

**Course Name: Bachelor of Physical Education**

**Year: Ist**

**Paper Name: Skill and Prowess**

**Paper No.: I (Part-B 1)**

**Topic No. A (3)**

**Topic Name: Kho Kho**

**Lecture No.: 29**

**Lecture Name: Kho-Kho – I**

**F.A.Qs**

**Q1. Where was kho kho originated?**

**Ans-.** The kho kho was first started in the state of Maharashtra

**Q2. What is most required for kho kho?**

**Ans-.** It requires high degree of quick reflexes, agile movement, good nerve reflexes and tremendous stamina,

**Q- 3 Where was First All India Kho Kho championship held?**

**Ans-.** The first All India Kho-Kho Championships were arranged at Vijay Wada in 1959 - 60 under Kho-Kho Federation of India.

**Q4. What is End line?**

**Ans-.** The lines AB and CD running parallel to each other and equal in length to the length of the Kho Kho field are known as ENDLINES

**Q5. What is Central Lane?**

**Ans-.** Central Lane is a rectangle in between two Posts measuring 30Cms. x length of the court which divides the Court into two equal halves and forms Square at the intersection of Cross Lanes.