

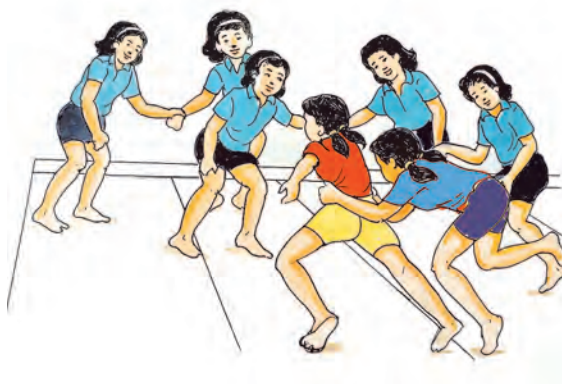
4. Various Games

4.1 Supplementary Games

In order to master the skills of a particular sport, some supplementary games are developed based on the main specific skills involved in that sport. These supplementary games give ample practice as well as enjoyment.

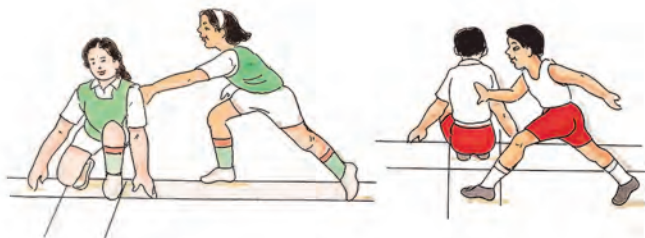
KABADDI

1. Get the opponent 'out' by stretching your arm out.
2. Pull leg and get a player 'out'.
3. Grab wrist.
4. Grab ankle.
5. Grab waist.



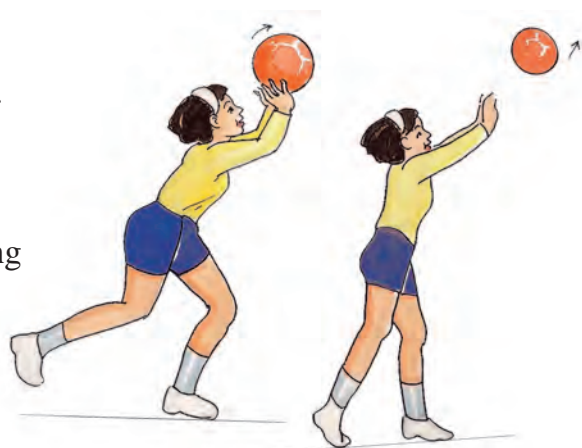
KHO-KHO

1. Give 'Kho' in sequence.
2. Zigzag run
3. Chase the player.
4. Run towards the player.
5. Dodge the player.



HANDBALL

1. Have a relay race while dribbling the ball.
2. Throw the ball while running.
3. Hit the ball at specific spot on the wall.
4. Pass the ball to your team without dropping it.
5. Stop the ball which is hit towards the goalpost.



FOOTBALL

1. Dribble the ball with leg.
2. Pass the ball to your partner.
3. Kick the ball to the maximum distance.
4. Kick the ball at specific spot on the wall.
5. Stop the ball kicked at the goalpost.



HOCKEY

1. Grip the stick firmly with the both hands.
2. Make the movement of the legs as per requirement.
3. Point the left shoulder in the direction in which the ball is to be hit.

TABLE TENNIS

1. Begin by serving the ball.
2. Begin the game with cross service.
3. Avoid touching the table when serving.
4. If the ball touches net for service and travels to opponent side reserve.



My Activity

Practice different games and master the skills.

- ◆ The supplementary games given above are just samples. Develop supplementary games based on various sports like this. Encourage the students to learn, play and practice new games and acquire the skills.

4.3 Modified Games

Modified Games

Modification means change. Modified games are developed by changing the main sport. Changing the ground, rules, number of players and skills gives rise to Modified Games. Some difficult skills of the main sport are used in small activities or games to enjoy the game and master the skills. In the absence of the required ground, material and players, the games can be played with a new experience and enjoyed. It is possible to acquire basic skills and obtain mastery easily.

For Example : Measurement of the ground, rules of the sport, number of the players, material, the duration of the sport, marking/score scheme, positions of the players, difficulty level of the skills, uniform, etc. can be changed as needed.

Games Modified from Basketball

Use ring, bucket, box or turn a stool up side down to make instead of basket.

Big ball, balloon, seeds bag or small balls are used instead of basketball.

Playing the game by throwing, catching, passing, dribbling, laying by changing the place or staying in the same place.



Modified Game from Volley Ball

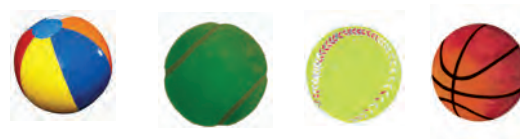
Use of different types of balls.

Use of legs instead of hands, using only one hand.

Throw and catch above the head with fingers.

Practive service on small grounds using small nets.

Games like Underarm pass, Overarm Pass, Service can be played in an innovative way.



Modified game from Tennis/Badminton

Use of hand, bat, stick, wooden board, plywood instead of Racket.

Use of different types of balls, balls made up of sponge, cotton, clothes, dried leaves.

Played in pairs, a groups of three or more.



Modified game from Throw Ball

Use big ball or sponge, ball made up of cotton, clothes or dried leaves instead of Throw Ball.

Throw and catch the ball.