



# SPORTY CHAMPIONS

### EDITORIAL

Regular physical activity not only helps the children stay healthy but also improves their emotional fitness. The activities planned and conducted under the aegis of 'Sporty Champions' Club through out the session were aimed at enhancing physical and social skills in children. The club also provided them ample opportunities to explore different traditional games of our country. It helped them interact with their peers, practise mutual respect and work together towards a common goal. Furthermore, they learnt to cope with success and failure as a group and a team. It also offered a change from a monotony of daily routine and kept stress and anxiety away. The students participated in all the activities with vigour & enthusiasm and learnt the importance of sportsmanship.

Shiva Mathur  
Club Master

### Indigenous Games: 'Dodge Ball and One Leg Jump'

To make the students familiar with some traditional Indian games, the activity – 'Indigenous Games' was organised on 25.4.19. The students explored the indigenous games -Maram Pitti (Dodge Ball) and Langdi Taang (One Leg Jump). They were divided into teams and made to play the games in turns. The activity was aimed at enhancing the fundamental skills of jumping, running and accuracy in students.



### Number Fun: Tambola

In the activity conducted on 25.7.19, the students were introduced to the number board game - Tambola. The rules of the game were listed & explained by the club master. The students played the game in pairs and each pair was given a card with different numbers in a grid. Randomly selected numbers were then called out and the students enthusiastically marked the numbers off their cards. Different match winning combinations such as early five, top, bottom, middle line, full house were followed, and winners were declared.



### Rope Battle - Tug of War

Tug of War was organised for the students on 29.8.19. 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. Participating girls and boys were divided into two teams, respectively. The teams participated with enthusiasm and showcased their physical strength and coordination.



### Retro Indian Games

The students were introduced to two Indian games – 'Dog and the Bone' and 'Four Corners' in the activity held on 26.9.19. The rules and procedure of playing the games were explained and demonstrated. The students were divided into teams and made to play the games in turns. They participated with enthusiasm and cheered for their team.



### **'Exploring Kabaddi'**

In the club activity conducted on 24.10.19 the students got an opportunity to explore the traditional Indian game – 'Kabaddi'. The field was marked for the game and important terms related to the game like Baulk Line, Bonus Line, Lobby etc. were explained to the children. The rules and regulations of the game were also explained and demonstrated. The students were divided into groups of 7 students and each group was given a chance to defend the Raiders. Children enjoyed playing the game and also correlated it with Pro-Kabaddi League which was broadcast on television.



### **Modified Game: Leg Cricket**

The students got an opportunity to explore an interesting modified game – 'Leg Cricket' in the activity conducted on 28.11.19. The activity commenced with a demonstration of the method of playing the game, followed by explanation of the rules and regulations. The students were divided into two teams and made to play the game. They enjoyed playing the modified game in which they used their legs to bat, bowl and field. All the participants cheered for their teams and participated with enthusiasm.



### **Quick Play: Kho-Kho**

The students got an opportunity to explore the indigenous game Kho-Kho in the activity conducted on 30.01.20. They were made to play the game in groups after demonstration by the club master. They enjoyed this tag game invented in Maharashtra and played it with full zeal and enthusiasm.



### **Indoor Frolic – Snakes & Ladders, Ludo and Chinese Checkers**

The students were taught the method of playing indoor games namely Snakes & Ladders, Ludo and Chinese Checkers in the activity held on 19.7.19. Rules and regulations of the games were explained to them which was followed by a demonstration. Students were excited and enthusiastic to learn the games and play them. These games helped them to develop cognitive skills. They were motivated to play the games at home too with their family members and siblings.



### **PARENTS' DIARY**

The different outdoor & indoor games inculcated in the school curriculum through this club not only helped in the physical fitness of the kids but also brought forth social skills of leadership, teamwork, communication etc along with lots of fun. The games like Tug of War, Tambola, Kho-Kho which requires large numbers of participants were games which the children enjoyed the most because they hardly get to play these. It was a great experience helping in overall development of kids.

Komila Verma  
M/o Paavni Verma III B

The club has helped my child in every possible way. His confidence has improved so much and that is all because of the teachers. I am very happy with the versatility of the activities.

Shubhi Chawla  
M/o Dhairya Chawla III D

*Sports do not build the character, they reveal it.*

*- John Wooden*

