.

The triple jump consists of three types of leaps (hop, step and jump). In this event the athlete takes off with a leg and performs a hop (landing on the same leg) followed by a step (landing with the other leg) and finally jumping into the pit (jump). This means if the jumper takes off with the left leg, he lands on the left leg for the hop, and taking off with that leg takes a step or lands on the right leg and once again takes off with the right and lands with both legs in the pit.

After take off when taking off or landing, the sleeping leg (non taking off or landing leg) should not touch the ground.

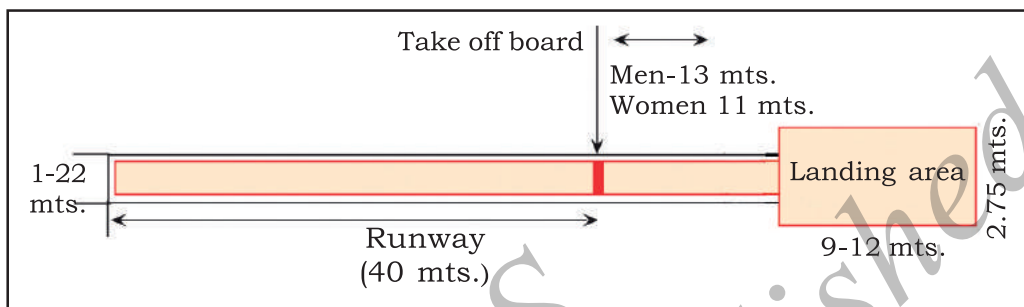
#### Construction of the Triple jump arena.

##### 1) Runway

- i) Length – 40 mts.

Width – 1.22 mts.

- ii) The runway should be firm and level.
- iii) The runway should be marked with white lines 5 cms. in width.



### Triple Jump Court

#### 2) Landing area

- i) Length – 9mts. to 12 mts.
- ii) Width – 2.75 mts. to 3 mts.
- iii) The jumping pit should be filled with soft and wet sand and should be level with the runway and the take off board.
- iv) As far as possible the centre of the take off board should be in line with the centre of the jumping pit.

#### 3) Take off board :

- i) From the board to the beginning of the pit  
 Length: for women – 11 mts. For men: 13 mts.  
 For juniors 9 mts. To 11 mts.
- ii) There should be a minimum distance of 21 mts. from the take off board to the far end of the pit.

#### 4) Construction of the take off board :

- i) Length 1.22 mts. to 1.25 width – 20 cms., thickness – 10 cms.  
 to - 1.25 m

- ii) The take off board should be painted white.
- iii) The take off board is of a rectangular shape and made of wood.

### Basic Rules

- 1) The triple jump should be done in the same order of hop, step and jump.
- 2) The runway should be used for take off.
- 3) The lines of the runway should be stepped on and the take off should be done by stepping on the take off board within the lane.
- 4) In the qualifying round all the jumpers will be given three trials, out of which best eight will be selected who will be given three more attempts.

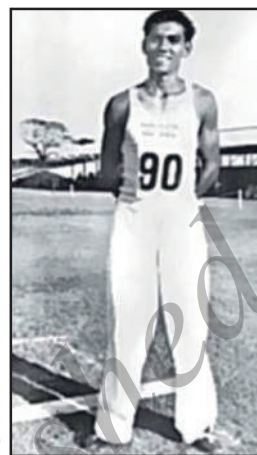
### Fouls

- 1) If the order of jumps, (hop, step and jump) is not according to order then that jump is not valid.
- 2) The runway lines should not be stepped upon.
- 3) Takeoff cannot be taken outside on either side of the take off board.
- 4) The jump should be done into the pit.
- 5) After landing into the pit, the jumper should not walk backwards in the pit.

**Activity:** Collect records in triple jump event for men and women section .

## State Athletes

**Henry Rebello :** Henry Rebello is a world famous triple jumper. He participated in the first Olympics after India got independence in London in 1948. Henry was born on 17-11-1928. Initially he was not interested in sports. His family moved from Lucknow and settled in Bangalore. Henry joined the Baldwin boys high school. One had to



**Henry Rebello**

compulsorily participate in sports activities. Henry participated in inter school athletics at the age of 16. Thus his sports career got off to a good start. In 1946 he won the gold in the All India Olympics sports in Bangalore. In 1948 he came to be known as the national triple jumper. In the All India Meet at Lucknow he jumped to a distance of 15.29 mts. and created a national record. This record was the best jump for the year.

In the London Olympics he was the centre of attraction. He retired as the team captain of Indian Navy in 1980. Later during 1984 to 1988 he served as the first director of Sports Authority of India.

## National Athletes

**1. Mayookha Johny :** Mayookha was born on 04-09-1988 in Kerala. She is an excellent long jumper and triple jumper and participated in the London Olympics in 2012.

She surpassed the Olympics 'B' qualifying mark of 14.10 mts. by jumping to a distance of 14.11 mts. in the final leg of the Asian athletics grand prix held at Kobe (Japan) on 09-07-2011. She has the distinction of being the first Indian woman triple jumper to have crossed the 14 metre mark in triple jump. She has participated in several competitions and won many awards.



**Mayookha Johny**



**2. Suresh Babu :** Born in Kollam in Kerala on 10 February 1953, Suresh Babu was a science graduate who was good in athletics. held the national titles in the long, triple, and high jump events, in addition to the decathlon.



**Suresh Babu**

He excelled as an athlete in Infant Jesus High School and the Fatima Mata College in Kollam. His first appearance at the national level -was as a junior at Jalandhar in 1969. Three years later he won the national championship in high jump, a title he was to claim for six more years. Switching from one pit to another, he won the national championship in long jump for many years.

The Munich Olympics of 1972 he had his first exposure of international athletics, but it was in the Tehran Asian Games won his first medal. This was a Bronze in the decathlon., He won Gold medal in the Asian Championships at Seoul the following year.

In between he was the captain of the Indian University's athletics team during the World Universities Games at Moscow. Suresh Babu led the Indian athletics team to the Commonwealth Games at Edmonton in Canada and won a Bronze medal for long jump. He then went on to win the Gold medal at the Asian Games in Bangkok. His next target was the Asian Athletics Meet in Tokyo where he won a Silver medal, During his seven years as an active athlete Suresh Babu also won medals for India at competitions in Ceylon, Lahore and the Philippines and was the captain of the Indian team for the World Athletics Meet at Montreal in 1979. He was presented with the Arjuna award by the Governement of India for his achievements in Athletics in 1978-79.

Suresh was employed as a Sports Officer with Kerala Sports Council, Suresh Babu had earlier served as Special Officer for Sports and Games, on the Kerala State Electricity Board. He was a member of the Technical Committee of the All India Electricity Sports Control Board and a coach at the Sports Authority of India (Southern Centre) in Bangalore.

## International Athletes

**Jonathan Edwards** : Jonathon David Edwards is an international triple jumper from Britain, was born on 10-05-1966 in London. He has participated in Olympics, Commonwealth games, World championships, European championships, European cup, World Indoor championships, European Indoor championships and won many prizes and awards. He created the world record of 18.29 mts. in triple jump in 1995. He has a personal best of 10.48 sec. in 100mts. and 7.41 mts. in long jump.



**Jonathan Edwards**

Following his retirement, Edwards pursued a media career as a television presenter mainly working for the BBC as a sports commentator. He is a member of the London Organising Committee of the Olympic and Paralympic Games, representing athletes in the organisation of the 2012 Summer Olympics. He is a graduate in physics and was conferred a honorary doctorate of the university (DUniv) at the winter graduation ceremony of the University of Ulster.

### EXERCISES

#### I. Fill in the blanks with suitable words.

1. Triple jump means \_\_\_\_\_ jumps.
2. The length of the triple jump pit is \_\_\_\_\_.
3. \_\_\_\_\_ route should be used for triple jump.
4. While jumping the take off \_\_\_\_\_ should not be stepped upon.

#### II. Choose the correct answer from the following four choices.

- 1) Hop in triple jump means \_\_\_\_\_  
(1) standing (2) running (3) jumping (4) flying
- 2) The national record of state athlete Henry Rebello is  
(1) 16.29 mts. (2) 15.29 mts. (3) 18.29 mts. (4) 15.49 mts.