

Khel List

<http://www.balagokulam.org/teach/physic.php>

(Mat Chooko Chauhan) : Everyone steps back N steps from a small circle. Taking turns, they close their eyes and walk, trying to estimate when they have again come near the circle. When they feel they are near, they bend down and pat the ground. Those who pat outside the circle are out.

Note-1: If circle cannot be drawn, place a small object and have everyone step away as usual.

Note-2: Variation: Shikshak gives in-place vrutas(dakshina,vama,ardha), which should finally end with person facing the circle (eyes closed all the time), before the person begins again.

(Capture empty spot) : Everyone stands at uniform locations(circle or polygon). Catcher in the middle. After kuru, people try to switch places. If catcher can occupy one of the empty spots, the person who failed to reach in time is the new catcher. If catcher cannot take the spot in more than 7 tries, everyone punches on the back (taps on the head if mixed gender).

(Blind tag): Catcher is blind and tries to catch people, who are in a closed off area. Meanwhile , people try to slap his back. If catcher is going out of game area, other players inform him. Tap on the head if mixed gender.

(Hop tag): Can catch only by hopping.

(Blind relay): Walk with eyes closed until a certain point, touch it and then run back to tag next person in your team.

(Fox and cucumber) : Everyone forms a mandal. There is a cucumber in the center(key-chain). A person is designated fox and he is asked to go elsewhere out of sight. The shikshak designates a person in the mandal as 'farmer'. The fox is called back and made to stand outside the circle. The gap between people is called a gate. The fox should enter the mandal via any gate, take the cucumber and run back out of the mandal via the gate he/she came in by. The farmer will try to catch the fox once he touches the cucumber -- he/she does not reveal themselves till the fox touches the cucumber.

Category: Mandal, Group, Mixed

(Pushup tag) : 2 Team game : A chair is placed on the opposite end of each team line. Each person in the team goes and touches the chair. Midway between starting line and chair, they need to do 2 pushups and then touch the chair and tag the next person in their team. The team who finishes this first wins. This can be used as a warmup too.

Category: Team, Mixed

(Memory Game) : Everyone sits in a mandal. A theme is chosen (famous historical personalities, places, events ...). Each person mentions a unique name. The person next to him appends to the list while reciting names said previously. If anyone forgets, they are given hints (e.g. smriti for the name Manu). *Can also be used for Ekatmataa Stotram.*

Category: Mandal, Sitting

(Murti 2) : The game is same as Murti except that an object is placed behind the murti person. The objective is to reach the object and pass it among the rest of the members.

Once the object has been passed (the murti can no longer see the object), murti has 3 chances to guess who has the object. The rest of rules are from the original murti game -- murti turns back periodically, anyone he/she catches is out etc.

(Sankhya banao of colors): Run around in circle. Come together in sankhya corresponding to number of letters in color specified by shikshak (BLUE=4, GREEN=5) etc.

(Octopus):

1. Set up a rectangular "ocean," and mark the boundaries.
2. The Fish line up at one end; the Octopus stands in the middle
3. The Fish try to run or sneak across the ocean as the Octopus tries to tag them. If tagged, they become Seaweed. Keeping one foot planted, Seaweed try to reach out and tag the Fish running by, thus turning those players into Seaweed as well.
4. Once the Fish reach the other side, the crossing contest starts again. The game continues until all the Fish become Seaweed. The last Fish tagged becomes the new Octopus.

(Ball passing in mandala):

- equipment: 2 balls
- 2 team game
- mandal
- Initially, one ball is with team 1 person, another ball is with team 2 person exactly opposite team 1 person on other side of mandal
- After kuru, ball is passed to person of same team and balls go in same direction
- If team 1's ball overtakes team 2's ball, team 1 wins.
- For more challenge, can try with dandas

(Yatri):

- equipment: cones, balls, any objects
- N-team game
- Divide gana into N teams.
- Line them up according to teams, give hasthanthar and upavisha
- Place a bunch of objects in front of front person in each line. These objects are yatris.
- When kuru is given, each person has to pass object to person behind, but only by passing overhead, without turning. When object reaches end, the yatri has finished his yatra. The yatri now needs to come back to front. The person in front stretches hand to the back to receive yatri.
- Whichever team ensures all their yatris finish round trip earliest wins
- Variation: Space out members in a team so that they need to rest on their back to pass or take yatris

(Pass balls in a specific order between people):

- mandal, standing or sitting
- equipment: multiple balls

(Human knot):

- 2 teams
- may be not OK when both kishors and kishoris are present

(Human gears):

- large group game

- mandal
- 2 teams
- 1 ball, 1 danda required
- how many ball rounds for 5 danda rounds by each team ?

(Screamer):

- mandal
- heads up, two looking at each other are out
- cooldown game

(Stand in birthday order without talking):

- Large group
- **ice-breaker**

(Stinger):

- Mandal
- close their eyes. Shikshak circles the group and selects a "stinger" by squeezing an individual's shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate everyone without getting caught. The stinger strikes by injecting poison with their index finger, while shaking hands. A person stung may not die until at least five seconds after they are stung.
- Multiple stingers -- identify them all

(Grab Bag):

- mandal
- sitting
- Pull out an object from a bag and explain how you are similar to it
- ice-breaker/cool-down game
- equipment: bag of random objects

(Line up in numbers):

- two-teams ; 10 people max in each time
- everyone in team gets a number (0 to 9)
- two teams stand facing each other some distance away
- a stick or line is present at equal distances from team
- shikshak shouts out a number (4562)
- starting from shikshak end, numbered people from each team have to stand in correct order
- whichever team can do this first wins

(Rebel Foot):

- mandal
- sitting
- Lift their right feet off the floor and make clockwise circles and, while doing this, ask them to draw the number '6' in the air with their right hands.

(Virtual volleyball):

- line
- 2 team
- parichay game

The Standing Wave (or) Empty Chair

Create a tight circle of chairs (1 each). One person stands in middle, leaving a vacant chair. The person in the middle tries to sit in the "vacant chair" but other people keep switching into the vacant chair, making the gap move.

(Body Jump Relay):

- 2 teams
- Each team will have the players lie down on the ground, face up, fanned out in a circle with their heads facing the middle of the circle.
- On go, the first person from each circle, gets up and runs around the circle jumping over the other team members. Once around he will lie back down and the #2 person will do the same. Then you keep playing until all the players have completed the task.
- The first team to complete the cycle is the winner.
- Variation: Jump backwards

(Bhoot):

- Initially, everyone is in mandal with blindfold
- Shikshak selects a bhoot.
- They go around shaking hands but bhoot will scratch hand.
- When two normal people meet, they make a sound
- When bhoot scratches hand, the other person become a bhoot
- If two bhoots scratch, they become normal again.
- When stabha is given, how many normal people and how many bhoots?

(Waterballoon CTF):

- Equipment: Water-balloons
- 2 teams
- Two teams separated by distance. Team 1 sends one player to one side. Team 1 will try to bring back water balloon without it breaking.

Pistol shooting game

Namaste ji with a 'twist'

Chase the other in the pair.

Blob/Amoeba tag

Line Dodge Ball

- Have team 1 split into 2 sub-teams and place team 2 between members of team 1
- If a team 2 person catches ball in air, he/she gets a "life" (extra round)
- maximum of 3 lifes
- Variation: Have team 2 in a marked out circle

Sniper Dodge Ball

- Divide field into two wide rectangles
- All but 1 player from each team in each rectangle; remaining player stands on outer edge of rectangle on their side
- Normal play as dodge ball. If a person gets out, they join the player already outside.
- Outside players can also play. If they hit someone, they can come in

Vish-Amrit-2

- Same as vish-amrit but instead of saying "amrit", person says name of a great Hindu personality or a name from Ekatmataa stotram.

Towel race

Like namaste ji, but with towel or kerchief

Catch the danda before it falls

Everyone is in a circle and has a number. Shikshak stands in center of circle with one end of danda on ground and calls out a number. He lets go of danda. Before the danda falls to the ground, the called person should catch it. More than one number can also be called out.

Danda line-up

A kerchief or cloth is tied to one end of danda. Participants are divided into two teams and scattered around. The shikshak assigns one of teams (say team 1) to the end where kerchief is tied. He then throws the danda up in the air. As soon as the stick falls to the ground, members of each team should line up on the assigned end with one-hand-distance and come to daksha. Whichever team does this first wins.

Tunnel ball

The player at the front crawls through the tunnel with the ball and then rolls it back through the tunnel. The new person at the front crawls through the tunnel and then rolls it back again.

Centipede race

The team makes a line in the press-up position. The feet of the person in front are placed on the shoulders of the person behind. Only the last player in the team has their feet on the ground. On the start signal the race can begin. If the centipede breaks up it may only start walking again when the feet are back in position.

Ball/Balloon handicap

Ball/Balloon between legs relay race

Koosh Ball

Start with small groups of about 10 people (or smaller). Form a circle. One person starts with the koosh ball. He/she names a particular person in the group and throws the ball to him/her. That person must catch the ball then names another person of the group and also throws the ball to him/her. Everyone in that circle will throw the ball to the person they have each named. This implies that everyone will receive the ball from the same person and throw it to the same person. (ie: A always throws the ball to C and C always throws it to G, etc...). Once the students have completed a full circle of ball throwing (3-4 times) without dropping the ball, The students will become more familiar with the activity. Then add a second ball and repeat the motion. Then go to 3-4 balls. Once the students are comfortable with this pattern, form a bigger circle by integrating all the students, and start throwing 1 kooshball. Make a complete pattern. Every student will have the opportunity of receiving and throwing the kooshball. Once the ball has gone around without being dropped, introduce a second ball, then a third, and so on.

This game creates a pattern of motion, involving concentration, focus and a lot of fun. I have gone as high as 9 kooshball with 27 students; it's quite challenging. A variation: Students number themselves and call numbers instead of names. The ball can be thrown up in the air and the number called must catch it before it falls to the ground.