

PHYSICAL EDUCATION

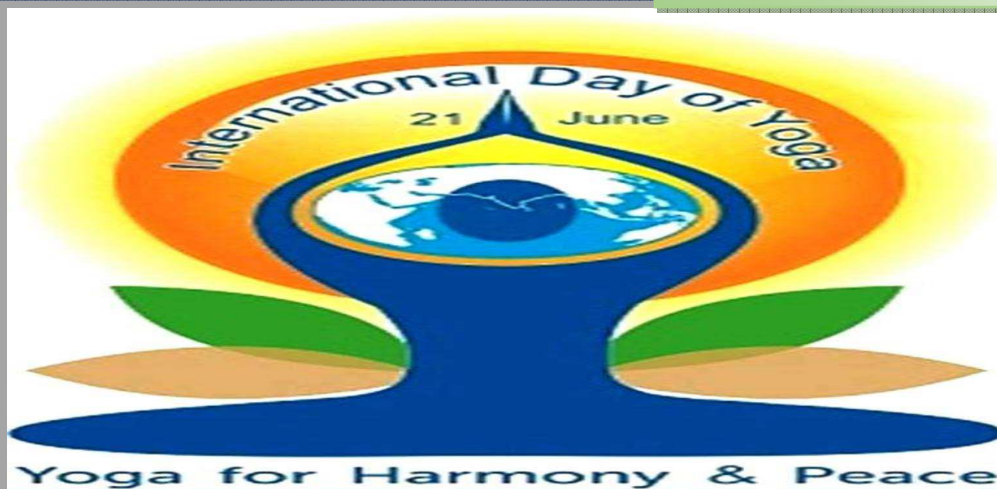
6TH STD PHYSICAL EDUCATION NOTES-2020-21

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PREPARED BY

H.T.SRINIVASA
B.A. B.P.Ed.
 ASSISTANT TEACHER
 (PHYSICAL EDUCATION) GRADE-1
 GOVT. PU COLLEGE
 (HIGH SCHOOL
 SECTION)KARIMUDDANAHALLI,
 HUNSUR TQ. MYSORE DISTRICT
 MO.N.8762855289 / 9740139217



CHAPTER-1

MEANING OF PHYSICAL EDUCATION

I. Fill in the blanks.

1. Education is theoretical and physical education is Practical as well as Theoretical.
2. Regular exercises develop Physical & Mental Status.
3. Physical education helps in the development of body and Mind.

II. Match the followings:

“A”

1. Fit body - Immunity
2. Life without sports - Sound mind
3. Exercise - Rotten Fruit

“B” Answer

- 1) **Sound mind**
- 2) **Rotten Fruit**
- 3) **Immunity**

CHAPTER-2

KABADDI

I. Fill in the Blanks.

1. Kabaddi word is derived from “KounBada”/“who is great” word.
2. Lona means 2 extra Points.
3. Cant is a Attacking skill.

II. Tick the appropriate answers among the following.

1. Total number of players in Kabaddi 7+5

A) 7+5	B) 8+4	C) 6+6	D) 9+3
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2. BONUS POINT PROVIDES A TEAM WITH 2 POINTS.

A) 1	B) 3	C) 4	D) 2
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3. The game of Kabaddi got its name in the year 1918

A) 1918	B) 1919	C) 1920	D) 1928
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III. Match the followings.

“A”

“B” Answer

- | | |
|--------------------------------|-----------------------|
| 1. Raiding Skill - Kounbada | 1) Back kick |
| 2. Defensive - Back kick | 2) Ankle catch |
| 3. Kabaddi means - Ankle catch | 3) Kounbada |

IV. Answer the following in one sentence.

1. How should be a Kabaddi court?

Ans: Court should be even and soft mud layer. And there should be 4 to 5 Meters free area from the court.

2. Which is India's ancient sport?

Ans: India's ancient sport is Kabaddi.

3. How many types of skills are there?

Ans: There are two skills in Kabaddi. 1) Offensive skills 2) Defensive skills

CHAPER-3 KHO-KHO

I. Fill in the blanks.

- 1) Length of the Jr. Boys kho-kho field is 27 mtrs and breadth is 16 mtrs.
- 2) The game of the kho-kho started in Maharastra state.
- 3) The rules for the game of khokho were first published in "AkhilMaharastra ShikshanMandal".
- 4) Height of kho-kho poles is 1.20 to 1.25 mtrs.
- 5) Circumference of kho-kho poles is 9 to 10 cms.

II. Tick the appropriate answer among the following.

- 1) The word Kho has been derived from the following word Sev.
a) Pyu b) Sev c) Que d) Shu
- 2) All India Kho-Kho Federation was formed in the year 1957.
a) 1967 b) 1977 c) 1957 d) 1987
- 3) Kho-Kho game was exhibited in the 1936 Berlin Olympics.
a) Beijing b) Berlin c) Athens d) China

III. Match the followings:

"A"

"B" Answer

- | | |
|-------------------------------------|------------------------------------|
| 1) Chaser - Defending Player | 1) Player of attacking team |
| 2) Dodger - Violation of rule | 2) Defending Player |
| 3) Foul - 30*30 cms | 3) Violation of rule |
| 4) Lobby - Player of attacking team | 4) 1.50 mtrs |
| 5) Square - 1.50 mtrs | 5) 30*30 cms |

IV. Answer the following in one Sentence.

- 1) Give the expanded form of KKFI

Ans :The expanded form of KKFI is Kho-Kho Federation of India.

- 2) Which is the institution which framed the rules of kho-kho for the first time?

Ans :Pune Deccan Gymkhana is the institution which framed the rules of kho-kho for the first time.

- 3) How many innings are there in the game kho-kho?

Ans :There are two innings in the game of Kho-Kho.

- 4) How many Players are there in Kho-Kho team?

Ans :There are twelve (9+3=12) players in Kho-Kho team.

CHAPTER-4 FOOTBALL

I. Fill in the blanks:-

- 1) **Soccer** is the another name of football.
- 2) In the **1863** year modern football was started.
- 3) The Width is **45 mtr or 90mtr** and length is **90 mtr or 120 mtr** of football Court.

II. Tick the appropriate answer

- 1) Weight of the football is **410- 450 gms.**
 A) 410- 450 gms B) 260- 280 gms C) 400- 410 gms D) 450-480 gms
- 2) Football is also known in China by the name of **Isuchu.**
 A) Isuchu B) Chu shuyu C) MiSuchu D) Kick chu
- 3) The All India Football federation was started at Similar in the year **1937**
 A) 1947 B) 1938 C) 1937 D) 1949

III. Match the following

“A”

- 1) Playing time of football - Uruguay
- 2) Number of football players - 90 minutes
- 3) First Football world cup held at - 15-15 extra time
- 4) If goal equalize - 11+5

“B” Answer

- 1) **90 minutes**
- 2) **11+5**
- 3) **Uruguay**
- 4) **15 - 15 extra time**

IV. Answer in one sentence:

1) In early days in China what was football known as?

Ans: Football was known as Isu Chu in early days in China.

2) When did Football Association founded?

Ans: Football Association was founded in 1863.

3) In which year the football game was introduced in Olympics?

Ans: The football game was introduced in Olympics in 1900.

CHAPTER-5 SPRINTS

I. Fill in the blanks

- 1) A standard track consist of two straights and two curves.
- 2) Meaning of the Athlon is Competition
- 3) Athletics is father of the other games.

II. Match the following

“A”

- 1) Middle distance run – 42.195 Kms
- 2) Marathon Distance – Greek word
- 3) Athletics – 1500 Mts

“B” Answer

- 1) **1500 Mts**
- 2) **42.195 Km**
- 3) **Greek word**

III. Answer in one sentence.

1. Give the expounded form of the SGFI.

Ans :The expounded form of the SGFI is School Game Federation Of India.

2. Who holds the record in 100 Mtr run in men section in the world?

Ans :Usain Bolt holds the record in 100 Mtr run in men section in the world.

CHAPTER-6

LONG JUMP

I. Fill in Blanks

- 1) The width of the take-off board is 20 cm.
- 2) The width of the Jumping pit is 2.75 mtrs to 3 mtrs
- 3) The national record of Anjuboby George is 6.83 mtrs

II. Answer the following in one sentence each

1) What is the shape jumping pit?

Ans :The shape jumping pit is Rectangular

2) Write the length and width of the run way of long jump.

Ans :The length and width of the run way of long jump is 40 to 45 mtrs length and 1.22mtrs to 1.25 mtrs width

3) Write on the preparation of the take-off board.

Ans :* Take off board should be made of wood.

* Measuring 1.22 mtrs to 1.25 mtrs in length and 20cm width and 10 cm thick. It should be white colored.

* It may be located from 1.00 mtrs to 3mtrs away from the nearest end of the landing area.

CHAPTER-7

SURYA NAMASKAR

I. Fill in the blanks.

- 1) Surya namaskar has 10 asanas.
- 2) It is better to perform suryanamaskar in the Morning hours.
- 3) Surya namaskar will prevent Psychological pressure.

II. Tick the appropriate answer

- 1) Who among the following is praised during the practice of Suryanamaskara
Sun
 - a) Moon
 - b) Planets
 - c) Earth
 - d) Sun**
- 2) The Vitamin that bring charm to the skin vit D
 - a) vit B
 - b) vit D**
 - c) vit C
 - d) vit A
- 3) Breathe in means Pooraka
 - a) Pooraka**
 - b) Rechaka
 - c) Kumbhaka
 - d) Shunyaka

III. Answer the following in a sentence.

1) Write the meaning of Suryanamaskar?

Ans : The meaning of Suryanamaskar is Saluting the sun who is the source of Energy for all living being or the universe.

2) Write 4 benefits of predicating Suryanamaskara?

- Ans :**
- * Routine practice of suryanamaskar asana strengthen the muscles, joints and lungs.
 - * Because of deep breathing the vital energy increases and improves Digestion.
 - * The performer gets 'D' vitamin by doing suryanamaskar early in the morning.
 - * Skin disease, un-digestion problems will solve.

3) Which diseases can be cured through Suryanamaskara?

Ans : Skin disease, un-digestion problems will solve and cure through Suryanamaskara.

CHAPTER-8

YOGA

I. Fill in the blanks.

- 1) Regular practice of Yoga develops our mental strength.
- 2) Yoga derived from "Yuz"
- 3) Practice of deep breathing increases our lifespan

II. Tick the appropriate answer

- 1) The word yoga is derived from the Sanskrit word Yuz
 - a) Yogam
 - b) Yuz
 - c) Yogas
 - d) Yogasana
- 2) Animal that lives longer is Tortoise
 - a) Rabbit
 - b) Dog
 - c) Cat
 - d) Tortoise
- 3) Father of Yoga is Pathanjali
 - a) Valmiki
 - b) Pathanjali
 - c) Vishwamithra
 - d) Ayyangar

III. Answer the following in one sentence each.

1) When was yoga sutra written?

Ans : Yoga sutra was written in 2nd century B.C.

2) Who wrote yoga Sutra?

Ans : Yoga Sutra was written by Sage Patanjali

3) List out the advantages of yoga to our body?

Ans : * Regular practice of yoga keeps a way the laziness and makes the body and mind very healthy.

* Practice of Yogasanas improves the memory power of the students.

* Increases blood circulation and immunization power.

CHAPTER-9

PERSONAL HEALTH

I. Tick the appropriate answer.

- 1) Food rich in **Vitamin-A** has to be consumed for good eye sight.
 a) Vitamin-B b) **Vitamin-A** c) Vitamin- D d) Vitamin-B2
- 2) Healthy body has a healthy **Mind**.
 a) Work b) **Mind** c) Skin d) Nails
- 3) Health and Cleanliness are like **Two** faces of the same coin.
 a) **Two** b) four c) one d) three

II. Match the following.

“A”

“B” Answer

- | | |
|---|--------------------------------|
| 1) Healthy citizen is the - Good for skin | 1) Wealth of the nation |
| 2) Vitamin ‘D’ is - Wealth | 2) Good for skin |
| 3) Health is - Wealth of the nation | 3) Wealth |

III Answer the following questions in one sentence each.

1) What is health ?

Ans : ‘Safe and healthy living is health’.

2) What is Personal Hygiene?

Ans : Cleanliness that can be done by self is called as Personal Hygiene.

3) Which are your sense organs?

Ans : Sense organs are Skin, Eyes, Nose, Ear and Tongue.

CHAPTER-10

PERSONAL SAFETY

I. Fill in the blanks:

- 1) Use of **Zebra Cross** should be done while crossing the roads.
- 2) Overtaking of vehicles should be done from the **Right** side.
- 3) You should not play barefooted on a ground with hard surface and which is Full of **Raining**
- 4) Children should play under the supervision of the **Teacher**.

II. Tick the appropriate answer:

- 1) While we crossing the roads always use the section unmarked for **Pedestrians**
 - a) Vehicles
 - b) Animals
 - c) Two wheelers
 - d) Pedestrians
- 2) Before playing in a ground which is wet with water put sand and **Saw dust**
 - a) Small stones
 - b) Cement
 - c) Tree bark
 - d) saw dust.
- 3) Parents should always be **alert** to avoid injuries
 - a) Negligent
 - b) alert
 - c) expecting
 - d) excited

III. Match the following:

“A”

“B” Ans :

- | | | |
|-------------------------------|----------------------------|----------------------------|
| 1) Sports for health | a) walk on the left side | b) books for knowledge |
| 2) Haste is | b) books for knowledge | c) the cause for accidents |
| 3) While walking on the roads | c) the cause for accidents | a) walk on the left side |

IV. Answer the following in one sentence each:

- 1) What does personal safety mean?

Ans : Personal safety means the precautions taken by an individual in order to minimize these types of day to day accidents is called personal safety.

- 2) Make list of any safety measures to be followed on road.

Ans : * Always walk on the right side of the road.

* Always use the “zebra crossing” lines while crossing the roads.

- 3) How do accidents take place.

Ans : Accidents usually take place due to an individual fault, his carelessness or due to a haste.

CHAPTER-11 FIRST AID

I. Fill in the blanks.

- 1) Father of first aid is Esmark.
- 2) First aid helps in saving the Life of a injured person.

II. Tick the appropriate answer.

- 1) While giving first aid the patient should be given Confidence
 - a) Fear
 - b) Confidence
 - c) Self-belief
 - d) Motivation
- 2) First aid means *Prior Treatment*
 - a) Prior Treatment
 - b) Treatment given after the doctors' intervention
 - c) Long term treatment
 - d) Accidental treatment.

III. Match the following:

“A”

- 1) First Aid for
- 2) First aid Introduced in
- 3) Keep people

- a) 1879
- b) away from injured person
- c) rescues life

“B” Answer

- c) rescues life
- a) 1879
- b) away from injured person

IV. Answer the Following in one sentences each:

- 1) Make list of the essential tools needed for first aid.

Ans : Cotton, pain reducing sprays, tablets, tincture, iodine, sodium bi carbonate, blade, scissors, ice, forceps and ointments.

- 2) Make list of any one golden rule of first aid?

Ans :

- * Give artificial breath of necessary
- * Give treatment as per the intensity of the injury.
- * Do not waste time in unnecessary treatment

CHAPTER-12

NATIONAL FLAG & NATIONAL ANTHEM**I. Fill in the Blanks.**

- 1) National flag is hoisted on National festival days.
- 2) The National anthem is taken from **the work Geetanjali**
- 3) There are 24 number of spokes in the Ashoka Chakra.

II. Tick the appropriate answer.

- 1) Date on which the National flag was officially hoisted July 22nd 1947
 - a) July 22nd 1947
 - b) Jan 20th 1947
 - c) June 22th 1947
 - d) July 22th 1948
- 2) Ashok Chakra is at the Centre of the strap with the colour White
 - a) Saffron
 - b) White
 - c) Green
 - d) Blue
- 3) Only the first **13** lines are taken from the Geetanjali
 - a) 13
 - b) 15
 - c) 10
 - d) 14

III. Match the Following.**A**

- 1) Saffron
- 2) National Anthem
- 3) White
- 4) January 26

- a) 48-52 Seconds
- b) National festival
- c) Sacrifice
- d) truth

B Ans :

- c) Sacrifice
- a) 48-52 Seconds
- d) truth
- b) National festival

IV. Answer the following questions in one sentence each.

- 1) Which are the colours found in the national flag?

Ans : The colours found in the national flag are Saffron, White , Green

- 2) When was the national anthem accepted?

Ans : The national anthem was accepted on Jan 24th 1950

- 3) What does the green colour in the flag denote?

Ans : The green color in the flag denote Prosperity.
