

St. Peter's Senior Secondary School, Chandigarh

Assignment PHYSICAL EDUCATION

PLANNING IN SPORTS

MEANING OF PLANNING:-

Planning is a prior action which is done before conducting any type of activity.

Or

Planning is termed as construction of guidelines for future course of action e.g. what is to be done, when is to be done, who is to do it, how is to be done and where is to be done.

MEANING OF SPORTS PLANNING: -

In sports, there are various types of planning. Sports planning is prior action to the organization of various types of sports tournaments, such as knock out, league, combination and challenge tournaments etc.

OBJECTIVES OF PLANNING

There are various objectives of planning which are stated below:

- 1. Increase the sports performance of Athletes:** - If the entire event is properly planned and efficiently executed, it leaves the players free to focus on their performance. They don't have to worry about irregularities like poor equipment, matches not beginning on time, lack of officials etc. as the planning committee is taking care of these elements. They can concentrate on their competition and give their support for exciting the match.
- 2. Better Co-ordination:** - As various committees work in tournaments, a planned co-ordination makes it easier to organize an event. I.e. the boarding and lodging committee must be in touch with the transport committee so that the invitees and participants can travel from their place of stay to the venue of the tournament without difficulty. If each individual shall know his duty or work in advanced so there is proper co-ordination among all. Lack of co-ordination occurs if there is no advance planning of activities and functions of various members.
- 3. Economic Advantages:** - Planning leads to streamlined activities and processes. This, in turn, leads efficient utilization of resources. If planning is done in advance last minute expenses can be avoided.
- 4. Reduce Mistakes:** - A proper plan reduces the chances of mistake. Although mistake in any field cannot be avoided completely but it is sure that they can be reduced up to some extent through proper planning. If there are number of mistakes in organizing an event, it will not leave a good impression on the participants and spectators.
- 5. Promotes Innovative and Creative Ideas:** - Planning encourages innovative and creative thinking. The sports officials, coaches and physical education teachers develop many new ideas while planning. Thus planning promotes creative and innovative ideas.
- 6. Helps in Decision Making:** - Planning is an intellectual activity. Sometimes various sports organizations and associations etc may come with many plans. The organizing committee selects or chooses the best of all available proposals and plans. Selection or choosing something means to take a decision. So, decision making is facilitated by planning in sports.

7. Planning Reduces Risks of Uncertainty: - Planning is always done for future. This helps to reduce uncertainties in target to be achieved. It may be noted that uncertainties may be caused by changes in weather or any other conditions. But sufficient provision can be made in the plans to reduce these uncertainties.

8. Planning Provides Right Direction: - Direction means to give proper information, accurate instruction and right guidance to the subordinates. Direction in sports cannot be achieved without planning. This is because planning tells us what to do, how to do and when to do. Therefore, planning in sports helps to give right direction.

9. Improves the Efficiency of Sports Officials: - With the help of proper planning the sports officials become more efficient because they already know their duties so they perform their duties efficiently and effectively. So, we can say that to improve the efficiency of sports officials in conducting sports events is one of the main objectives of planning.

10. Through Planning we can Control all the Activities of Tournaments: - Planning and control are connected with each other. If tournaments are organized with a perfect plan and good control over all the activities like open and closing ceremony, entertainment programmes, matches, boarding and lodging of guests etc. related to the tournament then it will be easier.

11. Reduces Wastage of Time :- The objective of planning is to reduce the chances of wastage of time because through planning organizers have to plan so many things like type of activity, the time requirement for each game, number of teams etc. opening and closing time etc.

12. Achieves Sure Success: - The objective of planning is to achieve a sure success. Planning is a sure way to success of any activity. If we want that any programme taken in hand by us, achieves a sure success then we should do concrete planning of the whole programme. In this way, the whole programme will run smoothly and there will be least possible hurdles in our way.

13. Develop Self-Confidence:- The objective of planning develops self-confidence in the planners and he/she can easily face and overcome the various adverse circumstances arising during his/her programme.

14. Develop Interest: - A well planned and definite physical education programme will create an equal interest in physical education programme amongst the students. Teachers will also know of their responsibilities and duties in organization of physical activities. It will have a perfect co- ordination between students and teachers and will also remove the confusion which occurs in the programme.

INTRAMURAL AND EXTRAMURAL- MEANING, OBJECTIVES AND ITS SIGNIFICANCE

MEANING: -

- 1. INTRAMURAL (COMPETITION WITHIN THE WALLS OF AN INSTITUTION):-** The word intramural is made of two Latin words intra and mural. Intra means within and mural means wall. Thus, intramural means within the walls of an institution. In simple words, we can say intramural competitions are conducted within the players of the same institution. No students of other schools can participate in intramural competition. The benefits of Intramural competition are all the students of an institution take part in games and sports. Usually in schools the students are divided in four or six equal groups houses depending on the school strength. The students of different houses compete with each other. Such activities provide opportunity to all the students to display their skills.

Intramural Activities: - There are many intramural activities. The institutions have to choose the active according to their interests and availability of facilities. These activities can be grouped as given below:

Major Games: - Athletics, Volleyball, Hockey, Cricket, Football, Basketball etc.

Games: - Sack race, three legged race, Potato race etc.

Rhythmic: - Folk dance, Group dance, Solo dance, Lazium, Dumbbells etc. **Creative Activities:** - Drawing, Painting and Making Models etc.

Objectives and Significance: -

- I. **To provide opportunity to every student to participate in games and sports:** - It provides opportunities to all the students at the institution to develop and display their skills in various physical education activities. Generally few students are able to participate in zonal and district level game so the mass participation of students from a school is impossible at such level of competitions. But in Intramural, each and every student can take part in games and sports.
 - II. **All round development:** - Students are provided opportunities to develop their physical, mental, emotional and social development through participation in activities.
 - III. **To enhance and introduce the sports and games:** - It is very good opportunity for physical educationist to introduce the various games and attracts the children to participate in these games.
 - IV. **It helps in developing the social qualities among the students:** - It develops the qualities of co-operation, love, adjustment, honesty, friendship etc. These social qualities are very important in the society and games. These qualities can be developed through participating in Intramural activity.
 - V. **To develop the quality of leadership and followership:** - Intramural also provides opportunities to develop leadership and followership qualities. Although all the students do not become the leader yet intramural activities help in developing the leadership qualities among those students who have some initiate qualities of leadership. However, the other students develop the qualities of followership.
 - VI. **It provides the opportunity to organize the competition:** - It provides the experience to the students for organizing the competition. In intramural competitions, students are involved directly or indirectly. So by performing these responsibilities, students also get experience of organization of games and sports.
 - VII. **To give chance for selecting good player:** - It helps in finding out the talented sports persons due to participation of all students.
 - VIII. **To provide fun, enjoyment and recreation:** - Intramural provides opportunities to the students for fun, enjoyment and recreation which help in refreshing them.
2. **EXTRAMURAL (BETWEEN THE INSTITUTIONS):-** The word extramural is derived from the Latin words 'Extra' and 'Mural'. 'Extra' means outside and 'Mural' means wall. It means extramural activities are those activities which are performed outside the wall of an institution or school. In extramural activities, the students of other school can also participate in sports related activities. These are also called Inter school, Inter State, National competitions etc.

Objectives and Significance: -

- I. **School to show their capabilities:** - Extramural competitions provide opportunities to schools and show their sports capabilities which will enhance the image of that institution.

- II. **Interaction with people:** - It gives the chance to player to interact with other institutions' players. They adopt social qualities like brotherhood, leadership, self-discipline etc.
- III. **Develop the social qualities:** - When the players go outside the school for playing different games to represent the school they feel confident. The values of cooperation, friendship, sportsmanship and unity with other team members also develop.
- IV. **Provide appropriate knowledge of Sports Techniques:** - These competitions are essential to provide appropriate knowledge of new techniques of sports. When students participate in Extramural competitions, they come to know about the new rules and regulations of the games and sports.
- V. **Enhanced the Participation in Sports:** - Extramural competitions enhance the opportunities for the students of various schools to participate in sports. Many schools which do not take part in such competitions are motivated and consequently such schools tend to participate in extramural competitions.

SPECIFIC SPORTS PROGRAMMES- SPORTS DAY, HEALTH RUN, RUN FOR FUN, RUN FOR UNITY, RUN FOR SPECIFIC CAUSE

INTRODUCTION/MEANING OF SPECIFIC SPORTS PROGRAMMES: -

The area of sports is very vast, it includes so many programmes like competitions of different games and sports at different levels, such as District, National and International level, Asian Games, Commonwealth, Olympic Games etc. are the main sports programmes, which are organized at the different occasions. These programmes are organized for awareness among people about some specific task e.g. awareness among people about health, awareness about the environmental hazards, national unity etc. More and more people of any age category can take part in such sports programmes. Some important programmes are:-

1. **Sports Day:** - Sports day is an eagerly awaited event in the school. Sports day should emphasize participation by everyone. All children should have an opportunity to play as a team representing their class or school. Mostly, a lot of schools celebrate the sports day in month of October and November because the month of October and November is ear marked for the occasion. At this time the weather is congenial for a long span of games on the field. Every school uses a house system and competition is held between the houses. Usually in institution, the students are divided into four or six equal groups or houses depending on the school strength. Games that are played on sports days can be wide and varied. It can include straight forward sprints, long races for all age groups as well as spoon race. Three legged race, sack race, potato race etc. Another exciting event can be organized on the sports day is tug of war between students and the teachers. National sports day organize on 29th August because India celebrates its National Sports day ever year on the 29h August. This day is celebrated to honour the legendary hockey player Major Dhyan Chand. He was the greatest hockey player. On this day, President of India gives sports awards such Arjuna, as Dronacharya and Rajiv Gandhi Khel Ratan to the sportspersons or coaches who have contributed to the growth of sports. Sports day makes school life lively, interesting, enjoyable and memorable. Through sports day we develop some social values in the students like co-operation, discipline, friendship, team spirit etc.
2. **Health Runs:-** It is organized in almost every part of the world. In India it is organized by many states to make people health conscious, WHO allots sufficient funds to different organizations. These organizations organize and promote health runs. Health runs and rallies are organized every year in the world on December 1st as World's AIDS Day. These runs give knowledge to people about AIDS. Symptoms and causes and how to take preventive measures. Health run is not organized or restricted to AIDS but also organized to get aware of other diseases, which are

spreading in the world. Sometimes such kind of programmes is organized by authorities for charity.

3. **Run for Fun:** - These kinds of runs are organized by the various organizations for the people of all ages. Run for Fun can be organized by the Non-Governmental Organizations, Educational Institutions, Sports Federation etc. The main purpose of these types of run is that they are arranged just for the fun and to create habits in children and students to run and make good habit of running and walking for the sake of their good health. Run for fun is good for health because running decreases the chances of health failure, keeps blood pressure normal, improves skin tone etc. It is suggested everyone that one should run for fun for healthy long living. Every educational institution should organize a run for fun race once a year and give prizes to the winners to encourage them to take part in games and sports. A sports environment can be created in institutions by organizing run for fun race.
4. **Run for Unity:** - The main purpose of this programme is National Unity. Run for Unity is organized by different nations, Central Government, State their Government, Sports Federation and Institution etc. By organizing such runs people of all ages from different States come together and such runs develop the feeling patriotism in children and students that they all belong to one nation. A nation can only be strong, if there is unity among its people and they are hard working. Similarly, unity is also very necessary in sports and games; if there is unity and co-ordination in a team it will surely win the competition. A nation can only make progress if its people are united at all the levels i.e. in Cities, State and National Level.
5. **Run for Specific Cause:** - Any Educational Institution can organize any run for a specific cause. They feel more concerned for them in the people, like pollution, traffic problem, save earth, water etc. These runs should be well-planned by the institution. If some organizations want to organize run for specific cause for "Save Water on Earth." The students and other concerned people should honestly prepare attractive and beautiful posters and other relevant mater related to the concerned topic. Students should paste posters back and front and also carry placards in their hands, so that they catch the attention of the people. The participants should be given T-Shirts, Caps etc. before beginning of the competition. After the finish of the competition students should be given some refreshment. On the other hand, different social agencies and government also organize such kind of programmes for collecting the charity and relief funds.

VARIOUS COMMITTEES AND ITS RESPONSIBILITIES

INTRODUCTION: - Various committees are formed for systematic and smooth conduct of the tournaments. The organization of tournaments requires planning. The planning is executed properly when different committees work together for the smooth conduct of the tournaments. All committees should be framed as per the requirement of the events and people. They should be selected according to their interest for work, knowledge and their ability to handle the situation. Different committees should be formed in a manner to complete the work before the start of an event. All the committees should be named properly and their area of work, nature of duty should be explained properly.

1. Administrative Director: -

Pre meet work:-To plan for the success of the tournament to arrange the finance, funds and formation of different committee.

During meet work: - Execution' of the planning, proper supervision of working committee, day to day feedback from the various committees.

Post meet work: - Collection of report from the various committee. Thanks the various officials, participants and members of various committees, publicity the success of the event to mass media.

2. Chief Technical Advisor:-

Pre meet work: - To check the technical aspects of the tournament like playfield and its marking, equipments, helps in making fixture, guides other officials.

During meet work: - To supervise various committees, to check the progress of the tournament as per rules of the game, to handle the technical disputes in the tournament, to monitor the smooth conduct of the tournament, to deal with protests etc.

Post meet work: - To make the report of the tournament to inform the success of the tournament to the concerned game authorities.

3. Executive Committee (One member of various committees):- Executive Committee is responsible for all types of sports events; it delegates various duties to organized committees for the smooth conduct of the sports events and to achieve the aim of various organized committees under the executive committee. Duties pre. During and post competitions are described as follows:

4. Organizing Committees:-

I. Publicity Committee:- In this committee, we can involve Language Teacher.

Pre meet work: - Information given to media about the tournament like date, venue, types of games, qualify criteria and to print ads and distributing posters etc.

During meet work: - To make daily report, press notes and co-ordinates with media persons.

Post meet work: - To highlight the main features of the tournament in an impressive way.

II. Ground and Equipment Committee:-

Pre meet work: - To make the ground or field, necessary arrangement of equipments related to the game.

During meet work: - To provide equipments according to specifications. During the games they have to maintain the ground and equipments.

Post meet work: - To collect all equipments after the tournament once the competition is over. They ensure that everything is in place and damage equipments and areas are reported for replacement or repair.

III. Decoration and Ceremony Committee:- Large events need to have an opening and closing ceremony. Such ceremonies need special attention and preparation.

Pre meet work: - To arrange the required equipments, decoration of pandal, stage and arena or stadium.

During meet work:- This committee manages all work during opening and closing ceremony like prize distribution sequence, chief guest's and officials' welcome and speeches etc.

Post meet work: - To return the equipments once the competition is over. They ensure that everything is in place.

IV. Reception Committee:- Pre meet work: - To collect information about the tournament.

During meet work: - To welcome the outstation players, officials and audiences. This committee informs about tournament's schedule and it provides the information to the teams and officials regarding entire competition.

Post meet work: - To make the necessary arrangements for their departure.

V. Finance Committee:- Pre meet work: - To get details of approximate expenses and sanctions from higher authorities.

During meet work: - To provide funds for various organizing committees, to collect payments of meals and security amount etc. from the teams.

Post meet work: - To check and refund the security amount to the teams and prepares a complete outline of the income and expenses account at the end of the meet.

VI. Transport Committee:- Transport committee handles transportation facilities for the players and officials etc.

Pre meet work: - To plan for pick up of arriving outstations' teams and players.

During meet work: - To arrange the buses and other vehicles to take the players and officials to the venue of the game from the places where they, are staying.

Post meet work: - To provide transportation to the departing teams for nearest bus stand and railway stations.

VII. Discipline Committee:- This committee includes physical education teacher of the institution and other school staff.

Pre meet work: - To check the main points where safety is required and to make arrangements accordingly.

During meet work: - Manages the overall discipline, checks and controls violence and ensure no hindrance during competitions.

Post meet work: - To provide safe exit to players and spectators.

VIII. Boarding and Lodging Committee:-

Pre meet work: - To get the details of the outstation teams' members and arrange the space, bedding, pillows, bed sheets and meals accordingly.

During meet work: - To provide comfortable stay and provide good meal for outstation teams and officials without disturbing their match schedule.

Post meet work: - To collect all the issued equipments and then return.

IX. Collecting Eligibility or Entries Performa Committee:-

Pre meet work: - This committee sends entry forms to the various institutions and states, readies souvenirs.

During meet work:- To take the entries Performa of teams or players, check the eligibility of every team and circulation of souvenirs to the guests, players and officials etc.

Post meet work: - To handover the certificates to the departing team. Refreshment and

X. Entertainment Committee: - This committee is different from the boarding and lodging committee.

Pre meet work: - Makes necessary arrangements for refreshment and entertainment programmes such as welcome song, cultural programme. Opening and closing ceremonies are arranged by entertainment committee.

During meet work: - Supplies drinks and refreshments to the guests, players, officials and other invitees in opening and closing ceremony.

Post meet work: - Submission of all the bild of refreshment and entertainment material which are used.

XI. Medical Committee: - Medical Committee is headed by well qualified doctors and nurses etc.

Pre meet work: - Makes the necessary arrangements before starting the tournament like doctors, nurses and First Aid Box etc.

During meet work:- To provide first aid and medical aid to injured players or sick players etc and ensure that they receive advanced medical attention if the need arises.

Post meet work: - Submission of the medical report of the event to the main committee.

XII. Announcement Committee:- Pre meet work: - To arrange and check the public address system.

During meet work:- It is responsible for making various announcements during the sports meet, like opening and closing ceremonies, which and when an event is going to take place, name of officials and running commentary of the matches.

XIII. Technical Committee: - This committee consists of experts of games.

Pre meet work: - To check all technical arrangements over the playfield or score sheet, official table, equipments of the game etc.

During meet work: - To look after the tournaments. In case of any controversy, no time should be lost and it must be resolved at once.

XIV. Protest Committee:- Pre meet work: - To provide the guidelines to the members of the committees regarding the rules and regulation of the events.

During meet work: - In case of any oppose or protest during the event and take decision as per the rules and regulations of the tournament. This is the decision making committee. Its decision is final in all cases.

Post meet work: - To inform the result of the protest to higher authorities.

XV. Record Keeping Committee: - This committee keeps all the record of the tournaments and secures records.

XVI. A Brief Report Regarding Entire Tournament Committee: - This committee prepares a brief report of the tournament and gives to the higher authorities.

5. Your school is organizing 'Run for Unity'. Explain the responsibilities of technical and finance committees.
6. Describe the responsibilities of publicity committee, Reception committee and first aid committee during the tournament.

Long answer type Questions (5 marks)

1. Enlist all the committees to organize a tournament and explain the role of any three committees for smooth conduct of Tournament.
2. Write in brief about responsibilities of various committees pre, during and post tournaments.
3. Explain the role of various committees during and after competition

LONG ANSWER TYPE QUESTIONS

1. What is the planning? Explain its objectives.
2. What is the meaning of Intramural and Extramural competition? Explain its objectives and significance in detail.
3. Explain sports programmes - Sports Day, Health Run, Run for Fun, Run for Unity, and Run for Specific cause.
4. Explain in detail the various committees and its responsibilities for a sports tournament.