

## 10. Various Sports Competitions

### Objectives

- (1) To update information about various national and international sports events.
- (2) To understand the history of various sports events.
- (3) To know the different aspects of each sports events.
- (4) To comprehend the planning and organizing aspects of sports at various levels.

### Few International Sports Competitions

1. Olympic Games
2. Asian Games
3. Commonwealth Games
4. SAF Games

### Few National Sports Competitions

1. National sports events
2. Khelo India
3. National school sports



### 1. Olympic Games

The first ancient Olympics was held in Athens, Greece in the year 1896. It is the effort of Frenchman Baron Pierre Coubertin who organized a physical education conference. A central committee of 200 sports teams was set up in France under his chairmanship. He proposed to

revive the ancient Greece Olympic Games and in 1894 sent circulars to different nations inviting them for a learning conference in Paris which resulted in the modern Olympics. He is therefore, known as the Father of modern Olympics.

The authority responsible for organising the modern Olympic Games is the International Olympic committee (IOC). This committee consists of 1 to 3 representatives from every nation. Their headquarters is at Lausanne, Switzerland. The modern Olympics have continued to adhere to the traditions, objectives and elements of the ancient Olympics.

In Latin The motto of Olympic Games is *Citius, Altius, Fortius*. In English it means Faster, Higher, Stronger. There are five circles in Blue, Black, Yellow, Green and Red colour intermingled with each other on the Olympic Flag. These five circles resemble five continents and their unity.

During the opening ceremony, the Olympic Song is played. Then all the players march on the tunes of the band and salute to the chief guest. Afterwards thousands of doves are set free on the sounds of the *bigul*. At the same time the Olympic torch enters the stadium and the Olympic torch is lit. As the Olympic song is being played, the Olympic flag is hoisted. An elite player from the host country takes the oath on behalf of all the players. At this time players of different countries mix with each other and display the relationship of world brotherhood to the audience.

## 2. Asian Games

The end of World War II saw a revolution amongst nations in the Asian continent. The Olympic values of friendship and not war, started penetrating worldwide. India was also not behind in this new change in the field of sports. Specially, India was ahead in the sports field in the Asian Continent. During this time Gurudatta Sondhi and



### 2018 Jakarta Asian Championship

many other strived hard to start sports festival of Asian Countries on the Olympic platform. The western Asian Games got a break due to the world war but there was no break in the efforts of Gurudatta Sondhi.

With time, along with India many countries became independent. The idea of restoring the Far Eastern Games was raised at the 1948 Summer Olympics. However, Guru Dutt Sondhi, a member of the International Olympic Committee from India, proposed the idea of a whole new competition - Asian Games, as a sporting event where all Asian nations can be represented. It was a successor of the Far Eastern Games and the revival of the Western Asiatic Games.

The proposal of Guru Dutt Sondhi led to the forming of the Asian Games Federation in 1949 that owned the Asian Games. The

federation held the first Asian Games from 4 to 11 March, 1951 in Delhi. The games witnessed the participation of 489 athletes from 11 countries and 8 sports disciplines. The Asian games are conducted every 4 years. There is a 2-year gap between the Olympic Games and the Asian Games.

## 3. Commonwealth Games

After the Olympic Games, the



### 2010 Delhi Commonwealth Games

Commonwealth Games is another major multisport event involving athletes from the Commonwealth of Nations. These nations are the political association of member states that were former territories of the British Empire. These games were known as the British Empire Games from 1930 to 1950, the British Empire and Commonwealth Games and British Commonwealth Games in the later periods.

To celebrate the coronation of King George V, the Festival of the Empire was held in London in 1911 which included the inter-empire sports championship.

India received the honour of hosting the 2010 Commonwealth Games in New Delhi.

## 4. SAF Games

The South Asian Games formerly known as the South Asian Federation Games are a biennial multi-sport event held among the athletes from South Asia. The desire to promote a friendly and amicable relationship amongst the seven SAARC nations, led to the establishment of the South Asian Federation Games in 1981 in Delhi. The South Asia Olympic Council (SAOC)

formed in 1983 is the governing body for these games.

The first South Asian Games were hosted by Kathmandu, Nepal in 1984. This multi sport event has been organized every year from 1984 to 1987 except in 1986 as it was a year of Commonwealth Games and Asian Games. From 1987 onwards it was held every 2 years. The participating nations for the South Asian Games include India, Afghanistan, Bangladesh, Bhutan, Maldives, Nepal, Pakistan and Sri Lanka.

### 1. National Games

The first National Games on the lines of the Olympics were held in 1985 in New Delhi in the memory of Indira Gandhiji. The duration and the regulations of the National Games are within the jurisdiction of the Indian Olympic Association. All states and Union territories were allowed to participate in these games. The main objective is to inculcate unity and the spirit of sportsmanship through participation in these games.

### 2. Khelo India

The importance of sports and fitness in one's life is invaluable. Playing sports inculcates team spirit, develops strategic and analytical thinking, leadership skills, goal setting and risk taking. A fit and healthy individual leads to an equally healthy society and strong nation.

The Khelo India programme has been introduced to revive the sports culture in India at the grass-root level and achieve sporting excellence. The revamped Khelo India Scheme was launched during the financial year 2017-18 with the twin objective of mass participation and promotion of excellence in sports. The aim was to build a strong framework

for all the Indian sports, as well as establishing India as a great sporting nation.

Khelo India is the platform to inspire young talent to showcase their tremendous potential, scout for talent and groom them by providing state of the art infrastructure and training of the highest levels. This initiative took flight in 2018 due to efforts of then Sports Minister Col. Rajyavardhan Singh Rathore, Olympian with bronze medal in Shooting.

- Khelo India Youth games is held annually.
- It is a national level multidisciplinary grassroot games in India.
- It is held for two categories, namely under – 17 years school students and under – 21 years college students.
- 16 sports were included for the Khelo India youth games competition
- Talented players identified in priority sports disciplines would be provided financial assistance of INR 5 lakhs per annum for 8 years.
- Promotion of 20 universities across India as hubs for sporting excellence.
- Focus on nurturing talent and connecting rural India to global games.
- Efforts to encourage an increased penetration of sports in the education curriculum, with a tool kit to measure physical fitness levels.

#### Activities :

Find information about National School Games.

## Exercise

### Q.1 Answer in one sentence.

- (1) In which year was the first modern Olympics conducted?
- (2) Who is known as the father of modern Olympics?
- (3) In which year was the Indian Olympic Association established?
- (4) What is the motto of the Olympic Games?
- (5) Who is the founder of the Asian games competitions?
- (6) What is the total number of nations that participate in the Commonwealth Games?
- (7) In which year was the first South Asian Games organized?

- (8) In which year was the first national games conducted?

### Q.2 Answer in one sentence.

- a) The first modern Olympics was held in the city of \_\_\_\_\_.
- b) The headquarters of the International Olympic Committee is in \_\_\_\_\_.
- c) The first Asian games was conducted in the year \_\_\_\_\_.
- d) The Commonwealth Games were conducted in India in the year \_\_\_\_\_.
- e) The 2018 inaugural Khelo India Youth Games was conducted in \_\_\_\_\_.

### Supplementary Study :

- (1) List the different games and disciplines that are included in the modern Olympics games.
- (2) Write the player's information in the picture below.





## Success stories of sportsmen

### Sportsperson to Sports Minister - Rajyavardhan Singh Rathore



Rajyavardhan Singh Rathore was born to Col. Laxman Singh Rathore and Manju Rathore on January 29, 1970 in Jaisalmer, Rajasthan. He became the first Indian to win a silver medal in men's shooting double trap at the Olympics.

In school life, Rathore was an outstanding player in basketball, volleyball, cricket, football, kabaddi and athletics. He was awarded a scholarship from the School Game Federation of India for his outstanding performance in national cricket. Representing National Defence Academy (NDA) basketball team, he won Gold medal for individual performance. He was honored with the "NDA" Blazer's Best Player award. After entering Indian Military Academy in Dehradun, he won gold medals in volleyball, football, cricket, boxing, water polo. Being the best player, he was awarded the Gold Medal of the Sikh Regiment and received the Board of Honour for Best Cadet.

In 1996, Rajyavardhan Rathore began his training for shooting at the Army Marksman Infantry School and regular practice took place at K.D. Karni Singh Shooting Range in Delhi. In 2003, he won bronze medal in the World Championship held at Nicosia in Cyprus.

As a lieutenant in the Indian Army he won a silver medal in the men's double trap shooting event at the 2004 Athens Olympics. Rajyavardhan played a crucial role in winning gold for the team in the Asian Clay Shooting Championship held in the year 2005. He won gold medals three times in the Asian competitions between 2002 and 2004. Rajyavardhan won 25 international medals in various competitions like the Commonwealth Championships of 2002 and 2006, the ISSF World Shooting Championships and the Asian Clay Target Championships.

After retiring from the army, he became active in politics. In 2014 he was elected to the Lok Sabha and served as Minister of State for Information and Broadcasting following which he was entrusted with the Sports Ministry which he took up very passionately.

He believed sports participation amongst the youth is vital for the future of the country, inculcating leadership qualities and nurturing virtuous individuals. Indian sportspersons should have access to international platform to display one's skills and abilities to the world. With these thoughts, Rajyavardhan Rathore implemented many innovative plans like Khelo India and Target Olympic Podium (TOP) that resulted in generating keen interest for sports.

In recognition to his contribution to the field of sports, Rajyavardhan Rathore was awarded the Arjuna Award by the Government of India in 2003-04 and the Rajiv Gandhi Khel Ratna award in 2004-05. He went on to receive the highest civilian award the Padma Shri in 2005-06 and was the first Indian soldier below the rank of brigadier to receive such a medal. All Indians salute this talented sportsperson!

## USHA - Tenacious Personality



PT Usha is a dominant personality both in India and the world over and was a great athlete. Even today, children take her name when talking of the fastest woman on the track.

Born on June 27, 1964 as the second daughter of 6 children to Paithal and Lakshmi Amma, she lived with her family in a village named Payyoli, Kozikhode district, Kerala. P T Usha comes from a very humble and poor background. Even then she displayed a special aptitude and passion to play which was noticed by the sports loving Physical Education teacher of her school Balakrishnan Master. Once while talking to parents, his eyes fell on a group of small girls playing in the field. He noticed a pair of very fast-moving feet in the group. It belonged to a dusky girl in blue skirt and white blouse. Patiently waiting for their game to finish he gently called and enquired her name. Very shyly she responded Usha of class 4.

Balakrishnan Master used to select few students and make them practice running and jumps in preparation for competitions. Usha too joined them. In return he used to provide them tea and snacks from a nearby stall which the children enjoyed. The PE teacher made Usha from 4th standard, run with the district champion of the 7th standard and PT Usha won that race. It was a defining moment, a beginning of her exploits on the athletic track. In 1976, the Kerala government started a training center at

Kannur district. Usha won a scholarship of Rs 250 from her district and joined the new facility for athletic training. Her parents especially her mother, encouraged and gave her confidence.

### P.T.Usha's career

At the age of 16 she became the youngest Indian athlete to qualify for the Olympics held at Moscow in the year 1980.

In the 1982 Usha bagged a silver medal in the 100 m and the 200 m run, at the Asian Track and Field, Usha bagged gold in the 400m. She created a world record by winning gold in 100, 200, 400 metre run, In the 1986 Seoul Asian Games, Usha brought home four gold medals and a silver in the 100 meters run.

Her outstanding achievement in athletics earned her many names such as 'Golden Girl', 'Payyoli Express'. and many other names For her excellent achievements in sports, in 1984, Usha was conferred with the Padma Shri and Arjuna Award.

In 1991, the golden girl found her better half in V. Srinivasan. The duo got married and were later blessed with a son named Ujjwal. The sabbatical she took from athletics for moving the family way did not hinder her return. She continued winning medals and breaking National records and at the age of 34, she won silver medal in the 200 and 400 meters run in the Asian Track Federation meet held at Fukuoka in Japan, proving that age cannot be a barrier to any success.

She did not stop after doing so much. To keep her dream alive, today also she runs an athletic school in kerala, Where she gives athletic training to the youth.

### P T Usha in the Asian Games

**1982** – Delhi, 2 silver medals.

**1986** – Seoul, 4 gold medals, 1 silver medal

**1990** – Beijing, 3 silver medals

**1994** – Hiroshima, 1 silver medal

Complete the table by getting the following players information.

| Sr. No | Name of the player      | Types of play | Competition Performance | Awards |
|--------|-------------------------|---------------|-------------------------|--------|
| 1.     | Khashaba Jadhav         |               |                         |        |
| 2.     | Leander Paes            |               |                         |        |
| 3.     | Karnam Malleshwari      |               |                         |        |
| 4.     | Rajvardhan Singh Rathod |               |                         |        |
| 5.     | Abhinav Bindra          |               |                         |        |
| 6.     | Sushil Kumar            |               |                         |        |
| 7.     | Vijender Singh          |               |                         |        |
| 8.     | Vijay Kumar             |               |                         |        |
| 9.     | Yogeshwar Dutt          |               |                         |        |
| 10.    | Mary Kom                |               |                         |        |
| 11.    | Saina Nehwal            |               |                         |        |
| 12.    | Gagan Narang            |               |                         |        |
| 13.    | P. V. Sindu             |               |                         |        |
| 14.    | Sakshi Malik            |               |                         |        |
| 15.    | Hima Das                |               |                         |        |

## Practical work

|                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                         | <p><b>Physical Fitness</b></p> <ul style="list-style-type: none"> <li>• Training Methods : Circuit Training, Weight Training, Plyometric Training, Fartlek Training, Obstacle course, Aerobics / Zumba, ABC Drills, etc.</li> </ul> <p><b>Suggestions :</b> While practicing these training methods, one should know number of the sets, order of the rotations, relaxation between the two sets, intensity, variety, complexity and integration of the two exercises accordingly.</p>                                                                                                                                                                                                                                                                                                                                                             |
| 2                                                                                                                                                         | <p><b>Athletic Events (compulsory)</b></p> <ul style="list-style-type: none"> <li>• Running - 100m / 200m / 400m any one; 800m / 1500m any one</li> <li>• Throwing and jumping events - Practice any one throw and one jump. In addition to this practice other field events (optional).</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 3                                                                                                                                                         | <p><b>Various games and sports events</b></p> <ul style="list-style-type: none"> <li>• In order to gain proficiency in any of the two games played in the previous standard, the game should be practiced using advanced techniques. The practice should include warm up exercise, sportsmanship and tactics. Relaxation after doing practice.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 4                                                                                                                                                         | <p><b>Yog</b></p> <ul style="list-style-type: none"> <li>• In addition to the 'Asanas' provided in the textbook, at least five 'Asanas' should be practiced according to the sitting position, standing position, supine and prone position.</li> <li>• Pranayama : Practice Anulom vilom Pranayama.</li> <li>• The Kapalbhathi postures given in textbook should be practiced.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 5                                                                                                                                                         | <p><b>Activities (At least one of the given activities should be completed in each session.)</b></p> <ul style="list-style-type: none"> <li>• Bicycle trip</li> <li>• Keeping records of physical activity with the help of a fitness app. (At least seven days)</li> <li>• Exhibition of sports equipment (in picture format, replica or actual sports equipment, etc.)</li> <li>• List the various exercise equipment. Try out new exercises using equipments.</li> <li>• Conducting a sports quiz.</li> <li>• Visit to sports complex and recording sports facilities there.</li> <li>• Conduct inter class competitions of any one sport at school on the basis of the Premier League. (e.g. player auctions, team owners, team managers, coaches, etc.)</li> <li>• Set and achieve a goal of performing mass level 'Suryanamaskar'</li> </ul> |
| <p><b>IMPORTANT NOTE :</b> The practice of any sports skill, physical activity, or field play etc. should be done only under the guidance of experts.</p> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |



Below is a list of some sports websites, according to which you can find out more by visiting your favorite sports websites.

### 1. Various competition web sites

[www.olympic.org](http://www.olympic.org)  
[www.thecgf.com](http://www.thecgf.com)  
[www.olympic.ind.in/national-games](http://www.olympic.ind.in/national-games)  
[www.kheloindia.gov.in](http://www.kheloindia.gov.in)  
[www.sgfibharat.com](http://www.sgfibharat.com)

### 2. Websites for various sports league events

[www.prokabaddi.com](http://www.prokabaddi.com)  
[www.prowrestlingleague.com](http://www.prowrestlingleague.com)  
[www.pbl-india.com](http://www.pbl-india.com)  
[www.indiansuperleague.com](http://www.indiansuperleague.com)  
[www.provolleyball.in](http://www.provolleyball.in)  
[www.iplt20.com](http://www.iplt20.com)

### 3. Various sports websites

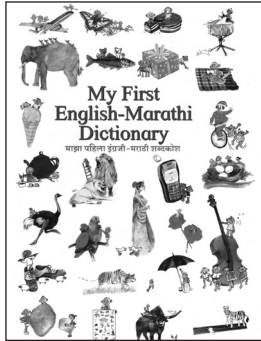
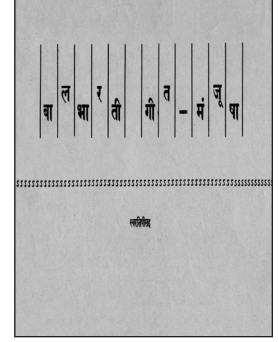
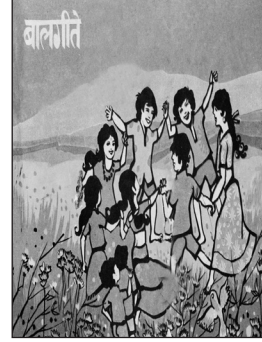
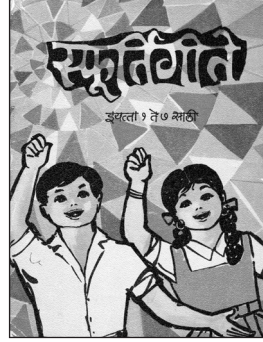
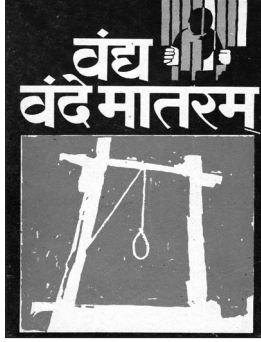
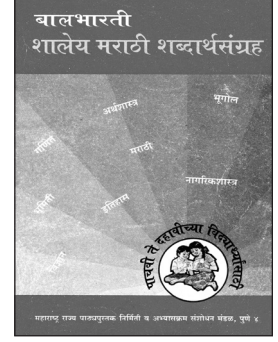
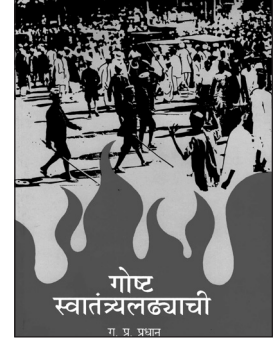
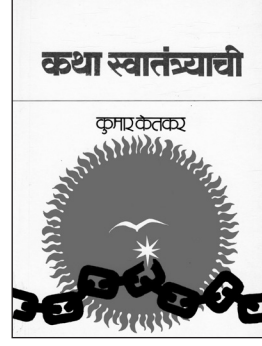
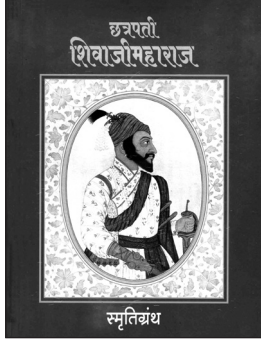
|                                                                                              |                                                                                            |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <a href="http://www.basketballfederationofindia.org">www.basketballfederationofindia.org</a> | <a href="http://www.boxingfedertion.in">www.boxingfedertion.in</a>                         |
| <a href="http://www.handballindia.in">www.handballindia.in</a>                               | <a href="http://www.indiaboxing.in">www.indiaboxing.in</a>                                 |
| <a href="http://www.the-aiff.com">www.the-aiff.com</a>                                       | <a href="http://www.BCCLtv">www.BCCLtv</a>                                                 |
| <a href="http://www.hockeyindia.org">www.hockeyindia.org</a>                                 | <a href="http://www.ballbadmintonindia.com">www.ballbadmintonindia.com</a>                 |
| <a href="http://www.volleyballindia.com">www.volleyballindia.com</a>                         | <a href="http://www.indianarchery.info">www.indianarchery.info</a>                         |
| <a href="http://www.badmintonindia.org">www.badmintonindia.org</a>                           | <a href="http://www.aitatennis.com">www.aitatennis.com</a>                                 |
| <a href="http://www.swimming.org.in">www.swimming.org.in</a>                                 | <a href="http://www.thenrai.in">www.thenrai.in</a>                                         |
| <a href="http://www.indiangymnastics.com">www.indiangymnastics.com</a>                       | <a href="http://www.fencingassociationofindia.com">www.fencingassociationofindia.com</a>   |
| <a href="http://www.khokhofederation.in">www.khokhofederation.in</a>                         | <a href="http://www.indiankabaddi.org">www.indiankabaddi.org</a>                           |
| <a href="http://www.indiaskate.com">www.indiaskate.com</a>                                   | <a href="http://www.rollball.org">www.rollball.org</a>                                     |
| <a href="http://www.ttfi.org">www.ttfi.org</a>                                               | <a href="http://www.wrestlingfederationofindia.com">www.wrestlingfederationofindia.com</a> |
| <a href="http://www.ipa.co.in">www.ipa.co.in</a>                                             | <a href="http://www.indiancarrom.com">www.indiancarrom.com</a>                             |
| <a href="http://www.onlinejfi.org">www.onlinejfi.org</a>                                     | <a href="http://www.indiasquash.com">www.indiasquash.com</a>                               |
| <a href="http://www.indianathletics.in">www.indianathletics.in</a>                           |                                                                                            |

Doping : [www.nadaindia.org](http://www.nadaindia.org)      [www.wada-ama.org](http://www.wada-ama.org)

Obesity : [www.who.int/news-room/fact-sheets/detail/obesity-and-overweight](http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight)







- पाठ्यपुस्तक मंडळाची वैशिष्ट्यपूर्ण पाठ्येत्तर प्रकाशने.
- नामवंत लेखक, कवी, विचारवंत यांच्या साहित्याचा समावेश.
- शालेय स्तरावर पूरक वाचनासाठी उपयुक्त.



पुस्तक मागणीसाठी [www.ebalbharati.in](http://www.ebalbharati.in), [www.balbharati.in](http://www.balbharati.in) संकेत स्थळावर भेट द्या.

**साहित्य पाठ्यपुस्तक मंडळाच्या विभागीय भांडारांमध्ये विक्रीसाठी उपलब्ध आहे.**



e balbharati

विभागीय भांडारे संपर्क क्रमांक : पुणे - ☎ २५६५९४६५, कोल्हापूर - ☎ २४६८५७६, मुंबई (गोरेगाव) - ☎ २८७७९८४२, पनवेल - ☎ २७४६२६४६५, नाशिक - ☎ २३९९५९९, औरंगाबाद - ☎ २३३२९७९, नागपूर - ☎ २५४७७९६/२५२३०७८, लातूर - ☎ २२०९३०, अमरावती - ☎ २५३०९६५





# Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune 4.

आरोग्य व शारीरिक शिक्षण इयत्ता अकरावी (इंग्रजी माध्यम)

₹ 56.00

