**19.1 SPORTS AND GAMES**

Sport is a physical activity carried out under an agreed set of rules, with recreational purpose; for competition or self-enjoyment or combination of both.

A game is a recreational activity involving one or more players, defined by a goal that the players try to reach, with some set of rules to play it. Games are played primarily for entertainment or enjoyment. The difference of purpose differentiates sports from games, combined with the notion of individual or (team) skill or prowess.

The importance of sports and games is not only for the physical activity but, it also provides mental alertness and increase self esteem’

If we go through the history, kings and the rulers fought all year around and the winners were hailed as heroes. Sport in the same way not only gives us heroes but employment to them and to a lot of people too.

* It is imperative for school age children to have access to sports and games.
* It motivates the students; enables them to earn better grades.
* Numerous physical benefits include maintaining a healthy weight, preventing chronic diseases and learning the skills necessary to maintain a healthy lifestyle in the years to follow.
* Promoting physical activity should start from the nursery class.
* Plying teaches them the importance of being active.
* Children, who prefer not to play, are usually not selected in school team.
* Every year Department of Education invites school students at zonal level, state level, and National level for participation in different sports competitions.
* Students are required to participate in the sports events held during an academic year by Department of Education at zone and state level
* Our students have the capabilities; they will certainly excel in individual and team games and co-curricular activities too. We need to show our presence in school sports.
* Our students will certainly, be sport persons of tomorrow, if they are given the necessary chance, guidance and training.

**Aims and objectives**

* Provide the best possible sporting experience for all students so as to encourage lifelong participation in sports.
* Provide supportive environment for enjoyable participation in a wide variety of physical activities, through the development of skills and good sporting behavior.
* Provide the safest possible environment for the conduct of junior sport.
* Make provisions for all students with special needs to participate in sports.
* Encourage and actively cater for talented sporting students.
* Positively promote parental involvement in all areas of the sporting activity.
* Promote the playing of sport for enjoyment with participation the main focus.
* Students are encouraged to participate in a variety of sports; however they may not change from one sport to another during a physical session. Once nominated, students are expected to play in that team for the session.

**(1) Sports development**

* The importance of games in school encompasses more than just the benefit of physical activity.
* Increment in self esteem and mental alertness make school sports and games necessary for every child of school.
* It teaches children the life skills like team work, leadership and patience.
* The quality of leadership, sharing team spirit and tolerance are learnt from sports.
* Sports education not only teaches the students to maintain the physical stamina, but also the habit of obedience, discipline, determination to win and will power etc.
* What can be learned on the ground cannot be learned in the class-room.
* Physical development of a child can best be achieved through sports.
* It develops and enhances skills like strength, endurance, speed, agility, flexibility, control, balance etc.
* Sport today has also evolved as a form of entertainment and also offers promising careers.
* Every student should be encouraged to join at least one school sports team.
* The PET should be an energetic person with a good amount of expertise in sports and should provide coaching for sports like foot-ball, basket-ball, throw-ball etc.
* Adventure sports and swimming during summer vacations.

**(2) Selection of team-games:**

* The team is formed on the basis of talents among students, depending on their age group from VI to secondary classes in a

particular game.

* Group games are formed from each and every class depending on their interest and talent in a particular game.
* Inter-class tournaments in the school in selected games.

**(3) Endeavor to excel**

* Set weekly achievable goals for the different skills required for a particular sport and train the students accordingly.
* Inter-section and inter-class matches are required to be scheduled to a well thought plan for every four months.
* Beside the game knowledge, make the students aware of the development of strong muscles and the body parts involved in the sports activity.
* School should have a well prepared team in any of the following team games,

**A;** cricket, **B;** foot-ball,

**C;** badminton, **D;** volley-ball,

**E;** base-ball, **F;** hand-ball,

**G;** table-tennis (individual and team), etc.

* In the beginning of the academic year, PET may draw a plan in detail in order to promote and prepare the students for any of the following sports,

**A;** Skating,  **B;** javelin throw,

**C;** discus throw, **D;** shot-put,

**E;** high-jump, **F;** long-jump,

**G;** archery, **H;** taekwondo,

**I;** martial arts, **J;** wrestling (Olympic style),

**K;** sprint (all kinds), gymnastics etc.

* Special emphasis is to be given to “FOOT BALL” because of the importance it has assumed in current years. Available are the opportunities more in Foot-ball than Cricket.

***Today sport is much more than just an entertainment or physical exercise. It is not considered as wastage of time by students any more. This is only because big companies are pumping big money in a big way. You name any sport, big sponsorship is available for the same with huge financial assistance that cannot be ignored. Millions of rupees have been invested, especially in cricket. But this is not all, boxing, wrestling; archery, shooting, athletics, badminton and tennis have all been promoted with financial assistance. Even* “KABADDI” *and base-ball have been included in school-sports.***