

REPORT

BAL SABHA ACTIVITY

(2022-23) TOPIC: SPORTS WEEK

DATE: 22.08.2022 & 29.08.2022

CLASS: IV-V

THEME: INDIGENIOUS GAMES

TIME: PHYSICAL EDUCATION

PERIOD

REPORT

**"If we want our children to move mountains,
we first have to let them get out of their chairs."
-Nicolette**

Traditional Games act as learning aids. They teach our students many things while playing, like to learn to win and lose. They develop sensory skills, count, add, improve motor skills, identify color, improve hand-eye coordination and finally have fun. Students played these games in their Physical Education Period. Students were shown several videos related to traditional games of India like Gili danda, Lattoo, Satoliya/Pithoo, kho-kho, kabaddi, Chhupan Chhupai, maram-pitti, tyre race, etc. This activity brought kids together and encouraged teamwork and social interaction. Also, participating spirit was seen in the games. Students were thrilled throughout the activity.

Glimpses of the activity:



Convenors:

Ms. Syed Humera

Ms. Rani Negi

Under the guidance of:

Ms. Vinaya Pujari

HM (Primary)