

LESSON - 11

RECREATIONAL GAMES

Every one wishes to enjoy ones leisure time. The activities in which an individual or a group of individuals indulge in activites to satisfy desires; they are known as recreational activities. The charactristics of such games are as follows:-

- They have no specific rules and time.
- They have no specific space and measurements
- There is no specific rule for the number of players.
- Main objective of the game is active participation of normal and handicaped students.
- The students who get out while playing the game are asked to contiune the play till the end of the game.

1. **Bull Fight**
2. **Post Office**
3. **Lagori**
4. **Teacher and Student**
5. **Fisherman's Net**
6. **Touch with the Foot**
7. **Good Morning**
8. **Gandhiji, Swamiji, Netaji**
9. **Ant's Line**
10. **Find the Leader**
11. **Snake and Mongoose**
12. **Carrying the partner**

1. BULL FIGHT

Divide the students in to two equal groups and make them stand in two lines facing each other. Give them serial numbers to both the lines. Now teacher should call any one number, same number from both the lines should hopping on one leg while holding the other leg with both hands at the back. The knee of the folded leg should be pointed down, and come to the small circle push each other with their shoulder. The one who losses his balance and falls on the ground or leaves the non hopping leg or is pushed out side the circle will loses the contest. The winner gets a point, the play continues.

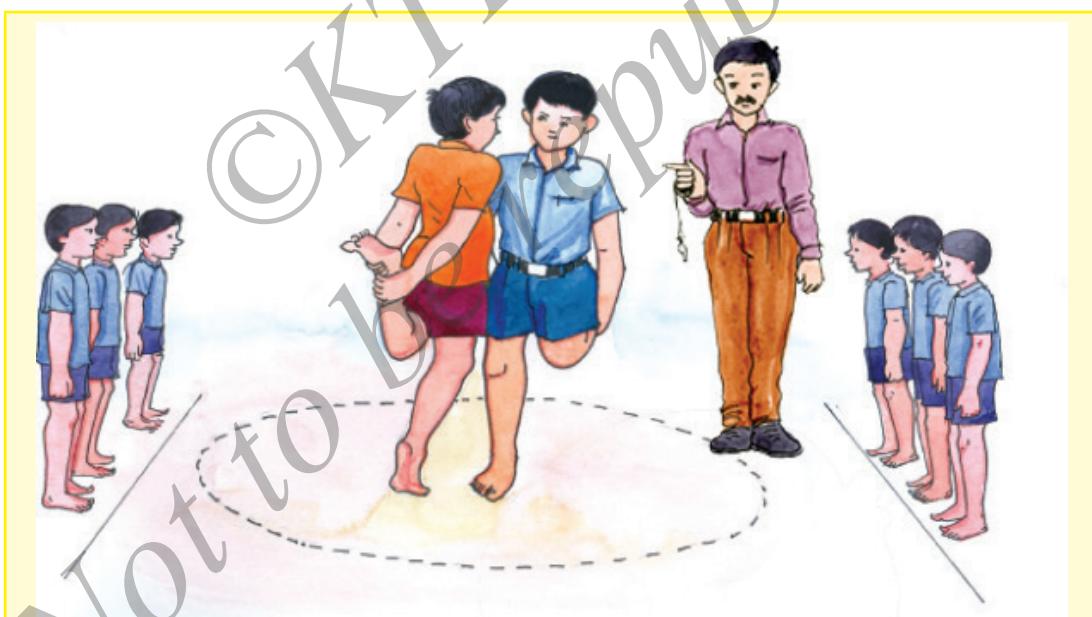


fig. 11.1 Bull Fight

“Strength is life, weakness is death”

Note : To avoid injuries the students are asked to push with their shoulder and not use their heads.

2. POST OFFICE

Make the children stand in 7-8 equal lines and name each line e.g. Bengaluru, Mysuru, Bidar etc. The leader stands outside and says mail goes from Bidar to Bengaluru. Immediately children named Bidar and Bengaluru change their place while the leader runs and stand in the vacant places. The player who does not get the empty place becomes the leader and tells the names of other places. In this way the game continues, everyone should get a chance to be the leader.

“Bend the Body, Mend the mind”



fig. 11.2 Post office

Note : This game will be practised as a lead up game for Kho-Kho

3. LAGORI

Divdide the children into two groups. Take 7-8 small flat stones keep them one above another at a distance of 8 to 10 mtrs away. A child in a group who won the toss will try to hit the stones 3 times by a ball and make them fall. Another group standing behind the lagori will try to catch the ball. If they catch the ball his/her turn, who was striking at the stones is over. Another chance the group which strikes the lagori and continues makes them fall have to run fast, the other group try to hit the opposite group with the ball. If the ball hits the player above the knee they have to strike at the lagories. The lagori group who struck the lagori has to escape form the hit and arrange the stones one above the other as before. So that they will score a point again the same group will strike at the lagori and also they can kick the ball far so that one among them can arrange the lagori. The opposite group can pass the ball to the one who is near the lagori so that he/she can avoid them in arranging the stones.

“Try again and again until you succeed”.



fig. 11.3 Lagori

4. TEACHER AND STUDENT

Make a circle in a group identify one as a teacher and another as a student, remaining should stand inside the circle. When the teacher order his student to 'Catch' the student has to bring the captured one to the teacher. The teacher guides them and order both to catch the others, like this the play continues. The one who could not be captured or remains till the end should be rewarded as the 'best student'

"Sight till you have eyes, run till you have legs"

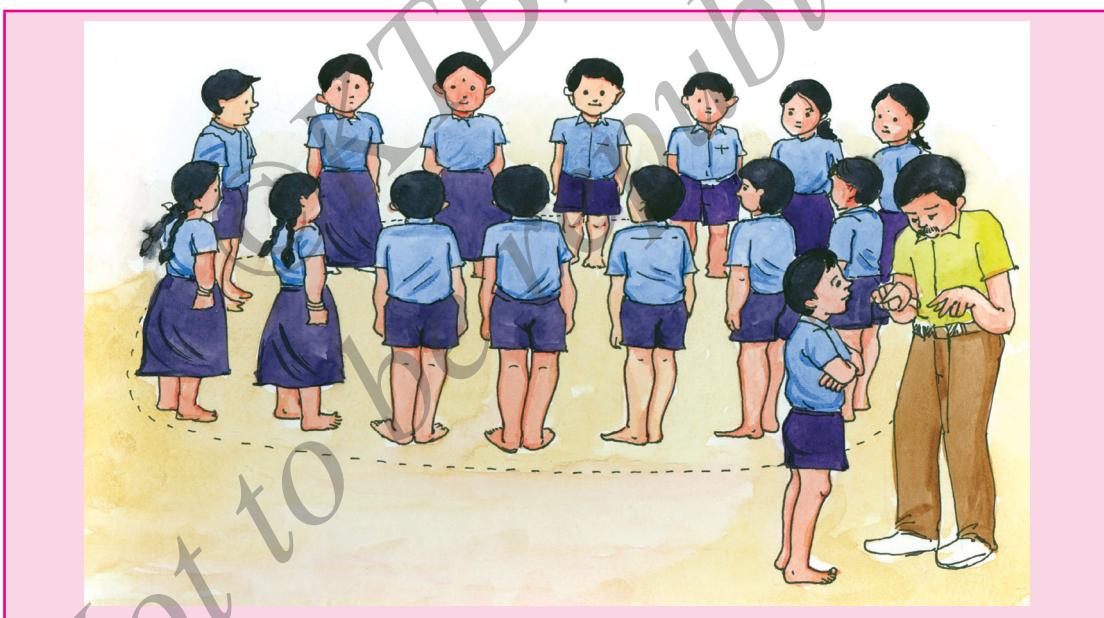


fig. 11.4 Teacher and student

Note : Teacher decides the game duration according to student strength.

5. FISHERMAN'S NET

Draw a circle among the players one should be a fisherman. remaining should be inside the circle. When teacher blow the whistle the fisherman tries to catch the fishes inside the circle, the fishes tries to escape, if any one caught by fisherman, should hold the hand of the fisherman and both will try to capture other fishes. The captured one becomes the fisherman's net. The last two of the net should be the fisherman the fishes can escape below the net, but should not cut the net. The one goes out of the circle will join the net. The one who remains till the end is the 'strongest fish' and he has to be rewarded.

"What is superior to brute force"

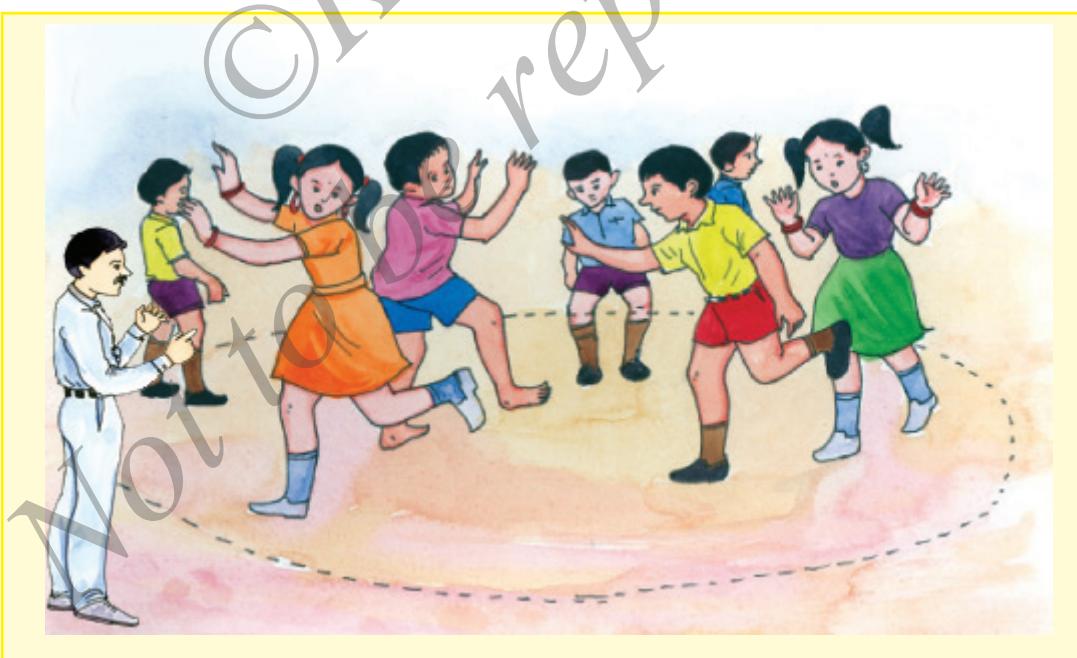


fig. 11.5 Fishermen's Net

Note : This game can be practised as a lead up game for the game Kabaddi.

6. TOUCH WITH THE FOOT

Mark a circle, let the children be in the circle. One among the children will be the (donkey) let the palms and legs be on the ground. (Like a donkey) when the teacher says 'start' the donkey walks inside the circle. He/she has try to touch the children in the circle by his/her leg. If it happens so the touched student will be the donkey. One who moves out of the circle will also be the donkey. In these two, whichever happens earlier will be the donkey and the game continues. The donkey should not lift its fore legs nor stand.

"Hard work pays off"



fig. 11.6 Touch with the Foot

Note :

This game can be practised as a lead up game for the game Kabaddi

7. GOOD MORNING

Let the children sit in a circle one among them will be out of the circle. That child has to run around the other children. The child should touch whom he/she wishes and run. They both shake the hands and wish each other "good morning how are you?" after saying this whoever comes first to the vacant place will occupy the place. The other will run and the game continues the same. All should get the chance.

Arise, awake stop not till you reach the goal.



fig. 11.7

8. GANDHIJI, SWAMIJI, NETAJI.

The players should stand in a semi circle. The teacher should stand in front of them. When teacher says "Gandhiji" the players should act like holding a stick in right hand. When the teacher says "Swamiji" the player should join both the hands and bend their head. When the teacher says "Netaji" the player should stand in attention and salute. In this way the teacher should repeat the names and observes the children and test their concentration. One who makes mistakes is considered out and teacher asks them to help the teacher. And the game continues until the last student.

"The More you speak the less you work".

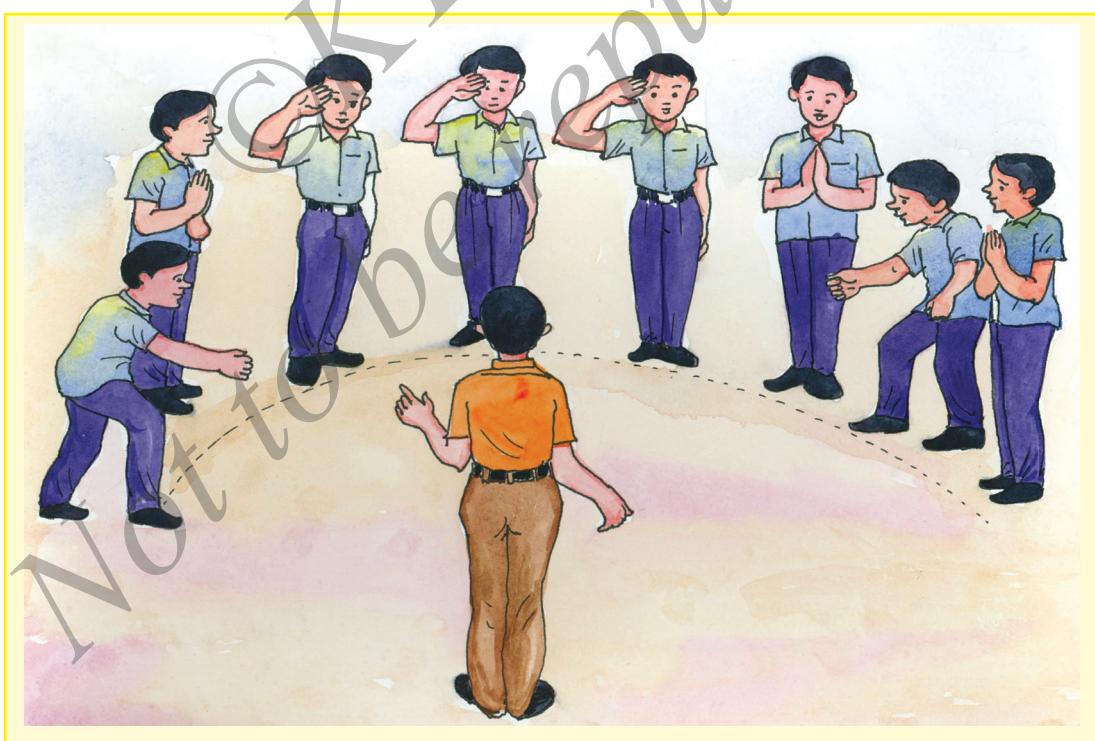


fig. 11.8

9. ANT'S LINE

Divide the players in two groups equally. Draw the starting and the end line at a distance of 20 mtrs. When the teacher blows the whistle the players of the both group starts crawling like ants one behind another. The last player of whichever group reaches the end line first will be the winner.

"Health and happiness by play"

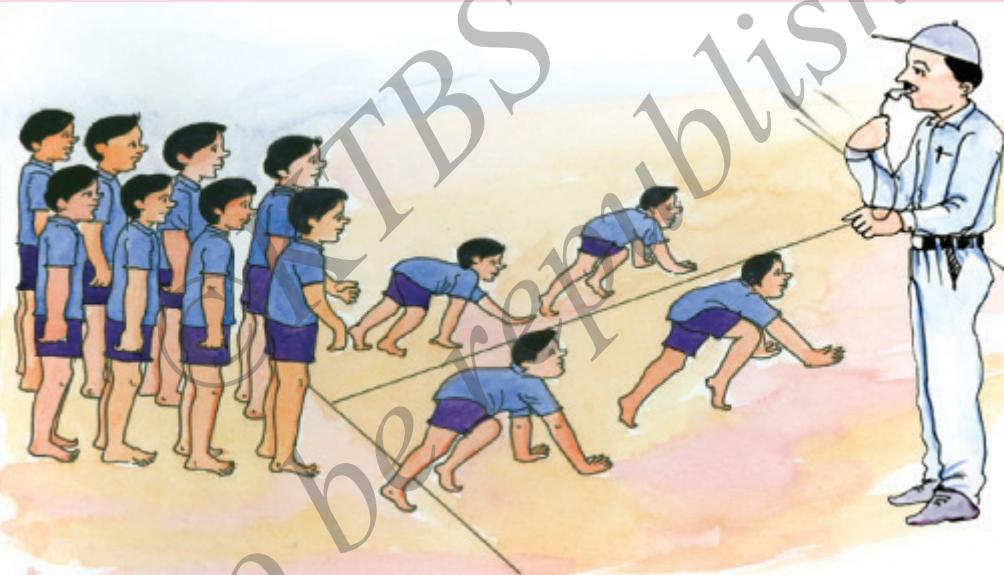


fig. 11.9

Note :

This game can be practised as a lead up game for the game Kho-Kho

10. FIND THE LEADER

Teacher asks all the students to stand in a circle. Among the students teacher appoints one student as a policeman and ask him to stand little away from the circle. After that teacher appoints another student as leader of the circle. After the clap the game starts. The police man comes in the circle and at the same time the circle leader performs various activities without coming to the knowledge of policeman and others have to follow the leader. At that policeman has to find the leader. If he finds the student leader he becomes a policeman and the game continues.

“Every human being is unique”



fig. 11.10

11. SNAKE AND MONGOOSE

Teacher asks all the students to stand in line according to their height. One of the tallest students stands in front of the line and the shorter students followed him. The tallest student raises his hands and makes a posture of a snake head and other students hold the trunk of each other and make a snake formation. One student who nominated as a mongoose will try to touch the tail or lost boy of the line but snake head try to stop the mongoose. If the mongoose touches the tail then that student becomes the snake head and the tail student becomes the mongoose, in this way the game continues.

"Try to reach the goal in any circumstances"

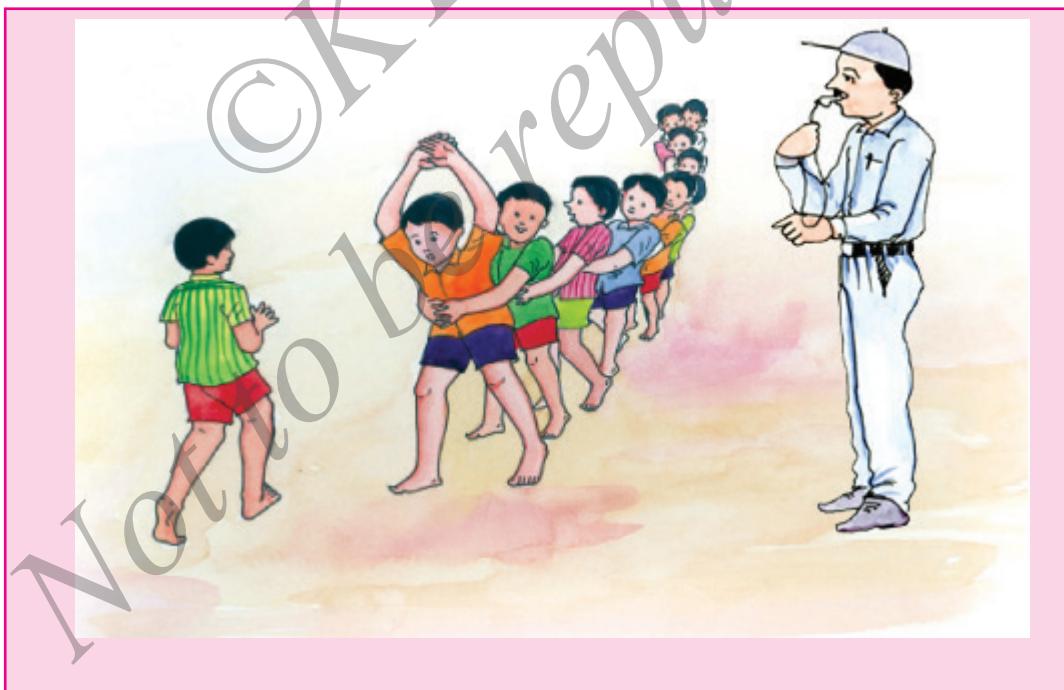


fig. 11.11

Note : (This game can be practised as a lead up game for the game Kho-Kho)

12. CARRYING THE BUNDLE

Teacher makes two equal groups of students and asks them to stand in two line in their respective groups. Then teacher draws two starting line at a distance of 15-20 mtrs. Then teacher places an object in the circle of the marked area. After the whistle by the teacher, each student has to pick one student of the group on his back and starts to run towards the center object and returns to their respective group. The group which finishes the first will declared as a winning team.

"A healthy person is an asset to the nation"

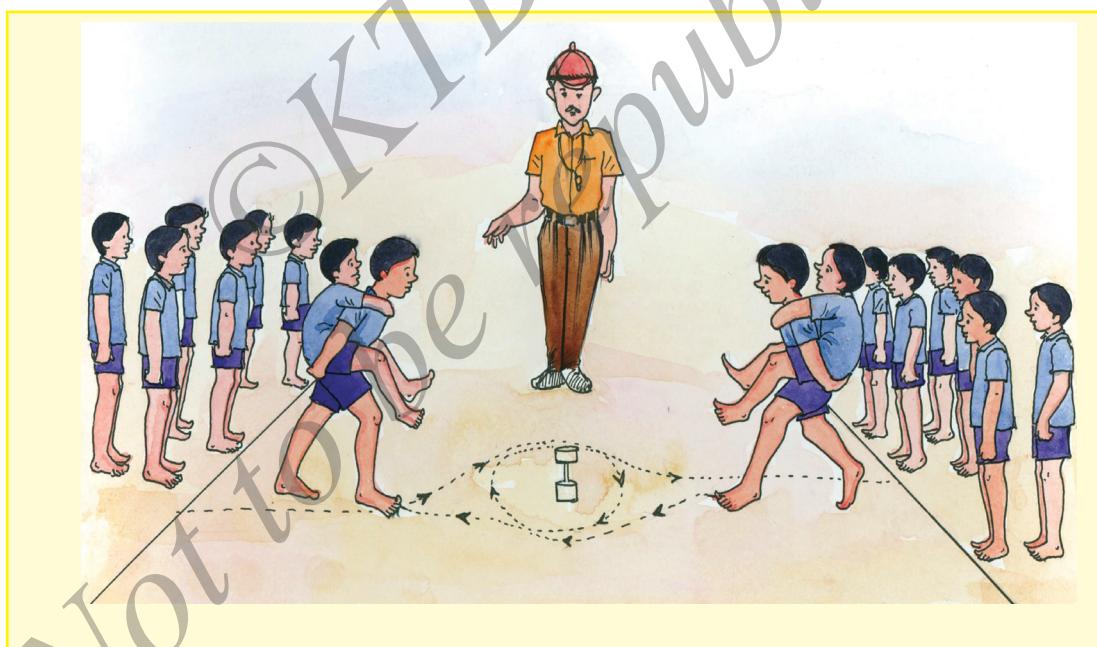


fig. 11.12

Note :

This game can be practised as a lead up game
for the game Kabaddi
