

4. Skill Based Activities

4.1 Gymnastics



Front Roll



Back Roll

My Activity

Spread your legs and roll forward



- ◆ Help the children in taking the required postures. Help them to keep their hands and feet appropriately and also to maintain their body balance while doing the above activities. Appreciate them.
- ◆ Regular practice is required for each and every child to be able to do the above activities.

4.2 Atheltic Games



Jumping and moving forward



Spot Jumping



Hopping forward on one leg



Jumping with stretched hands

My Activity

Put a ✓ in the box after practice

Hopping forward

Walking with long steps

Jump with stretched hands

Spot jumping

◆ Make the children do different types of leg movements.

◆ Regular practice should be taken so that all the children will be able to master the activities. Organise different speed based games for the children.

4.3 Sports Skills



Catching the ball bounced on the wall



Catching the thrown ball



Catching the ring



Throwing and catching the ball

- ◆ Take care that children take correct body postures while throwing, catching, defending, kicking and hitting the ball.
- ◆ Regular practice will help the children to master all the field tactics.

4.4 Human Pyramids



- ◆ The teachers are expected to use their own creativity and make some human pyramid arrangements. Take care that the children who form the foundation of the pyramid, are able to bear the weight. Take regular practice. Such human pyramids can be presented along with a musical background.

