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DIFFERENT GAMES AND RULES

We all love to play games. We play inside and outside of our houses or wherever we like. People have been playing games for centuries. But, changes have occurred in the way we play the games. Nowadays, we play certain new games. We also play some games which are played in foreign countries. Observe the picture given below:



Discuss in groups



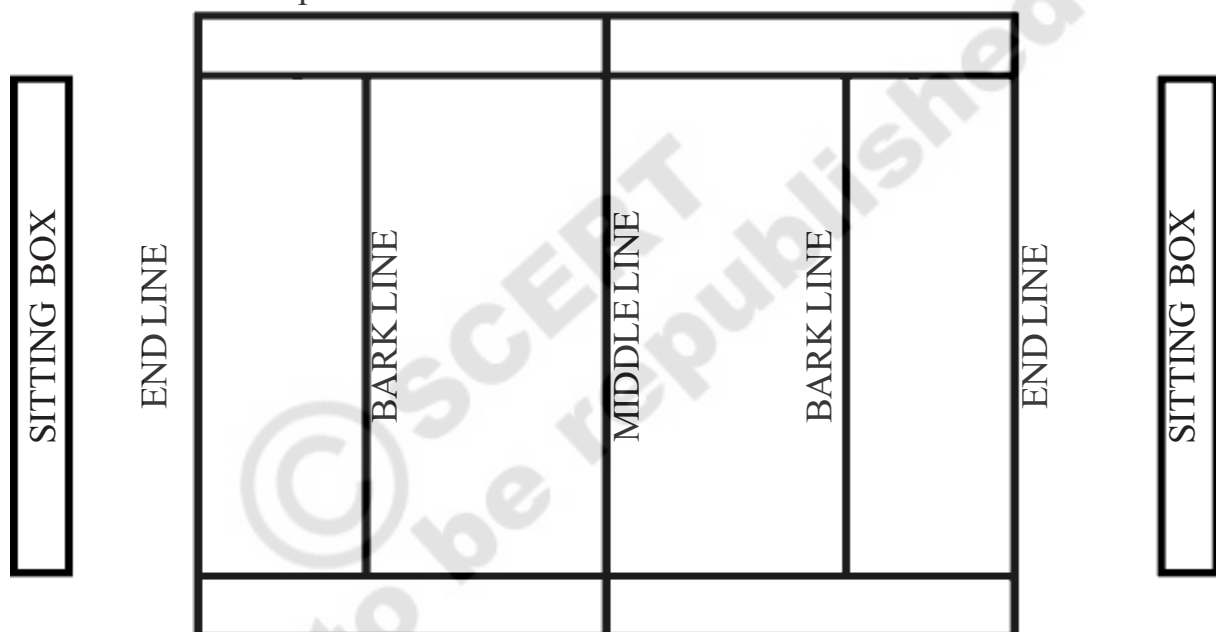
- ◆ What games are the children playing in the above picture ?
- ◆ What games do you play?
- ◆ Who do you play the games with? And when?
- ◆ Why do you play games?
- ◆ Who can play games?
- ◆ How do you feel while playing games?

2.1. Rules of the Games:

You play different games. Don't you? Before the commencement of the game, the players divide themselves into groups and discuss the method of playing. They also collect the required materials and make all necessary preparations.

Do you know kabaddi? Let us see, how children play it.

Rahim the physical training teacher took all the children to the playground to play kabaddi. He divided them into two groups of seven players each. He explained to them the 'Rules of Kabaddi' and how to play the game. Rahim sir drew the kabaddi court with the help of the children. Figure shows the lines drawn on the court. Observe the picture.



The teams of Supraja and Pinki are playing kabaddi. Supraja started the game with the 'cant' - 'Kabaddi'. Four players of the opposite team surrounded her and caught her. But, Supraja escaped from them and touched the middle line. On seeing this Supraja's team members screamed, and clapped happily and shouted "four points..... we scored four points". Then one girl from Pinki's team started an argument saying Supraja stopped her cant in between. Both teams argued with each other. At last Parveen from Pinki's team came forward and persuaded others saying Supraja did not stop saying cant. The game started again.



You have seen, how the teams of Pinky and Supraja are playing kabaddi. Discuss with the members of your group the rules of this game.

Discuss in groups



- ◆ Why do disputes arise in the games?
- ◆ How to avoid disputes during the games?
- ◆ What are the rules in kabaddi?
- ◆ Who should be appreciated in games? why?

Rules of the game 'Kabaddi' :

- ◆ The player who says the cant (kootha) - Kabaddi Kabaddi, should touch the 'bark line' before he comes back, otherwise he would be considered as 'out'.
- ◆ The cant should start and stop at the middle line. But it should be in one breath. If the cant is stopped in between it is considered to be 'out'.
- ◆ The players who cross the end lines or side lines are considered as 'out'.
- ◆ Those players who are 'out' should sit in the 'sitting box' which would be outside the court.
- ◆ The players who are 'out' can join the team in order whenever the team scores a point.
- ◆ The players should not grow nails.
- ◆ One should not apply oil to the body while playing.
- ◆ While playing especially girls, they should not drag each other by holding hair / plaits.

2.2. Rules of other games:

You have read how to play kabaddi. Every game has certain rules. We play the games by following rules. Do you play games by following the rules? Write down the names of the games you play. Write the rules of each game.

Discuss in groups



- ◆ Write the name of the game you like.
- ◆ Write how that game is played.
- ◆ What are the rules to be followed in it?

Name of the game	Method of Playing	Rules of the game

2.3. Why rules?

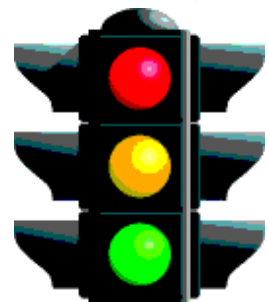
You have understood the rules of the games.

Think...

- Are rules meant for games only? Say, on what other occasions do we follow rules?
- What rules you follow in school?

The rules help us to play the games properly. The rules control the game. As in games, our home, school and all other places also have certain rules and regulations.

Eg: Traffic rules are intended to avoid accidents on the roads. We stop when red light glows, move forward when green light glows, keep left as per the direction. We find these traffic signals at cross roads in order to avoid traffic jams and accidents.





Look at the above picture. People are crossing the road at the zebra crossing where white stripes are drawn. It helps us to avoid accidents.



Like the roads, the schools also have certain rules and regulations. For example, as per rules the students, teachers and the headmaster should attend the school (at prayer time) assembly. Classes should be conducted according to time-table, children should play during games period, mid-day-meals should be provided properly and parents meeting should be conducted once in a month. Such rules if observed truly help the schools to develop. Similarly, to govern and develop our country, we have framed certain rules in our constitution. You will read more about our constitution in your 5th Class.

2.4. Can everybody play games?

Everybody likes to play games. But, do all the people play games? In Rangapuram girls play games like ashta chemma, thokkudu billa, tennikoit, vamana gunta only. The boys play games like cricket, volley ball, football.

Think...

- Do you think the boys and girls playing different games is right?
- Can every one play all the games? How do you feel about it? Give some examples.

Observe the people in the pictures given below. Do you know who they are? What games do they play? What is special about them?



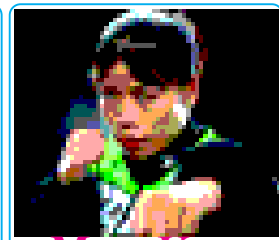
Saina Nehwal



Vishwanathan Anand



Mithali Raj



Mary Kom



Koneru Hampi



**Karanam
Malleswari**



Gagan Narang



Saniya Mirza

These sportsmen / women made our country proud with their achievements. How did they achieve it? If they had not played games every day, they would not have succeeded as sports persons.

Anyone can play games. There are many sports women in our country. Many women players won medals in not only National level events but also in Asian games, Common Wealth games, Olympic Games etc. women are competing with men in all the fields.

2.5. Games - victory and defeat in games :

Humans love to play. Winning and losing is quite natural in games. In any game only one team or one person can win. Who ever wins is called 'winner'. Some people get worried when they lose the game. Winning and losing are not important. Importance should be given to the development of good skills. One must learn good sporting skills, patience, winning temperament following rules etc. from others. The players congratulate each other after the competition. Considering victory and defeat to be equal is called 'sportsmen spirit'. You all should play games during the holidays. Where would you play? Do the girls go to the ground and play? Boy and girls are equal. Girls also should go to the playground, so that they too can become healthy and remain active.

Think...

- Have you ever won any games? How it became possible?
- How do you appreciate the winners?
- How should we behave with the losers?

Playing games is children's right :

All children, boys and girls should play every day. This is children's right. Evening 4 - 6 p.m is children's play time. One should not go to tuitions or do the home work during this time. When we play games we become active and our blood circulates better. All impurities present in our body come out in the form of sweat. During play time, we talk, laugh, solve simple disputes, discuss and, follow the rules. It relieves us from stress and strain and keeps our body healthy and active. It also help us in maintaining good relations with others.

We must play in the sports period of our class time table. You should play along with your teachers. We should use the play material available in the school. We must participate in the sports competitions, we must acquire the skills of the games. We should take bath after playing games in the evening. After playing we must study and do the household work. By doing this, we become active and it also enhances our grasping power we can understand lessons easily.

Think...

- Some schools and some families are keeping the children away from games because they think children who play games become backward in studies. How far is this correct? What is your opinion on this?

2.6. Games - results

Have you ever seen the people who play regularly? They are healthy and active. When we play games, we become healthy and active. People co-operate with each other during the play. It inculcates the values of team spirit, playing together and become part of a group. We will be recognised by all when we play games. We can bring name and fame to our family, school, village..... district and state. Our Indian team won the gold medal in kabaddi. Similarly our Cricket team won the World Cup in the year 2010. Our players and athlets like Karanam





Malleswari, Saina Nehwal, Marykom, Leander Paes, Gagan Narang and Vijendra Singh participated in olympics and won medals. The popularity of our country has increased due to them. Eveyone, including players, their family, state and country got a good name. Everyone respects the sportsmen and sportswomen. When we play games we become ready to face challenges of our life. We start helping



others on all occassions. Working together with others also becomes a habit. We get sportman spirit and learn to appreciate the winners and encourage the losers. We learn to treat both victory and defeat as equal. You have read about the advantages of playing games. Now, what games do you want to play from today? Hope, you all play games everyday!

Key words :

- | | | |
|---------------------|-----------------|-------------------|
| 1. Rules | 4. Road rules | 7. National level |
| 2. Victory & defeat | 5. Constitution | 8. Olympic games |
| 3. Sportive spirit | 6. Sportsmen | 9. Republic Day |

What have we learnt?

1. Conceptual understanding

- Why should we play games? What would happen if we play without rules?
- Where do we find rules? Why should we follow rules?
- Playing is children's right-why? Give reasons.
- Write 5 important rules of kabaddi.

2. Questioning - hypothesis

- Latha saw the photo of Marykom in the newspaper. She wanted to know, how Marykom won the medal. What questions she might have asked?
- What changes do you think have come in the games when compared with the past? why?

3. Experiments - field observations

- ◆ Observe any game played at your street or school which you do not know. Write the procedure of the game in order.

4. Information skills, projects

- ◆ Collect information on any five prominent sportsmen of our state or the country.

Sl.No.	Name of the player	game played	Competitions participated

- Players of which game are more in number in the above? Does it include women?

5. Communication through mapping skills, drawing pictures and making models

- a) Draw the court of any game you play out side on a chart. Mark the measurements. Write the names. Describe.

6. Appreciation values and awareness towards bio-diversity

- a) What should we learn from the winners of the game? How should we behave with losers of the game?
- b) Playing is children's right. Play every day of a week. Write your experiences

Can I do this?

- | | |
|--|----------|
| 1. I can explain the rules of the various games and necessity of the rules. | Yes / No |
| 2. I can ask questions on how the sportsmen won the medals. | Yes / No |
| 3. I can observe a game and write down the sequential order of playing it. | Yes / No |
| 4. I can collect and tabulate the information of sportsmen who brought a good name to our country. | Yes / No |
| 5. I understood the proper method of appreciating winners and behaving with losers. | Yes / No |

