

### Objectives

- To get information about various awards given by State and Central Government.
- To get information about objectives and nature of sports awards
- To gather information of Sports award winners

Players, organizers/activists, coaches from Maharashtra are felicitated by giving Shiv Chhatrapati State Sports Lifetime Achievement Award, Best Coach Award, Shiv Chhatrapati State Sports Award (Players, Organizer/activists), Eklavya State Sports Award (Specially abled), Adventure Sports Award and Jijamata Sports Award.

These awards are presented to felicitate renowned best sportsmen, sports activists and Sports coaches and similarly to people from Maharashtra who have worked very hard and given their service for years to the sports field.



Sports awards given by Government of Maharashtra

1. Shiv Chhatrapati State Lifetime Sports Achievement Award
2. Shiv Chhatrapati State Sports Award (Best Sports Coach) and Jijamata Award (Women Sports Coach)
3. Shiv Chhatrapati State Sports Award (Player)
4. Shiv Chhatrapati State Adventure Sports Award
5. Shiv Chhatrapati State Sports Award (Specially Abled Player)

1. Shiv Chhatrapati State Lifetime Sports Achievement Award

### Objective of the Award

The objective of this award is to appreciate Sports Maharshi's like Senior Sportsmen, Sports Coach, Sports Organizer, activists and persons related to sports field who have offered everything for sports throughout their sports life for Maharashtra and achieved an incomparable place and have made a remarkable effect of their personality and sports working capability.

### Information about the Award

This award is given to sports persons, sports coaches, activists/organizers and other persons from Maharashtra working in the sports field who are of 60 years of age or more, who have preserved the sports culture in Maharashtra by their incomparable work, made a remarkable

growth in sports and who have done a memorable achievement in raising the name of Maharashtra state in the country and international level or have done basic work in the sports field.

### **Nature of the award**

The nature of this award is a Memento, Certificate, Blazer and Cash of Rupees Three Lakhs.

## **2. Shiv Chhatrapati State Sports Award (Best Sports Coach) and Jijamata Award (For Women Sports Coach)**

### **Objective of the Award**

The objective of this award is to motivate and appreciate the Sports Coaches working in the sports field in Maharashtra who have achieved an incomparable feat in creating players at the national and international level and also trying hard to raise the level of players at the national and international level.

### **Nature of the Award**

The nature of this award is a memento, certificate, blazer and cash of Rupees One Lakh.

## **3. Shiv Chhatrapati State Sports Award (Player)**

### **Objective of the Award**

The objective of this award is to appreciate the players of Maharashtra State who have achieved an exemplary performance in the sports field.

### **Information about the Award**

A player is awarded Shiv Chhatrapati Sports Award directly if he has received 'Arjun Award' from the

Central Government.

Players who have achieved exemplary performance and raised the name of Maharashtra State and the country at national and international level are felicitated with this award.

### **Nature of the Award**

The nature of this award is a memento, certificate, blazer and cash of Rupees One lakh.

## **4. Shiv Chhatrapati State Adventure Sports Award**

### **Objective of the Award**

Any person above 18 years who has overcome adverse situations in water, field or air in adventure sports by risking his life and completed his task is called adventure.

The objective of this award is to felicitate outstanding achievement done by such adventurous players over 18 years from Maharashtra State.

### **Information about the Award**

Adventurous Persons from Maharashtra State who have done an outstanding performance in Adventure Sports are felicitated with this award

### **Nature of the Award**

The nature of this award is a memento, certificate, blazer and cash of Rupees One Lakh.

## **5. Shiv Chhatrapati State Sports Award (Specially Abled Player)**

## Objectives of the Award

The objective of this award is to felicitate Outstanding achievement in the sports field by specially abled players from Maharashtra State as per the definition of government rule 1995 for specially abled persons (equal opportunity, defense of rights and complete participation).

## Information about the Award

Specially abled players from Maharashtra State who have achieved outstanding performance in the sports field at the national and international level are felicitated by this award.

## Nature of the Award

The nature of this award is a memento, certificate, blazer and cash of Rupees One Lakh.

## Awards Given By Central Government

1. Dhyanchand Lifetime Achievement Award
2. Rajiv Gandhi Khel Ratna Award
3. Arjuna Award
4. Dronacharya Award
5. National Sports Motivation Award
6. Padma Award
7. Bharat Ratna Award

## 1. Dhyanchand Lifetime Achievement Award



## Information about the Award

To motivate a player who has contributed to the sports field and who has been promoting the sports even after his retirement and has spent his entire life for the development of sports and those who have made a remarkable progress in the sports field for their country are felicitated by this award.

## Nature of the Award

The nature of this award is a memento, certificate, blazer and cash of Rupees Five Lakhs.

## 2. Rajiv Gandhi Khel Ratna Award



### Information about the Award

Players who have done an outstanding and remarkable sports performance in the last four years are felicitated by this highest sports award.

### Nature of the Award

The nature of this award is a memento, certificate, blazer and cash of Rupees Twenty Five Lakhs.

### 3. Arjuna Award



### Information about the Award

Players with outstanding performance at the international level are felicitated with this award.

### Nature of the Award

The nature of this award is a memento, certificate, blazer and cash of Rupees Fifteen Lakhs.

### 4. Dronacharya Award

### Information about the Award

This award is given to motivate the coaches who have coached the players who have done outstanding performance at the international level and made the country proud.



### Nature of the Award

The nature of this award is a memento, certificate, blazer and cash of Rupees Five Lakhs.

### 5. National Sports Motivation Award



### Information about the Award

Those persons who have actually participated in the promotion of sports in the country by working in the different organizations, associations, federations and sports control board and have given their valuable contribution are honored by giving this award with a memento.

### 6. Padma Award

### Information about the Award

Padma awards are one of the highest civilian awards and are of great reputation. These awards are given for



outstanding services in different fields. The criteria for this award is excellent work in the respective field having social work as one of the aspect.

### Nature of the Award

The nature of this award is a medal and a certificate. These awards are given by the hands of the President of India.

### 1. Padmavibhushan Award Medal



Front View      Back View

### 2. Padmabhushan Award Medal:



Front View      Back View

### 3. Padmashri Award Medal



Front View      Back View

### 7. Bharat Ratna Award



Front View      Back View

### Information about the Award

‘Bharat Ratna Award’ is the highest civilian award of our country. Cricket player Sachin Tendulkar is the only player recipient of this award. He received this award in the year 2014.

**Note :** There may be changes in the criteria, objective and nature of the awards given by the State and Central government. So, reserach for updates from time to time, for further study.

## Exercise

### Q1. Complete the sentence and rewrite by filling the appropriate word.

1. Shiv Chhatrapati State Sports Award (Player) is directly awarded after receiving \_\_\_\_\_ award from the Central Government.
2. Shiv Chhatrapati Sports Lifetime Award is given by \_\_\_\_\_ government.
3. \_\_\_\_\_ is the highest civilian award of our country.
4. Adventurous persons from Maharashtra State with special outstanding performance are felicitated by \_\_\_\_\_ award.
5. Women Sports Coach who strive to raise the level of players at the national and international level and help to increase the honour of the state are felicitated by giving \_\_\_\_\_ award.

### Q2. Match the following

#### 'A' Group

#### Answers

#### 'B' Group

- |   |         |                       |
|---|---------|-----------------------|
| 1. Award given to persons in various fields for outstanding service         | (.....) | a) Bharat Ratna Award |
| 2. Award given to Adventurous persons above 18 years from Maharashtra State | (.....) | b) Dronacharya Award  |
| 3. Highest civilian award State Adventure                                   | (.....) | c) Shiv Chhatrapati   |
| 4. Award given to coaches   | (.....) | d) Padma Award        |

### Q3. Write whether True or False

1. Players under eighteen years are felicitated by giving Shiv Chhatrapati State Adventure Sports Award.  
.....
2. Rajiv Gandhi Khel Ratna Award is an award given by the Central Government.  
.....
3. 'Padma Awards' are highest civilian awards given for outstanding performance in various fields.  
.....
4. National Sports Motivation Award is given to players for the excellent performance at the national level.  
.....
5. Player who has given outstanding performance at the international level is felicitated by 'Arjun' award.

#### Q4. Answer in short

1. Which are the various awards in the sports field given by Maharashtra Government?

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2. Which are the various awards in the sports field given by Central Government?

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3. What is the objective of the Shiv Chhatrapati State Sports Life Time Achievement Award?

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4. Who is awarded the Dhyanchand Life Time Achievement Award?

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5. Write the nature of the Shiv Chhatrapati State Sports Award given to the players.

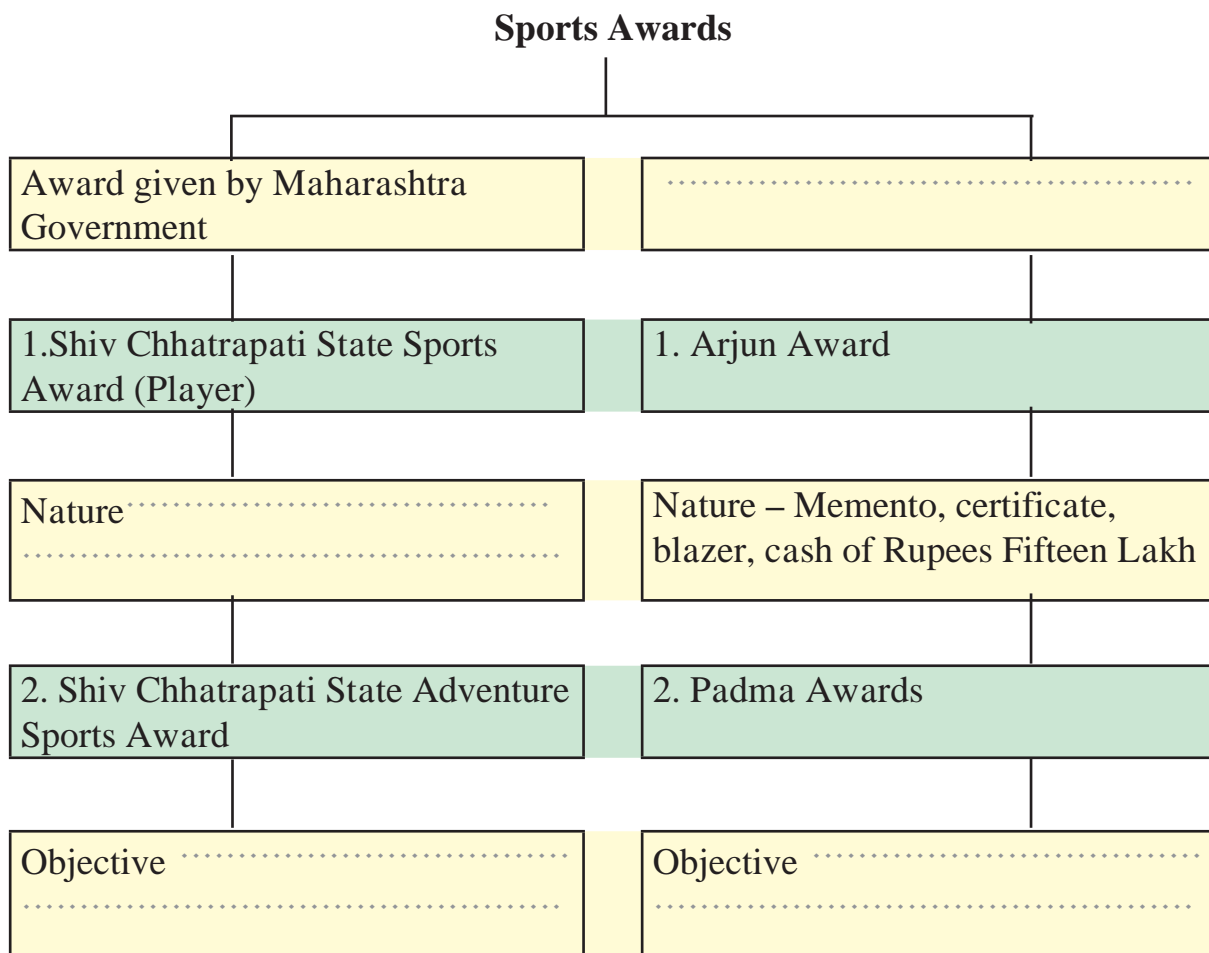
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**Q 5. Complete the following flowchart**



**Q 6. Write your own view**

1. Competitions organized by District Sports Office.

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## 2. Performance of Indian athletes in Olympics.

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## 3. Facilities given by government for Olympians.

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### **Supplementary Study:**

Browse the internet for getting more information on awards given to players by Maharashtra State and Central Government.



## Practical Work

Games, asanas and activities mentioned below are few examples that the teachers can use to develop physical abilities in students. Practical evaluation of students can be done considering the facilities available in the respective Junior College.

Health Related Physical Fitness Factors		Skill Related Physical Fitness Factors	
1)	Cardiovascular Endurance	1)	Speed
2)	Muscle Strength	2)	Power
3)	Muscle Endurance	3)	Agility
4)	Flexibility	4)	Coordination
5)	Body Composition	5)	Balance
		6)	Reaction Time
Team and Individual Games			
1.	Indian Games	eg. Kabaddi, Kho-Kho, Mallakhamb, etc.	
2.	Gymnastics events	eg. Horizontal Bar, Balance Beam, Floor Exercise, etc.	
3.	Ball Games	eg. Hockey, Football, Basketball, Throwball, Handball, Volleyball, etc.	
4.	Racquet Games	eg. Table Tennis, Badminton, Lawn Tennis, Piquel Bal, etc.	
5.	Combat games	eg. Judo, Karate, Wrestling, Taekwondo, etc.	
Athletics – Events			
Running Events		Jumping Events	Throwing Events
Short Distance races 100, 200, 400 meters		Long Jump	Shot Put
Middle Distance races 800, 1500 meters		High Jump	Discus Throw
Long Distance races 3000, 5000, 10000 meters		Pole Vault	Javelin Throw
Relay – 4x100, 4x400 meters		Triple Jump	Hammer Throw
Asanas			
1.	Standing Position – eg. Tadasan, Vrukshasan		
2.	Sitting Position – eg. Bhadrasan, Vajrasan		
3.	Prone Position (Sleeping on Stomach) – eg. Bhujangasan, Shalabhasan		
4.	Supine Position (Sleeping on Back) – eg. Halasan, Shavasan		
Pranayam			
Pranayam – eg. Anulom Vilom Pranayam, Sheetali Pranayam, Ujjai Pranayam, etc. (It is always necessary to do conditioning exercises and loosening after demonstration of yoga or any activities related to it).			
Various Activities			
Various Activities eg. Walking, Cycling, Swimming, Aerobics, Zumba Dance, Lezim, Traditional Games, Recreational Games, etc.			

### ***Note (For Students)***

- 1) Fill in your information as per the points given in the column. While noting down the measurement of physical fitness, study the difference between the first term and second term. Similarly do a medical test and write down in the note book along with the date.
- 2) Measurement of physical fitness should be done after the school starts and study the comparative change between the first term and the second term.
- 3) Choose any event of Athletics from Running, Jumping and Throwing and note performances in the same. A personal comparison of the performances can be made if checked in both the terms.
- 4) In the beginning of the first term, calculate and note your BMI, WHR and THR. Calculate the same just before the final exams and take note of any changes in the scores.

#### **Include the following points while noting down:**

1. Personal information and Medical test of a student

Name of the student:

Mother's name:

Date of Birth:

Blood Group:

S. No.	Personal information of the student	First Term	Second Term
1	Height (cms)		
2	Weight (kg)		
3	Stomach Circumference (cms)		
4	Waist Circumference (cms)		
5	Hip Circumference (cms)		

## 2. Measurement of Physical Health (Any Five from Health Related and Skill Related)

S.No.	Name of the activity	First Term	Second Term
1			
2			
3			
4			
5			

**Note:** From the Health related and skill related fitness variables, select any five factors to measure and note them in the first term and second term.

### 3. Use the formulas given below to measure BMI, WHR and THR of oneself.

1.  $BMI = \text{Weight (kg)} / \text{Height (meters)}^2$

2.  $WHR = \text{Waist circumference} / \text{Hip circumference}$

3.  $THR = 60\%$   $THR = (220 - \text{Age}) - RHR \times 0.60 + RHR$   
 $= 70\%$   $THR = (220 - \text{Age}) - RHR \times 0.70 + RHR$

(**Note:** Resting heart rate for a minute should be measured after waking up with ease from sleep)

Signature  
Health and Physical Education Teacher

# Medical Test

## First or Second Term

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Signature  
Health and Physical Education Teacher

Signature  
Medical Examiner

## My Game

1. Name of the Game (Individual/Team game)

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2. Equipment for the game –

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3. Ground marking –

4. Number of players –

5. General Rules of the game –

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6. Important skills used in the game –

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7. Achievement / Experience in the game –

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8. I love this game because –

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### Activities / Notes (First/Second Term)

## Report Writing

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A list of some websites of some sports have been given, Accordingly visit the websites of your favorite games and get more information.

### 1. Websites of different competitions

[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 of different league competitions

[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. Websites for Physical Fitness

[www.brainmac.co.uk](http://www.brainmac.co.uk)  
[www.sport-fitness-advisory.com](http://www.sport-fitness-advisory.com)

### 4. Websites of different sports

<a href="http://www.basketballfederationofindia.org">www.basketballfederationofindia.org</a>	<a href="http://www.boxingfederation.in">www.boxingfederation.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.BCCI.tv">www.BCCI.tv</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>	



Seat Number

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Date:

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## Certificate

This is to certify that,

Master/Miss .....

of Std 12<sup>th</sup> Arts/Commerce/Science/....., division.....,  
has attended and successfully completed the required practicals,  
games-skills and activities in fulfilment of the practical assessment of  
the subject Health and Physical Education for the year 20..... - 20.....

Signature

Health and Physical Education Teacher

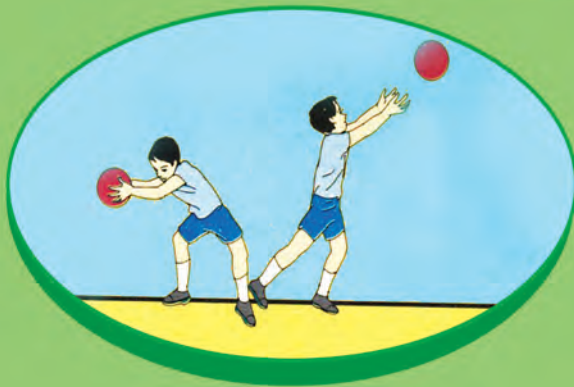
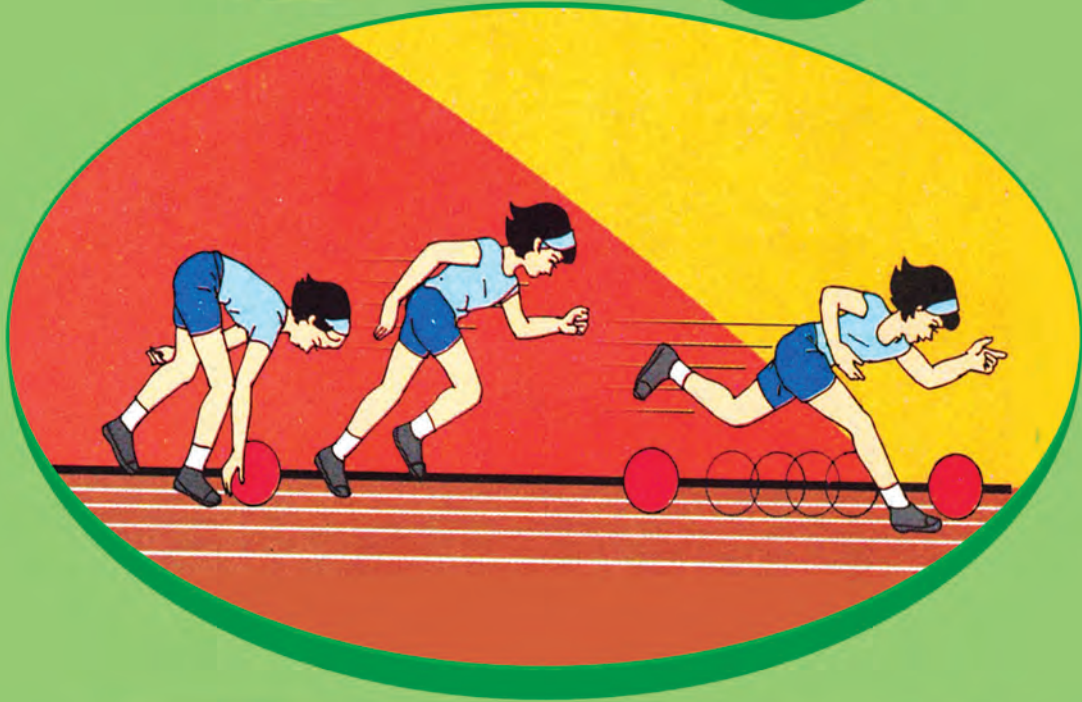
School  
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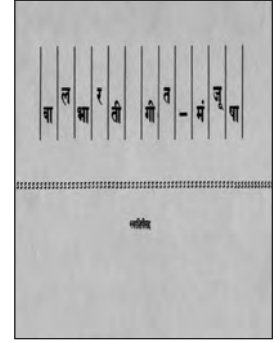
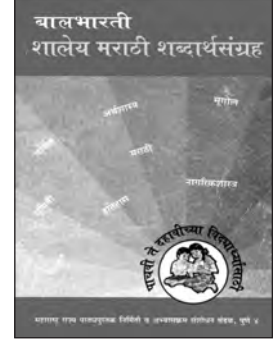
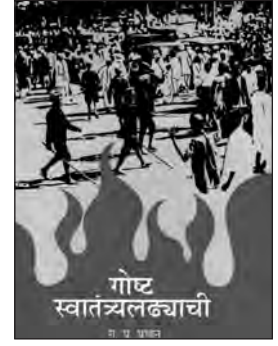
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Principal

**NOTES**

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