

# Collegedunia NCERT Notes

*NCERT Notes for Class 8 Physical Education (Khel Yatra) (2026-27 Syllabus)*

## Chapter 2: Physical and Motor Fitness

These notes cover Class 8 Physical Education (Khel Yatra) Chapter 2. The unit connects fitness challenges, mental toughness, teamwork, safety guidelines, BMI and measurable improvement.

**Also see:** [NCERT Book PDF](#) [NCERT Solutions](#) [Handwritten Notes](#)

## Contents

|                                                  |          |
|--------------------------------------------------|----------|
| <b>1 Chapter Overview</b>                        | <b>2</b> |
| 1.1 What the chapter teaches . . . . .           | 2        |
| <b>2 Crawl to the Front</b>                      | <b>2</b> |
| 2.1 Relay crawling and time management . . . . . | 3        |
| 2.2 Key revision rule . . . . .                  | 3        |
| 2.3 Common error and real use . . . . .          | 3        |
| 2.4 Revision drill . . . . .                     | 5        |
| <b>3 Rock-Paper-Championship Run</b>             | <b>5</b> |
| 3.1 Perception and quick reaction . . . . .      | 5        |
| 3.2 Key revision rule . . . . .                  | 6        |
| 3.3 Common error and real use . . . . .          | 6        |
| 3.4 Revision drill . . . . .                     | 8        |
| <b>4 Modified Triathlon Activity</b>             | <b>8</b> |
| 4.1 Agility, balance and coordination . . . . .  | 8        |
| 4.2 Key revision rule . . . . .                  | 9        |
| 4.3 Common error and real use . . . . .          | 9        |
| 4.4 Revision drill . . . . .                     | 10       |

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|           |                                                  |           |
|-----------|--------------------------------------------------|-----------|
| <b>5</b>  | <b>Pass, Sit, and Score</b>                      | <b>10</b> |
| 5.1       | Passing pattern and muscle involvement . . . . . | 10        |
| 5.2       | Key revision rule . . . . .                      | 11        |
| 5.3       | Common error and real use . . . . .              | 11        |
| 5.4       | Revision drill . . . . .                         | 12        |
| <b>6</b>  | <b>Crab Crawl Ball Relay</b>                     | <b>12</b> |
| 6.1       | Core muscles and gravity . . . . .               | 12        |
| 6.2       | Key revision rule . . . . .                      | 13        |
| 6.3       | Common error and real use . . . . .              | 13        |
| 6.4       | Revision drill . . . . .                         | 14        |
| <b>7</b>  | <b>Hitting Running Target Game</b>               | <b>14</b> |
| 7.1       | Coordination and inclusive adaptation . . . . .  | 14        |
| 7.2       | Key revision rule . . . . .                      | 15        |
| 7.3       | Common error and real use . . . . .              | 15        |
| 7.4       | Revision drill . . . . .                         | 16        |
| <b>8</b>  | <b>Kick Volleyball</b>                           | <b>16</b> |
| 8.1       | Team strategy and safe kicking . . . . .         | 16        |
| 8.2       | Key revision rule . . . . .                      | 17        |
| 8.3       | Common error and real use . . . . .              | 17        |
| 8.4       | Revision drill . . . . .                         | 18        |
| <b>9</b>  | <b>Ropeless Tug of War</b>                       | <b>18</b> |
| 9.1       | Cooperation and group effort . . . . .           | 18        |
| 9.2       | Key revision rule . . . . .                      | 19        |
| 9.3       | Common error and real use . . . . .              | 19        |
| 9.4       | Revision drill . . . . .                         | 20        |
| <b>10</b> | <b>Swāsthya Daud and BMI</b>                     | <b>20</b> |
| 10.1      | Metabolism, lifestyle and BMI . . . . .          | 20        |
| 10.2      | Key revision rule . . . . .                      | 21        |
| 10.3      | Common error and real use . . . . .              | 21        |
| 10.4      | Revision drill . . . . .                         | 23        |
| <b>11</b> | <b>Fitness Assessment and Goal Setup</b>         | <b>23</b> |

|                                          |           |
|------------------------------------------|-----------|
| 11.1 Baseline, goal and retest . . . . . | 23        |
| 11.2 Key revision rule . . . . .         | 24        |
| 11.3 Common error and real use . . . . . | 24        |
| 11.4 Revision drill . . . . .            | 25        |
| <b>12 Quick Reference Summary</b>        | <b>25</b> |

## 1 Chapter Overview

Class 8 Khel Yatra Chapter 2 treats physical and motor fitness as a mix of activity, observation and goal setting. Students perform games, identify body responses and use baseline records to improve safely.

### 1.1 What the chapter teaches

- Physical fitness grows through agility, balance, coordination, strength, endurance, flexibility and speed.
- Motor fitness improves when students practise reaction, timing, object control and teamwork.
- Safety rules protect students during throwing, pulling, kicking and crawling games.
- BMI and fitness tests help students set realistic one-month improvement goals.

#### Big Idea

Physical and motor fitness are improved through regular activity, smart reflection and safe progress. The chapter asks students to test, practise, cooperate and retest.

#### Unit 2 Learning Map



## 2 Crawl to the Front

Crawl to the Front is a relay task where each student crawls under teammates, reaches the front and signals the next player. The activity builds whole-body coordination and time management. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

### 2.1 Relay crawling and time management

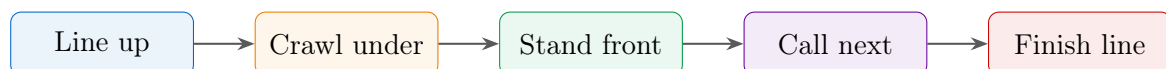
- Teams of ten stand in a line with enough leg space for crawling.
- The last student crawls forward on all fours, stands up and calls the next player.

- The sequence continues until the whole team crosses the finish line.
- The circle-time focus is to reduce time without losing safe body control.

### Chapter Link

This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Crawl to the Front



## 2.2 Key revision rule

### Revision Rule

Reduce team time through a safe crawl, a clear Next signal and a smooth changeover.

### Quick Tip 1

Write the sequence first, then add the time-management idea.

## 2.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

### Write it like this

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

### Common Mistake

Do not make the line too narrow. Crawling needs safe space under the legs.

### Real Use

Relay changeovers in athletics use the same idea of quick movement and clear signals.

### Memory Aid

C-S-T: crawl, signal, time.

## 2.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                              |
|------------------|-------------------------------------------------------------------------------------------|
| Activity setup   | Crawl to the Front. Explain the route, team shape or playing area first.                  |
| Fitness skill    | Relay crawling and time management. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                              |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                          |

### One-minute recap

Crawl to the Front is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 3 Rock-Paper-Championship Run

Rock-Paper-Championship Run combines running with the decision pattern of rock, paper and scissors. It trains quick reactions, perception and competitive control. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

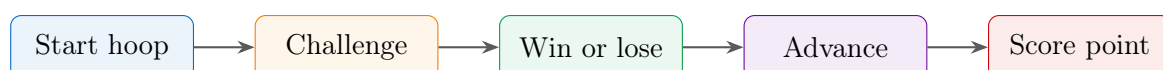
### 3.1 Perception and quick reaction

- Teams enter a hoop route from opposite sides.
- Two players meet and play rock, paper and scissors.
- The winner moves ahead, while the loser returns to the team line.
- Perception affects timing, choice, confidence and route progress.

### Chapter Link

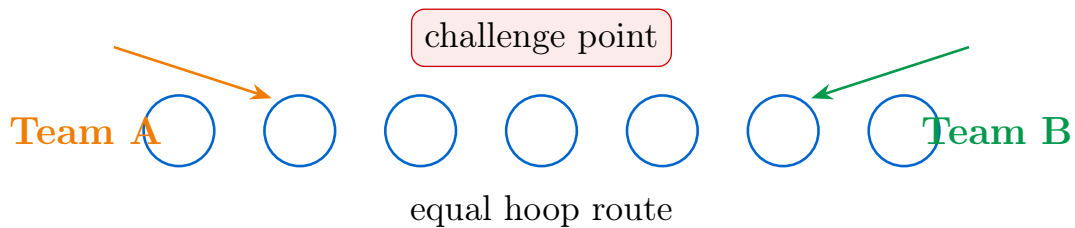
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Rock-Paper-Championship Run



**Setup snapshot**

This labelled setup diagram shows the playing area from the source activity.



### 3.2 Key revision rule

**Revision Rule**

Good reaction means watching the opponent, deciding quickly and moving only after the challenge.

**Quick Tip 2**

Use perception for noticing and deciding, not only for seeing.

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### 3.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

**Write it like this**

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

**Common Mistake**

Do not run through the hoop route without waiting for the challenge.

**Real Use**

Many games need the same quick choice after reading an opponent.

**Memory Aid**

W-D-M: watch, decide, move.

### 3.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                         |
|------------------|--------------------------------------------------------------------------------------|
| Activity setup   | Rock-Paper-Championship Run. Explain the route, team shape or playing area first.    |
| Fitness skill    | Perception and quick reaction. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                         |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                     |

#### One-minute recap

Rock-Paper-Championship Run is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 4 Modified Triathlon Activity

Modified Triathlon Activity has three stages: football dribbling, object balancing and crawling. Students compare agility, balance, coordination and personal improvement. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

### 4.1 Agility, balance and coordination

- Students dribble a football through a ten-metre zig-zag course.
- They balance an object on the head while moving back.
- They crawl with the object on the back, then return the football to a teammate.
- Circle time asks students to identify the best attempt and one skill to improve.

#### Chapter Link

This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

#### Modified Triathlon Activity



## 4.2 Key revision rule

### Revision Rule

Focus on agility, balance, coordination and precision while completing all stages quickly.

### Quick Tip 3

Name all three stages before explaining the fitness skill.

## 4.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

### Write it like this

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

### Common Mistake

Do not rush if the object falls. Reset it and continue with control.

### Real Use

Agility and balance help in football, kabaddi, dance and obstacle activities.

### Memory Aid

A-B-C: agility, balance, coordination.

#### 4.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                             |
|------------------|------------------------------------------------------------------------------------------|
| Activity setup   | Modified Triathlon Activity. Explain the route, team shape or playing area first.        |
| Fitness skill    | Agility, balance and coordination. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                             |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                         |

#### One-minute recap

Modified Triathlon Activity is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

### 5 Pass, Sit, and Score

Pass, Sit, and Score is a team game where students pass, return, sit and finally shoot at a target. It develops passing accuracy and muscle awareness. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

#### 5.1 Passing pattern and muscle involvement

- Teams make a line with one passer facing the group.
- Each student catches, returns the ball and sits down immediately.
- The passer kicks or shoots after the last return pass.
- The teacher helps students identify the main muscles used in passing and sitting.

#### Chapter Link

This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

#### Pass, Sit, and Score



## 5.2 Key revision rule

### Revision Rule

Smooth play means catching cleanly, returning the ball, sitting quickly and shooting after the final pass.

### Quick Tip 4

Connect each movement with one muscle group or body part.

## 5.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

### Write it like this

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

### Common Mistake

Do not sit before returning the ball cleanly.

### Real Use

Passing games teach timing, attention and group rhythm.

## 5.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                                  |
|------------------|-----------------------------------------------------------------------------------------------|
| Activity setup   | Pass, Sit, and Score. Explain the route, team shape or playing area first.                    |
| Fitness skill    | Passing pattern and muscle involvement. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                                  |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                              |

### One-minute recap

Pass, Sit, and Score is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 6 Crab Crawl Ball Relay

Crab Crawl Ball Relay keeps students in crab position while rolling a ball under the line. It develops core strength and shows how gravity affects posture. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

### 6.1 Core muscles and gravity

- Students hold crab position with hands and feet on the ground.
- The ball is rolled beneath the body from one teammate to the next.
- The first student runs to the back and restarts the rolling sequence.
- The circle-time question links gravity with abdominal and trunk muscles.

### Chapter Link

This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Crab Crawl Ball Relay



## 6.2 Key revision rule

### Revision Rule

A stable crab position needs core engagement, hand-foot support and control against gravity.

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## 6.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

### Write it like this

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

### Common Error and Real Use

Common error: do not let the hips sag during crab position. Keep the body lifted and move the ball only when the line is ready.

Real use: the same core control supports posture while climbing stairs, balancing a bag and changing direction in games.

## 6.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                    |
|------------------|---------------------------------------------------------------------------------|
| Activity setup   | Crab Crawl Ball Relay. Explain the route, team shape or playing area first.     |
| Fitness skill    | Core muscles and gravity. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                    |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                |

### One-minute recap

Crab Crawl Ball Relay is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 7 Hitting Running Target Game

Hitting Running Target Game trains coordination, object control and anticipation. Students throw smaller balls at a moving target while following strict safety signals. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

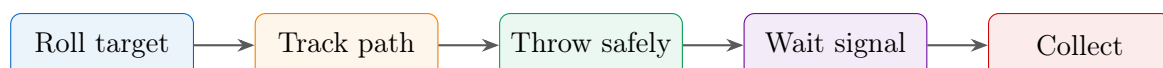
### 7.1 Coordination and inclusive adaptation

- A roller sends a target ball between two parallel lines.
- Students throw tennis balls only when the target passes their zone.
- Students collect balls only after the teacher gives the OK signal.
- Adaptations include sound-making balls and rolling options for different needs.

### Chapter Link

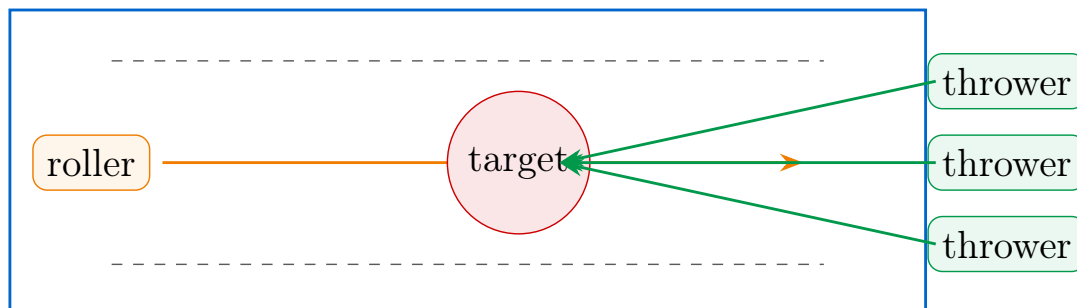
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Hitting Running Target Game



**Setup snapshot**

This labelled setup diagram shows the playing area from the source activity.



parallel target path, wait for OK signal before collection

## 7.2 Key revision rule

**Revision Rule**

Safe target play means aiming at the moving ball, timing the throw and waiting for the OK signal.

## 7.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

**Write it like this**

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

**Common Error and Real Use**

Common error: do not retrieve thrown balls before the OK signal. This is the main safety rule in the activity.

Real use: target timing helps students practise safe throwing, fielding and object-control skills.

## 7.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                                 |
|------------------|----------------------------------------------------------------------------------------------|
| Activity setup   | Hitting Running Target Game. Explain the route, team shape or playing area first.            |
| Fitness skill    | Coordination and inclusive adaptation. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                                 |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                             |

### One-minute recap

Hitting Running Target Game is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 8 Kick Volleyball

Kick Volleyball uses the idea of volleyball but students send the ball over a low net with their feet. It develops agility, teamwork and controlled kicking. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

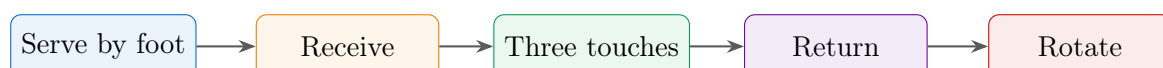
### 8.1 Team strategy and safe kicking

- Teams of five or six play across a low divider.
- Players use feet instead of hands to send the ball across.
- Teams may use up to three touches before returning the ball.
- Circle time compares techniques, strategies and challenges during play.

### Chapter Link

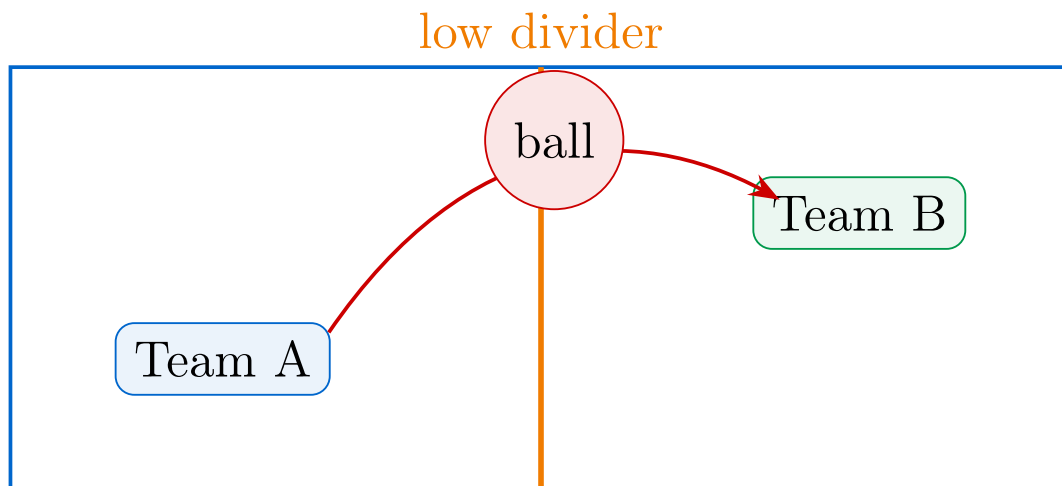
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Kick Volleyball



**Setup snapshot**

This labelled setup diagram shows the playing area from the source activity.



## 8.2 Key revision rule

**Revision Rule**

Kick Volleyball improves when players use controlled kicks, team communication and planned returns.

## 8.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

**Write it like this**

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

**Common Error and Real Use**

Common error: do not kick wildly over the divider. Controlled contact prevents injury and keeps the ball playable.

Real use: foot control and communication support football, futsal and warm-up coordination games.

## 8.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                          |
|------------------|---------------------------------------------------------------------------------------|
| Activity setup   | Kick Volleyball. Explain the route, team shape or playing area first.                 |
| Fitness skill    | Team strategy and safe kicking. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                          |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                      |

### One-minute recap

Kick Volleyball is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 9 Ropeless Tug of War

Ropeless Tug of War is a chain-based pulling game. It teaches cooperation, body-weight use, strength balance and the effect of effort in a group. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

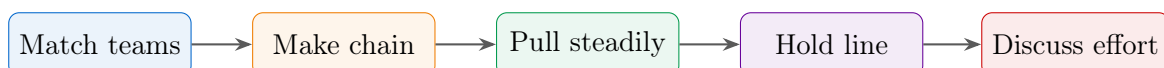
### 9.1 Cooperation and group effort

- Two similar teams stand across a centre line.
- Each team forms a connected chain by holding the waist of the person in front.
- The front players hold elbows and both teams pull after the whistle.
- The chapter links the game with social loafing and social facilitation.

### Chapter Link

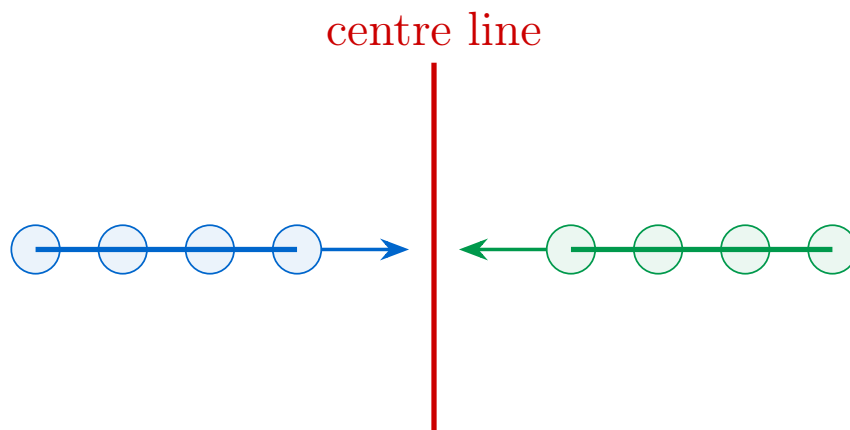
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Ropeless Tug of War



**Setup snapshot**

This labelled setup diagram shows the playing area from the source activity.



matched teams, connected chain, no sudden jerks

## 9.2 Key revision rule

**Revision Rule**

A safe pull uses leg drive, body weight, equal team effort and no sudden jerks.

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## 9.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

**Write it like this**

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

**Common Error and Real Use**

Common error: do not pull with sudden jerks or mismatched teams. Use steady legs and body weight safely.

Real use: the game shows why every group member must contribute steady effort for team success.

## 9.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                        |
|------------------|-------------------------------------------------------------------------------------|
| Activity setup   | Ropeless Tug of War. Explain the route, team shape or playing area first.           |
| Fitness skill    | Cooperation and group effort. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                        |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                    |

### One-minute recap

Ropeless Tug of War is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 10 Swāsthya Daud and BMI

Swāsthya Daud is an interactive game about food choices, exercise habits and metabolism. It ends with Body Mass Index calculation and a one-month goal plan. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

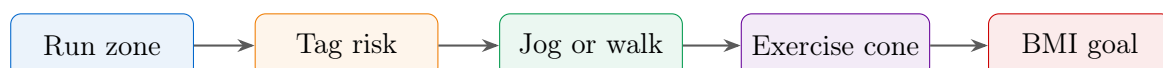
### 10.1 Metabolism, lifestyle and BMI

- The playing zone represents high metabolism through running.
- Unhealthy food and avoiding exercise reduce movement level from running to jogging or walking.
- Touching the exercise cone restores running and represents improved metabolism.
- Students calculate BMI using weight in kilograms and height in metres.

### Chapter Link

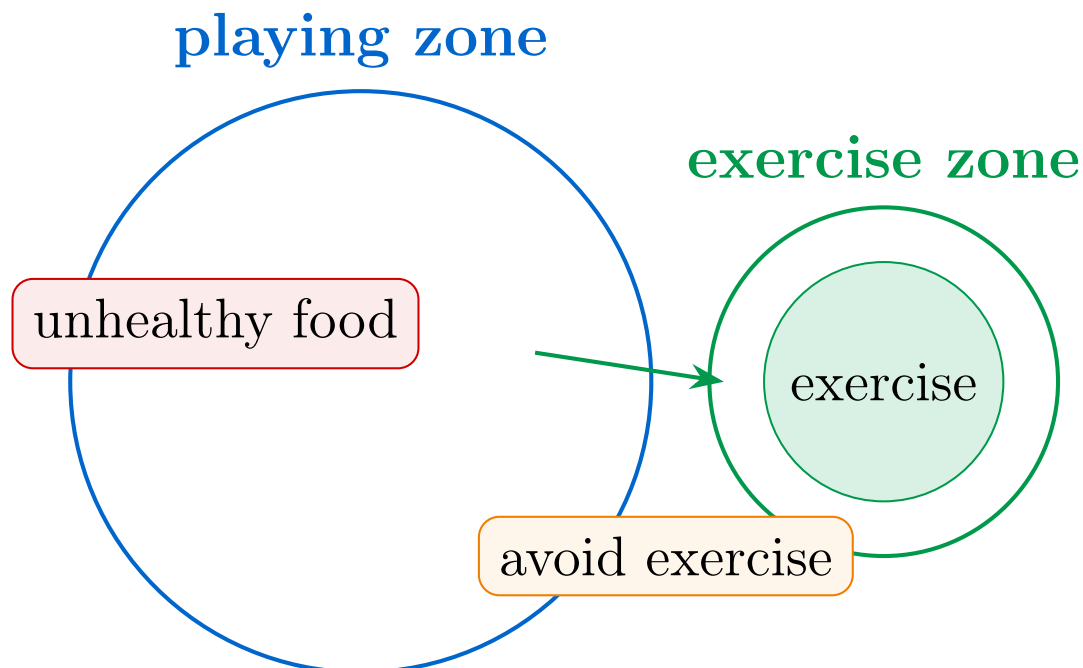
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Swāsthya Daud and BMI



**Setup snapshot**

This labelled setup diagram shows the playing area from the source activity.



touch exercise cone to regain running

**10.2 Key revision rule****Revision Rule**

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

| Classification  | BMI range in kg/m <sup>2</sup> |
|-----------------|--------------------------------|
| Underweight     | less than 18.5                 |
| Normal          | 18.5 to 24.9                   |
| Overweight      | 25 to 29.9                     |
| Obese Class I   | 30 to 34.9                     |
| Obese Class II  | 35 to 39.9                     |
| Obese Class III | greater than 40                |

**10.3 Common error and real use**

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

**Write it like this**

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

**Common Error and Real Use**

Common error: do not use height in centimetres directly in the BMI formula. Convert height to metres first.

Real use: BMI classification helps students discuss healthy lifestyle goals with activity, food and rest together.

## 10.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                         |
|------------------|--------------------------------------------------------------------------------------|
| Activity setup   | Swāsthya Daud and BMI. Explain the route, team shape or playing area first.          |
| Fitness skill    | Metabolism, lifestyle and BMI. Connect it with body control, coordination or health. |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                         |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                     |

### One-minute recap

Swāsthya Daud and BMI is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 11 Fitness Assessment and Goal Setup

The assessment page turns the chapter into measurable goals. Students record a baseline, set a target, retest and reflect on improvement. These Class 8 notes turn the activity into short revision points, body-fitness language and safe practice cues.

### 11.1 Baseline, goal and retest

- Agility is checked through the T-test.
- Cardiovascular endurance is checked through a 600-metre run or a step test.
- Strength and muscular endurance use push-ups, squats and plank hold.
- Flexibility, speed and balance use sit-and-reach, sprint and stork balance tests.

### Chapter Link

This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

### Fitness Assessment and Goal Setup



## 11.2 Key revision rule

### Revision Rule

Record baseline, set a goal, practise safely, retest and reflect on progress.

## 11.3 Common error and real use

Each topic has one mistake to avoid and one real-life use. Use the checklist below for oral answers, class discussion and workbook revision.

### Write it like this

- Name the activity and the main fitness skill.
- Add the safety cue or circle-time idea.
- Close with one daily-life or sport example.

### Common Error and Real Use

Common error: do not compare only with classmates. Compare the retest with your own baseline.

Real use: fitness logs help students plan safe practice and notice real improvement over time.

## 11.4 Revision drill

Use this quick drill after reading the textbook activity. It helps students turn the activity into answer-ready points.

| Question cue     | Answer frame                                                                            |
|------------------|-----------------------------------------------------------------------------------------|
| Activity setup   | Fitness Assessment and Goal Setup. Explain the route, team shape or playing area first. |
| Fitness skill    | Baseline, goal and retest. Connect it with body control, coordination or health.        |
| Safety habit     | Add the rule that keeps classmates safe during the activity.                            |
| Self-growth link | Write one sentence on effort, goal setting, courage or teamwork.                        |

### One-minute recap

Fitness Assessment and Goal Setup is important because it connects a playground task with measurable physical and motor fitness. Revise the activity, the skill and the reflection cue together.

## 12 Quick Reference Summary

The fastest revision method is to connect each activity with one fitness skill, one safety cue and one improvement goal.

| No. | Revision Area                     | Main Cue                               |
|-----|-----------------------------------|----------------------------------------|
| 1   | Crawl to the Front                | Relay crawling and time management     |
| 2   | Rock-Paper-Championship Run       | Perception and quick reaction          |
| 3   | Modified Triathlon Activity       | Agility, balance and coordination      |
| 4   | Pass, Sit, and Score              | Passing pattern and muscle involvement |
| 5   | Crab Crawl Ball Relay             | Core muscles and gravity               |
| 6   | Hitting Running Target Game       | Coordination and inclusive adaptation  |
| 7   | Kick Volleyball                   | Team strategy and safe kicking         |
| 8   | Ropeless Tug of War               | Cooperation and group effort           |
| 9   | Swāsthya Daud and BMI             | Metabolism, lifestyle and BMI          |
| 10  | Fitness Assessment and Goal Setup | Baseline, goal and retest              |

**BMI Formula**

$$\text{BMI} = \frac{\text{weight in kg}}{(\text{height in m})^2}$$

**Progress Process**

Record baseline, set a goal, practise safely, retest and reflect on what improved.

**Final Revision Tip**

For every answer, write one activity word, one fitness word and one safety word.

**Why This Chapter Matters**

The chapter helps students understand fitness as measurable, improvable and linked with daily health habits.

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- [Chapter 2 NCERT Book PDF](#)
- [Chapter 2 NCERT Solutions](#)
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