

## 3. Games and Competitions

### 3.1 Entertaining Games



**Sack Race**



**Blowing the balloon away**



**Skipping**



**Catching while hopping**



**Dodge Ball**

- ◆ Conduct the above games and make sure there is 100% participation by children.
- ◆ Please take special care while selecting the place, material and other aspects. Also special care should be taken of the sick as well as physically challenged children by asking them to perform activities according to their capacities.

## 3.2 Sitting Games



**Putting the ball in the basket**



**Tailing the animal**



**Castles out of paper cups**



**Entertainment Game**



**Identify by touching**

### My Activity

**Try playing the following games**



**Ludo**



**Chess**



**Snakes and ladders**

- ◆ Organise indoor games when outdoor games cannot be played.
- ◆ Give ut-most importance to active participation while conducting indoor games.

## 3.2 Regional and Traditional Games



*Jhimma*



*Tipri*



*Lezim*

- ◆ Conduct some regional and traditional games that you may have seen in your surroundings.
- ◆ Create games with the help of some simple objects that are easily available in the surroundings.

### 3.4 Variety of Games

#### Muscle Building Games



**Hanging on the Bar**



**Swinging with the help of a rope**



**Hanging on the roots of a banyan tree**

#### Muscle Strengthening Games



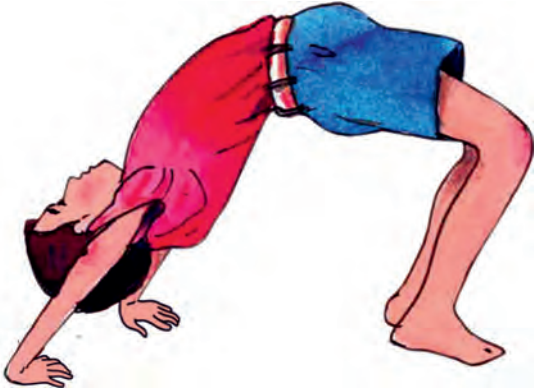
**Throwing the ball**



**Hopping**

- ◆ The above games help in strengthening and enhancing the potential of the body muscles. Please take care of the children's safety while conducting the games.
- ◆ Conduct some more games that will strengthen the body muscles under supervision.
- ◆ Teachers should motivate children to use exercise through game in daily routine.

## Flexibility Enhancing Games



**Making an arch of the body**



**Stretching the legs**

## Games of co-ordination



**Twist and pass the ball**



**Catching the ball**

- ◆ Create games (with or without equipment) that will increase the flexibility of the body. Plan these games so that they can be conducted for the entire year.

## Speed Games

### Running Race



### Balancing Games



**‘T’ Balance**



**Walking while balancing  
the book on head**

- ◆ While conducting the above races, please take care that the ground is clear, safe and hurdlefree.
- ◆ Children should be informed about the safety measures that need to be taken while playing the games of balancing.

### 3.5 Races



**Fast walking Race**



**Duck walk Race**

### 3.6 Minor Games



**Kicking the ball**

- ◆ Organise different kinds of individual and team races. Decide upon the start and finish line.
- ◆ Ensure that rules are followed while playing these games. Appreciate winners for winning & losers for participation.
- ◆ Physically challenged students should also be motivated to play different games according to their capability.

### My Favourite Games

- ◆ Ask the children to draw pictures of their favourite equipment e.g. If their favourite game is cricket, the required equipment will be bat, ball, stumps etc.

