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NCERT Revision Notes

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](#)
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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.

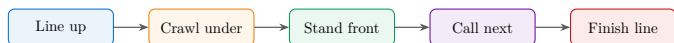
2.1 Relay crawling and time management

- 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.

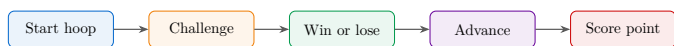
3.1 Perception and quick reaction

- 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

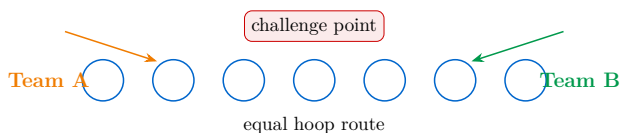
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

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.

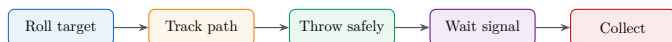
7.1 Coordination and inclusive adaptation

- 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

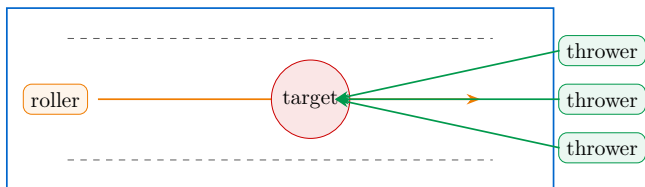
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

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.

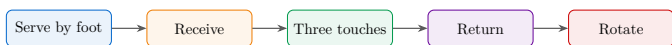
8.1 Team strategy and safe kicking

- 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

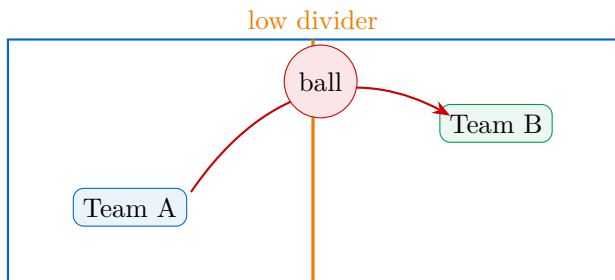
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

Kick Volleyball



Setup snapshot

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



controlled kicks, up to three touches

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.

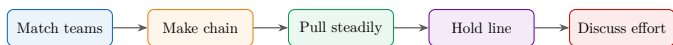
9.1 Cooperation and group effort

- 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

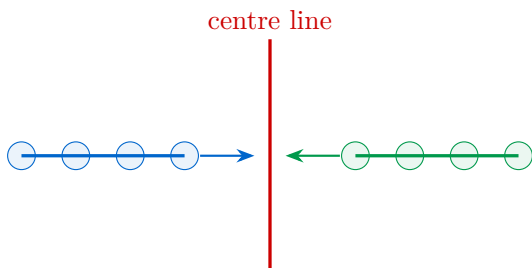
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

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.

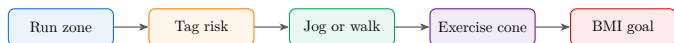
10.1 Metabolism, lifestyle and BMI

- 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

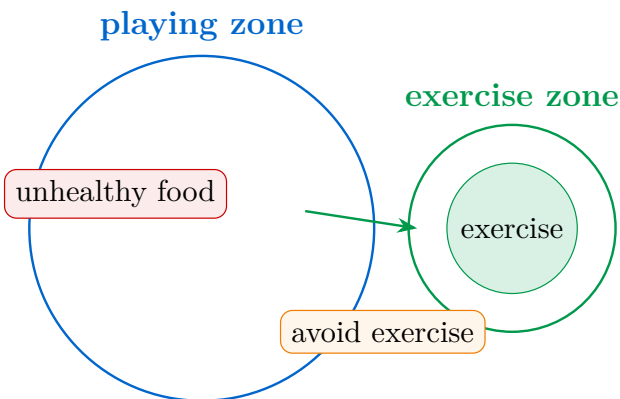
This idea comes from NCERT Class 8 Khel Yatra Unit 2 circle-time reflection. The question asks students to connect physical activity, personal development, safety and fitness progress.

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

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

Classification	BMI range in kg/m^2
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

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.

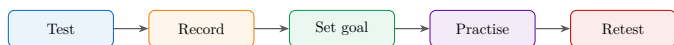
11.1 Baseline, goal and retest

- 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

BMI Formula

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

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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