

# Health and Physical Education

Textbook for Class X



विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
NATIONAL COUNCIL OF EDUCATIONAL RESEARCH AND TRAINING

## 1077 – HEALTH AND PHYSICAL EDUCATION

Textbook for Class X

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## FOREWORD

Health of children is a major concern worldwide. Their health is very important as they constitute a large percentage of our population. Many factors like physical, psychological, socio-economic and cultural influence our health, both in our day-to-day life and in the long run. The involvement of all children in physical activities, games and sport, and yoga along with authentic knowledge is essential for their physical, emotional, social and mental development. In this endeavour, school education plays an important role. All the National Curriculum Frameworks have recommended health and physical education as an integral part of the school curriculum. With this view, the National Council of Educational Research and Training (NCERT) has prepared this textbook on Health and Physical Education for Class X.

This textbook focuses on the holistic understanding of physical education and its relationship with other subjects and the effects of physical activities on human body. It also provides a scope for children to learn the theoretical, as well as, the practical aspects of individual and team games. Further, it discusses yoga, dietary considerations, safety measures for healthy living, social health, agencies and awards promoting health, sports and yoga. The information about coronavirus (COVID-19), its modes of transmission and prevention have also been included at relevant places to help the children remain safe and healthy. Keeping in view the inter-related nature of the concepts covered in the area of Health and Physical Education, the presentation is made in a cohesive and an integrated manner rather than adopting a fragmentary approach. Experiential learning activities for acquiring skills for healthy living are made an integral part of the book.

The NCERT appreciates the efforts of the Textbook Development Committee. Several experts and teachers have contributed towards the finalisation of this book. We are grateful to them and their institutions. I am thankful to Professor Saroj Yadav, *Dean (Academic)* and the *Project Coordinator* of the National Population Education Project (NPEP) for her continuous efforts in developing this material and bringing it to its present form.

As an organisation committed to systemic reform and continuous improvement in the quality of our products, the NCERT welcomes comments and suggestions from teachers and students, which will enable us to undertake further revision and refinement.

New Delhi  
May, 2020

Hrushikesh Senapaty  
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## HOW TO USE THIS BOOK

It is expected that the transaction of this book titled *Health and Physical Education* for Class X will enable the teachers and students to transform theoretical knowledge into action. Further the teachers will be empowered to bring out the positive change through modification during learning and practicing various games and sports among students. In schools, where infrastructural facilities are not available, the teacher may improvise them with the help of students like playground, equipments, rules of the games, etc. This will also develop creativity among children. Playing games and sports in all conditions important for holistic health.

The book contains 13 chapters. The first chapter deals with Physical Education and its relationship with other subjects. The second chapter explains the effects of physical activities on human body. The third chapter discusses the issues related to growth and development during adolescence. Chapters 4, 5, 6, and 7 discuss the details of individual and team games.

Efforts have been made to include latest rules and regulations of various games and sports and other related areas. Since the rules and regulations keep on changing, teachers and students may visit the official website of the recognised Federation or Association of the different games and sports. The names of some websites are given separately. The teachers and students may also see some of the videos of different games and sports given in the official websites related to a particular federation for understanding the rules and learning the skills.

Yoga for Healthy Living is the eighth chapter. Chapter 9 explains dietary considerations and food quality. Safety for healthy living, healthy community living and social health are discussed in Chapters 10, 11 and 12 respectively. The last chapter provides details about the agencies and awards promoting health, sport and yoga.

The book also includes information about corona virus, more specifically known as COVID-19 causing massive loss of human lives and creating panic across the world. It is important to prevent and deal with this challenge and to empower the younger generation to face this challenge. The book has provided links as well as, added the relevant information at suitable places.

The overall objective of this book is to make games and sports joyfull and thereby making childern physically fit, mentally alert and emotionally strong. The teacher may also encourage to select games or sports of their choice by maintaining social distancing

for practical experience. Yogic practices need to be more focussed and considered as an integral part of their everyday life in the present context.

The teacher should also emphasise on developing life skills, such as, understanding self, social awareness, team building, cooperation, empathy, communication skill, creative thinking and also development of values.

The students can correlate the given activities in the textbook with their day-to-day life.

As a teacher, you have to understand that this textbook is different from other subject textbooks in the sense that its contents need to be understood well and applied throughout life for one's own well being and that of others. Its use should not, therefore, be solely examination driven. Even a general discussion from time to time would be useful. Activities included in it, are of practical nature and enjoyable and one can make sure that the concepts are clarified by involving students in experiential learning. Physical activities and exercises of all kinds have been given to ensure the development of fitness and questioning skills, including life skills.

We would welcome your feedback on this book in terms of — How did you like this textbook? What are your experiences in organising or being a part of various activities? What were the difficulties faced by you? What changes would you like to see in the next version of this book? Do write to us on all these and other matters related to this textbook. You could be a parent, a teacher, a student or just a casual reader. You can send your feedback in the form given at the end of this book to the undersigned.

We sincerely hope you enjoy this book and learn more than it offers.

New Delhi  
May 2020

Saroj Yadav  
*Professor and Dean (Academic)*  
National Council of Educational  
Research and Training

## CONTENTS

<i>Foreword</i>	<i>iii</i>
<i>How to use this book</i>	<i>ix</i>
Chapter 1 Physical Education: Relation with other Subjects .....	1 - 10
Chapter 2 Effects of Physical Activities on Human Body.....	11 - 22
Chapter 3 Growth and Development during Adolescence .....	23 - 34
Chapter 4 Individual Games and Sports I.....	35 - 51
Chapter 5 Individual Games and Sports II.....	52 - 76
Chapter 6 Team Games and Sports I.....	77 - 110
Chapter 7 Team Games and Sports II.....	111 - 132
Chapter 8 Yoga for Healthy Living .....	133 - 164
Chapter 9 Dietary Considerations and Food Quality .....	165 - 180
Chapter 10 Safety Measures for Healthy Living .....	181 - 192
Chapter 11 Healthy Community Living.....	193 - 204
Chapter 12 Social Health .....	205 - 214
Chapter 13 Agencies and Awards Promoting Health, Sports and Yoga .....	215 - 223

## LIST OF USEFUL WEBSITES

**Note:** Please refer to the home websites of the recognised federations of the various sports for updated information about rules and regulations.

- <https://www.ioc.org>
- <https://www.arisf.sports>
- <https://www.iaaf.org> (Athletics)
- <https://www.BWFBadminton.org> (Badminton)
- <https://www.fiba.basketball> (Basketball)
- <https://www.fifa.com> (Football)
- <https://www.gymnastics.sports> (Gymnastics)
- <https://www.IHF.info> (Handball)
- <https://www.Fih.ch> (Hockey)
- <https://www.ijf.org> (Judo)
- <https://www.fina.org> (Swimming)
- <https://www.ittf.com> (Table Tennis)
- <https://www.itftennis.com> (Tennis)
- <https://www.fivb.com> (Volleyball)
- <https://www.unitedworldwrestling.org> (Wrestling)
- <https://www.mohfw.gov.in>
- <https://main.mohfw.gov.in/sites/default/files/schooladvisory.pdf>

**Note:** For updation of every game and sport, you can consult or refer to rule books of various sport's federations.