**ITEM NO. 10**

**SPORTS/ GAMES AND ADVENTURES**

**UNIT 1 - SPORTS: CRICKET**

The year 1911 was very significant for the Indian cricket team. It was for the first time in 1911 that the Indian team went for a cricket tour. The Indian team, led by the Maharaja of Patiala, Bhupinder Singh, went out to England. New to the game, the team could not do much. They played about twenty three matches, but won only two. Indian cricketers could not make great cricket scores but came back, enriched with invaluable experience.

The year 1936 changed the way people began to view India *vis-a-vis* cricket. In 1936, it came to be recognised as the Test playing nation. The team worked hard learning and improving their skills for playing the game. Despite all trials, the team could not, however, reach a level where victory was guaranted.

The face of Indian cricket changed forever in the year 1952. The year 1952 was marked by India's first Test win. This memorable match was played in Madras. The team played against England. The winning story continued when India played another Test series with Pakistan and New Zealand in 1956. Today, the game is a household name and there is no looking back for the team.

Source :-Children's Digest’ 2007

1. What in your opinion was the reason behind the success of Indian cricket team in 1952?

(a) ineptitude

(b) skill

(c) knowledge

(d) enjoyment

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| **Domain:** Reading Literacy | **Theme:**  Sports & Games | Class(es): VIIIth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze.** | |

**Reading Literacy**

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| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Mixed |
| Text Type | Exposition |
| Cognitive Process | Understand |
| Item Format | Complex MCQ |
| Proficiency Level | 1A |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit : (b) Skill**  **No Credit : in accurate, irrelevant, incomplete vague off task-or missing answer.** |

2. What did the Indian team gain in year 1911?

(a) It gained new bats and cricket equipment

(b) It gained enriching experience

(c) It gained the label of the Test playing nation

(d) It gained a lot of money

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| **Domain:** Reading Literacy | **Theme:**  Sports & Games | Class(es): VIIIth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze.** | |

**Reading Literacy**

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| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Locate Information |
| Item Format | Simple MCQ |
| Proficiency Level | 1B |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit : (b) It gained enriching experience**  **No Credit: in accurate, irrelevant, incomplete vague off task-or missing answer.** |

3. Why was the Indian team endeavouring with the game?

(a) This was a new game for the Indian team

(b) The team did not have the right equipment

(c) The team had never gone on a tour

(d) The team did not have a good mentor

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| **Domain:** Reading Literacy | **Theme:**  Sports & Games | Class(es): VIIIth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze.** | |

**Reading Literacy**

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| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Evaluate & Reflect |
| Item Format | Open constructed Response |
| Proficiency Level | 1A |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit : (a) This was a new game for the Indian team**  **No Credit: in accurate, irrelevant, incomplete vague off task-or missing answer.** |

**4.** Why did the face of Indian cricket change in the year 1936?

(a) It began to be discerned among other nations.

(b) It went for a cricket tour to England.

(c) It lost all the matches.

(d) It won a series of matches against Pakistan

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| **Domain:** Reading Literacy | **Theme:**  Sports & Games | Class(es): VIIIth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze.** | |

**Reading Literacy**

|  |  |
| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Evaluate & Reflect |
| Item Format | Open constructed Response |
| Proficiency Level | 1A |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit : (a) It began to be discerned among other nations.**  **No Credit: in accurate, irrelevant, incomplete vague off task-or missing answer.** |

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**Name of the Vidyalaya: K.V. Namkum, Ranchi**

**KVS Region: Ranchi**

**UNIT 2 - importance of good shoes in Sports & Games**

For 14 years the sports Medicine Centre of Lyon (France) has been studying the injuries of young sports players and sports processionals. The study has established that the best course is preven­tion ... and good shoes.

**Knocks, falls, wear and tear...**

Eighteen percent of sports players aged 8 to 12 already have heel injuries. The cartilage of a footballer's ankle does not respond well to shocks, and 25 percent of professionals have discovered for themselves Thai it is an especially weak point. The cartilage of the delicate knee joint can also be irreparably damaged, and if care is not taken right from childhood (10-12 years of age), this can cause premature osteoarthritis. The hip does not escape damage either and. particularly when tired, players run the risk of fractures as a result of falls or collisions.

According to the study, foot-bailers who have been playing for more than 10 years have bony outgrowths either on the tibia or on the heel. This is what is known as "footballer's foot," a deformity caused by shoes with soles and ankle parts that are too flexible.

**Protect, support, stabilize, absorb**

If a shoe is too rigid, it restricts movement. If it is too flexible, it increases the risk of injuries and sprains. A good sports shoe should meet four criteria.

Firstly, it must *provide exterior protection:* resist­ing knocks from the ball or another player, coping with unevenness in the ground, and keeping the foot warm and dry even when it is freezing cold and raining.

It must *support the foot,* and in particular the ankle joint, to avoid sprains, swelling, and other problems, which may even affect the knee.

It must also provide players with good *stability* so that they do not slip on a wet ground or skid on a surface that is too dry.

Finally, it must *absorb shocks,* especially those suffered by volleyball and basketball players who are constantly jumping.

**Dry feet**

To avoid minor but painful conditions such as blisters or even splits or athlete's foot (fungal infec­tions), the shoe must allow evaporation of perspira­tion and must prevent outside dampness from get­ting in. The ideal material for this is leather, which can be water-proofed to prevent the shoe from get­ting soaked the first time it rains.

Source:- Blog

1. What does the author intend to show in this text?

A that the quality of many sports shoes has greatly improved

B that it is best not to play football if you are under12 years of age

C that young people are suffering more and moreinjuries owing to their poor physical condition

D that it is very important for young sports playersto wear good sports shoes

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| **Domain:** Reading Literacy | **Theme:**  Sports and Games | Class(es): IXth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze / understand** | |

**Reading Literacy**

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| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Understand |
| Item Format | Complex MCQ |
| Proficiency Level | 2 |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit : (D) that it is very important for young sports players to wear good sports shoes**  **No Credit : in accurate, irrelevant, incomplete vague off task-or missing answer.** |

2. According to the article, why should sports shoes not be too rigid?

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| **Domain:** Reading Literacy | **Theme:**  Sports and Games | Class(es): IXth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze / understand** | |

**Reading Literacy**

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| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Understand |
| Item Format | Closed Constructed Response |
| Proficiency Level | 3 |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: 01**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| **Explain expected answer and the respective credits**  **Full Credit :**  Answers that refer to restriction of movement For example:  • They restrict movement.  • They prevent you from running easily.  Partial Credit for any one of the above points  **NO credit**  Answers that show inaccurate comprehension of the material or are implausible or irrelevant For example:  •To avoid injuries  •They can't support the foot  Because you need to support the foot and ankle  **Or :**  Answers that are insufficient or vague For example:  •Otherwise they are not suitable |

3. One part of the article says "A good sports shoe should meet four criteria.”Explain what are these criteria?

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| **Domain:** Reading Literacy | **Theme:**  Sports and Games | Class(es): IXth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze / understand** | |

**Reading Literacy**

|  |  |
| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Understand |
| Item Format | Complex MCQ |
| Proficiency Level | 2 |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

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| --- |
| **Explain expected answer and the respective credits**  **Full Credit :**  **(1)to provide exterior protection**  **(2)to support the foot**  **(3)to provide good stability**  **(4) to absorb shocks**  **No Credit :**  **Other answers For example:**  **Protect against knocks from the ball or feet.**  **Cope with unevenness in the ground.**  **Keep the foot warm and dry.**  **Support the foot.** |

4. Look at this sentence from near the end of the article. It is presented here in two parts:

"To avoid minor but painful conditions such as blisters or even splits or athlete's foot (fungalinfections), ..." (first part)

"... the shoe must allow evaporation of perspiration and must prevent outside dampness from getting in." (second part)

What is the relationship between the first and second parts of the sentence?

**The second part**

**A contradicts the first part .**

**B repeats the first part**

**C illustrates the problem described in the first part**

**D gives the solution to the problem described in the first part**

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| **Domain:** Reading Literacy | **Theme:**  Sports and Games | Class(es): IXth  Expected time: 5 mts  Total Credit: 02 |
| **Description of Item:**   |  |  | | --- | --- | | **√** | Text | |  | Image | |  | Table | |  | Graph | |  | Map | |  | Poem | | **Learning Outcome:**  **(As per NCERT)**  **The Child is able to read and analyze / understand** | |

**Reading Literacy**

|  |  |
| --- | --- |
| FRAMEWORK | CHARACTERISTICS |
| Situation/Scenario/Context | Educational |
| Text Format | Continuous |
| Text Type | Exposition |
| Cognitive Process | Understand |
| Item Format | Complex MCQ |
| Proficiency Level | 2 |

**Credit Pattern:**

**Full Credit: 02**

**Partial Credit: Nil**

**No Credit: 0**

**Description of Answer Key and Credits:**

|  |
| --- |
| **Explain expected answer and the respective credits**  **Full Credit : (D)gives the solution to the problem described in the first part**  **No Credit : in accurate, irrelevant, incomplete vague off task-or missing answer.** |

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