

# Health and Physical Education

Textbook for Class XI



11152

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
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## FOREWORD

Health of children is of paramount importance as it affects their educational outcomes, day-to-day behaviour and the attainment of goals. Many factors like, physical, socio-economic conditions and culture, influence the health of children. School education plays an important role in promoting sound health among children by involving them in various physical activities, such as, games, sports and yoga. These activities foster development of physical, socio-emotional competencies, and academic performance among students. All the policy documents have very categorically focused on the role of schools in holistic development of children in all age groups.

The National Council of Educational Research and Training (NCERT) has developed a textbook on Health and Physical Education for Class XI. This book focuses on a holistic understanding of health and physical education, different individual and team games, yoga and its relevance in modern times and safety and security. Fitness development and fitness measurement tests, types of tournaments and competitions being organised at various levels are also covered in this book. Given the inter-related nature of the concepts covered in the area of health and physical education, efforts have been made to present the content in a cohesive and integrated manner. Experiential learning activities for acquiring skills in games, sports and yoga for healthy living have also been made an integral part of the book.

NCERT appreciates the hard work done by the Textbook Development Committee. Professor Saroj Yadav, *Dean (Academic)* has made continuous efforts to develop this book. Several experts and teachers have also contributed towards the finalisation of this book. We are grateful to them for their contribution. As an organisation committed to systemic reform and continuous improvement in the quality of our products, NCERT welcomes comments and suggestions which will enable us to undertake further revision in the book.

New Delhi  
October, 2019

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The Council gratefully acknowledges the valuable suggestions and feedback received during the try-out by teachers.

## HOW TO USE THIS BOOK

This book for Class XI is an effort to place the required material at one place necessary for the transaction of this area. It is expected that the transaction of this subject area will enable the teachers and students to transform theoretical knowledge into action. Further the teachers will be empowered to bring out positive changes 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, equipment, rules of the games, etc. This will also develop creativity among children. Playing games and sports of all kinds are important for holistic health.

The overall objective of this area is to make games and sports joyful and thereby making children physically fit, mentally alert, and emotionally strong. The teacher may also encourage them to select game or sports of their choice. Yogic practices need to be considered as an integral part of their everyday life.

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

Efforts have been made to include latest rules and regulations of various games, sports, and other related areas. Since rules and regulations keep on changing, teachers and students may visit the official website of recognised federation or association of 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 on the websites for better understanding the rules and learning the skills.

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 all 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.

SAROJ YADAV  
*Professor and Dean (Academic)*  
National Council of Education  
Research and Training



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## LIST OF USEFUL WEBSITES

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

- [www.ioc.org](http://www.ioc.org)
- [www.arisf.sports](http://www.arisf.sports)
- [www.iaaf.org](http://www.iaaf.org) (Athletics)
- [www.BWFBadminton.org](http://www.BWFBadminton.org) (Badminton)
- [www.fiba.basketball](http://www.fiba.basketball) (Basketball)
- [www.fifa.com](http://www.fifa.com) (Football)
- [www.gymnastics.sports](http://www.gymnastics.sports) (Gymnastics)
- [www.IHF.info](http://www.IHF.info) (Handball)
- [www.Fih.ch](http://www.Fih.ch) (Hockey)
- [www.ijf.org](http://www.ijf.org) (Judo)
- [www.fina.org](http://www.fina.org) (Swimming)
- [www.ittf.com](http://www.ittf.com) (Table Tennis)
- [www.itftennis.com](http://www.itftennis.com) (Tennis)
- [www.fivb.com](http://www.fivb.com) (Volleyball)
- [www.unitedworldwrestling.org](http://www.unitedworldwrestling.org) (Wrestling)

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