

PHYSICAL EDUCATION

CHAPTER 1: PLANNING IN SPORTS



PLANNING IN SPORTS

Introduction Of Planning

Planning comprises the process of setting goals developing and schedules to accomplish the goals.

In simple words planning is deciding in advance as to what, where how and by whom it is to be performed.

Evelyn: "A plan is a trap laid to capture the futures".

Objectives of Planning

1. **Reduce Pressure:** With proper planning tasks can be performed effectively. It also will reduce unnecessary pressure.
2. **Proper Coordinator:** Planning facilitates coordination among various members of committees.
3. **Reduce mistakes:** Complete reduction of mistakes is not possible; with proper planning this can be minimised.
4. **Increase efficiency of officials:** Planning helps officials to do their assigned work more efficiently and effectively.
5. **Enhance creativity:** It enhances creativity, many new ideas are brought when they make plans together.
6. **Enhance performance:** Planning always enhances performance of officials, sportsmen, etc. who are engaged in tournaments or any kind of activity
7. **Good control over activities:** Through proper planning every work is done in a controlled manner.
8. **Enhance Quality:** Planning in sports increases the quality of work.

Various Committees and their Responsibilities

To achieve the ultimate aim there are many objectives which are as follow:

Physical Development:

1. **Committee for Publicity:** Its main duty is to advertise the sports events.
2. **Transport Committee:** Its main responsibility is to make necessary arrangements for transportation.
3. **Grounds and Equipment Committee:** This committee is responsible for making the grounds

or laying out the track and field.

4. **Refreshments and Entertainment Committee:** This committee takes the charge of supplying refreshments and drinks to the guests, officials, competitors etc.
5. **Reception Committee:** The members of this committee are responsible to welcome the chief guests at the opening and closing ceremonies.
6. **Committee on Entries and Programmes:** This committee sends entry forms to the various institutions early. It also arranges seats for guests and spectators. It sometimes also prepares fixtures of teams participating in the competition.
7. **Committee for Officials:** This committee selects various officials such as referees, judges, umpires etc.

Tournaments

Tournament is a healthy competition to decide winners and top ranked teams. A tournament provides a good platform to showcase the talents of different skills, techniques, tactics, and strategies.

It also provides evaluation and comparison of different teams. Tournament is an inspiration and encouragement for players.

Importance of Tournament

1. Development of sports skills.
2. Publicity of sports.
3. Helpful in Talent identification.
4. Development of Social Qualities.
5. Development of National and International integration.
6. Good source of recreation for teams.
7. Provides good feedback.

Types of Tournament

The type of Tournament depends upon various factors like fund available, time periods, infrastructure, staff, facilities, level of teams etc.

There are mainly three types of major Tournament happens

- Knockout or single elimination tournament
- League or Round Robin Tournament

- Combination Tournament
- Knock out cum League
- Knockout cum knockout
- League cum knockout
- League cum League or double league

Knock Out Tournament

In knock out tournament only winning teams continue to play further and teams once get defeated, automatically get eliminated.

Advantages of Knockout

- Less expensive.
- Requires less time.
- Strong team emerges winner.
- Less tiredness of players.
- Spectator interest is high.

Disadvantages of Knockout

- Good team may get eliminated.
- Good selection of players are very tough.
- High stress on players.

League or Round Robin Tournament

In this type of tournament, every team plays with every other team in their pool, irrespective of win, lose or draw. It provide maximum number of opportunities to show the best performance.

Advantages of League Tournament

- Team get ample opportunities.
- True winner emerge.
- Team can improve their performance in next match.
- Skilled selection is possible.
- Players' interest remain intact.

Disadvantages of League Tournament

- Time consuming.
- It needs large arrangements.
- Very expensive.
- Less interest of spectators.
- Demoralized weak team due to repeated loss.

League Fixtures

1. **Cyclic Method:** In this method fixtures are made using Cyclic Method. One team is fixed on the top right hand side and teams move in ascending order consecutively downward and then move upward on the left side. In case of odd numbers a bye is fixed in place of one, Other numbers will move in ascending order.

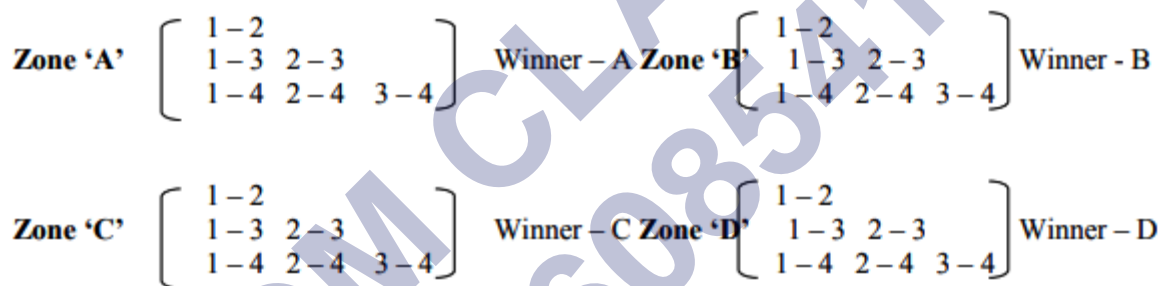


2. **Staircase Method:** In this method fixtures are made like a staircase. This method is considered as the easiest method. A team gets maximum points in a tournament, declared the winner. Winner of the match gets 2 points. Loser gets 0 and for draw 1 point is awarded to both teams.

1-2								
1-3	2-3							
1-4	2-4	3-4						
1-5	2-5	3-5	4-5					
1-6	2-6	3-6	4-6	5-6				
1-7	2-7	3-7	4-7	5-7	6-7			
1-8	2-8	3-8	4-8	5-8	6-8	7-8		
1-9	2-9	3-9	4-9	5-9	6-9	7-9	8-9	

Combination Tournament

This type of Tournaments are usually conducted when the number of teams are more. Teams are divided into various halves depends upon number of teams. Either two halves, four halves, six halves etc.



The team belonging to the concerned group play among themselves in either knockout or league basis and decide the winner of the group.

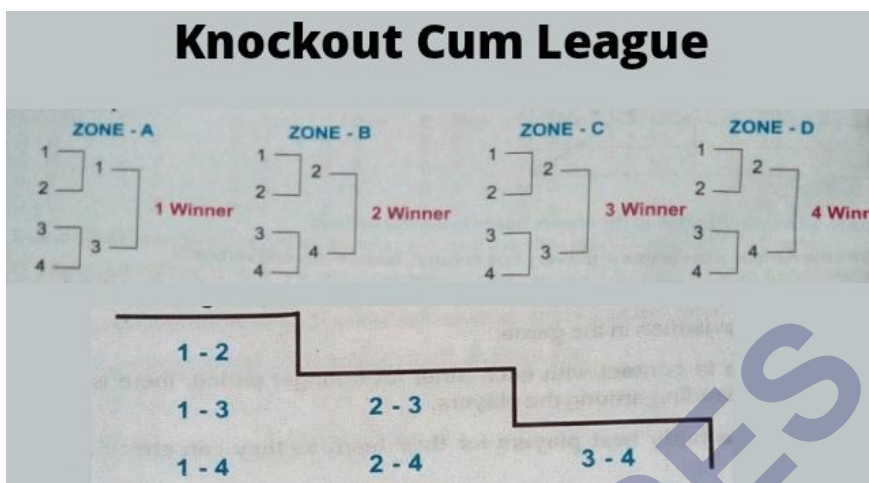
Thereafter the group winners play among themselves and decide the champion.

Types of Combination Tournament

- Knock out – League
- Knock out – knock out
- League – league (Double league)
- League – knock out

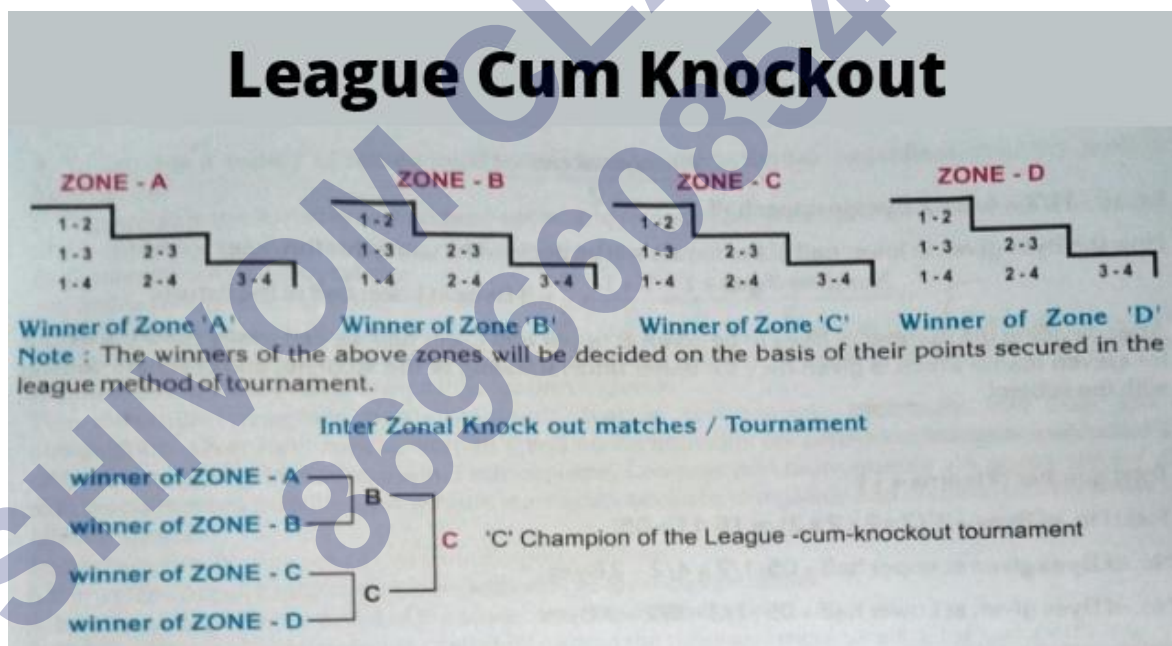
Knockout Cum League fixture:

Total number of teams are divided into four pools. Every team in their respective pools will play in knockout basis. Winner of each pools will again play together in league basis.



League Cum Knockout:

Total number of teams are divided into four pools. Every team, in their respective pools, will play with each other in league basis. Winner of each pools will again play together in knockout basis.



Important Questions

➤ **Multiple Choice Questions:**

- 1 . What do you mean by planning?
 - a) Deciding in advance what is to be done
 - b) Motivating towards training
 - c) Thinking about past

- d) Organising tournament
2. Which one of the following is NOT an objective of planning in a sports tournament?
- Management of a tournament
 - Finding out the causes of failure
 - Distributing work according to the ability
 - Achieving the target on time
3. The reception committee for the tournament is responsible for _____
- Welcoming the participants
 - Arranging accommodation and meals for the participants
 - Proper upkeep of the venues
 - Welcoming the chief guest and spectators at the opening and closing ceremony
4. Which one of the following is NOT the important objective of planning in a sports tournament?
- Timely achievement of target
 - To ensure coordination
 - To improve the sports performance
 - To earn money
5. The boarding and lodging committee for a tournament arranges _____
- The making of the budget for boarding and lodging
 - Meals, refreshment and stay of the chief guest
 - Accommodation and meals for the participants
 - Refreshment for the participation and officials
6. Which of the following committees is responsible for selecting various officials
- Committee for official
 - Reception committee
 - Finance committee
 - Announcement committee
7. If the responsibility of a committee is to fix the venue, date, and timing of the sports events, it is a _____
- Post meeting committee
 - Pre meet committee

- c) During meet committee
 - d) All the above
8. To check the lodging facility of outstation candidates and refreshment of all the participants are adequate. Which committee is responsible for this?
- a) Post meeting committee
 - b) Pre meet committee
 - c) During meet committee
 - d) All the above
9. Which of the following function does not fall under the domain of the post-meet committee
- a) To check the outstanding bills are paid
 - b) To release press and Media news related to the event
 - c) To check the work of all other committee simultaneously
 - d) To preserve the records of the sports events etc.
10. A _____ is a competition held between various teams in a particular activity according to a fixed schedule
- a) Tournament
 - b) Match
 - c) Fixture
 - d) Fight
11. Identify the factors which affect the various measures of organizing a tournament.
- a) The number of participating team
 - b) Facilities of ground, equipment and number of official available
 - c) Time duration in which the tournament is to be completed
 - d) All the above
12. Tournaments are mainly categorized into how many types
- a) 2
 - b) 4
 - c) 6
 - d) 8
13. In which type of tournament a team once defeated get eliminated from the tournament?
- a) League tournament

- b) Knockout tournament
- c) Challenge tournament
- d) Round Robin tournament

14. Which of the following tournament type also known as an Olympic system tournament?

- a) Knockout tournament
- b) League tournament
- c) Round Robin tournament
- d) Combination tournament

15. What is/are the main advantages of a knockout tournament?

- a) It enhances standard of sports
- b) Less number of officials are needed
- c) The tournament finishes in short period of time
- d) All the above

➤ **Very Short Question:**

1. What is knock-out tournament?
2. Explain league tournament?
3. What is 'Bye'?
4. Define Intramurals?
5. Define extramurals?
6. What is health run?
7. What is run for Fun?

➤ **Short Questions:**

1. Write the advantages & disadvantages of knock-out tournaments.
2. Write the procedure of fixtures in league tournaments?
3. What are the objectives of Extramurals ?
4. Define Tournament? Write the types of tournaments?

➤ **Long Questions:**

1. Explain the principles of Intramurals.
2. Explain the objectives of planning.
3. Write the meaning of Intramural & write its principles.

➤ Assertion & Reason Questions:

1. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

Assertion (A) Planning is the foremost function in sports

Reason (R) Planning gives a view of future course of action

- (a) Both A and R are true and R is the correct explanation of A
 (b) Both A and R are true and but R is not a correct explanation of A
 (c) A is true but R is false
 (d) A is false, but R is true
2. For two statements are given-one labelled Assertion and the other labelled Reason. Select the correct answer to these questions from the codes (a), (b), (c) and (d) as given below.

Assertion (A) A Bye exempts some teams for playing the first round

Reason (R) Sorting of the teams is made just like a staircase and there is no problem of even or odd number of teams

- (a) Both A and R are true and R is the correct explanation of A
 (b) Both A and R are true and but R is not a correct explanation of A
 (c) A is true but R is false
 (d) A is false, but R is true

✓ **Answer Key-**

➤ Multiple Choice Answers:

1. (a) Deciding in advance what is to be done
2. (a) Management of a tournament
3. (d) Welcoming the chief guest and spectators at the opening and closing ceremony
4. (d) To earn money
5. (c) Accommodation and meals for the participants
6. (a) Committee for official
7. (b) Pre meet committee
8. (b) Pre meet committee

9. (c) To check the work of all other committee simultaneously
10. (a) Tournament
11. (d) All the above
12. (b) 4
13. (b) Knockout tournament
14. (b) League tournament
15. (d) All the above

➤ Very Short Answers:

1. In knock-out tournament a team gets eliminated at the very first defeat. Only winning teams keep on continuing.
2. In this system of tournament each team plays with the rest of the teams once if the tournament is single league. In double league every team plays twice with the rest of the teams.
3. It is a privilege given to a team to play directly in the second round. While drawing fixtures on knock-out basis if the no. of participating teams is not being the power of two i.e., – 22, 23, 24 and are odd in numbers. i.e., 5, 7, 9, 11, 12, then bye has to be given to a specific no. of teams/players. A team which is given 'Bye' will not play in the first round.
4. Intramurals = Intra + Murals = Inside + wall within i.e., an activity performed within the walls i.e. within an institution/school/college is called intramurals.
5. Extramurals = Extra + Murals = Outside + wall. Extramurals means outside the walls or the campus i.e. when more schools or institutions join together to organise/to participate a competition. It is also known as Extramurals competition.
6. It is organised by sports or health department to raise funds for charity and spread awareness about health and fitness. People of any age can take part in it.
7. It is organised to spread awareness about health and fitness. There is fun and frolic and no competition.

➤ Short Answer:

1. Advantages of Knock-out Tournaments:

- a) Knock-out tournaments are less expensive.
- b) It helps in developing the standard of the game, as each team tries to perform at their best to avoid defeat.
- c) Within shortest possible time, tournament can be finished.

d) No. of officials required also get reduced to organise such tournaments

Disadvantages of Knock-out Tournaments:

- a) There are chances of even good enough teams getting eliminated in Ist and IInd round itself.
- b) There are chances of weak teams making it to final stages.
- c) Viewers interest in the final match may get reduced.

What is the league tournament? Write its type of league tournament.

Explain its advantages & distances of league tournaments

2. Procedure of Fixtures in League Tournaments:

- 1. Cyclic Method
- 2. Staircase Method
- 3. Tabular Method

1. Cyclic Method

A fixture of 4 teams

$N = 4$

Total no. of matches

$$\frac{N(N-1)}{2} = \frac{4(4-1)}{2} = \frac{4 \times 3}{2} = 6 \text{ matches}$$

No of rounds = $(N-1) = 4-1 = 3$

IR	IIR	IIIR
4 - ①	3 - ①	2 - ①
3 - 2	2 - 1	4 - 3

2. Stair Case Method

6 team

3. Tabular Method

3.

- a) **To improve the standard of sports** – By taking part in extra murals the students get gradually more and more technically and tactically equipped.
- b) **Provides experience to students** – Extramurals give many opportunities to students to take part in different tournaments and gain experience.
- c) **To develop sportsmanship** – All the players play together, eat together, live together, it develops the sportsmanship among the players.

- d) **To provide the knowledge of new rules and regulations and advanced techniques-** Through extra murals players get extra knowledge about related activities by meeting new teams and players.
- 4. A tournament is a competition involving a relatively large number of competitors, all participating in a sport or game.

Types of Tournaments

- a) Knock-out Tournament
- b) League or Round Robin Tournament
- c) Combination Tournament
- d) Challenge Tournament

➤ Long Answer:

1.
 - a) **Local Circumstances:** It means the favourite games of the school and the area in which the school is located. Availability of play ground and other facilities. Which are suitable for activities & students.
 - b) **Good quality sports equipments and facilities:** In order to organise intramurals the sports equipments should be very high quality to avoid the injuries.
 - c) **Interest:** The selection of activities should be on the basis of the interest of the students so that the students can enjoy it and it will increase the number of participation in the intramurals.
To maintain the interest, activities should be selected on the basis of students, facilities & society.
 - d) **Budget:** Organising intramurals is based on the budget of the school. In case there is sufficient budget it can be organized on a large scale other wise we can organise it within the budget.
 - e) **Time & climatic condition:** It is also a very important factor. It should be organized in evening or in the holidays so that the teaching classes are not disturbed.
 - f) **Mass participation:** In such competitions winning should not be over emphasized because mass participation is more important. We should see that every student take part and enjoy the sports activities.
 - g) **Medical examination:** Medical examination of all the participants should be compulsory. Students having serious health problem an injury should be prevented from participating.
 - h) **8 Classification of students:** On the basis of age, sex, ability, weight, height and strengths of class, students should be classified to maintain the interest in the tournament.

2. **There are various objectives of planning which are:**
 - a) **To reduce unnecessary pressure of immediacy:** In hurry a work can not be performed efficiently and smoothly. So to reduce the pressure of immediacy or urgency are the main objective of planning.
 - b) **To keep control over all the activities:** Planning helps in keeping good control in organizing a tournament as planning and control are connected with each other.
 - c) **To facilitate proper Co-ordination:** This objective of planning is related to facilitate proper coordination among the various members of committees, formed for to organise the competition.
 - d) **To reduce the chances of mistake:** A proper planning reduces the chances of mistake and oversights. Planning help to do work in systematic way.
 - e) **To increase the efficiency:** With a help of a proper planning the sports officials become more efficient. They perform their duties efficiently and effectively because planning provide chance to study their work.
 - f) **To increase the creativity:** To increase the creativity is another significant objective of planning. As a matter of fact, a proper planning increases the creativity among the officials, coaches and physical education teachers. In fact planning helps innovative and creative thinking because many new ideas come to the mind of officials when they make on a plan.
 - g) **To enhance the sports performance:** Without proper planning it is not possible to improve the performance of a sports person. In fact, training of sports activity of players are useless if it is not well planned.
3. The word 'intramural' means the activity performed within the walls i.e. within the campus of an institute. Such activities are basically organized by school, colleges or other institutes for their students only. Students enjoy such activities the most.

Principles of Intramural:

- a) **Interest:** Activities should be of the interest of students & related society.
- b) Facilities & Infrastructure available like playgrounds, equipments, gymnasium.
- c) Cooperation & necessary help that can be expected from the colleagues for the smooth conduct of game.
- d) **Budgets:** Sufficient budget should be there for its successful organisation.
- e) **Time:** Availability of time & students for conducting the events.
- f) **Winning:** Focus should be on mass participation not on winning or Loosing.
- g) **Medical Examination:** Medical examination for all the participants should be compulsory to avoid injuries.
- h) **Classification of students:** On the basis of age, ability, weight, or class, sex, students should

be classified.

i) Geographical & climatic condition should be taken into consideration.

➤ **Assertion and Reason Answers:**

1. (a) Both A and R are true and R is the correct explanation of A

2. (b) Both A and R are true and but R is not a correct explanation of A

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