



CBSE



CLASS 12TH

THE CENTRAL BOARD OF SECONDARY EDUCATION

PART - X

PHYSICAL EDUCATION



PHYSICAL EDUCATION

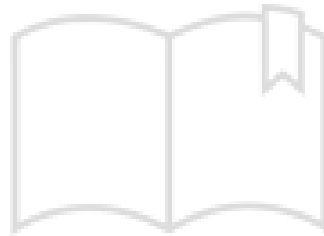
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UNIT – 1

PLANNING IN SPORTS

“A clear vision, backed by definite plans, gives you a tremendous feeling of confidence and personal power.”

~ Brian Tracy



CONTENT

- ✓ *Meaning and objectives of planning*
- ✓ *Various committees and their responsibilities*
- ✓ *Tournament- Knockout, league or round robin and combination*
- ✓ *Procedure to draw fixtures- knockout (bye and seeding) and league (staircase and cyclic)*
- ✓ *Intramural and extramural – meaning, objectives and its significance*
- ✓ *Specific sports programme (sports day, health run, run for fun, run for specific cause and run for unity)*

MEANING OF PLANNING:

“Planning is a way to systematize, direct and organise the events or competitions and extract the advantage and benefit of the available resources.

“Planning is the process of making a sequence of work for a future line of action”.

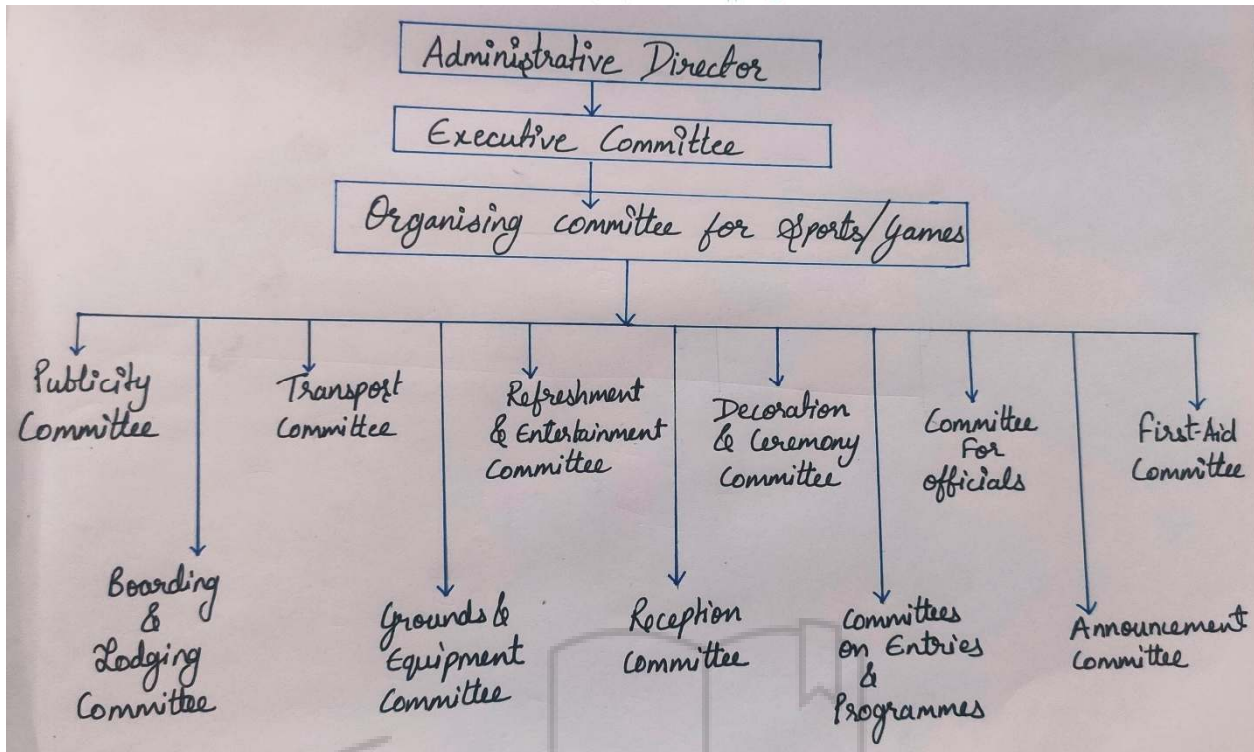
The success of Physical education programmes depends upon efficient staff, food, direction, proper control, well super vision, good co-ordination and minimize the chances of lapses.

OBJECTIVES OF PLANNING:

Objectives of planning are as follows:

1. To create good coordination,
2. To keep good control,
3. To reduce unnecessary pressure immediately,
4. To minimize the chances of mistake,
5. To avoid wastage of money, time & resources,
6. To utilize the resources effectively and economically,
7. To improve the effectiveness of the organization.

VARIOUS COMMITTEES AND THEIR RESPONSIBILITIES (PRE, DURING AND POST)



The following are the role of the various committees during a tournament.

Publicity Committee: Give reports to media provide information of expenditure to organizing committee.

Performance of Players, Records, other important information.

Finance Committee: Maintain a report of the total expenditure and budget for the tournament.

Transport Committee: Provide information regarding the proper use of vehicles after the end of the tournament.

Food and accommodation Committee: Repair work for any damage at accommodation site and providing information of report of players, officials regarding lodging & boarding expenditure to organizing committee.

Committee for officials: Giving payment and thanks letter to all officials.

Ground and Equipment Committee: Repair work for any damage to ground and submitting all equipment to organizing committee.

Programme Committee: Providing information about all participating team to organizing committee and distributing certificates to all participants and officials with thanks.

First Aid Committee: Submitting all first aid equipment and information to organizing committee.

Prize Distribution Committee: Co-ordinating with decoration ceremony committee to submit all information and equipment to organizing Committee.

Organizing Committee: Collecting reports from all committees, taking note of all the important information and submitting it to the administrative director.

TOURNAMENT- KNOCKOUT, LEAGUE OR ROUND ROBIN AND COMBINATION

Tournament: A series of sports competitions, in which, a team finally wins and rest of the participating teams lose the matches. It depends on various factors i.e. - No. of participating teams, availability of grounds and equipments, No. of days and funds.

Types of Tournament

A. Knock out: In this type of tournament, the team once defeated, gets eliminated from the tournament. Only the winning teams contest in the next rounds. Opportunities are given to the winning players/teams.

B. League: In single league tournament all participating teams compete, with each other, where-as in double league, each team plays with every other team twice, without any consideration of victory or defeat.

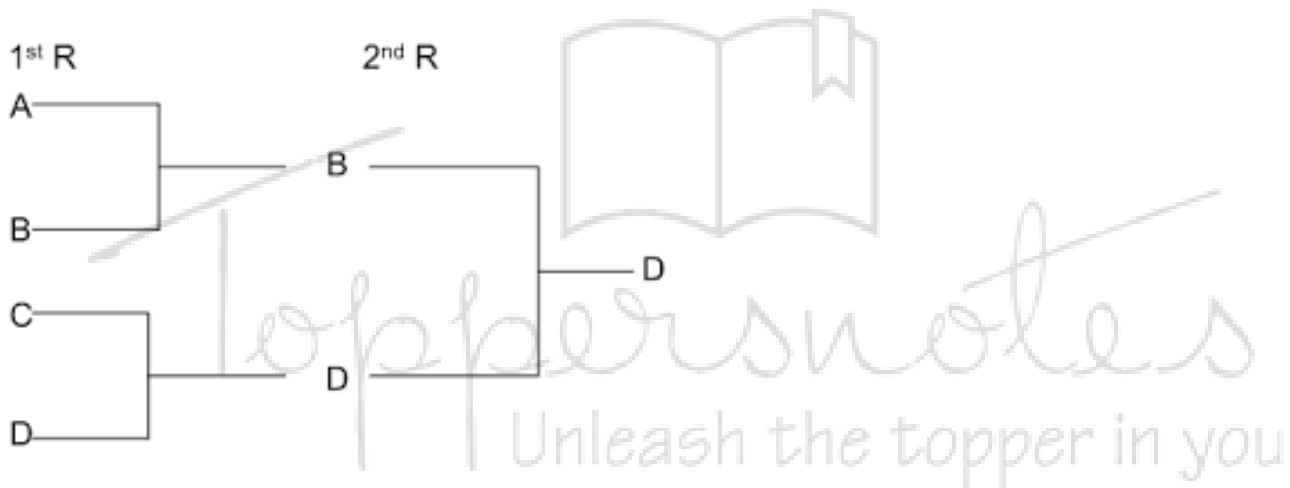
C. Combination Tournament: These are the Tournament is which some rounds are played on the basis of knock out & some are played on the Basis of league examples-

1. Knock out cum knock out
2. Knock out cum league
3. League cum league
4. League cum knock out

IMPORTANCE OF TOURNAMENTS

1. Perfecting of sports skills.
2. Scouting of real talent.
3. Nurturing of social skills.
4. Character building
5. Means of recreation
6. Strengthening sports culture
7. Promoting national and international integration.

KNOCKOUT TOURNAMENT



Procedure to Draw Fixture for Knockout Tournament

Step 1. Divide the total no teams in to two halves if total no teams are more than 16 divided than also in quarter.

Step 2. Check if total no of teams is in power of two i.e. (2,4,8,16,32,64.) or not.

Step 3. If total no of teams is not in power of two then byes will be given.

Step 4. Calculate the byes & place them according to the formula.

Step 5. Arrange the match. It should be remembered that match can be arranged between the teams in the same round.

Step 6. It should be remembered that if the total no teams are more than 16 the byes of upper half will be placed separately my lower half will be separately.

Formula- Total no matches = total no of team-1.

Advantages of knockout tournaments

1. Since each defeated team is removed from the tournament, knockout saves time and cost.
2. Since there are no second chances, each team takes its match seriously and gives their best.
3. Fewer officials required.
4. It increases the excitement levels of the matches.

Disadvantages of knockout tournament

1. Teams don't get second chance to prove their metal.
2. An overall weaker team might advance further due to winning its first rounds.
3. Knockouts might prove more of a hassle for games in which draws are frequent.
4. It requires even no. of participants in order to divide all of them into pairs.
5. If the team that the spectators came to support lose the early rounds, then the latter might not return to watch, leading to a declining of sales of tickets.

LEAGUE TOURNAMENT OR ROUND ROBIN TOURNAMENT

This opposed to knockouts, allows each team or player to compete against every other participant in the tournament.

Single league tournament

The no. of matches in this category is determined by the following formula, N is the number of participants.

$$\frac{N(N-1)}{2}$$

Double league tournament

No. of matches are found by the following formula, where N is the no. is participants.

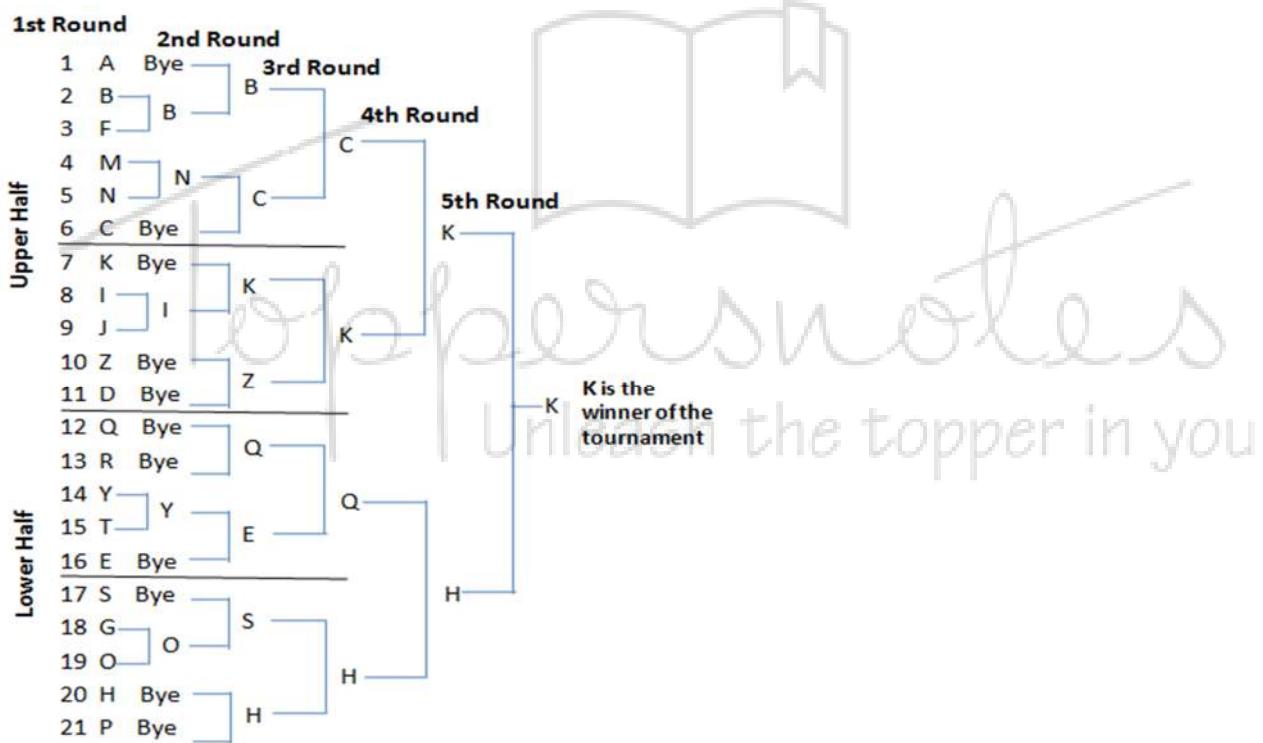
$$N(N-1)$$

Advantages of League Or Round Robin Tournaments.

1. Only real player/ team that has best potential will be the winner of the tournament.
2. Charm of the tournament still maintained throughout the tournament.
3. Good team/ player will continue throughout the tournament so the chance of selection of good players is still alive.

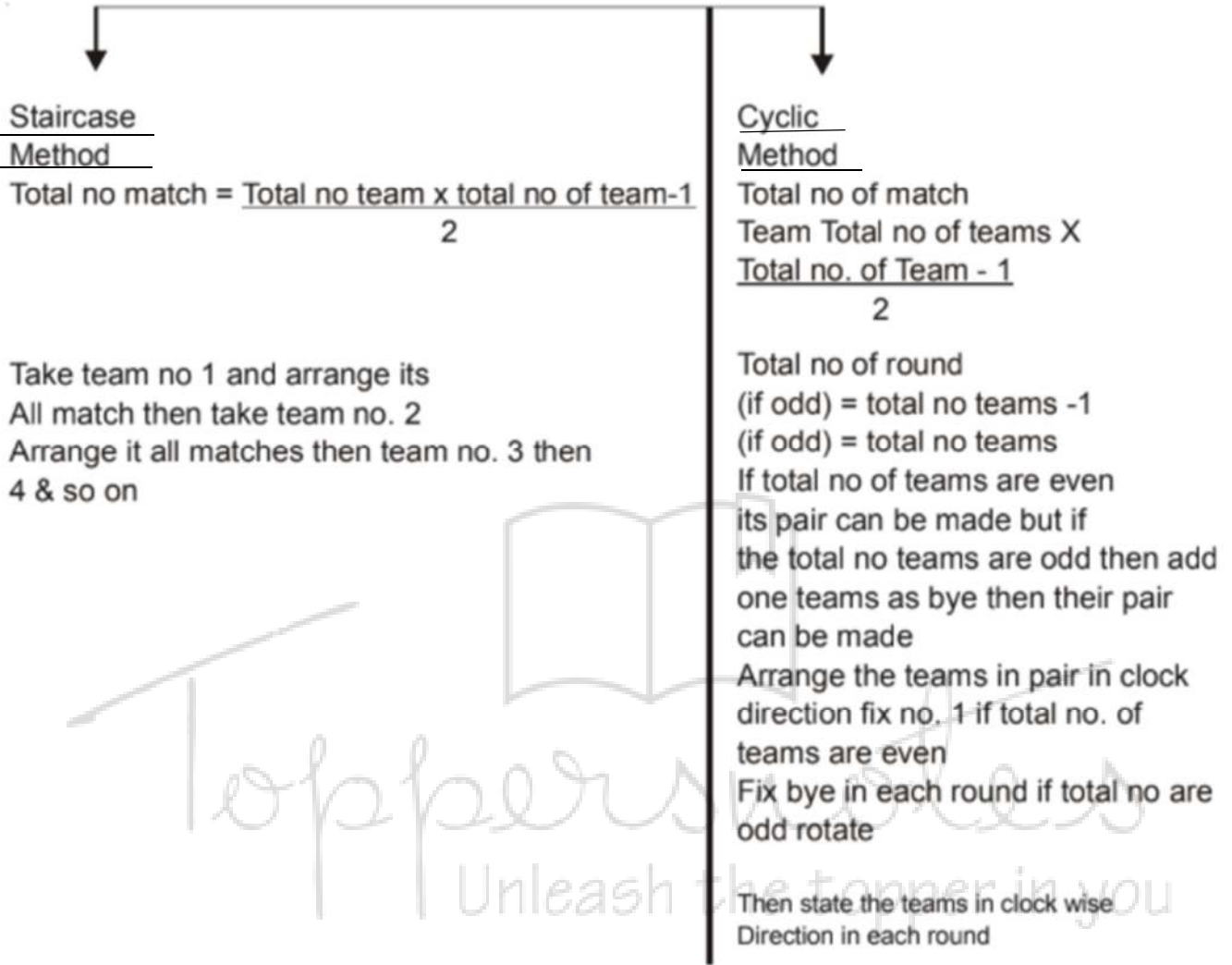
Demerits

1. Funds are required more
2. Time is required more
3. Result comes late
4. Requirement of more no. of officials and more no. of grounds.
5. Equipments are needed more.

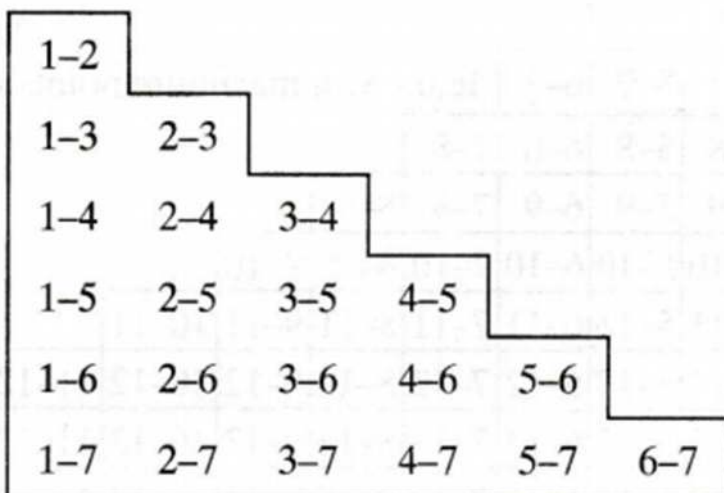


:- The example of league fixture

Procedure to draw the fixture for League Tournament



Stair case method: - In stair case method the fixture is made just like a ladder or a stair case in this method no bye is given to any team and there is no problem of even or odd number of teams.



COMBINATION TOURNAMENT

When the scope of the tournament is huge, neither knockout nor league are feasible. For example, in tournament organised on a zonal level, the no. of participants will be high. Furthermore, it would be impractical to visit their opponents in different locations. In such cases combination tournaments are chosen for more efficient organisation.

There are 4 types of combination tournaments: -

1. Knockout cum knockout
2. League cum league
3. Knockout cum league
4. League cum knockout

INTRAMURAL AND EXTRAMURAL: MEANING, OBJECTIVES AND ITS SIGNIFICANCE

Meaning of Intramurals: - Intramural is derived from the latin word” Intra” means “within” and “murals” means “wall, so we can say that the activities, which are performed within the walls or within the campus of an institution are called ‘Intramurals’.

Extramural: -

Extramural is derived from the Latin words “Extra” and “Murals”. Here extra means “outside” and murals means “wall”. So, we can say that the activities which are performed outside the walls of an institution or school, are known as “extramural”.

OBJECTIVES OF INTRAMURAL TOURNAMENTS

1. Physical development
2. Mental development
3. Social development
4. To develop good leadership quality

5. To provide recreation to the child
6. To control aggression
7. To provide platform to show himself
8. To increase the sources of competitions
9. To develop the qualities of a good leader
10. To give the knowledge of the rules of various game
11. To find out the talented sport man
12. To develop good personality.

ACTIVITIES FOR THE INTRAMURAL TOURNAMENT

Major games: hockey, football, Kho-Kho, Kabaddi etc.

Minor games: Shuttle run, sag race, triple leg race, Lemon race etc.

Rhythmic Games: P.T. Lizum, dumbbell, dance etc.

Creative games: drawing, painting.

Combat games: Judo, Wrestling, boxing etc.

SIGNIFICANCE OF INTRAMURAL: -

- Intramurals are very significant for physical mental emotional and social development of students.
- These programmes also lay stress on moral and ethical values of students.
- Intramurals are necessary for the development of health of children.
- These programmes are also important to calm down the fighting instinct of children.
- These programmes refresh the children and make them agile.
- Intramurals provide maximum recreation to the students.
- Intramurals provide ample opportunities to the students to participate in game and sports.
- Intramurals are also essential for development the leadership qualities among the students.

IMPORTANCE OF THE EXTRAMURAL TOURNAMENT

1. Help in the physical development.
2. Help in the mental development.
3. Help in the social development.
4. Help in the personality development.
5. Reduce the level stress anxiety.
6. Develop in leadership qualities.
7. Understand the Rules and Regulations of various games.
8. Help to control the level of aggression in an individual.
9. Help for recreation of children.
10. Help to develop the sense of competitiveness.

SPECIFIC SPORTS PROGRAMME

Sports and games programmes are arranged in the world as well as in our country to promote the games and sports for a specific cause. Every country in the world has some or the other cause for promoting specific sports programmes. The programmes motivate and create the feeling to take part in these sports programmes. People become health-conscious and try to remain fit and stay healthy for as long as possible.

These specific sports programmes are usually organized by the federations, state government, NGO etc. to create health consciousness among the people and take part in health-related sports programmes.

More and more people of all age groups should take part in such sports programmes. The various important specific programmes are: -

1. Sports Day -
 - A. School - Annual Sports Day
 - B. National Sports Day

2. Health Run

3. Run for Fun
4. Run for Specific Cause
5. Run for Unity.

Sports Day: -

Sports day is organized in the school once in the year so that the all-round development of children could be done various physical and recreation activities are conducted on sports day it is organized by almost each and every school on sports day every child gets ample opportunities to take part in activity of their choice. Due to these days most of students get experience as organizer as well as administrator sports day also provide opportunity to select talent for future.

Health Run: -

These programmes are organized by health and sports department to raise the standards of health and to make people aware about good health & to maintain good health. People of any age can take part. There is no competition. These provide significant health benefits. But precautionary measures must be taken before participating i.e. proper sports kit health status of individual.

Run for Fun: -

This is to create awareness among people to keep fit and healthy. A run for fun is friendly event which is organised for enjoyment & fitness of whole society.

Run for Unity: -

This is to inculcate peace and harmony among the people of different religion of faith. Main purpose of run to develop brotherhood among the different societies group. Winners of run are generally. Awarded by cash trophies certificate etc. Generally, runs are organised on 31st October on birth day of Sardar Vallabh bhai Patel.

Run for Specific Cause: -



For specific cause run is a run related to good and generous cause. The purpose of this is to earn the funds for a specific cause but the reason should, be good it is after organized by the social organization in order to make the run attractive player, artists and actors are asked to participate in it.



POINTS TO REMEMBER

- ✓ *Planning is the process of defining a course of action to achieve a target. It is important for the successful organisation of sports events.*
- ✓ *Various committees are involved in planning sports events: committee for publicity, boarding and lodging committee, reception committee, transport committee, etc.*
- ✓ *A tournament is a type of contest in which several players participate and defeat opponents in various rounds to get to the final match and win it.*
- ✓ *Fixtures are drawn for a knockout by using statistics like total number of teams, number of byes, total number of matches, etc.*
- ✓ *Consolation tournaments are held to give second chances to defeated players in knockout tournaments.*
- ✓ *Seeding is a process/ procedure of shuffling the position of good teams to avoid best matches in starting to keep interest alive for spectators till finals. Seeding is done to enable a fair distribution of the teams keeping in mind their respective strengths.*
- ✓ *Fixtures are made in league tournaments through cyclic method or staircase method.*
- ✓ *Intramural competitions are held within the school or institution, while extramural competitions are held between different schools or institutions.*
- ✓ *Apart from tournaments, certain sports events for entertainment and social causes, such as sports day, health runs, run for fun, run for specific causes and for unity.*

VERY SHORT ANSWERS (1-MARKS)

1. What do you mean by planning or explain the meaning of planning?

Ans. Planning is the process of defining a course of action to achieve a target. It is important for the successful organisation of sports events.

2. What do you understand by the term tournament?

Ans. A tournament is a type of contest in which several players participate and defeat opponents in various rounds to get to the final match and win it.

3. What do you understand the term bye or what is bye?

Ans. When the total no. of teams is not in power of two (i.e. 2,4,8,16,32,64) then byes are given to some team. Those teams get the bye they do not play in 1st round they directly play in the 2nd round.

4. What is seeding or what do you understand by seeding or special seeding?

Ans. Seeding is a special advantage given to last year winner & runner up team or to the good teams of the Tournament with the help of seeding teams can be directly entered in to any round except the final round seeding always given in form of power of two i.e. (2,4,8,16,32).

5. What do you understand by knockout tournaments?

Ans. In these types of tournaments after losing 1st match the team gets eliminated from the tournament in the knock out tournament a team will be continue in the tournament until it does not lose any match.

6. What is league tournament or Round Robin tournament?

Ans. In these types of tournament all the teams of the tournament will play with each other on the basis of result of all matches the winner & runners up are decided they are of two type

a) Single league b) Double league.

7. What do you understand by combination tournament?