

# PHYSICAL EDUCATION

## 7<sup>TH</sup> STD PHYSICAL EDUCATION NOTES-2020-21

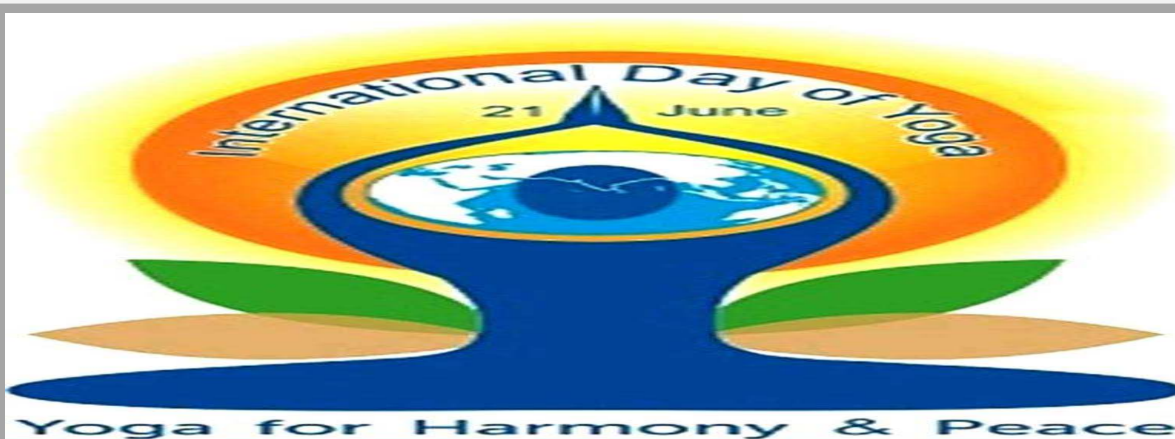
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## CHAPTER-1

### PHYSICAL EDUCATION AND OBJECTIVES OF PHYSICAL EDUCATION

#### I. Answer the following questions in three – four sentences each:

1) Explain the benefits of physical exercise.

**Ans :** To ensure better coordination between nerves and muscles through Physical exercise and healthy activities.

2) What are the objectives of yoga education?

**Ans :** The objectives of yoga education are to provide concentration, peace of Mind and sense of morality through asanas, pranayama and meditation.

3) Why are discipline, self-control and co-operation needed in life?

**Ans :** Discipline, self-control and co-operation needed in life are to inculcate Values of discipline, self-control and a sense of duty.

#### II. Match the following:

**A**

**B Ans :**

- |                       |                                |                                       |
|-----------------------|--------------------------------|---------------------------------------|
| 1) Physical exercise  | a) Profitable use of free time | d) <b>Body becomes strong</b>         |
| 2) Yoga               | b) Vitamins                    | c) <b>Concentration</b>               |
| 3) First aid          | c) Concentration               | e) <b>immediate treatment</b>         |
| 4) Food               | d) Body becomes strong         | b) <b>Vitamins</b>                    |
| 5) Physical education | e) immediate treatment         | a) <b>Profitable use of free time</b> |

## CHAPTER-2 KABADDI

### I. Fill in the blanks choosing the correct answer from the brackets:

- 1) The Indian team joined the Olympic Games in the year 1938.  
(1947, 1938, 1973, 1975)
- 2) National Kabaddi tournament was played at Jaipur in the year 1973.  
(Bengaluru, Mumbai, Jaipur, Chennai)

### II. Match the following:

A

B Ans:

- |                              |                         |                        |
|------------------------------|-------------------------|------------------------|
| 1) Ekalavya Award            | a) MamataPoojarib)      | Karnataka Government   |
| 2) Karnataka's woman player  | b) Karnataka Government | a) MamataPoojari       |
| 3) Men's sport               | c)1961                  | d) Kabaddi             |
| 4) Arjuna Award announcement | d) Kabaddi              | c)1961                 |
| 5) Beach kabaddi             | e) Beach sport in 1961  | e) Beach sport in 1961 |

### III. Answer the following in two-three sentences each:

1. When did the Indian government announce the Arjuna award, and to whom was it given?

**Ans :**To promote kabaddi and encourage players, the government announced Arjuna award in 1961, for those representing state, national and international level.

2. Name 3 Ekalavya awardees and mention their achievements.

**Ans :**1) C.Honnappa : Represented the country in the international kabaddi meet  
And earned a gold medal.

2) B.C.Ramesh :He secured the Gold medal in the Asian Games at Hiroshima.

3) MamataPoojari : gold medal in the South Asian Games meet in 2006, Gold Medal in June 2012 as the captain of the beach kabaddi team.

### 3. Write about the characteristics of kabaddi players.

**Ans :\*** Be physically fit.

\* Have a good sense of time and be always alert.

\* Behave respectfully with the opponents.

### VI .Write notes on the following:

#### 1. Combination, raid

**Ans :**Raider starts the cant from his court and plays according to his comfort. Shuffling the legs front and back without losing cant, the body should bend forward observing and anticipating the anti-raiders defensive tactics.

#### 2. Qualities of a player

**Ans :\*** Be physically fit.

\* Have the agility to escape from the grip of the opponents.

\* Have a good sense of time and be always alert.

\* Behave respectfully with the opponents.

#### 3. Arjuna award

**Ans :**To promote kabaddi and encourage players, the government announced **Arjuna award** in 1961, for those representing state, national and international level. This award has both cash prize and citations. Similarly, Karnataka State government is honouring the players getting first place in district and state level tournaments.

#### 4. Ekalavya award

**Ans :**Karnataka state government honours men and women Sports achievers with Ekalavya award. Some of the Kabaddi Players honoured with Ekalavya are B.Gopi ,Munivenkatappa , B.C.Suresh, Yellappa ,Vishakanta.

## CHAPTER-3 KHO-KHO

### I. Answer the following questions:

1) Make a List of characteristics of a kho-kho player.

- Ans :** \* Accept victory and loss with equanimity. \* Be physically and mentally strong.  
\* Have good flexibility. \* Be an expert in faking.  
\* Have the ability to get along well with others. \* Have good motor ability.

2) What are the awards given to boys and girls below 14 years?

- Ans :** \* Bharat award for boys below 14 years  
\* South zone boys below 14 years – Dhruva award  
\* South zone girls below 14 years – Rani Rudramma award  
\* Ela award for girls below 14 years

3) Which are the championships organized in kho-kho game?

- Ans :** \* National Kho-kho championships \* Junior National kho-kho championship  
\* Sub-junior National kho-kho championship \* School championship  
\* All India Rural Sports Meet

4) Who is given VeeraMadakarinyaka award in khokho?

**Ans :** South zone men are given VeeraMadakarinyaka award in khokho.

5) Which are the awards given to kho-kho players?

- Ans :** \* Arjuna award \* Bharat award for boys below 14 years  
\* Jhansi Rani Laxmibai award for women \* Ekalavya award for men

### II. Fill in the blanks:

- 1) ShobhaNarayana of Karnataka got the award in 1998.  
2) Girls below 16 years are given Janaki award.  
3) Dasara award is the award given by Karnataka government to men and women sportspersons.  
4). Women kho-kho players of South Zone are given OnakeObavva award.

### III. Match the following:

**A**

- 1) Men  
2) South Zone boys below 14 years  
3) Women  
4) Players below 18 years boys

**B**

- a) Jhansi Rani LaxmBai  
b) VeeraAbhimanyu award  
c) Ekalavya award  
d) Dhruva award  
e) Rani Rudramma award

**Ans :** 1) Ekalavya award

3) Jhansi Rani LaxmBai

2) VeeraAbhimanyu award

4) VeeraAbhimanyu award

## CHAPTER-4 FOOTBALL

### I. Answer the following questions:

1) What are the characteristics required in a football player?

**Ans :** \* Endurance \* Speed \* Agility \* Flexibility \* Precision

\* Eye-foot co-ordination attitude \* Co-operative

2) Name India's famous football players.

**Ans :** \* Sunil Chatri \* BhaichungBhutia \* Inveloppin Mani Vijayan

3) Name the players who have been honoured with the Padmashri

**Ans :** BhaichungBhutia

### II Match the following:

A

B Ans :

1) Harpashan

a) Padmashri

d) Football

2) I.M. Vijayan

b) Black Pearl

c) 1969

3) BhaichungBhutia

c) 1969

a) Padmashri

4) Pele

d) Football

b) Black Pearl

e) National game

### III Write a note on these players:

1) Edison Arantes do Nascimento

**Ans :** Popularly known as 'Pele', he is called the 'Black Pearl'. He was born on October 23, 1940, at TresCoracoes of Brazil. He drew the attention of the world as a footballer at the age of 16 years, after learning the game from his father, Dondinho. He had the remarkable qualities of extremely high speed, balance, sharp sight, control over the ball, and scored goals by kicking and heading very accurately. The world was wonder-struck by his remarkable football play.

## 2) Diego AramandoMaradona

**Ans :**He was born on October 30 1960 at Lanus of Argentina. He is the most skilful player the world has ever seen. He has been honored with the 'Player of the Century' recognition. The two goals he scored against England are memorable even today. The first one is called the 'Hand of God'

## 3) Sunil Chattri

**Ans :**He was born on August 3, 1984, in Secunderabad. He started his football career in his school days and grew up to become a good football player. He was playing for district clubs. Subsequently, he played for Mohan Bagan, East Bengal, J.C.T.Club, S.C.Club also. He got the 'Best Player of the Year' award from J.C.T. Club. At present, he is the captain of the Indian team playing in the forward position.

## 4) Ronaldo

**Ans :**His complete name is Ronaldo Luis Nazario de Lima. He was born on September 18, 1976. He is from Brazil and is called Fenomeno (The Phenomenon). He is the player who scored the maximum number of goals in the World Cup. He has been honored with FIFA award thrice.

## CHAPTER-5

### RELAY

#### I. Answer the following in one sentence each:

1) Mention the two types of relay races.

**Ans :**\* 4 x 100 mtrs relay race

\* 4 x 400 mtrs relay race

2) Mention the number of players in a relay race.

**Ans :**The number of players in a relay race are  $4+2=6$

3) What is the distance to be covered by each runner in a 4 x 100 relay race?

**Ans :**100 mtr is the distance to be covered by each runner in a 4 x 100 relay race.

4) What is the shape of the baton?

**Ans :**The shape of the baton is Cylinder

5) What is the 10-metre zone behind the baton exchange zone called?

**Ans :**The 10-metre zone behind the baton exchange zone is called Acceleration area.

#### II. Answer the following in two-three sentences each:

1) Mention the good baton exchange tactics.

**Ans :**\* Safe exchange of baton \* Speedy baton hand-over

\* Utilizing the free distance

2) Explain the rules of the relay race.

**Ans :**• The distance to be covered cannot be reduced in the effort of retrieving the Fallen baton.

• If the baton is dropped by a player, the same player should retrieve the Baton.

• In all competitions, the baton has to be exchanged within the 20-metre zone.

#### III. Mark right or wrong:

1) Relay is a team event. - **(Right)**

2) There are 6 runners in a relay team. - **(Wrong)**

3) The baton is painted with vivid colours. - **(Right)**

4) All the runners of the relay team run at a time. - **(Wrong)**



## CHAPTER-6

### SHOT PUT

#### I. Answer the following questions:

1) What is the diameter of the circle in shot put throw?

**Ans :**2.135mtr is the diameter of the circle in shot put throw.

2) What is the shot put made of?

**Ans :**The shot put is made of Iron or Brass.

3) What is the weight of shot put for boys and girls below 14 years?

**Ans :**4Kg is the weight of shot put for boys and girls below 14 years.

4) How many attempts are given to a player?

**Ans :**Three attempts are given to a player.

#### II. Mention whether the following sentences are right or wrong:

1) The game of shot put originated from Scotland. - **(Right)**

2) The player can go from front side, after the shot put has landed in the V sector. - **(Wrong)**

3) The shot put can be thrown using both hands. - **(Wrong)**

4) Shot put is a field event of athletics. - **(Right)**

## CHAPTER-7 YOGA – THE ART OF LIVING

**I Fill in the blanks selecting the right answer from the choices given:**

- 1) YogahKarmasuKanshalam is referred in Bhagavadgita.  
a) Patanjali      b) Yoga Vasishta c) Bhagavadgita    d) Ramayana
- 2) The sentence ‘yogahchittavruttinirodhah’ is referred by Sage Patanjali.  
a) Yoga Vasistha b) Sage Patanjali c) The Bhagavadgita    d) The Ramayana
- 3) The other name for Patanjali Yoga is Rajayoga.  
a) Karmayoga      b) Bhaktiyoga      c) Jnanayoga      d) Rajayoga

**II. Fill in the blanks with the right words:**

- 1) Yoga is merging of the atma with the paramatma.
- 2) There are 195 number of sutras in the book ‘Yogasutra’.
- 3) “YogahKarmasuKaushalam”.

**III. Match the following:**

A

- 1) Karma Yoga    a) Bhakti Oriented
- 2) Bhakti Yoga    b) Human and Universal Power
- 3) Jnana Yoga     c) Work is worship
- 4) Raja Yoga     d) Ashtanga Yoga

B Ans :

- c) Work is worship
- a) Bhakti Oriented
- b) Human and Universal Power
- d) Ashtanga Yoga

**IV. Answer the following questions:**

- 1) From which Sanskrit word has the word ‘yoga’ originated?

**Ans :** The word ‘yoga’ has originated by the Sanskrit word Yuj.

2) Who is the 'Father of Ashtanga Yoga'?

**Ans :**Sage Patanjali is the 'Father of Ashtanga Yoga'.

3) What is the essence of Karmayoga philosophy?

**Ans :**Basavanna says 'Work is worship'. There is a reward for every work done by a man. But when he does the work without the desire for reward or without any expectations, he can achieve mental peace. This is the philosophy of Karmayoga.

4) Mention one feature of Bhaktiyoga.

**Ans :**Complete surrender is the essence of Bhaktiyoga.

5) Mention one difference between 'Jnanayoga' and 'Karmayoga'.

**Ans :Jnanayoga:** This path advocates acquisition of knowledge of truth, the universe, the cosmic power behind all the creations of the universe, the relationship between man and the cosmic Power.

**Karmayoga:** There is a reward for every work done by a man. But when he does the work without the desire for reward or without any expectations, he can achieve mental peace. This is the philosophy of Karmayoga.

## CHAPTER-8 HEALTH EDUCATION

### I. Answer the following questions:

1) What is Exercise?

**Ans :**The physical activities we do in a regulated, correct order to enhance the Smooth functioning of our body organs and their health are called Exercises.

2) List the activities of entertainment.

**Ans :**Listening to music, spending time with friends listening to stories, quizzes and songs, enjoying natural beauty etc.

3) Mention one difference between sleep and rest.

**Ans :**Sleep : It reduces physical and mental stress.

Rest :The mind becomes joyous.

### II. Make a list of the following:

1) The advantages of rest.

**Ans :**• Our health improves. Tired muscles get rest and their ability increases.

- The mind becomes joyous.
- All activities of our body get a boost.
- Rest leads to liveliness in all our activities.

2) The benefits of exercises.

**Ans :**• Muscles get strengthened and expertise in various skills is developed.

- By regular exercise, body weight in accordance with the age can be Maintained, and obesity avoided.
- All the organs of the body get energized.
- By regular exercise, we can have a disease-free body.

### 3) The uses of sleep.

**Ans :**• It reduces physical and mental stress.

- High blood pressure leads to heart ailments. Hence body needs sufficient sleep.
- It reduces anxiety, grief and lack of enthusiasm
- By going to bed early and getting up early, a man's health and mental ability increase.

### III. Write whether the following sentences are right or wrong:

- 1) An exercise decreases the physical ability. - **(Wrong)**
- 2) Sleep is a very good way of getting rest. - **(Right)**
- 3) Good sleep for exhausted body, good health because of good sleep. - **(Wrong)**
- 4) Insomnia leads to liveliness. - **(Wrong)**

### IV. Fill in the blanks with suitable words:

- 1) Early to bed and early to rise enhances the Health and mental ability of a person.
- 2) During sleep, the production of protein increases leading to Cells.

## CHAPTER-9 IDEAL POSTURE

### I. Answer the following questions:

- 1) Give the meaning of 'good posture'.

**Ans :**The preliminary co-coordinating activity by the body to effectively execute any work is called 'Ideal or Good Posture'.

- 2) What is the reason for the growth of the body getting stunted?

**Ans :**By wearing tight footwear and dress, the growth of the body gets stunted.

### II. Fill in the blanks

- 1) \_\_\_\_\_ Pillow should not be used to sleep.
- 2) Wearing tight dress winder \_\_\_\_\_ of body.
- 3) \_\_\_\_\_ should touch ground first while walking.

## CHAPTER-10

### BALANCED DIET

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

- 1) The food item which gives energy to our body is nutritious.
- 2) Vitamin A is necessary to have healthy eyes.
- 3) Proteins are essential for growth of our body.
- 4) Vitamin K enables clotting of blood.

#### II. Match the following:

A

- 1) Iron
- 2) Iodine
- 3) Vitamin C
- 4) Fats

- a) Production of Thyroxin
- b) Hemoglobin
- c) Energy
- d) Health of teeth and gums
- e) Balanced Diet

B Ans :

- b) Hemoglobin
- a) Production of Thyroxin
- d) Health of teeth and gums
- c) Energy

#### III. Explain in detail:

- 1) Write about the proportion of different nutrients in the diet of sportspersons.

**Ans :** Our body needs energy for physical activities. The amount of energy required depends on the duration and type of activity. Energy is measured in terms of kilocalories. Carbohydrates are the main nutrients which provide energy to sportspersons. Glucose is the simplest form of carbohydrates and it provides fuel to the muscles and keeps them efficient. If the level of glucose comes down in our body, we get tired easily and cannot work satisfactorily.

- 2) Why are minerals essential for our body?

**Ans : Iron** – Essential for the production of hemoglobin

**Calcium**–Required for healthy teeth, muscles and bones.

**Sodium** – Essential for all cells, especially nerve cells.

**Iodine** – Essential for production of thyroxin hormone.

## CHAPTER-11

### HEALTHY HABITS

#### I. Answer the following questions:

1) What are habits?

**Ans :**Habit means good attitude. Good habits of preserving cleanliness, maintaining efficiency, punctuality and patience for waiting for one's turn.

2) Explain the importance of punctuality.

**Ans :**Punctuality is one of the healthy habits. Students should learn the importance of time and its use. Students cannot achieve anything without realizing the significance of time. Punctuality should become a habit in students.

3) Write in your own sentences, the importance of queue-system in school and public places.

**Ans :**Following a queue system is a very important aspect of discipline and it is very essential in a student's life. Standing or sitting in a line, moving in a line and collecting meals, books, uniforms etc. without making noise is very necessary.

## CHAPTER-12

### FIRST AID

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

- 1) Fractures can be identified by X-rays.
- 2) Tourniquets should be used to stop bleeding.
- 3) Bleeding through Loss of blood is fatal.
- 4) When blood vessels are damaged blood flows is slow.

#### II. Answer the following questions

- 1) What is meant by 'First Aid'?

**Ans :** First Aid is the initial treatment given to the injured person when an accident takes place, before going to the doctor.

- 2) Mention one cause of bleeding

**Ans :** Bleeding takes place when there is an injury to the blood vessels and the blood flows out of them.

- 3) Name the different kinds of bleeding

**Ans :** There are two types of bleeding : Internal and External.

- 4) What is meant by 'Sprain'?

**Ans :** Different joints of bones are bound by ligaments and tendons. During running or walking, if there is a sprain, there can be a tear of the ligament which can lead to exhaustion. When the pain is less, it is called strain. When it is severe, it is called sprain.



### III. Explain the following in detail

#### 1) Treatment to be given in case of bleeding

**Ans :**• When there is bleeding, the wound should be washed and tincture of iodine should be applied. If necessary, clean cloth and gauze could be used.

- In the case of external particles entering the wound, they should be removed carefully and the bleeding should be stopped with the help of a clean cloth tied near the wound.
- Bleeding should be stopped with the help of tourniquets.
- When there is severe bleeding, immediate medical attention becomes necessary.

#### 2) Symptoms of sprains

**Ans :**Severe pain in the joint, swelling and discoloration of the area indicating inflammation.

#### 3) Treatment of fractures

**Ans :\*** Ensure that the injured part is immobilized and arrange for transporting the injured person from the site of accident to a hospital carefully.

\* Attempt should not be made to fix the broken bones at the site of the injury.

Only expert doctors can do that job.

\* When there is a fracture, human chair or stretcher or ambulance should be used.

## CHAPTE13

### REGIONAL FESTIVALS AND NATIONAL FESTIVALS

#### I. Answer the following questions in one sentence each:

##### 1) Which are the regional festivals?

**Ans :**Dasara festival, Karnataka Rajyotsava are the regional festivals.

##### 2) For how many days is the Dasara festival celebrated?

**Ans :**The Dasara festival is celebrated for 10 days.

##### 3) During which rulers' time did the celebration of Dasara come into being?

**Ans :**The celebration of Dasara came into being during the Vijayanagar Rulers.

##### 4) In which year did the State get the name of Karnataka?

**Ans :**State was renamed 'Karnataka' on 1st November, 1973.

##### 5) On which day is Kannada Rajyotsava celebrated?

**Ans :**Kannada Rajyotsava celebrated on 1st November.

#### II. Answer the following in six sentences each:

##### 1) How are the regional festivals responsible for the unity of the State?

**Ans :**The state assumes a festive atmosphere on this day. Very colorful functions are organized throughout the State in schools and colleges, literary organizations, youth organizations, educational institutions and factories with the help of management and government funds. Cultural activities, literary activities, sports, music concerts, quiz competitions, dramas, rallies and exhibitions of the traditional dresses of the State are organized on this day. These activities pave the way for the State's unity and also for national integration.

## 2) How is Kannada Rajyotsava celebrated?

**Ans :**Various provinces which had, during the British rule, been part of Mumbai Karnataka, Hyderabad Karnataka and certain areas belonging to the Madras Presidency, were brought together in 1956 and reorganized as Mysuru State during linguistic division of the country. In later years, as a result of the struggle of many Kannada-lovers, the State was renamed 'Karnataka' on 1st November, 1973. This name has the essence of Kannada. We celebrate the reorganization of Karnataka as Kannada Rajyotsava on 1st November 1973.

### III. Write notes on:

#### 1) Ayudha Puja

**Ans :**The eighth day, Durgadevi is worshipped, and on the ninth day, all weapons, vehicles, machines are cleaned and worshipped. This is called 'Ayudha Puja'.

#### 2) The Golden Howdah

**Ans :**The tenth day, there is 'Jumbusavari' on the main streets of the city along with display of dances and other arts. 'Jumbusavari' means the procession of the king seated on the Golden Howdah on the royal elephant. It is a dazzling display. Since there are no kings in the modern times, an image of Goddess Chamundeshwari is kept on the golden howdah. Exhibitions are also.

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

- 1) Independence day is celebrated on 15th of August every year.
- 2) January 26 is Republic day.
- 3) Gandhi Jayanthi is celebration October 2nd.
- 4) Children's day is celebrated for the memory of Jawaharlal
- 5) Teacher's day is celebrated on the birthday of Dr.S.Radhakrishnam for his fond Memory.

## CHAPTER-14

### NATIONAL EMBLEM

**I. Answer the following questions in two or three sentences each:**

1) What does national emblem reflect?

**Ans :** The wheel is the symbol of continual progress on an ethical path. The lions represent dignity, courage and strength. The ox symbolizes stability, hardship, patience and loyalty. The horse symbolizes speed and strength. Together, they stand for Indians who are supposed to be endowed with all these qualities.

2) What are the different names used to refer to India?

**Ans :** The different names are used to refer to India as Hindustan, Bharath, Hinduland.

3) Which are the symbols used to represent India?

**Ans :** Central and State government offices, buildings, vehicles, letters of correspondence in the government, offices of diplomats and ambassadors, post and telegraph offices etc.

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