



### EDITORIAL

**Play a sport. It will teach you how to win honorably, loose gracefully, respect authority, work with others , manage your time and stay out of trouble .**

**With the advancement of technology, the lifestyle of people has become sedentary. Hence it is important to introduce physical education right at the childhood for proper growth and development. Physical activities lead to holistic development of the children by making them mentally alert and physically strong and teach them to cope with different situations in life. Keeping in view that healthy children learn better, games, sports and a host of physical activities, both indoor and outdoor are meticulously embedded in the curriculum.**

**The aim of the 'Sporty Champions' club is to introduce Indian traditional games and sports to our young sportspersons and develop qualities of self-discipline, patience, self-esteem, sense of responsibility, time management and teamwork in a fun-filled manner.**

**Club Masters**

**Shiva Mathur| Palak Sethi**

### 'Seven Stones (Pitthu)'and 'I Sent a Letter'

The activity organised on 20.04.17 was aimed at introducing the retro Indian games to the students. They explored the games- 'Seven Stones' and 'I Sent a Letter'. The rules of the games were explained and demonstrated. The students were divided into teams and they enjoyed playing the games in turns.



## FUN INDOORS

The students were taught how to play the games – 'Carrom Board', 'Ludo' and 'Pick up Sticks' on 20.07.17. The rules of the games were explained to them. They were made to play the games in small groups and pairs. The club activity led to development of skills like team spirit and self discipline in the students.



## Ropey Affair – 'Jump Rope' and 'Tug of War'

The students were made to play 'Tug of War' and 'Jump Rope' in groups in the activity organised on 24.08.17.

The activity was aimed at inculcating team spirit & coordination among students. The importance of co-operation along with physical strength while pulling against each other at opposite ends of a rope was highlighted. They were enlightened about the different types of jump rope including single freestyle, single speed and three person spread.



## Exploring 'Kho-Kho'

In the activity organised on 21.09.17, the students were introduced to the game Kho-Kho and the rules & method of playing the game were discussed & explained to the students. They were divided into two teams and made to play the game in the field. The students enjoyed playing this indigenous game and found the experience very enriching.



## Retro- Indian Games

The students got an opportunity to explore traditional indigenous games in the club activity organised on 27.10.17. The rules and method of the games- 'Hop-Scotch' (Stapoo), 'Marbles' & 'Gallery' were demonstrated and explained to the students. They were made to play the games in groups. All the students enjoyed the fun-filled activity.



## Combative Game – 'Kabaddi' & 'Basics of Basket Ball'

In the activity held on 23.11.17, the students explored and learnt to play Kabaddi and Basketball. After apprising them of the rules and method of playing the games they were made to play the games in turns. Important terms and techniques of the games were explained and demonstrated. All the students participated with enthusiasm and enjoyed the activity.



## Number Fun – ‘Tambola’

The students enjoyed playing the probability game 'Tambola' in the activity held on 21.12.17. The fun-filled activity was aimed at improving the concentration as well as listening skills of the students.

The attentive and eager participants had fun while striking out different numbers called out by the club masters. First four students to complete the house were declared as winners.



## Fun on the Board- Indoor Games ( ‘Ludo’, ‘Snakes & Ladders’, ‘Scrabble’ & ‘Chinese Checker’ )

In club activity held on 25.1.18, the students were exposed to various board games i.e. Ludo, Snakes and Ladders, Chinese Checkers and Scrabble. They were taught the rules & regulations along with the the method of playing the games and were made to play the games in turns.

All the students enthusiastically participated in the activity and enjoyed playing the indoor games.



STUDENTS SPEAK



‘Sporty Champions’ has made games very simple and interesting for us. Activities of the club were means of healthy recreation and helped in the enhancement of social skills in us.

**Avni Jain II A**

All the sport activities done under the aegis of the club have contributed a lot in shaping my personality. The Sporty Club has developed leadership skills among all students , along with a sense of sharing and cooperation.

**Jishney Bhudhiraja III A**

The Sporty Champions Club has developed leadership skills in me , along with a sense of sharing and cooperation.

**Sana Ajmani II F**