

# Lesson 10



## Games and Recreation



### Learning Outcomes

#### *Pupils will be able to:*

- speak about games and recreation
- understand and develop habit of playing everyday
- classify indoor games and Outdoor games
- follow the game spirit and game rules

It was evening time. Phani, Sundar and Charitha went to the play-ground. There were many children playing. They were singing....

Clap your hands

Clap your hands

Listen to the music

And clap your hands

Tap your feet

Tap your feet

Listen to the music

And tap your feet

Snap your fingers

Snap your fingers

Listen to the music

And snap your fingers

Jump up high

Jump up high

Listen to the music

And jump up high



They were playing games.

Children study hard and always engage in learning activities. Sometimes pupils feel bored with repeated work as it is monotonous. Working all the time makes us dull and boring. It is also important to relax and have fun. So, we need some recreation. It makes us happy.



Play is a way of recreation. So, children love to play. Playing games keep them fit.

Some activities are mentioned below. Tick (✓) the ones that make you happy.

- |                 |                                     |                     |                                     |                   |                                     |
|-----------------|-------------------------------------|---------------------|-------------------------------------|-------------------|-------------------------------------|
| swimming        | <input checked="" type="checkbox"/> | watching television | <input type="checkbox"/>            | going to function | <input checked="" type="checkbox"/> |
| playing games   | <input checked="" type="checkbox"/> | going to school     | <input checked="" type="checkbox"/> | writing exams     | <input checked="" type="checkbox"/> |
| domestic work   | <input type="checkbox"/>            | drawing pictures    | <input type="checkbox"/>            | dancing           | <input checked="" type="checkbox"/> |
| reading stories | <input type="checkbox"/>            | cycling             | <input checked="" type="checkbox"/> | doing homework    | <input type="checkbox"/>            |

Some children play different games. Shall we see what games they are?



Skipping



Hide and Seek



Sack Race



Do you also play the above games? Mention any other games you play.

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## Indoor games



Chess



Carroms



Asta Chemma



Vaamana gunthalu

Do you play any of these games?

Games which can be played inside a house are called Indoor games. Ludo, Chinese checker, Table-tennis etc. are indoor games.

## Outdoor Games



Kabaddi



Kho-Kho



What do you do for fun?

An activity we do for pleasure or to get our body relaxed is called Recreation. People take up activities which interests them. For example reading, playing, listening to music, dancing, watching movies or television, gardening, travelling etc. Parks and beaches are some of the places of recreation.

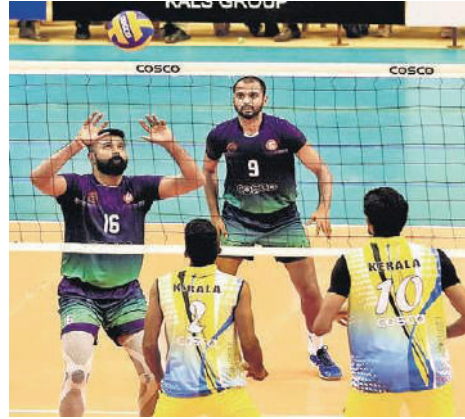


Find out from your friends what they like to do in their free time.





Cricket



Volley ball



### Think and Discuss

Do you play any of the above games? *yes*

What is your favourite game? *hide and seek*

Where do we play these games?

Games that are played in the open fields or play grounds are known as outdoor games. For example Football, Basketball, Tennis, Tennicoit etc.



Is skipping an indoor or outdoor game?

*outdoor game*

### Activity

Write the names of the games and where they are played in your village/town.

Name of the Game	Indoor	Outdoor
<i>tag</i>	<i>treez tag</i>	<i>voliball</i>
<i>hide &amp; seek</i>	<i>Tag</i>	<i>Baseball</i>
<i>carrom board</i>	<i>hide &amp; seek</i>	<i>cricket</i>

Do you play some games with your family members? *no*

Charitha, her brother and father play games during holidays. Sometimes, they play indoor games and sometimes they play out door games. Charitha plays tennicoit and throw ball with her brother in the ground. She plays chess and carroms with her father in the house.

Fill in the table with above information?

Name of the Game	Family Member
కొలొన బొంబం	Mom.
tag.	Dad.
hide & seek, tag.	Sadasbiva.



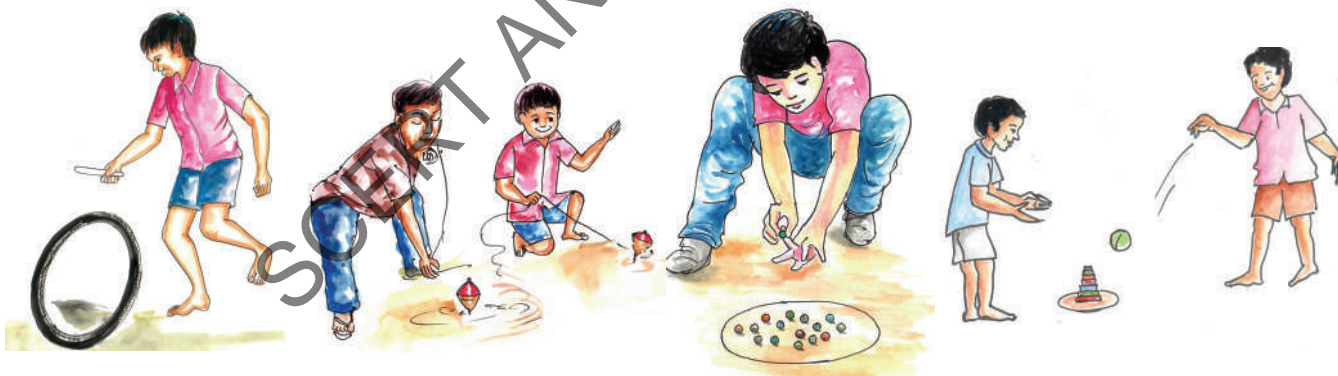
### Do You Know

Kabaddi is our State Game.  
Hockey is our National Game.



### Local Games

In villages, children play different games like Edupenkulata (ఏడు పెంకులాట), Kothi kommachi (కోతికొమ్మచ్చి), Bongarala aata (బొంగరాలాట), Puli-Meka (పులి-మేక), Mukku gille aata (ముక్కు గిల్లే ఆట), Tokkudu billa (తొక్కుడుబిల్ల), Nela banda (నేల-బండ), Karra Billa (కర్రాబిళ్ళ) etc. These are our local games.



Do you know the games given in the above picture?

Have you ever played these local games? yes

What games do your friends play in your village/ward/town? tag, freeze-tag, hide & seek

What games are frequently played in your area?

What material is required to play these local games?

What is your favourite local game? కొలొన బొంబం

## Games and Material

Phani, Charitha and Sundar purchased a ball for playing Throw-ball. Chandu and Tarun brought Karra-billa. Chandu's father made tip-cat (**karra billa**) with local available sticks.

We need material to play games in the same manner. We use ring to play tenni-coit, and a skipping rope to play skipping.



Do you play cricket with your friends? How many players are required to play cricket? 22

Ball, Bat, Stumps are the things required to play cricket.



We play Cricket, Tennis, Volley ball, Basketball etc. with a Ball.



Is the ball same for all these games? 11

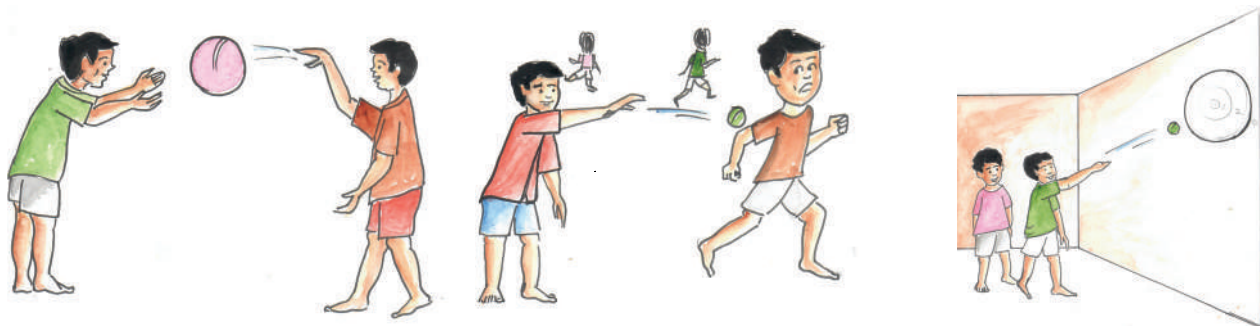
Try to list out the games played with a ball.

Wolli ball

Baseball

Cricket

Basketball





## Activity

Collect information regarding the games given below

S.No.	Name of the Game	No. of Players	Things Needed
1	Chess		board.
2	Carrom		coins.
3	Kabaddi		lines.
4	Cricket		Ball, bat etc.

Children prefer to watch TV or play video games with electronic gadgets. But, playing with such things affect their eyes, and causes obesity and ill health. Children should play in the ground at least two hours in a day. 4 PM to 6 PM is an ideal play time for children.



## Sports for all

Everyone enjoys watching and playing sports.

During holidays, who plays in the ground? Boys or Girls? Why girls do not play?

However girls should be encouraged to play sports and games, as playing games makes everyone fit and healthy. Encourage your mother, sister and friends to play.



Boys and girls are equally capable of doing all things in the world.



Why should we play games? Discuss. *yes*

## Uses of Games

Through games and sports children...

- feel happy and gain good health.
- develop noble qualities like cooperation, unity, mutual understanding and leadership qualities.
- will be ready to work with teams.
- develop concentration and patience.
- develop life skills such as accepting failure as well as enjoying success.
- wait for their turn.

In a team, all players play together to win the match. While playing games, sometimes you may win and sometimes you may lose. Do not get disappointed and don't fight when you lose the game. All players have to support and respect one another. This is called team spirit.

What happens if you don't play a game with team spirit?

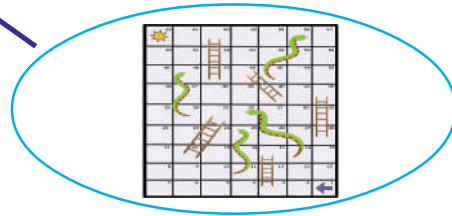
**Match the riddles with the pictures. One has been done for you**

If you land on a snake, do not frown. In this game, you go up and down.

On the board, are squares black and white, There is the king and the queen.

Small and coloured are these glass balls.  
To win the game you have to aim at all of them.

It has no wings but it can fly,  
High, high up in the sky.





## Game rules

All games have rules that must be followed by the players.



We should play the games according to rules. Rules should not be ignored. Games should be played without keeping in mind victory or defeat as participation is important.

## Activity:

Discuss in your group and write rules for playing kabbadi in your note book.



Do you know the rules for playing kabbadi? *no*

Discuss the rules followed by the team. *ok*

Do we always follow rules in a game?



Yes, we have to follow the rules. Wherever we play we must obey the rules.

What do you see in the picture? *sit giving a boy cup.*  
*ఎవరికి వచ్చింది*



How would you appreciate when someone wins the game? *yes*



Playing games everyday improves our health and friendship. Recreation refreshes our mind and relaxes our body. Recreation boosts up our mind and gives energy to the body to do further work.



## Key words

recreation, indoor games, outdoor games, local games, team spirit, game rules



### What we have learnt



- Children have to play everyday after school hours.
- Children love to play. Play is a way of recreation.
- Playing games keep them fit and happy.
- Games that can be played inside a house are called indoor games.
- Games played in the open fields or play grounds are known as outdoor games.
- Children may develop concentration, patience and team spirit.



### Improve Your Learning

#### I. Conceptual Understanding (Tell and write).

Answer the following questions.

1. Write five outdoor games you like to play.
2. Write the rules of any game you know.

#### II. Questioning

3. Name your friends who play daily at home.

#### III. Experiments and field observations.

4. Play a local game mentioned in the text book and write your experiences.

#### IV. Information skills - Project work.

5. Ask your friends about the games they like ? Fill in the table with the details.

Sl.No.	Name	Games he/she like
1.	Ar-fu Sadasivon	Soccer Cricket
2.		
3.		
4.		

#### V. Drawing pictures and model making.

6. Prepare the play items with clay e.g. ball, bat, tenni-coit, tennis racket, shuttle cock etc. and display in your class room.

#### VI. Appreciation, values and creating awareness towards biodiversity.

7. Your friend won a prize at the school level games on 15<sup>th</sup> August. He showed it to you. How do you feel?