

**DELHI PUBLIC SCHOOL, JAMMU**  
**WORKSHEET**  
**(SESSION 2020-2021)**

**UNIT:- I**

**CLASS:-12<sup>TH</sup>**

**SUB:-PHYSICAL EDUCATION**

**TOPIC:- PLANNING IN SPORTS**

**SUB-TOPIC- PLANNING**

**INTRODUCTION**

Planning is an intellectual process of thinking in advance about setting of goals and developing strategies which are requires to attain the goals efficiently.

**Meaning and objectives of Planning** : “Planning is a way to systematize, direct and organize 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 programs depends upon efficient staffing, food, direction, proper control, well super vision, good co-ordination and minimize the chances of lapses.

**Objectives of Planning:**

- a. To keep control over all activities which suggests that planning & control are connected with each other.
- b. it also helps in keeping a good control in organizing a tournament.
- c. b. Reduce the chances of mistake
- d. It suggests programmes can be conducted with proper coordination with least mistakes rather focusing on success.
- e. To promote innovative ideas.
- f. To provide direction towards the goal
- g. To reduce undue pressure
- h. To provide proper co-ordination among the committees.
- i. To have good control over all the activities.
- j. To improve efficiency.
- k. To reduce the chances of mistakes.
- l. To increase the creativity.
- m. To enhance the sports performance.
- n. To protect existing facilities.
- o. Provide new facilities to meet demand.
- p. Helps in decision making.

**Various committees and responsibilities:**

Different committees work together for the smooth conduct of the sports events. The various committees are:

- (i) **Technical Committee**: This committee is responsible for the technical conduct or the Emmis. This committee selects various officials such as referees, judges, starters, umpires, time keepers etc.
- (ii) **Transport Committee**: This committee is responsible for providing the facilities regarding transportation of various teams If the venue of sports events.
- (iii) **Reception Committee**: The members of this committee are responsible to welcome the Chief Guest and spectators at opening and closing ceremonies.
- (iv) **Boarding and Lodging Committee**: This committee is responsible for making necessary arrangements for providing accommodation and serving meals to the sportspersons Abel other officials,
- (v) **Ground and Equipment Committee** : This committee males necessary arrangements of

equipment related to events.

(vi) **Medical and First Aid Committee:** This committee is formed to provide medical assistance to participants round the clock

(vii) **Protest Committee:** It's protest against a judgment, the members of this committee decide about it.

(viii) **Publicity Committee:** All the press releases and press conferences are handled by Who's committee.

(ix) **Finance Committee:** This committee is assigned to make the budget for the event and handle the expenses.

(x) **Refreshment Committee:** This committee is formed to provide refreshment to the participants.

### **Tournaments:**

A tournament is a competition involving a relatively large number of competitors, all participating in a sports or game. It is a series of contests with several rounds in which many contestants compete, individually or as a team to decide the winner. In other words, tournament is a series of contests in which a number of contestants compete and the one that prevails through the final round or that finishes with the best record is declared the winner.

**1.3 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 equipment, No. of days and funds.

### **Importance of tournaments are -**

Source of Recreation; A large number of people go to watch various games and sports for getting recreation. Sports tournaments provide ample recreation to the spectators.

Development of Social Qualities: Social qualities such as cooperation, tolerance, sympathy, group cohesion, brotherhood and discipline are developed among participants through sports tournaments.

### **Importance of tournament**

- The sportsman learns the discipline by playing tournaments.
- The sportsman meets other sportsman at a single platform.
- He learns ethical values such as honesty, fair play, respect for others.
- Tournaments provides recreation to all, i.e... organizers, spectators, students.

### **Type of tournament:**

**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.

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

**Combination Tournaments:** Combination tournaments are organized in group or zonal matches. Whenever there is a large number of teams, combination tournaments facilitate the Physical Education Teachers, job. It gives them elbow room to try out new experiments.

There are mainly four types of combination tournaments:

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

**Challenge Tournament:** This type of tournament comes handy when there are one to one contests or there are two players on each side. One player challenges the other and the other player accepts the challenge. Games in which such tournaments are held are - Boxing, Tennis, Table Tennis, Badminton etc  
Fixtures in such tournaments are decided according to :

1. Ladder Method
2. Physical Method
3. Cobweb Method

Various types of tournaments are

- (i) Knock-out tournament
- (ii) League tournament
- (iii) Combination tournament
- (iv) Challenge tournament

**Knock out tournaments:**

In knock out tournaments the teams which gets eliminated gets automatically eliminated from the tournament.

In this type of tournament , if a team is defeated once, it gets eliminated. Only the winners continue in the competition. It is the fastest method to know about the winner team in the tournament.

**Seeding a Team:-** The sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds is known as Seeding. This method is good if we know the real strong teams. The organizers should find out the real strong teams from the previous tournaments or old records figure starting a new tournament.

**Bye:**

Bye is a privilege given to a team, given by drawing lots, exempting it from plays first round.

**Bye:-** The advantage given to a team usually by drawing a lot, and exempting it from paying a match in the first round is known as Bye. These are given to a specific number of teams in the first round. The number of byes are decided by subtracting the number of teams from the next higher number which is in power of two's.

Bye Next Higher No. of Team  $[2n - \text{no of teams}]$

**The procedure of giving byes is as follows:**

- The first bye is given to last team of lower half.
- The second bye is given to first team of upper half.
- The third bye is given to first team of lower half
- The fourth bye if given to last team of upper half.
- The next bye or byes will be given in the same order as described above.

**Advantages of knock out tournament:**

- These are less expensive.
- Helpful in enhancing standard of sports.
- It requires less time to complete the tournament.
- Minimum no. of officials are required.

**Disadvantages of knock out tournament:**

- There are many chances of elimination of good teams in preliminary rounds.
- There are many chances of weak teams to enter in the final round.
- Spectators may not have enough interest in the final round.

**Methods of Preparing Fixtures for Knock-out Tournaments:-**

1. Total number of teams participating in the tournament
2. Total number of matches to be played in the tournament

Formula for calculating number of matches= $n-1$ , where n is the total number of teams

participating in the tournament.

**3. Total number of rounds played in the tournament depends upon two things:-**

- a. The number of teams playing in the tournament
- b. The higher nearest number from the total number of teams of power of two's =  $2^n$

**4. Method of determining the number of teams in upper half and lower half:-**

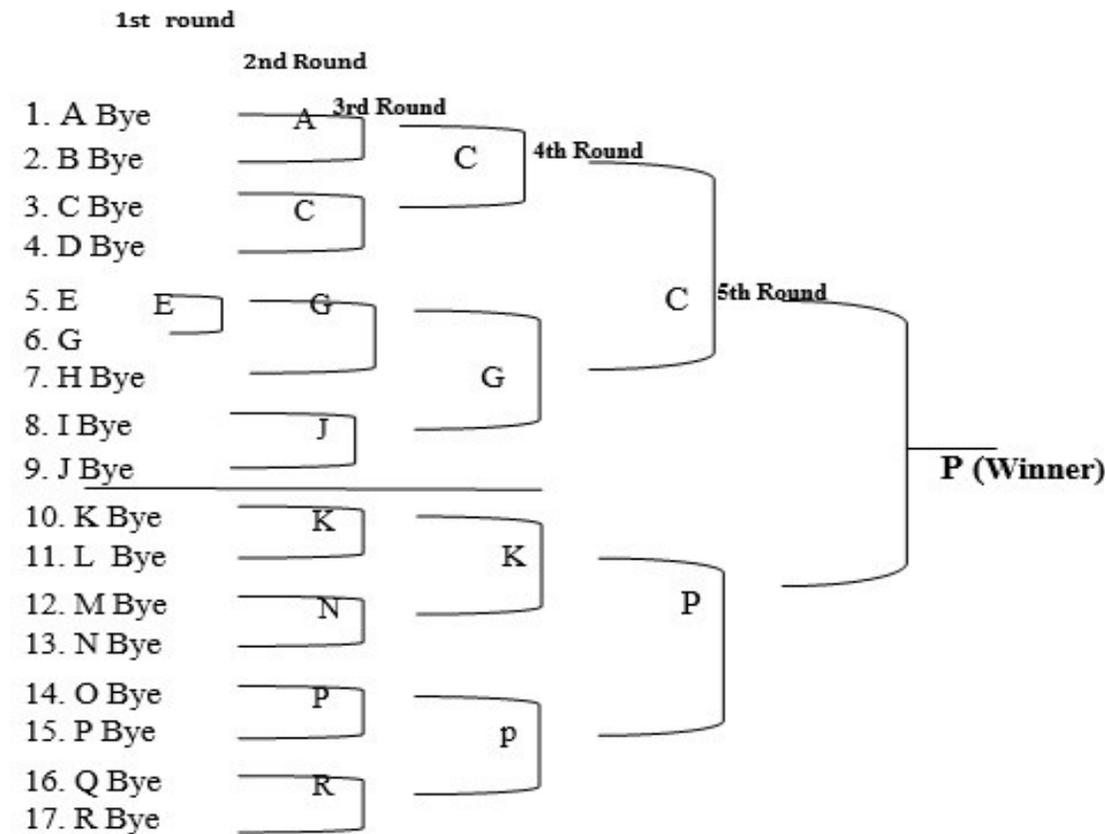
a. If the number of teams is even, then equal number of teams will be divided in both halves i.e...-  $n/2$ , where n is the total number of teams.

b. If the number of teams is odd, the following method is applied:  
 Number of teams in upper half =  $(n+1)/2$ , where n = number of teams.  
 Number of teams in lower half =  $(n-1)/2$ , where n = number of teams

5. The number of byes in a knock-out tournament are decided by subtracting total number of teams from the next higher nearest number in power of two's

**Draw a knock out fixture of 17 teams?**

- No. of teams = 17,
- Total No. of matches =  $N-1 = 17-1 = 16$
- No. of teams in upper half  $N+1/2 = 17+ 1 = 9$
- No. of teams in lower half  $N-1/2 = 17 - 1 = 8$
- Total no. of byes =  $32- 17 = 15$  byes,
- No. of byes in upper half =  $NB-1/2 = 15 - 1 = 7$
- No. of byes in lower half =  $NB + 1/2 = 15 + 1 = 8$
- Total rounds = 4



**League tournament:**

In this type each team plays with every other team once if it is a single league tournament and each team plays with every other team twice if it is a double league tournament.

**Cyclic method:**

In cyclic method, If the number of teams is in even number, the team number 1 is fixed on the top of right hand side and then other team numbers in ascending order consecutively

downward and then upward on the left hand side and then from the next round teams will rotate in clockwise direction. If the number of teams is odd then the bye is fixed on the top of right hand side and rest of the procedure will remain same. If the number of team is even number than number of rounds will be (N-1). If the number of teams is odd number then number of rounds will be equal to number of teams.

**Fixture-** No of matches=  $n(n-1)/2 = 8(8-1)/2 = 28$

No. of rounds=N-1= 8-1=7

**Fixture- Cyclic method**

1 <sup>st</sup> round	2 <sup>nd</sup> round	3 <sup>rd</sup> round	4 <sup>th</sup> round	5 <sup>th</sup> round	6 <sup>th</sup> round	7 <sup>th</sup> round
A-B	A-H	A-G	A-F	A-E	A-D	A-C
H-C	G-B	F-H	E-G	D-F	C-E	B-D
G-D	F-C	E-B	D-H	C-G	B-F	H-E
F-E	E-D	D-C	C-B	B-H	H-G	G-F

**(b) Cyclic Method :** In cyclic method, if the number of teams is even, the team number 1 is fixed on the top of right hand side and other teams in ascending order consecutively downward and then upward on the left side and rotate them clockwise. If the number of teams is odd, then bye is fixed on top right side and the rest procedure remains same. The number of rounds in case of even number of teams will be  $n - 1$ , where  $n =$  number of teams. The number of rounds in case of odd number of teams will be  $n$ , where  $n =$  number of teams. Example 1. Draw a fixture of 6 teams on league basis according to cyclic method.

Solution: Total number of teams = 6

Total number of matches:  $n(n-1)/2 = 6(6-1)/2$   
 $= 6*5/2 = 30/2 = 15$

Number of rounds =  $n-1 = 6-1 = 5$  rounds.

**Fixtures**

I R	II R	III R	IV R	V R
6-1	5-1	4-1	3-1	2-1
5-2	4-6	3-5	2-4	6-3
4-3	3-2	2-6	6-5	5-4

**1.4 B. Method for draw of fixture in league tournament:-**

**(a) Stair-case Method:** In stair-case method, the fixtures are 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.

**Example :** Draw a fixture of 9 teams on league basis according to stair-case method.

**Solution: Fixture**

1-2								
1-3	2-3							
1-4	2-4	3-4						
1-5	2-5	3-5	4-5					
1-6	2-6	3-6	4-6	5-6				
1-7	2-7	3-7	4-7	5-7	6-7			
1-8	2-8	3-8	4-8	5-8	6-8	7-8		
1-9	2-9	3-9	4-9	5-9	6-9	7-9	8-9	

**Combination tournament:**

Combination tournaments are conducted when the matches are to be played on group basis or zonal basis. These tournaments depend on the suitability of the activity, the number of participating teams and the areas and distance from which they come to participate. Depending upon the number of teams in each zone and the availability of time, he tournament can be organized on the basis of knockout or league and after that national level tournament can also be conducted either on knockout or league basis.

### **1.5 A INTRAMURAL AND EXTRAMURAL: MEANING, OBJECTIVES AND ITS SIGNIFICANCE**

#### **Meaning of Intramural:-**

Intramural is derived from the Latin word 'Intra' and 'muralist'. 'Intra' means 'within' and 'Muralist' means 'Walls'. So we can say that the activities, which are performed within the walls or within the campus of an institution, are called 'Intramural'.

The intramural sports means competitions within the walls or within the school, i.e. being or occurring within the limits usually of a community, organization, or institution. This programme offers the school community the opportunity to participate in organized sports competition. The rules of the games/ sports are modified accordingly, if needed.

#### **Objectives of Intramural:-**

- To provide opportunity to every student to participate in Games and Sports
- To develop Leadership Qualities among students
- To develop Feeling of Cooperation
- To provide Recreation
- To develop the Feeling of Sportsmanship
- To provide opportunity to learn a variety of games and Skills
- To provide opportunity to get Experience of Organization of Competitions
- To find out talented Sport persons
- To provide opportunity to Develop personality

#### **Extramurals:**

Extramural sports satisfy the need for structured sports activities between students from various schools, organizations, or institutions. Extramural means competitions outside walls or boundaries, as of a city or town or a university. These tournaments will be organized on a zonal, regional, state or national basis. eg. CBSE tournaments, SGFI tournaments etc.

#### **B. EXTRAMURAL:-**

Extramural is derived from the Latin words "Extra" and "Walls". So, we can say that the activities which are performed outside the walls of an institution or school, are known as "extramural".

#### **Objectives of extramural:**

- To provide Experience to Students
- To improve the Standard of Sports
- To broaden the Base of Sports
- To develop Sportsmanship and Fraternity
- To provide knowledge of New Rules and Advanced Techniques

#### **Significance of intramurals and extramurals:**

1. Helps in providing the ways and means for the development self esteem, citizenship, responsibility, sportsmanship, and skills in co-operative behavior.
2. Helps in providing take part in activities that encourages active participation, enjoyment, and fun without external pressure or reward.
3. Helps in providing to reinforce the concept that winning is less important than preparing to win. Losing should not be the same as failure, nor success the same as winning.
4. Helps in providing to determine participation by interest rather than skill, not limiting activities to the gifted or early maturing athlete.

5. Helps in providing opportunities for students and expose them to a wide variety of sports, skills and activities so that they may refine interest and make choices to suit their personal abilities and needs.

6. Helps in providing opportunities for students, faculty, and staff to actively engage in activities involving sports, recreation, and play while providing structure for an experimental education.

### **1.6 SPECIFIC SPORTS PROGRAM MME**

Sports and games programs 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 other cause for promoting specific sports programs.

The programs motivate and create the feeling to take part in these sports programs. People become health-conscious and try to remain fit and stay healthy for as long as possible. These specific sports programs are usually organized by the federations, state government, NGO etc. to create health consciousness among the people and take part in health-related sports programs.

More and more people of all age groups should take part in such sports programs. Specific sports programmes are such programmes of sports which are not usually related to competitions. These programmes have various objectives such as creating awareness among peoples regarding unity, health & diseases etc.

The various important specific programs are:-

#### **I. SPORTS DAY-**

A. School-Annual Sports Day

B. NATIONAL SPORTS DAY

**2. HEALTH RUN:** these are organised by health departments to ameliorate the standard of health in a country along with raising funds for charity.

**3. RUN FOR FUN:** It is also organised to spread the message among masses to remain healthy and fit. It may be organised to motivate the people to remain fit.

**4. RUN FOR UNITY:** It is organised to show unity and peace among the people of different religions. Its purpose may be national and international integration and brotherhood.

**5. RUN FOR SPECIFIC CAUSE:** This is the run related to specific or noble cause. Most of the social non-profit organisations organise these runs for creating awareness about AIDS, Educating the girl child, Cancer, etc. Mumbai and Chennai Marathons are organised for such noble purpose.

## **2.EXAMPLER QUESTIONS**

**Q.1 Make the fixture for 13 teams on the basis of knock out.**

Ans. Total no. of matches :-

Total no teams -1 = 13-1 = 12 matches

Total no of round =  $2*2*2*2$

Digit 2 repeats four time so no of round = 4 rounds

Total no bye:- next power of 2- total no. of team =  $16-13 = 03$

No. of team is upper half = Total no of team+1/2 =  $13+1/2 = 07$  team

No. of teams in lower half = Total no of team+1/2 =  $13-1/2 = 06$  team



### 3. PRACTICE QUESTIONS

#### **MULTIPLE CHOICE QUESTIONS**

**Q1. Which of the following is the first step in a sports programme?**

- (a) Staffing (b) Budgeting (c) Planning (d) Directing

**Ans.** (c) Planning

**Q2. Exemption given to a team from playing a match in the 1<sup>st</sup> round is called:**

- (a) Fixture (b) Special seeding (c) Bye (d) Seeding

**Ans.** (c) Bye

**Q3. Sorting of the teams and fitting them in the fixtures so that the stronger teams do not meet each other in earlier rounds is called:**

- (a) Fixture (b) Bye (c) Seeding (d) Procedure

**Ans.** (c) Seeding

**Q4. In cyclic tournament, teams are rotated:**

- (a) Clock wise (b) Anti clockwise (c) Up to down (d) Left to right

**Ans.** (a) Clock wise

**Q5. National Sports Day in India is celebrated on:**

- (a) 29<sup>th</sup> Aug. (b) 29<sup>th</sup> Sept. (c) 29<sup>th</sup> July (d) 15<sup>th</sup> Aug.

**Ans.** (a) 29<sup>th</sup> Aug.

**Q6. If there is 15 teams participating in a knockout tournaments then the number of matches which will be played are:**

- (a) 12 (b) 13 (c) 16 (d) 14

**Ans.** (d) 14

**Q7. What is the formula to determine number of matches in league fixture for even number of teams?**

- (a)  $N+1/2$  (b)  $N-1/2$  (c)  $N(N+1)/2$  (d)  $N(N-1)/2$

**Ans.** (d)  $N(N-1)/2$

**Q8. League-cum-knock out is part of which tournament:**

- (a) League (b) Knock out (c) Consolation (d) Combination

**Ans.** (d) Combination

**Q9. Who is the Head of the Intramural organizing committee?**

- (a) Secretary (b) Assistant Director (c) Intramural director (d) House captains

**Ans.** (c) Intramural director

**Q10. Which formula is used to determine the number of byes to be given in each half in case of even teams?**

- (a)  $nb-1/2$  (b)  $n(n-1)$  (c)  $2nb$  (d)  $nb/2$

**Ans.** (d)  $nb/2$

#### **SHORT ANSWER TYPE QUESTIONS**

**Q11. Write the advantages & disadvantages of knock-out tournaments.**

**Ans. Advantages of Knock-out Tournaments**

1. Knock-out tournaments are less expensive.
2. It helps in developing the standard of the game, as each team tries to perform at their best to avoid defeat.
3. Within shortest possible time, tournament can be finished.
4. No. of officials required also get reduced to organise such tournaments

**Disadvantages of Knock-out Tournaments**

1. There are chances of even good enough teams getting eliminated in Ist and IInd round itself.
2. There are chances of weak teams making it to final stages.
3. Viewers interest in the final match may get reduced.

**Q12. Define league. Explain its types. Write its advantage & disadvantage of league**

**tournament?**

**Ans. League or Round Robin Tournament**

In this system, each team plays with the rest of the teams once if the tournament is single league. In case of double league every team plays with the rest of the team twice. Victory or defeat does not matter.

**Type of League Tournaments**

- 1. Single League Tournament
- 2. Double League Tournament

**Formula for no. of matches in single league :  $N(N-1)/2$**

(N stands for no. of participating teams) E.g. For 12 Teams  
 $= 12(12-1)/2 = 12*11/2 = 6*11 = 66$

**For Double league Tournament**

$N(N-1)$

Eg.  $8(8-1) = 8 \times 7 = 56$

**Advantages of League Tournament**

- 1. Only the strong teams will win.
- 2. Teams will get enough opportunity to show their performance.
- 3. Games and sports get more opportunity of publicity.
- 4. Officials find it easy to choose a team.
- 5. A team does not have to defeat the other team to play next match.
- 6. There are no. of opportunity to improve one's own game and performance.
- 7. Viewers get enough opportunity to see a no. of games.

**Disadvantages of League Tournament**

- 1. It takes more time.
- 2. It is more expensive.
- 3. Much bigger arrangement has to be made.
- 4. Repeated defeat demoralise the team and reduces recreation of the spectators.

**Q13. Write the procedure of fixtures in league tournaments?**

**Ans. Procedure of Fixtures in League Tournaments**

- 1. Cyclic Method
- 2. Staircase Method
- 3. Tabular Method

**1. Cyclic Method**

A fixture of 4 teams

$N = 4$

Total no. of matches:  $N(N-1)/2 = 4(4-1)/2 = 4*3/2 = 6$  matches

No of rounds =  $(N-1) = 4-1 = 3$

I R	II R	III R
4-1	3-1	2-1
3-2	2-1	4-3

**2. Stair Case Method**

**3. Tabular Method**

**Q14. What are the objectives of Extramurals ?**

**Ans. 1. To improve the standard of sports** - By taking part in extra murals the students get gradually more and more technically and tactically equipped.

**2. Provides experience to students** - Extramurals give many opportunities to students to take part in different tournaments and gain experience.

**3. To develop sportsmanship** - All the players play together, eat together, live together, it develops the sportsmanship among the players.

**4. To provide the knowledge of new rules and regulations and advanced techniques-** Through extra murals players get extra knowledge about related activities by meeting new

teams and players.

**Q15. Define Tournament? Write the types of tournaments?**

**Ans.** A tournament is a competition involving a relatively large number of competitors, all participating in a sport or game.

**Types of Tournaments**

1. Knock-out Tournament
2. League or Round Robin Tournament
3. Combination Tournament
4. Challenge Tournament.

**Q. 16 Write down the activities for the intramural tournament.**

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

**Minor game :-** Shuttle run, sag race, triple leg race, Lemon race etc.

**Rhythmic Games:-** P.T. Lazium, dumbal, dance etc.

**Creative games:-** drawing, painting.

**Combat games:-** Judo, Wrestling, boxing etc

**Q17.What is the difference between Bye and Seeding.**

**Ans. Seeding**

- \* Given to only winner, runner-up and good teams of the Tournament
- \* Directly entered in to any round Round except final
- \* Always given to 2,4,8,16 teams

**Bye**

- \* Can be given to any team
- \* Can be entered only in second round
- \* Can be given to any no of team it can Be calculate by next power of 2-total no. of teams.

**LONG ANSWER TYPE QUESTIONS**

**Q.18. Write down the role of the various committees before a tournament.**

**Ans.** The following are the roles of the various committees before a tournament.

**Organizing Committee :-**

Responsible for organizing and smooth running of the tournament. It instructs other committee one month prior to the tournament and assigns tasks and responsibilities to them.

**Publicity Committee :-**

Spread information about the tournament 3 or 4 weeks prior to the tournament.

**Marketing Committee :-**

Purchasing all equipment and other items required for the tournament and ensuring their quality.

**Fiance Committee :-**

Prepares budget and estimates possible expenditure during the tournament.

**Transport Committee :-**

Ensures proper transport facilities for the tournament.

**Food and Accommodation Committee:-**

Prepares accommodation and food for athletes, VIPs and officials.

**Committee for Officials :-**

Hires officials required to preside over the matches in the tournament.

**Ground and Equipment Committee :-**

Prepares the grand for the ground for the tournament few days prior or it.

**Q19. Explain the principles of Intramurals.**

**Ans. Local Circumstances**

1. It means the favourite games of the school and the area in which the school is located. Availability of play ground and other facilities. Which are suitable for activities & students.

### **2. Good quality sports equipments and facilities**

In order to organise intramurals the sports equipments should be very high quality to avoid the injuries.

### **3. Interest**

The selection of activities should be on the basis of the interest of the students so that the students can enjoy it and it will increase the number of participation in the intramurals.

To maintain the interest, activities should be selected on the basis of students, facilities & society.

### **4. Budget**

Organising intramurals is based on the budget of the school. In case there is sufficient budget it can be organized on a large scale other wise we can organise it within the budget.

### **5. Time & climatic condition**

It is also a very important factor. It should be organized in evening or in the holidays so that the teaching classes are not disturbed.

### **6. Mass participation**

In such competitions winning should not be over emphasized because mass participation is more important. We should see that every student take part and enjoy the sports activities.

### **7. Medical examination**

Medical examination of all the participants should be compulsory. Students having serious health problem an injury should be prevented from participating.

### **8 Classification of students**

On the basis of age, sex, ability, weight, height and strengths of class, students should be classified to maintain the interest in the tournament.

### **Q20. Explain the objectives of planning.**

**Ans.** There are various objectives of planning which are-

1. **To reduce unnecessary pressure of immediacy** - In hurry a work can not be performed efficiently and smoothly. So to reduce the pressure of immediacy or urgency are the main objective of planning.

2. **To keep control over all the activities** - Planning helps in keeping good control in organizing a tournament as planning and control are connected with each other.

3. **To facilitate proper Co-ordination** - This objective of planning is related to facilitate proper coordination among the various members of committees, formed for to organise the competition.

4. **To reduce the chances of mistake** - A proper planning reduces the chances of mistake and oversights. Planning help to do work in systematic way.

5. **To increase the efficiency** - With a help of a proper planning the sports officials become more efficient. They perform their duties efficiently and effectively because planning provide chance to study their work.

6. **To increase the creativity** - To increase the creativity is another significant objective of planning. As a matter of fact, a proper planning increases the creativity among the officials, coaches and physical education teachers. In fact planning helps innovative and creative thinking because many new ideas come to the mind of officials when they make on a plan.

7. **To enhance the sports performance** - Without proper planning it is not possible to improve the performance of a sports person. In fact, training of sports activity of players are useless if it is not well planned.

### **Q21. Write the meaning of Intramural & write its principles.**

**Ans.** The word 'intramural' means the activity performed within the walls i.e. within the campus of an institute. Such activities are basically organized by school, colleges or other institutes for their students only. Students enjoy such activities the most.

## **Principles of Intramural**

1. **Interest** - Activities should be of the interest of students & related society.
2. Facilities & Infrastructure available like playgrounds, equipments, gymnasium.
3. Cooperation & necessary help that can be expected from the colleagues for the smooth conduct of game.
4. **Budgets** - Sufficient budget should be there for its successful organisation.
5. **Time** - Availability of time & students for conducting the events.
6. **Winning** - Focus should be on mass participation not on winning or Loosing.
7. **Medical Examination** - Medical examination for all the participants should be compulsory to avoid injuries.
8. **Classification of students** - On the basis of age, ability, weight, or class, sex, students should be classified.
9. Geographical & climatic condition should be taken into consideration.

## **Q22. Define extramurals. Write its objectives & principles.**

**Ans.** Here extra means outside and murals means walls i.e. outside the wall or campus.

When one more school or institution joins together to organize the games or sports is called extramural activity. It is also known as interschool competition.

### **Objectives of Extramurals**

1. To improve the standard of sports
2. To provide opportunities to show their skills in various sports activities.
3. To develop experience to students
4. To broadens the base of the sports
5. To provide the knowledge of new rules and regulations and advanced techniques.
6. To develop sportsmanship and fraternity.

### **Principles of Extramurals**

1. Willing Participation - Students Should not be forced to participate.
2. Medical Examination Prior to Participation - Medical examination should be compulsory for all the participants.
3. Arrangement of efficient officials - efficient officials should be arranged well in advanced for smooth organisation.
4. Extramural programmes should be fixed according to the convenience of the players.
5. Winning should not be over emphasized.
6. Good Quality of sports Equipments should be used.

## **Q23. Explain the meaning of specific sports programme? Write its contribution for society.**

**Ans.** Specific sports programs are those programs of sports which are often not related to the competition. These programs are designed with multiple objectives with their focus on the well being of an individual. 'The aims of programme is to create awareness among the common people regarding unity & integrity, prevention & protection against various diseases' etc.

### **Specific Sports Programmes**

#### **(i) Sports Day**

Sports day is organised 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 organised 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 organiser as well as administrator. Sports day also provide opportunity to select talent for future.

#### **(ii) Health Run**

These programmes are organised by health and sports department to raise the standards of health and also to raise funds for charity. Registration of participants is done in advance and

day & time is fixed. There is no age bar. People of any age can take part. There is no competition. These provide significant health benefits. But pre cautionary measures must be taken before participating i.e.: proper sports kit, Health status of individual.

**(iii) Run for Fun**

This is to create awareness among people to keep fit and healthy. There is fun and frolic while on the run there is no competition. It is commonly organized for arranging funds for charity. It can be perform it in different customs, different age group, children like adults, teenage etc.

**Run for Unity**

This is to inculcate peace and harmony among the people of different religion or faith. Its purpose may be either National or International brotherhood. Many people from corporate world, film stars and marathon racers from abroad take part. First three position holders get cash awards. It can either be a long distance race or a relay. In relay race, every participant runs a specific distance and gives opportunity to the teammate to participate. So, these runs bring sense of togetherness among people.

**Run for Awareness**

Run for awareness is organised to make the masses aware of present problems or any health problem of serious nature like AIDS, SWINE FLU etc. Such ‘RUNS’ lay stress to remove or prevent the deadly diseases. Its purpose it to raise funds for charity. Participants get a T-shirt after finishing the run. First three position holders get prize. There are different age wise categories.

**Q24. Prepare the fixture in knock out & league tournaments.**

**Ans. Important Points of Knock-out Tournaments**

1. Number of all teams taking part.
2. Number of total byes.
3. The number of total teams in each half or quarter.
4. The number of byes in each half or quarter.
5. Number of total rounds.
6. Total no. of matches = Total no. of teams-1.

**Method of preparing fixture in Knock-out Tournament**

Total no. of matches to be played, can be easily calculated by subtracting 1 (one) from total no. of participating teams i.e. If there are 12 teams (12-1 = 11) i.e. 11 matches will be organised.

Team can be easily divided into 2 halves if the total no. of teams is power of 2 i.e.- 2, 4, 8, 16, 32, 64, 128. etc.

If the no. of teams, is different from the above pattern i.e.- 3, 5, 6, 7, 9, 10, etc. byes will have to given. Bye is a dummy team that does not play in the first round.

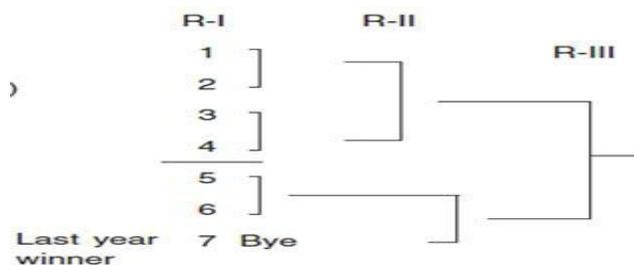
**Formula to give bye -**

**Example I -** Total no. of teams = 7, total no. of matches = no. of team-1

Next higher no. which is power of 2 = 8

So, the no. of bye will be = 8-7 = 1 [higher power of 2 - no. of teams)

**To divide the teams in two halves**



**Upper half**

= Total no. of teams +1/2 (N stands for the no. of teams)

=  $N+1/2$

**Lower half**

=  $N-1/2$

**Example II**

Total No. of teams (N) = 11

Upper half

=  $N+1/2 = 11+1/2 = 12/2 = 6$  Teams

Lower half

=  $N-1/2 = 11-1/2 = 10/2 = 5$  Teams

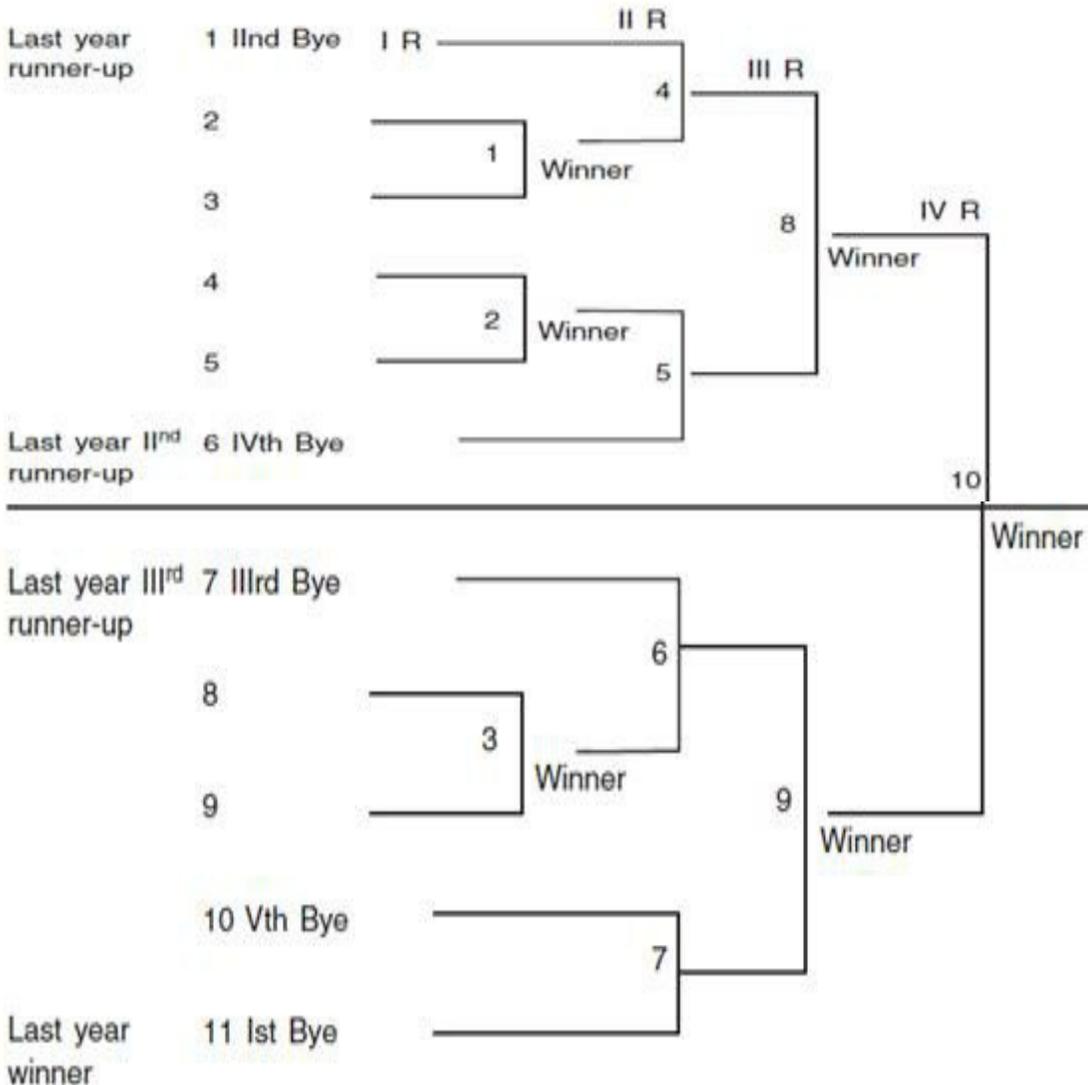
No. of byes to be given-

Total no. of teams i.e. 11 is subtracted from net power of 2 no. i.e. = 16

=  $16 - 11 = 5$  (5 byes will be given)

**Method of fixing byes**

**FIXTURE**



**Q25. What do you mean by intramurals? Mention the significance of intramurals for school children.**

**Ans.** The word intramural (Intra+murals) within+wall, It means that the activities which are performed within the walls or within the campus of an institution are called intramurals. These activities are organized only for the students of a school or institution. No students of other school can participate in these activities intramural competition is one of the best means to motivate.

All the students of an institution for taking part in the games and sports “A games for each and each for a game “may be considered the motto of intramurals. These activities are the most pleasurable as well as enjoyable for the students they get maximum educational benefits from such competition so a large number of students must be involved in a wide range of intramurals activities.

**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