

SPORTS AND GAMES



In this unit...

Check how many games and sports you know and what you know about them. Also, answer a quiz on Chess.

- (A) In an interview with Koneru Humpy, read about her achievements, make her biodata and write a brief bio-sketch to introduce her to an audience. Then complete Jesse Owens' biography and write an imaginary biography of one of your classmates (who might become a famous sports person!).
- (B) 'It's Sports Day!', and we join the fun by listening to the commentary, filling in the scorecard and finding out which House has won. We then write a report about the Sports Meet for the local newspaper and an e-mail to a friend about your performance at the Meet.
- (C) 'Hockey and Football' - Read and discuss the similarities and differences of the games, and give a running commentary on a match. Also, make a power point presentation on any other game you like.

INTRODUCTION

1. How many of these sports and games do you know about? Work with a partner and tick the ones you are familiar with and fill in the given table.

1. Motor-racing	6. Soccer	11. Tennis
2. Skiing	7. Running	12. Badminton
3. Canoeing	8. Sailing	13. Table-tennis
4. Cricket	9. Volleyball	14. Swimming
5. Netball	10. Chess	15. Cycling

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Name of Games / Sport	Landsport (LS) or Watersport (WS)?	Played in teams (T) or as individuals (I)	Popular in India (or in your country) Yes/No

2. Here is a short QUIZ for you to answer. You can use the internet.

1. What is the ancient Indian name for chess?

.....

2. What is the ELO rating in chess?

.....

.....

.....

.....

3. What is the frequency of the Chess Olympiad?

.....

4. Who was India's First International Master?

.....

5. Name the three chess playing sisters who dominated Indian chess in the 1980s?

.....

6. Which Indian player first won the 'Boys Under 10' world title and later became India's youngest Grandmaster?

.....

7. In which country is Vishwanathan Anand based for most part of the year?

.....

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8. What is common between the inauguration of the 1995 PCA Chess final and the World Trade Centre?

.....
.....

9. Who won the National Online Chess Championship in 2021?

.....

10. Which city will host the 2022 Indian Chess League Championship?

.....
.....
.....

A. GRANDMASTER KONERU HUMPY: QUEEN OF 64 SQUARES

A.1. Avik, a correspondent for his school magazine, interviews Grandmaster Koneru Humpy. Let us read:

INTERVIEW WITH KONERU HUMPY

Avik: Good morning, Ma'am! Congratulations on your achievements in the World Grand Prix Women's Chess Championship in Istanbul recently!

Koneru Humpy: Thank you! This is my biggest win in the women's circuit. This is very significant, considering that it has come in an event which had three former world champions.

Avik: Indeed! Please tell us something about yourself, Ma'am!

Koneru Humpy: I was born in Gudivada, near Vijaywada, in Andhra Pradesh on



March 31, 1987. I was originally named 'Hampi' (which means champion) by my father Mr Koneru Ashok, who later changed the spelling to Humpy, to give the name a Russian flavour. I write my family name, Koneru, before my given name, as is the convention with the Telugu speaking people. I started playing chess when I was 5 years old.

Avik: Who introduced you to the game?

Koneru Humpy: My father acquainted me with the game. He is also my first coach. I first showed interest at the age of 6 years when I watched him play a game and suggested a move. Indeed, it was the move that actually got me into the game.

Avik: Your father left his teaching profession to make you a champion!

Koneru Humpy: Yes, when I secured the 4th position in the Indian Under 8 Championship in 1995, he decided to leave his career and dedicate his time to me.

Avik: And you had won four World Championships at a very early stage.

Koneru Humpy: Yes, the 'World Girls under-10', the 'World Girls under-12', the 'World Girls under-14' and 'World Girls Junior Championships.' I acquired my IM title in 1999 and in May 2002, I achieved my 3rd GM Norms in Elekes Memorial Grandmaster tournament in Budapest.

Avik: You held the record from 2002 to 2008 for the youngest woman ever to become a grandmaster!

Koneru Humpy: Yes, I achieved it at the age of 15 years, 1 month, 27 days, beating Judit Polgar's previous record by 3 months which was later lost in the Women's World Chess Championship in 2008 to Hou Yifan. I won the World Junior Girls Chess Championship in 2001 and won the edition or North Urals Cup, the Women's Super Tournament held in Krasnoturinsk. In 2006, I participated in the Women's World Chess Championship, but my campaign had to end early in the second round. I played in the first board of Monte Carlo Chess Club and won the last two editions of the European Club Cup.

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Avik: Have you also got some awards?

Koneru Humpy: Yes, Arjuna Award in 2003, Padmashri Award in 2007 and Raja-Lakshmi Award in 2008.

Avik: In India, many young chess players are ready to take a break in education and are fully focussed on chess preparations. What are your views?

Koneru Humpy: I don't think that taking up chess as a career and completely neglecting studies is necessary at an early stage. After getting to a certain level in the game, they themselves should decide their preferences, i.e., whether to play seriously or not.

Avik: What advice would you offer to parents of enthusiastic and talented young chess players?

Koneru Humpy: Parents should not compel children to play chess. If children are genuinely interested in the game, they should encourage them. But, they shouldn't, be in a hurry to get results.



Avik: How often do you exercise? Do you think daily physical exercise can help a chess player to cope with the pressure and increase the brain's ability to concentrate?

Koneru Humpy: I spend around one hour per day on physical exercise. Exercise is a must for every chess player. As the proverb says, 'a sound mind can only exist in a sound body'. Exercise has a lot of impact on the brain.



Avik: Thank you for talking to me and giving me your valuable advice.

Koneru Humpy: Thank you!

A.2. Now complete the Bio-data of Koneru Humpy:

KONERU HUMPY	
Name:
Father's Name:
Date of Birth:
Place of Birth:
Trained by:
Initial Achievements:	
*
*
*
*
*
*
*
*

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Recent Achievements:

"
"
"
"
"

A.3. Read the extract and answer the questions by selecting the correct options.

"My father acquainted me with the game. He is also my first coach. I first showed interest at the age of 6 years when I watched him play a game and suggested a move. Indeed, it was the move that actually got me into the game."

"Your father left his teaching profession to make you a champion!"

- Koneru Humpy was trained in chess by
 - an acquaintance
 - her father
 - a coach
 - her teacher
- "I watched him play a game and suggested a move." Select the option that conveys the meaning of 'move' as mentioned in the extract.
 - The Highways Department is making a move to ease the traffic flow in the city.
 - Don't move from your place. Stay where you are.
 - He's so stubborn. Nothing can move him to change his decision.
 - It's your move now. Let's see what you can do to save yourself from losing.
- Koneru Humpy's talent in the game of chess was identified when she
 - celebrated her sixth birthday
 - suggested a move
 - watched a game
 - played with her father

4. Select the personality traits of Humpy's father with reference to the extract.

1. ambitious
2. selfless
3. sacrificial
4. calculative
5. manipulative

A. 1, 2 and 3

B. 2, 3 and 4

C. 3, 4 and 5

D. 1, 4 and 5

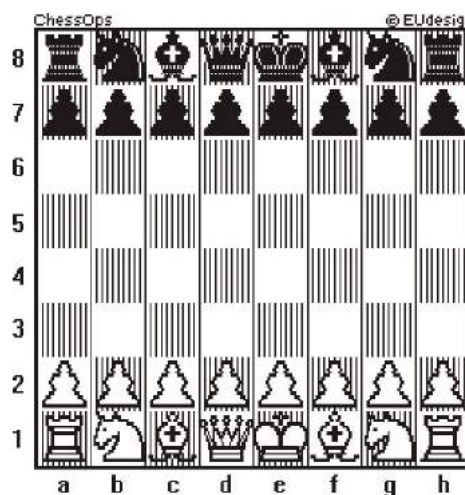
A.4. Answer the following briefly

1. What does Koneru Humpy regard as her biggest achievement? Why?
2. "Parents are teachers, guides, leaders, protectors and providers for their children." Evaluate the role of parents in the lives of chess players.
3. "A sound mind can only reside in a sound body," says Koneru Humpy. Substantiate.

A.5. Know all about Chess. Read and enjoy:

You now know a little about Koneru Humpy, the chess player, but do you know how to play chess? Let's learn more about it:

Have you ever played chess? Did you know that chess is the oldest skill game in the world? But chess is more than just a game of skill. It can tell you much about the way people lived in medieval times in Europe. If you look at the way a chess board is set up, then study the pieces and how they are used, you will realise that chess is a history of medieval times in miniature. The six different chess pieces on the board represent a cross section of medieval life with its many ceremonies, grandeur, and wars.



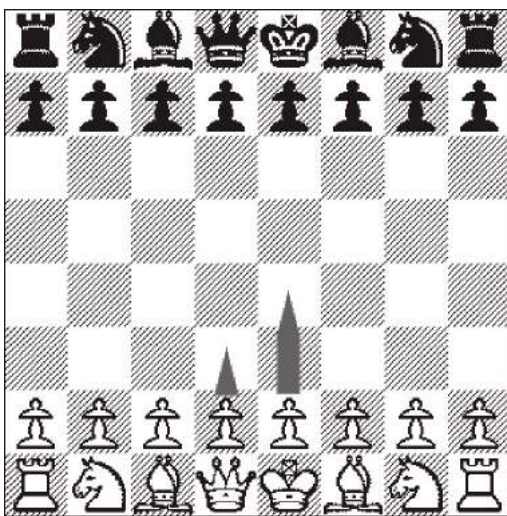
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Chess was played many centuries ago in China, India, and Persia. No one really knows for sure in which country it originated. Then, in the eighth century, armies of Arabs known as Moors invaded Persia. The Moors learned chess from the Persians. When the Moors later invaded Spain, the soldiers brought the game of chess with them. Soon, the Spanish were playing chess, too. From Spain, the popularity of chess quickly spread throughout all of Europe.

Europeans gave chess pieces the names we know today; they probably had trouble pronouncing and spelling the Persian names, so they modernized them to reflect the way they lived. Today, the names certainly aren't modern but a thousand years ago they represented the very way in which both ordinary people and persons of rank lived their lives.

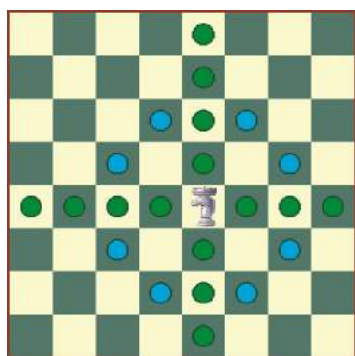
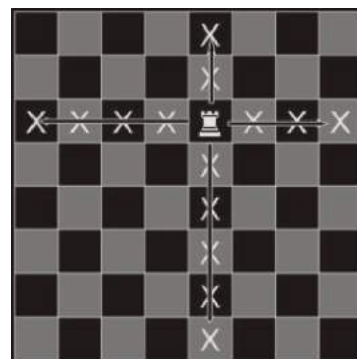


The pawns on the chess board represent serfs or labourers. There are more of them than any other piece on the board, and often they are sacrificed to save the more valuable pieces. In medieval times, serfs were considered no more than the property of landowners or chattels. Life was brutally hard for serfs during this era of history. They worked hard and died young. They were often left unprotected while wars raged around them. They could be traded, used as a diversion, or even sacrificed to allow the landowners to escape harm.

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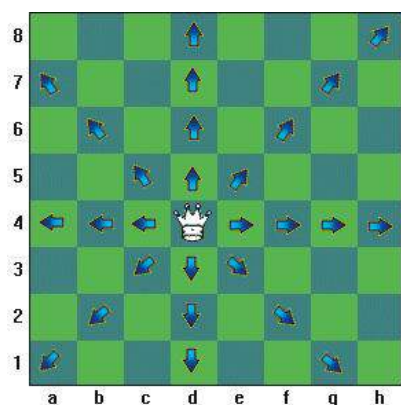
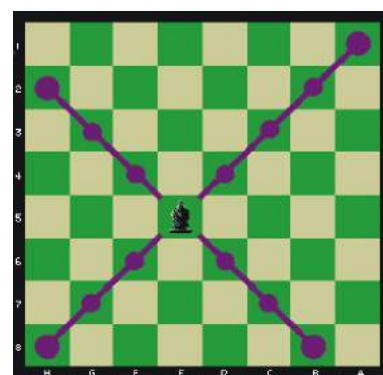
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The castle piece on a chess board is the home, or the refuge, just as it was a home in medieval times. In Chess, each side has two castles, or rooks, as they are sometimes called.



The knight on a chess board represents the professional soldier or the knight of medieval times whose job it was to protect persons of rank, and there are two of them per side in a game of chess. Knights in a game of chess are more important than pawns, but less important than bishops, kings or queens. Their purpose in the game of chess is to protect the more important pieces, and they can be sacrificed to save those pieces just as pawns can.

There is a bishop in the game of chess who represents the church. The Church was a rich and mighty force in medieval times, and religion played a large part in every person's life. It is no wonder that a figure that represented the concept of religion found its way into the game. A bishop was the name for a priest in the Catholic church who had risen through the ranks to a more powerful position. In the game of chess, there are two bishops for each side.



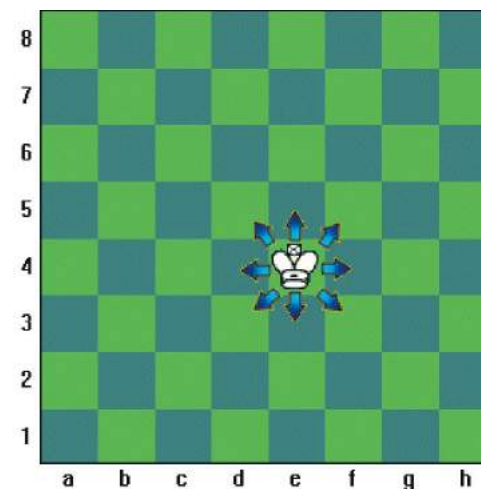
The queen is the only piece on the board during a chess game that represents a woman, and she is the most powerful piece of the game.

The king is the tallest piece on the board, and is defended on the chessboard as well as he was defended in medieval life. In medieval times, the surrender of the king would mean the loss of the kingdom to invading armies and that could mean change for the worse. It was to everyone's




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advantage, from the Lowest serf to the highest-ranking official, to keep the King safe from harm. The King is the most important, but not the most powerful piece in chess. If you do not protect your king, you lose the game.

The next time you set up your chessboard and get ready to play a friendly game or two, think of chess as a history lesson. The pieces on the board represent a way of life that is no more, and the real life dramas that occurred in medieval times are now only a game.



A.6. On the basis of your reading of the extract on Chess, complete the following table with your partner.

Figure	Name	Order of importance	Function	Significance
				
				
				

- A.7. Given below is some information about Jesse Owens, one of the most famous athletes of all times. His friend is planning to write his biography. Using the information from the table, complete the biography.



James Cleveland Owens (J.C. Owens) became famous as Jesse Owens

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- 1913: Birth, Alabama, USA.
- 1934: After First World War - goes to school, teachers recognise and develop his athletic talents.
- 1935: Six world records
- 1936: Berlin Olympics, four gold medals
- 1950: Sports experts vote him Greatest Track Athlete of the half century.
- 1960: Another athlete breaks Owens' last Olympic record.
- 1980: Dies of lung cancer.

Jesse Owens was born in Alabama USA in 1913. He was the youngest of ten children, and the family lived in a cramped shanty house. After the First World War, the family moved to Cleveland where his school (1) _____ his talents. He quickly became a local hero. Soon afterwards, he gained a place not only at the Ohio State University, but also in the US Olympics team.

On 25th May 1935, Jesse Owens performed athletics' greatest feat when he (2) _____ at the Ohio state University Athletics Championships. A year later, at the Berlin Olympics, his greatness was confirmed; he (3) _____ for 100m, 200m, long jump and sprint relay.

Because of his achievements in track and field events, in 1950 he (4) _____. His last Olympic record (5) _____ only in 1960. This great athlete (6) _____ 1980.

Class discussion

- * Is a biography written in a particular order of events?
- * Which is the most common tense?

A.8. 20 years from now, one of your class mates becomes a famous sport-star. You have been asked to write his / her biography. Collect the necessary biographical details. Use your imagination to create his / her achievements in the sport concerned and write the biography. Remember to write it in chronological order of events and use simple past tense as far as possible.

B. IT'S SPORTS DAY!

B.1. Sports Day at school is always great fun. Along with the excitement of the events, there is the added desire to know if your House has won the Sports Championship Cup.

From page no. 182, the teacher / student can read out the Sports Day commentary and fill in the House positions for each event - 1st, 2nd and 3rd. Then, calculate the points to find out which House has won the Sports Championship Cup.

GOVERNMENT SENIOR SECONDARY SCHOOL, DANAPUR

ANNUAL ATHLETIC MEET

SCORECARD

House	NEHRU		RAMAN		TAGORE		SHIVAJI	
Events	Position	Points	Position	Points	Position	Points	Position	Points
(Previous tally)								
March Past								
800m (Boys)								
100m (Girls)								
High jump (Boys)								
Javelin (Girls)								

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House	NEHRU		RAMAN		TAGORE		SHIVAJI	
Events	Position	Points	Position	Points	Position	Points	Position	Points
Shot put (Boys)								
400 relay (Girls)								
TOTAL								

RESULT	HOUSE
Champions	
2nd	
3rd	
4th	

SCORING (POINTS)			
Event	1st	2nd	3rd
March Past	10	x	x
Track and field	10	5	3
Relay	15	10	5

B.2. Based on the information on your completed scorecard, write a short report for the Danapur local newspaper about the school's Annual Athletic Meet. Remember CODER. Some further advice....

- Give a catchy heading
- By-line [who has written the report], place-line and date-line
- Paragraph 1 – Answer the Wh-questions – Who, Why, When, Where
- Paragraph 2 – Description of events in chronological order
- Paragraph 3 – Overall result, Chief guest's message [indirect speech or direct quote], aim of the meet/future events/plans

Note: Use a Third person perspective and passive voice

B.3. Impressed by your performance on Sports Day, the Chief Guest (an official from the Sports Club of India) decides to offer you a sports scholarship. Write an email to a friend about your performance and the scholarship offered.

C. HOCKEY AND FOOTBALL

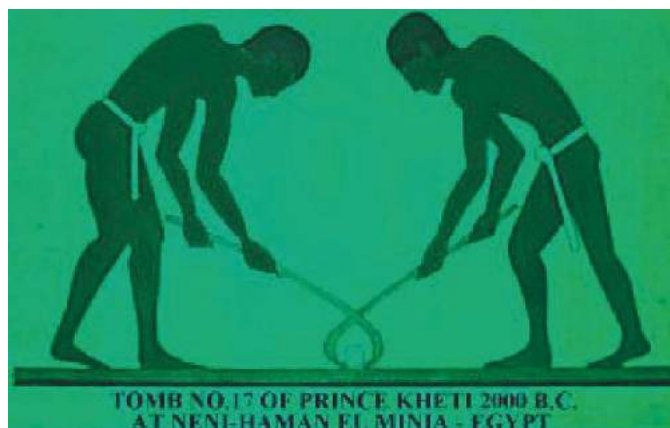
C.1. Read and enjoy:

Hockey



Do you know when hockey was first played? Research in Ethiopia has discovered that it has been around for more than four millenia. A tablet in Greece has images of young people playing field hockey. Even in South America, Ireland, Egypt, Scotland and Rome, there are proofs and records of this game. The game in these countries

was no different than the other even though it was known by different names. Hundreds of years ago, this game was known as 'Hockie' in Ireland and it is this name that has stuck with the game ever since.



While current field hockey appeared in the mid-18th century in England, primarily in schools, it was not until the first half of the 19th century that it became firmly established. Prior to 1980, women were not permitted to take part in this game. The first club was created in 1849 at Blackheath in south-east London. During the 1600s and 1700s, hockey in England was a little dissimilar and it was more disorganised. People from all over the village would take part in the game. It was not unusual for a team to have 60 - 100 players. It was the goal of the team players to get the ball into the common ground of the rival team. This game required quite a few days to finish. Many players suffered injuries. Even though umpires were present, they were not allowed to say anything without the team members' request.

Ultimately, good judgment prevailed. Firm regulations were introduced. In England, a headmaster restricted the number of players to thirty for one single team. During the 1860s, England's Eton College laid down some rules for the game. Additional rules were introduced after the formation of the Hockey Association in the year 1875.

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Football

Football refers to a number of similar team sports, all of which involve (to varying degrees) kicking a ball with the foot in an attempt to score a goal. People from around the world have played games which involved kicking and / or carrying a ball since ancient times. However, most of the modern codes of football have their origins in England.



The most popular of these sports worldwide is association football, more commonly known as just 'Football' or 'Soccer'. It is widely considered to be the most popular sport in the world.

C.2. Form pairs - one student will read the text for 'Hockey', and the second student will read the text for 'Football'.

Hockey

The game was first played during the Olympics in the year 1908. At present, all the countries have hockey teams that participate in the World Cup, the Champion's Trophy and of course, the Olympics. Field hockey is the national sport of India and Pakistan.

Hockey is one of the sports in which two teams play against each other by trying to manoeuvre a ball, or a hard, round, rubber or heavy plastic disc called a puck into the opponents' net or goal using a hockey stick. An official hockey ball is spherical, with a circumference between 224 and 235 millimetres. It should weigh between 156 and 163 grams. It may be made of any material, but should be hard, smooth and white in colour.

Modern field hockey sticks are J-shaped and constructed of a composite of wood, glass fibre or carbon fibre (sometimes both) and have a curved hook at the playing end, a flat surface on the playing side and a curved surface on the rear side.



Now, the game is played between two teams. Each team consists of 11 players including the goal keeper. In the beginning, the captains of both the teams toss for the choice of ends. The duration of the game is divided into two periods of thirty-five minutes each with a break in between. At halftime, the team changes their ends.

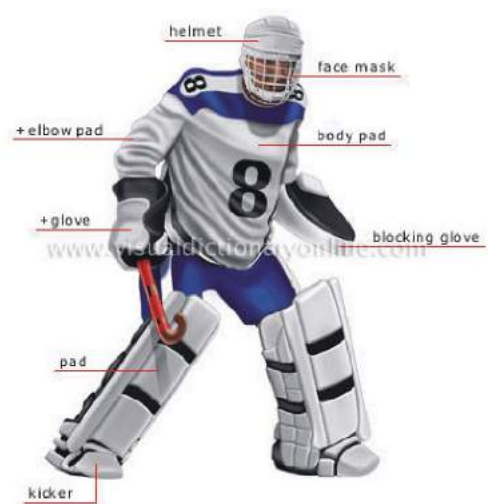
The hockey playground is rectangular in shape. It is 100 yards long and 60 yards wide. The longer boundary lines are called the side lines and the shorter ones are called goal lines. All lines are three inches wide throughout. At each end is a goal 2.14 m high and 3.66m wide and an approximately semi-circular area 14.63m from the goal, known as the shooting circle or 'D' or penalty area. A spot 0.15m in diameter, called the penalty spot is placed inside the 'D'.

The game starts when the umpire blows his whistle for the opening pass back. The passback is made at the centre of the field to start the game (also after half-time and after each goal is scored). The ball, which may be pushed or hit, must not be directed over the centre line. All players of the opposing team must stand at least 5 yards from the ball and all players of both teams, other than the player making the pass-back must be in their own half of the field.

There are two umpires to control the game and to administer the rules. These umpires are the sole judges of the game. The umpires are responsible for keeping time for the duration of the game.

Penalties - A free hit is awarded for any foul committed outside the penalty area or when the ball is hit out of the playing area. A penalty corner is awarded if, within the penalty area, a foul is committed or the ball is hit outside his goal-line. A penalty stroke is given when a foul is intentionally committed in the circle. It is hit from the penalty spot with only the goal keeper defending the goal post.

Cards are shown for rough or dangerous play, misconduct or intentional offences. The umpire issues an official warning to a player by showing the green card. Prior to that, the player would probably have been given a verbal warning. A yellow card means that the player will be off the



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pitch for five minutes or more. A red card is given for more serious offences and sees the player leave the match for good.

Each team is permitted to substitute any number of players during the game. A player who has been substituted may re-enter the field of play as a substitute for another player. The goal keeper is permitted to use pads, kickers, gauntlet, gloves and masks, body protection, elbow pads and headgear which is a full helmet incorporating fixed full face protection and cover for all of the head including back.

Football

It is a team sport played between two teams of eleven players, each using a spherical ball which is a round, leather-covered, inflated rubber bladder 27-28 inches in circumference and 397-454 grams in weight.

The game is played within a clearly defined area on a rectangular grass or artificial turf with a goal in the centre of each of the short ends. The objective of the game is to score by driving the ball into the opponent's goal. The goalkeepers are the only players allowed to use their hands or arms to propel the ball; the rest of the team usually use their feet to kick the ball into position, occasionally using their body or head to intercept a ball in mid-air. The only time the players are allowed to use their hands is in case of a throw in, when the ball has gone outside the side lines. The team that scores the most goals by the end of the match wins. If the score is tied at the end of the game, either a draw is declared or the game goes into extra-time and / or a penalty shoot-out.

In a typical game play, players attempt to create goal scoring opportunities through individual control of the ball, such as by dribbling, passing the ball to a team-mate, and by taking shots at the goal, which is guarded by the opposing goalkeeper. Opposing players may try to regain control of the ball by intercepting a pass or through tackling the opponent in possession of the ball; however, physical contact between opponents is restricted. Football is generally a free-flowing game, with play stopping only when the ball has left the field of play or when the play is stopped by the referee.



Football takes place on a standard football field. All football fields, professional, college, and high school, are the same size and have the same basic markings. The length of the pitch for international adult matches is in the range of 100-110 m and the width is in the range of 64-75 m.

The longer boundary lines are touchlines, while the shorter boundaries (on which the goals are placed) are goal lines. A rectangular goal is positioned at the middle of each goal line. Nets are usually placed behind the goal, but are not required by the Laws.

In front of each goal is an area known as the penalty area. This is a rectangular area, 40.2m wide that extends 16.5m into the field where the goalkeeper operates.

A standard adult football match consists of two periods of 45 minutes each, known as halves. Each half runs continuously, meaning that the clock is not stopped when the ball is out of play. There is usually a 15-minute half-time break between halves. The end of the match is known as full-time. A team can substitute upto maximum three players anytime during the match.

The game is controlled by a referee who is the official timekeeper for the match, and who may make an allowance for time lost through substitutions, injured players requiring attention, or other stoppages. There are also two linesmen who guard the touchlines or sidelines, signalling when the ball crosses the boundary lines. The referee, alone, signals the end of the match.

Handling the ball deliberately, pushing or tripping an opponent, or hitting a player from behind are examples of fouls, punishable by a direct free kick or penalty kick depending on where the offence occurred. Other fouls are punishable by an indirect free kick.

The referee may punish a player's or substitute's misconduct by a caution (yellow card) or send-off (red card). A player who is given a yellow card is said to have been 'booked'.

Penalty Cards

- * Yellow - Warning card for dangerous play. A second yellow card at the same game leads to a red card, and therefore to a sending-off.
- * Red - Serious misconduct resulting in ejection from the game. If a player has been sent off, no substitute can be brought in his place.

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C.3. Each student will now complete his/her half of the following table (Hockey or Football) by adding information from the text he has read.

	Hockey	Football
Ball:		
Playing Area:		
Duration:		
Judging:		
Penalties:		
Penalty Area:		
Cards:		

C.4. When both students have completed their half of the table above, they need to exchange information by asking and answering questions such as –

1. What's the weight of the football?
2. When do you get a penalty in hockey?

As you receive information from your partner, write it down in the other half of the table above. (Do not let your partner look at your table!)

C. 5. In groups, make a Power-point presentation on any two indigenous sports played in India. You may include the indigenous sport of your state / different states, describing the rules and regulations of the game, interesting information or any other detail. You may present it to the whole class.

**You can get information on indigenous sports of India at <https://fitindia.gov.in/indigenousgames>*

C.6. Your school is playing a football / hockey match with the neighbouring school. You are the official commentator for the match. Give a running commentary on the last few breathtaking minutes of the match.

OR

In groups of four, give a running commentary of the whole match. Each student must become the commentator at some point of time. (Your commentary should not be for more than three minutes)

Answers to the quiz on Chess (page 137)

1. Chaturangam
2. A method for calculating the relative skill of a player. If a player wins a game, he has performed at a higher level than his opponent. If he loses, he has performed at a lower level. If the game is a draw, both have performed at nearly the same level.
3. Every 2 years
4. Manuel Aaron in 1961
5. Khadilkar sisters - Vasanti, Jayshree, Rohini
6. P. Harikrishna
7. Near Madrid in Spain
8. The PCA Chess final was inaugurated on 11 Sept. 1995 and the World Trade Centre was bombed exactly 6 years later on 11 Sept. 2001.
9. Mitraba Guha
10. Chennai

