

Understanding Team Sports and Their Rules

Chapter 2: Team Sports and Their Rules · Topic 1

Key Concept

Each team sport has its own rules about scoring, fouls, and how the game is played - for example, football involves scoring goals without using hands (except the goalkeeper).

Rules ensure fair play, protect players from injury, and create a structured way for both teams to compete on equal terms.

Team sports also require cooperation, communication, and strategy, as players must work together to outplay the opposing team.

Learning and following the rules of team sports helps develop sportsmanship, teamwork, and respect for opponents and teammates alike.

Quick Revision Notes

- Team sports include football, basketball and kabaddi.
- Each sport has specific rules about scoring and fouls.
- Football players cannot use hands (except the goalkeeper).
- Rules ensure fair play and protect players.
- Team sports require cooperation and strategy.
- Communication helps teams outplay opponents.
- Following rules develops sportsmanship.
- Team sports build respect for opponents and teammates.

Practice Questions

- 1 Learn the basic rules of a team sport you enjoy.
- 2 Play a team sport with friends, following the rules.
- 3 Discuss why fair play matters in sports.
- 4 Watch or discuss a team sports match and its rules.
- 5 Explain one rule of football or basketball.
- 6 Discuss how teamwork helped in a game you played or watched.