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A Textbook of Physical Education Class 11

Chapter 6

PHYSICAL ACTIVITY AND LEADERSHIP TRAINING



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LEADERSHIP QUALITIES AND ROLE OF A LEADER

Leadership

Leadership is a quality that helps in leading a group or an organisation in a very organised and systematic way.

Leadership demands a clarity of vision, ability to fulfill any task in a collective way, organise the potential of individuals in a group towards a common goal and successfully come up with creative ideas in a crisis situation

Qualities of a Leader

1. A leader should have clarity of thought.
2. A leader should have effective communication skills.
3. A leader should have a sense of integrity.
4. A leader should be a visionary.
5. A leader should be a motivator, and many other qualities.



Figure 6.1 Leadership is the capacity to translate vision into reality.

Role of a Leader

- The role of a leader is to plan and execute the plan smoothly.
- The role of a leader is also to communicate the effectiveness of the policies of the organization to the workers at various levels.
- The leader's role is also to integrate and motivate fellow workers towards the accomplishment of a task.
- A leader acts as a bridge between the management and the workforce, and many other roles.

CREATING LEADERS THROUGH PHYSICAL EDUCATION

Physical education is a field which involves a lot of physical activity and sports. It is a very active and dynamic field. It is evident that various professional domains use the component of physical education, physical activity and sports to train their professionals to become leaders. So, it is true that involvement in physical education activities itself is a process of creating a leader

MEANING, OBJECTIVES AND TYPES OF ADVENTURE SPORTS

(Rock climbing, Trekking, River rafting, Mountaineering, Surfing and Paragliding)

Meaning of Adventure Sports

Activities that deliver extraordinary challenges at every step of execution, involve a high risk of injury and may even be life challenging can be termed as adventure sports.

Objectives of Adventure Sports

- Adventure sports expose students to a variety of indoor and outdoor activities.
- They also expose students to aquatics, aerial activities, activities related to height and depth.
- They develop qualities such as, courage, willpower, strength, confidence, determination, dedication, fighting spirit and self-motivation.
- An important aspect is that a person taps into her/his immense potential and starts understanding what she/he is capable of doing.
- Adventure activities help a child to be selfreliant and independent, and many other objectives.

Types of Adventure Sports

Rock Climbing

It is an activity in which a person climbs a natural or artificial rock surface. Here, the person climbs up or sideways or sometimes slightly down, depending on the comfort and feasibility during climbing. Climbers have to keep their body close to the rock surface during climbing and take support from their feet and fingers.

Trekking

It is an activity where people walk onto a specific path for exploring and seeing natural beauty. This activity is best done in a group to enjoy the benefits. Some safety measures to be taken during trekking:

- travel and rest in a group,
- be friendly and of a helping nature,
- carry safety equipment, and follow instructions of the instructor properly.



Figure 6.4 Rock climbing



Figure 6.5 Trekking

River Rafting

River rafting is done with an inflatable raft on the water surface of a river. This is an outdoor activity which requires specific supervision and training in the beginning. Safety equipment are a must along with a life jacket.



Figure 6.6 River rafting

Mountaineering

Mountaineering is an activity or sport in which people take up the challenge of climbing various mountains. To reach a certain height or the top of a mountain is the fun or the challenge. This is a very self-motivating sport where people want to prove their capability to themselves. During mountaineering, the climber needs to climb rocks and glaciers, cross snow-covered ranges and valleys and adjust to high altitude adversities and many more life threats.



Figure 6.7 Mountaineering

Surfing

Surfing is a sport where a surfer rides a wave on a surfing board. When a high wave travels to the shore, the surfer moves on the wave surface by standing or lying on the surfing board and gradually moves sideways or diagonally with the wave to reach the top of the wave. As the wave moves to the shore the surfer too comes to the shore with the wave.



Figure 6.8 Surfing

Paragliding

In paragliding, a person floats above the ground in the air and enjoys the beauty of nature. This sport is recreational as well as competitive in nature. Here, the person termed as the pilot, sits in a harness which is suspended below a fabric wing comprising a large number of interconnected baffled cells.



Figure 6.9 Paragliding

SAFETY MEASURES TO PREVENT SPORTS INJURIES

The most important factor in a sportsperson’s life to achieve her/his goal is to remain injury free. Injury slows down the progress by putting a break in the training and performance session. So, every sportsperson should understand the safety measures to prevent sports injuries. Let us divide the sports sessions as – pre-activity, during-activity and post-activity

<i>Pre-activity</i>	<i>During-activity</i>	<i>Post-activity</i>
<ol style="list-style-type: none"> 1. Readiness and clarity of the activity should be there. 2. Condition of playground, equipment and environment should be adequate. 3. Proper warm-up kit to be worn. 4. Supervision to the activity to be ensured, etc. 	<ol style="list-style-type: none"> 1. Proper playing kit to be worn with all safety measures. 2. Activity to be performed under the supervision of a trainer. 3. Rules and regulations to be followed during game/activity. 4. Official’s decision to be honoured, etc. 	<ol style="list-style-type: none"> 1. Gradual slowing down of the activity. 2. Proper stretching and cooling down of the body muscles. 3. Remove the safety gears. 4. Proper hydration to be kept in mind, etc.

SUMMARY

- 1.** **Leadership** is a quality that helps in leading a group or an organisation in a very organised and systematic way.
- 2.** A leader should possess strong interpersonal skills. This helps the leader to develop harmony among members of the group.
- 3.** A leader acts as a bridge between the management and the workforce.
- 4.** Physical education and sporting activity teach team and social cohesiveness, competitive spirit and cooperation which are some important characteristics to become a leader.
- 5.** The activities that demand extraordinary challenges at every step of execution and involve high risk of injury or even life challenge can be termed as adventure sports.
- 6.** Adventure sports develop a challenging attitude which is a pre-requisite in our daily life.

SUMMARY

- 7.** Trekking is done to explore new areas, to know the culture and tradition of the people living in those areas and enjoy the panoramic beauty of nature.
- 8.** During mountaineering the climber needs to climb rocks and glaciers, cross snow-covered ranges and valleys and adjust to high altitude adversities and many more life threats.
- 9.** Indulging in surfing sports, a person develops a good sense of body balance and increases flexibility, endurance and muscular strength.
- 10.** Paragliding is another very spectacular and challenging sport where, just like a bird, a person floats above the ground in air and enjoys the beauty of nature.
- 11.** The most important factor in a sportsperson's life to achieve her/his goal is to remain injury free. Injury slows down the progress by putting a break in the training and performance session. So, every sportsperson should understand the safety measures to prevent sports