



REPORT

BAL SABHA ACTIVITY (2022-23)

TOPIC: SPORTS WEEK

DATE: 22.08.2022 & 29.08.2022

CLASS: I-III

THEME: INDIGENIOUS GAMES

TIME: YOGA / PLAYPEN PERIOD

REPORT

Just Play, Have fun. Enjoy the game. - Michael Jordan

Traditional Indian games helped kids learn about our culture. By playing traditional Indian games a child learns how to enjoy in minimal resources. They also learn about rich culture of our country. It enhances mental strength and builds a problem-solving attitude. Children learnt to interact socially and make new friends. Students were shown various videos related to traditional games of India like Kabaddi, Kho-Kho, Kancha, Hopscotch, Lattoo, Vish amrit, Posham Pa, Carrrom, Gutte etc. Students played these games in their Physical Education Period. It enhanced their hand-eye coordination and made kids more disciplined. The games kept kids happy and positive by instilling winning spirit in them.

Glimpses of the activity:



Convenors:

Ms. Ruchika Gupta

Ms. Rani Negi

Under the guidance of:

Ms. Vinaya Pujari

HM (Primary)