

## Lesson-12: Indoor and Outdoor Games

12 Periods (40 minutes each)



Learn Better (Main Coursebook), Stay Ahead (Workbook), Book of Holistic Teaching, Book of Project Ideas, CRM signs, Poster, Gratitude sheet



Animation, Animated Activities, Concept Map, Dictionary, eBook, I Explain, Infographic, Quiz, Slideshow, Video, Test Generator

Confirming better

I play fair.

### Curricular Goals and Objectives (NCF)

#### To enable the students:

- to recognise the importance of physical activity through indoor and outdoor games.
- to develop skills related to cooperation, teamwork and fair play in group activities.
- to understand the cultural significance of traditional games and toys and their impact on physical and cognitive development.
- to enhance communication and social interaction through group discussions and collaborative learning activities.
- to foster creativity and self-expression through designing sports jerseys and engaging in kinaesthetic activities.

### Methodology

#### Period 1

SHOULD DO

5 MIN.



**Teacher:** Good morning, everyone. Today, we are going to talk about indoor and outdoor games. Let us start with a quick warm-up. I will ask you a few questions and you need to answer them quickly. Are you ready?

**Teacher:** Can anyone tell me what an indoor game is?

**Teacher:** Yes, that is correct. An indoor game is one that you play inside, like chess, ludo or even board games.

**Teacher:** Now, can anyone give me an example of an outdoor game?

**Teacher:** Excellent. Outdoor games are played outside, like football, cricket or tag in the playground.

**Teacher:** What do you like better, playing indoor games or outdoor games? Why?

**Teacher:** That is a great answer. Outdoor games help us stay active and enjoy the fresh air.

**Teacher:** Can you think of a game that can be played both indoors and outdoors?

**Teacher:** Yes, games like 'Simon Says' or 'hide-and-seek' can be played both inside and outside. Let us get started with today's lesson now.

#### Confirming better

**Teacher:** Now, let us move to the 'Confirming better' section. It says, "I play fair." Let us all say it together.

MUST DO

5 MIN.



Confirming better I play fair.

PLH

73

**Teacher:** I want you to think about a time when you were playing a game with your friends. How did you feel when everyone played fairly?

**Teacher:** Yes, that is right. When everyone plays fair, the game is more fun and everyone feels happy.

**Teacher:** Imagine you are playing a game and someone breaks the rules. How would that make you feel?

**Teacher:** Exactly. We would feel upset and unfairly treated. It is important to remember that playing fair makes the game enjoyable for everyone.

**Teacher:** So, whenever you play, remember to always play fair and follow the rules. This way, everyone can have fun together.

#### KWL chart

SHOULD DO

5 MIN.



**Teacher:** We will begin a new chapter, 'Indoor and Outdoor Games'. We are going to use a KWL chart to help us organise our thoughts and learning. I have made a KWL format on the blackboard. Please take out your notebooks and draw the same format.

K	W	L

**Teacher:** The KWL chart has three columns. The first column is labelled 'K,' in which you will write what you already know about the topic. In the second column 'W', you will write what you want to know and the third column is labelled 'L', which is 'what I have learnt'. You will fill this column in the end.

**Teacher:** Take a few minutes to think and write. If you have any questions, feel free to ask.

**Teacher:** You all did amazing work in this activity. Let us move on to Re-KAP activities. We will use Kinaesthetic, Auditory and Pictorial activities today to make our learning exciting. Let us start with the Kinaesthetic activity.

### Kinaesthetic

**Teacher:** Alright, everyone. Let us get ready for a fun kinaesthetic activity called 'Guess the Name'. Here is how it works.

**MUST DO**

10 MIN.

Re-KAP
SPD

**Kinaesthetic**

Let us play 'Guess the name'. You and your partner will take turns to act out names of different indoor and outdoor games. While one of you enacts, the other one will guess the name of the game.

73

**Teacher:** You and your partner will take turns acting out the names of different indoor and outdoor games.

**Teacher:** While one of you is acting, the other will guess the name of the game. For example, if one of you acts out playing football, the other will try to guess it.

**Teacher:** Remember, no talking. You can only use hand gestures and body movements to show the game.

**Teacher:** Let us get into pairs. You will have 2 minutes each to act and guess. Ready? Let us have fun.

**Teacher:** Well done, everyone. You all had fun and showed great teamwork. Now let us learn by listening.

### Auditory

**Teacher:** Now, listen to me carefully. I will read a small passage about Rohan's favourite game.

**MUST DO**

5 MIN.

Auditory\*

Listen to your teacher carefully. Answer the questions.

73

**Teacher:** "Cricket was Rohan's favourite game. Often, he would play with his sister after school. Sometimes, he would accompany his grandparents to a puppet show or watch a film with his family at home."

**Teacher:** Now answer these questions:

- Which is Rohan's favourite outdoor sport?
- Name the two fun activities mentioned in the story.

**Teacher:** Very good. You listened carefully and answered well. Let us move to a fun activity using pictures now.

### Pictorial

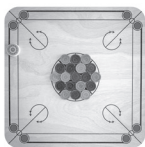
**MUST DO**


10 MIN.

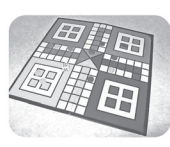
**Teacher:** Look at the pictures under the 'Pictorial' section on page 73. We will identify the indoor games and tick the boxes.


Pictorial
PS


Look at the pictures. Identify the indoor games. Tick (✓) the correct answers.


☐


☐


☐


☐


☐

73

**Teacher:** Let us start with the first picture. This one shows a carrom board, where you use your fingers to flick small pieces into the pockets. Can anyone tell me the name of this game?

**Teacher:** Yes, this is Carrom. It is an indoor game, too. So, you will also tick the box next to this picture.

**Teacher:** Now, look at the second picture. It looks like a game played on a chessboard with black and white pieces. What game do you think this is?

**Teacher:** Right. This is chess, another indoor game. Tick the box next to this picture as well.

**Teacher:** Look at the third picture. It looks like a board game where you move pieces around. Can anyone tell me what game this is?

**Teacher:** Yes, that is Ludo. Ludo is an indoor game. You will tick the box next to this picture.

**Teacher:** Now, look at the fourth picture. This shows a football game with people running on a field. Is this an indoor or outdoor game?

**Teacher:** Yes, this is an outdoor game. So, do not tick the box for this one.

**Teacher:** Lastly, look at the fifth picture. It shows people playing cricket on a field. Is this an indoor game or an outdoor game?

**Teacher:** Yes, this is another outdoor game, so we will not tick this one either.

**Teacher:** Great work, everyone. Now, check your answers and make sure you have ticked only the indoor games. Let us give a huge round of applause for our effort today and end the session. See you in the next class.



You may show the **eBook** given on the digital platform.

### Differentiated Activities

**110 km/hr**



Provide a mixed set of game name cards or picture cards (some indoor, some outdoor and

some that can be both). Ask students to sort the cards into three categories: Indoor, Outdoor and Both. Once sorted, they will pick any one game from each category and share why it fits there, plus one fun fact about the game.

**80 km/hr**



Give the students a worksheet with pictures of different games in one column and names of the games with the labels 'Indoor' or 'Outdoor' in another column. They need to match each picture with the correct name and type of game. After matching, they can choose one indoor and one outdoor game they like and colour the pictures.

**40 km/hr**



Prepare a basket filled with soft balls or paper chits that have pictures or names of games on them. One by one, the students will pick a ball or a chit, name the game and say whether it is played indoors or outdoors. If they are unsure, their friends can help them.

### Home Task

With the help of your parents, look through old newspapers and magazines at home. Collect and cut out pictures of different games and sports. Paste them in your scrapbook and name each one. Bring your scrapbook to school to share what you found with the class.

### Period 2

**Teacher:** Good morning/ afternoon, everyone. Before we start, let us do a quick warm-up activity. I will ask you a few fun questions related to games and I want you to answer them quickly. Ready?

**SHOULD DO**

5 MIN.



**Teacher:** What is your favourite outdoor game?

**Teacher:** Yes, football and cricket are great choices. Now, what about indoor games?

**Teacher:** Wonderful. Games like chess and ludo are played indoors.

**Teacher:** Which game do you think requires the most teamwork – indoor or outdoor games?

**Teacher:** Great responses. Outdoor games like football and basketball need a lot of teamwork, don't they?

**Teacher:** Now, think about this: if you were playing a game alone, which one would you prefer – a board game or an outdoor game?

**Teacher:** I see. Some of you like board games, while others prefer outdoor games.

**Teacher:** Well done, everyone. Now, let us move on to our next activity.

### Interacting better

**Teacher:** Look at the 'Interacting better' section on page 74 of your Main Coursebook. The question says, "Which is your favourite game? Why? Tell your partner."

**MUST DO**

10 MIN.



**Interacting better**

Which is your favourite game? Why? Tell your partner.

ICL

74

**Teacher:** This is your chance to share your favourite game and explain why you like it. It could be an indoor game or an outdoor game – any game that makes you happy.

**Teacher:** I will give you a few moments to think about your favourite game and why you love playing it.

**Teacher:** Alright, now find a partner and tell them about your favourite game. Share why you like it and what makes it special for you. You will both have 2 minutes to share your thoughts.

**Teacher:** Ready? Go ahead and start.

(After 2 minutes)

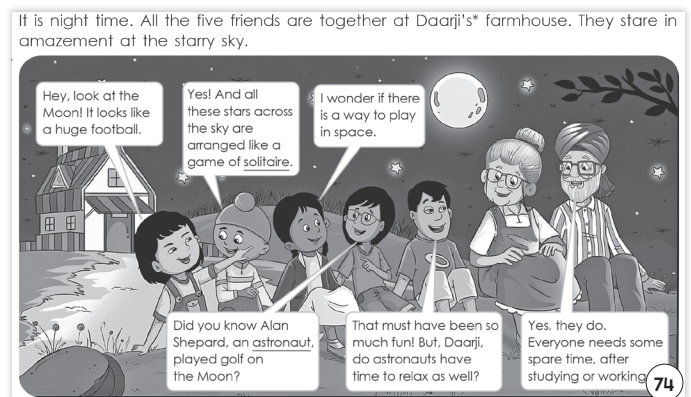
**Teacher:** Wonderful. Now, let us hear a few responses. Who would like to share what their partner said?

**Teacher:** Great work, everyone. It is always fun to talk about our favourite games. Keep sharing your thoughts like this – it helps you interact better with others.

**Teacher:** Look at the image. It is night-time and the five friends are together at Daarji's farmhouse. They are staring at amazement at the starry sky.

**MUST DO**

15 MIN.



**Teacher:** Read the first part of the conversation. One of the friends says, "Hey, look at the Moon. It looks like a huge football." What do you think? Does the Moon really look like a football?

**Teacher:** Yes, the Moon is round, just like a football, but it is much, much bigger than a football. Now, another friend points out, "And all these stars across the sky are arranged like a game of solitaire." Does anyone know what solitaire is?

**Teacher:** Correct. Solitaire is a card game and the stars can look like the scattered cards in a game of solitaire. What do you think of that comparison?

**Teacher:** Then, one of the friends says, "I wonder if there is a way to play in space." What do you think? Could we ever play games in space?

**Teacher:** Well, space is a very different environment from Earth, so playing regular games might be challenging. However, astronauts have fun in their own way and there

are even some sports activities done in space.

**Teacher:** Now, Daarji joins in and says, "Did you know Alan Shepard was an astronaut, played golf on the Moon?" Can you imagine playing golf on the Moon? What would be different about it compared to playing on Earth?

**Teacher:** Yes, because of the Moon's lower gravity, the ball would travel much farther than on Earth and it would be a fun challenge.

**Teacher:** Finally, another friend asks, "That must have been so much fun. But, Daarji, do astronauts have time to relax as well?" What do you think? Do astronauts get breaks while they are working in space?

**Teacher:** Daarji responded, "Yes, astronauts do get some downtime. They need to relax after all the hard work they do, just like we need time to relax after studying or working."

**Teacher:** Well done, everyone. Isn't it amazing to think about how astronauts live and work in space? Keep imagining all the incredible things we could do there. Let us now look at the 'Discovering better' section for a better understanding of the words.

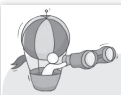
### Discovering better

**Teacher:** We have two new words to explore today. The first word is 'solitaire'. This word is used here to describe a card game. Solitaire is a card game where you arrange cards in a specific order to win. Have you ever played it? Some of you might have played it on a computer or with a real deck of cards.

MUST DO

10 MIN.





### Discovering better

**solitaire:** here, a card game

**astronaut:** a person who is trained to travel in space

LAD

74

**Teacher:** Now, the second word we have is 'astronaut'. An astronaut is a person who is trained to travel in space. Can you think of an astronaut you know or have heard of?

**Teacher:** Yes, there are many famous astronauts like Neil Armstrong, who was the first to walk on the Moon or Yuri Gagarin, the first person to travel into space.

**Teacher:** So, remember, a solitaire is a card game and an astronaut is someone who travels in space and works on space missions.

 You may show the **Slideshow** given on digital platform.

### Differentiated Activities

110 km/hr



Ask the students to write a short creative paragraph imagining a new game that astronauts could play in space. They should think about how the game would

work in low gravity, what materials might be used and how the rules would differ from games on Earth. After writing, a few students can volunteer to read their ideas aloud.

80 km/hr



Ask the students to make a worksheet with a mix of sentences describing games, for example: "This game is played using a bat and ball" or "This game is played by arranging cards." They will read each sentence and identify the game it refers to (e.g., cricket, solitaire). Then, they will mark whether it is an indoor or outdoor game. They can do this in pairs to encourage peer learning.

40 km/hr



Prepare a set of flashcards with pictures of different games (like football, ludo, chess, etc.). One by one, students will pick a card, name the game shown and say whether it is played indoors or outdoors. The teacher or classmates can help as needed. After identifying the game, they can draw it in their notebooks and colour it.

### Home Task

At home, talk to your parents or grandparents about the games they used to play when they were children. Ask them which games were played indoors and which were played outdoors. With their help, draw or paste pictures of two indoor games and two outdoor games in your scrapbook. Write the names of the games below each picture. Bring your scrapbook to class and be ready to share one game you found most interesting.

### Period 3

SHOULD DO

10 MIN.



**Teacher:** Good morning/afternoon, everyone. Before we begin our lesson, let us have a quick and fun recap of what we learnt last time. I will describe a game and you have to guess which one it is. Ready?

(Encourage students to raise their hands before they answer the questions.)

**Teacher:** The first one is – In this game, you score points by running between two sets of stumps. What is it?

**Teacher:** Correct. It is cricket. Next, in this game, you have to kick the ball into the opponent's goal. It is played by two teams with 11 players each. What game am I talking about?

**Teacher:** That is right. I am talking about football. Now, the next game uses a large ball and players try to throw it into a net hanging high from a ring. What game is this?

**Teacher:** Yes, it is basketball. Well done, everyone. You remembered all of them. These are some of the games we usually play outside, right?

**Teacher:** Today, we will continue talking more about games – both indoor and outdoor ones – and discover what makes each one special.



## Games in School and Outside

**Teacher:** Now, look at the 'Games in school and outside' section. We are going to talk about the games we play both in school and outside. We all know how important it is to relax and rest during our free time and playing games is one of the best ways to do that. This is called recreation.

**MUST DO**

30 MIN.

### GAMES IN SCHOOL AND OUTSIDE

We know that we must relax and rest in our free time. This is called recreation. We have the games period in school. It gives us time to relax between classes. Cricket, football, basketball, badminton and lawn tennis are some outdoor games we play in school. Some schools also hold swimming classes. Playing outdoors keeps us fit and healthy. Cricket is



cricket



football



basketball

74

**Teacher's Note:** \*Tell the students that Jas calls his father's father 'Daaji'.

a team sport in which players gain points by hitting a ball with a wooden bat and running between two sets of wooden sticks called stumps.

Football is played between two teams of 11 players each. A team scores points by moving a ball across the other team's goal line.

Basketball is a team sport in which players try to throw a big ball into a high net basket that hangs from a ring to gain points.

Badminton is a sport played between two or four players. They use racquets to hit a shuttlecock and score points.

Lawn tennis is a fast-paced sport for two or four players. The players use a stringed racquet to hit a ball over a net. They score points by hitting the ball out of the opponent's reach.

Golf is also an outdoor sport. In this sport, a player uses a club to hit a golf ball into a series of holes. While doing this, the player has to use the least number of shots.



lawn tennis

75

We also play Stapu (hopscotch\*), hide-and-seek and chain.

Atlas, Scrabble™, Ludo™ and carrom are some indoor games.



hide-and-seek

**Teacher:** In school, we have a games period where we get the chance to relax between classes. Can anyone think of some games we play during this time?

**Teacher:** Yes. We play outdoor games like cricket, football, basketball, badminton and lawn tennis. Some schools also offer swimming classes.

**Teacher:** Playing outdoor games is not only fun, but it also keeps us fit and healthy. Let us look at each game in detail:

**Teacher:** The first one is cricket. It is a team sport where players hit a ball with a wooden bat and run between two sets of sticks called stumps to score points.

**Teacher:** Can anyone tell me if they have played cricket? What do you like most about it?

**Teacher:** That is right. Next is football. It is played between two teams of 11 players each. The goal is to move a ball

across the other team's goal line to score points.

**Teacher:** Do you think football is easy to play? Why do you think it requires a lot of teamwork?

**Teacher:** Excellent. Now, we have basketball. In this game, players try to throw a big ball into a high net basket that hangs from a ring to score points. It is a very exciting team sport.

**Teacher:** Have you ever tried playing basketball? What was it like?

**Teacher:** Exactly. The next fun game is badminton. It can be played between two or four players and players use racquets to hit a shuttlecock back and forth, trying to score points.

**Teacher:** Does anyone here play badminton regularly? How do you think badminton helps improve our reflexes?

**Teacher:** Superb. And we cannot forget about lawn tennis, which is a fast-paced sport for two or four players. The aim is to hit the ball over a net using a stringed racquet and score points by making the ball unreachable for your opponent.

**Teacher:** Who likes tennis? Do you think hitting a ball over a net is easy?

**Teacher:** Another outdoor game is golf. In golf, a player uses a club to hit a golf ball into a series of holes using the least number of shots.

**Teacher:** Golf requires precision. Can anyone guess why it is so important to plan each shot carefully?

**Teacher:** Amazing. Let us move on to indoor games like Stapu (hopscotch), hide-and-seek and chain. These are fun games that do not require much space but are perfect for playing indoors.

**Teacher:** What is your favourite indoor game to play with friends?

**Teacher:** That is nice to hear. Other indoor games include Atlas, Scrabble, Ludo and carrom. These are great for developing skills like thinking, planning and strategising.

**Teacher:** Which of these indoor games have you played? Which one do you enjoy the most?

**Teacher:** Well done, everyone. Playing both indoor and outdoor games helps us stay healthy, learn new skills and have fun with our friends. Let us clap for everyone's effort and end today's session.



You may show the **Animation** given on digital platform.

## Differentiated Activities

110 km/hr



In pairs or small groups, students will choose one indoor or outdoor game discussed in class. They will prepare a short news report as if they are sports journalists covering a match or tournament of that game. Encourage them to include terms like "shuttlecock", "club", "stumps", etc., in context. They can present their report to the class like a live TV sports bulletin.

80 km/hr



Prepare flashcards with names of games (e.g., cricket, golf, badminton) and another set with equipment pictures (e.g., stumps, racquet, shuttlecock, club, net). Encourage them to work in pairs and match the correct game to its equipment. After matching, they'll say one sentence about that game, e.g., "In badminton, we use a racquet and a shuttlecock."

40 km/hr



Each student picks one game they like (from the list discussed). They will draw the game (e.g., a football field, a badminton racquet and shuttlecock, stumps, etc.). After drawing, they say one simple sentence about it, like, "I like cricket. It has stumps." or "This is a shuttlecock." The teacher and peers will encourage and clap for each speaker.

### Home Task

Ask your parents or family members about the games they played when they were your age. Choose one indoor and one outdoor game that your family enjoys or enjoyed playing. With help from your parents, write two short sentences about each game:

- What is the name of the game?
- Why do you/your family like playing it?

Later, draw a small picture of each game next to your sentence (if possible).

### Period 4

**Teacher:** Good morning/afternoon, everyone. Before we start today's lesson, let us do a quick warm-up. I will ask you a few quick questions and you need to shout out your answers. Let us get started.

**Teacher:** First, can anyone tell me a game that you play inside your house?

**Teacher:** Great. Ludo, carrom and chess are some indoor games. What about a game you can play outside in the playground?

**Teacher:** Yes, football, cricket and basketball are outdoor games. Well done.

**Teacher:** Now, if you could choose one sport to play, which one would it be and why?

**Teacher:** Excellent answers. Now let us move on to today's lesson and explore more about indoor and outdoor games.

### Understanding better

**Teacher:** Now, look at the 'Understanding better' section. We have two statements here and we need to say whether they are true or false. Let us go through them together.

SHOULD DO



MUST DO



### Understanding better

Say true or false.

1. We use a racquet and a ball to play badminton.
2. Golf is an outdoor sport.

ICL

75

**Teacher:** The first statement is: "We use a racquet and a ball to play badminton." Think carefully and then answer. What do we use to play badminton?

**Teacher:** Yes, that is right. We use a racquet and a shuttlecock, not a ball. So, this statement is false.

**Teacher:** Well done. Now, let us move to the second statement. It says: "Golf is an outdoor sport." What do you think? Is golf played indoors or outdoors?

**Teacher:** Yes, that is correct. Golf is definitely an outdoor sport. So, this statement is true.

**Teacher:** Excellent. You are all doing great. Let us move on to the next activity.

### Discovering better

**Teacher:** Now, look at the 'Discovering better' section. We have some new words to learn. Let us go through them one by one.

MUST DO

10 MIN.



### Discovering better

**stumps:** here, one of the set of three wooden sticks that stand in the ground and form the wicket

LAD

**shuttlecock:** a feathered object that players hit with racquets in a badminton game

**club:** here, a long stick used to hit a ball in golf

**Atlas:** here, a game

75

**Teacher:** The first word is 'stumps'. In the context of cricket, stumps are the three wooden sticks that stand in the ground and form the wicket. Can anyone think and say where you have seen stumps in cricket?

**Teacher:** Yes, exactly. The stumps are placed behind the batter and they are very important for bowling and dismissals.

**Teacher:** The next word is 'shuttlecock'. A shuttlecock is a feathered object used in the game of badminton. What do we use to hit the shuttlecock?

**Teacher:** Yes, we use a racquet to hit the shuttlecock in badminton. The shuttlecock is lightweight and moves differently from a ball.

**Teacher:** Now, let us look at the word 'club'. Can anyone guess what the club is used for?

**Teacher:** Right. The club is used to hit the golf ball into the holes. It comes in different types, each used for a specific type of shot.

**Teacher:** The last word is 'Atlas'. In this context, Atlas is a game. Do any of you know how to play Atlas?

**Teacher:** Yes, it is a game where you try to move a ball around a field or area and it is great for teamwork. So, we have learnt that:

- Stumps are the three wooden sticks in cricket.
- A shuttlecock is used in badminton.
- A club is used to hit the ball in golf.
- Atlas is a fun game we can play with friends.

**Teacher:** Well done, everyone. We can move on to the next activity.

### For Some Play Is Work

**Teacher:** Look at the next section- 'For some play is work'. It talks about how sportspeople treat their sports as their work.

**MUST DO**

10 MIN.



#### FOR SOME PLAY IS WORK

Many sportspersons participate in various sports events in India and all over the world.

Some of these events feature multisport events, such as the Olympic Games\* as well as individual sports events.

75

**Teacher:** Many sportspeople participate in various sports events in India and all over the world. Can anyone think of some well-known sports events that happen here or around the globe?

**Teacher:** Yes, we have events like the IPL in India, Wimbledon and the FIFA World Cup globally. These events are important for sportspeople to showcase their skills.

**Teacher:** Some of these events feature multisport events, like the Olympic Games. Do you know what multisport events are?


**Teacher:** Correct. Multisport events bring together various sports under one event. For example, in the Olympic Games, athletes from different sports like swimming, athletics and gymnastics compete together in the same event.

**Teacher:** In addition to these, there are also individual sports events where athletes compete in just one sport, such as a tennis match or a cricket tournament.

**Teacher:** So, for many sportspeople, playing is not just for fun; it is also their work. They train hard, compete in events and earn a living from it. Does anyone think they would like to turn a sport they enjoy into a career?

**Teacher:** Great thoughts. While for many of us, play is just for fun and relaxation, for sportspeople, play is serious work. They dedicate their time and effort to getting better and achieving success in their sport.

**Teacher:** Well done, everyone. Let us clap for everyone's effort and end today's session. See you in the next class.

 You may show the **Animated Activities** given on the digital platform.

## Differentiated Activities

110 km/hr



Create a new sport that combines both indoor and outdoor elements. Draw the field, write down the rules and describe the equipment needed to play it. Then, present it to the class as if you were teaching everyone how to play.

80 km/hr



Create a simple word problem about your favourite sport. Include details like the size of the field or the number of players and then calculate the total area of the playing field. Share your answers with your classmates after you have solved the problem.

40 km/hr



Pick a simple game you like, such as cricket or football and draw a picture of the field. Label the parts of the field (like goalposts or the boundary) and then write down the measurements of the field. You may take help of your friends in the class (if needed).

## Home Task

With the help of your parents, gather information about Indian Olympians who won medals for the country. Write their games/sports next to their names in the notebook.

## Period 5

**Teacher:** Good morning/afternoon, everyone. Before we start today's lesson, let us do a quick warm-up. I will

**SHOULD DO**

5 MIN.



ask you a few questions about games and you have to answer them as quickly as possible. Are you ready?

**Teacher:** What is your favourite outdoor game?

**Teacher:** Glad to hear different names. Football and cricket are very popular outdoor games. What about indoor games? What do you like to play indoors?

**Teacher:** Ah, I see. Ludo, chess and carrom are some fun indoor games. Now, think about this: Have you ever played a game that is very old, maybe from your grandparents' time?

**Teacher:** Yes, gilli-danda, kabaddi and pallankuzhi are examples of traditional games. These are fun games that have been passed down through generations.

**Teacher:** Great responses, everyone. Let us now dive into today's lesson on traditional and local games played in India.

### Traditional and Local Games

**Teacher:** Look at the 'Traditional and Local games' section. We are going to learn about traditional and local games. India is home to many games that have been played for generations. These games are an important part of our culture and heritage.

**MUST DO**

15 MIN.



## TRADITIONAL AND LOCAL GAMES

India is home to various traditional and local games. Biji tells the children that she played gilli-danda as a little girl. It is a popular game in Indian villages. It is played using a piece of wood called gilli and a long wooden stick called danda. (75)

Kabaddi is also a popular local game. Five stones and pallankuzhi are popular traditional board games. The latter is popular in south India. Pitthu is a local outdoor game. Chaupar or pachisi is played indoors. Pachisi was also played by kings in the olden times.



kabaddi



pachisi

It is important to understand that every game, whether indoor or outdoor, follows rules to play. One must also remember that every game is based on teamwork amongst the players. Everyone brings together their special qualities and works together to win the game.



pitthu

(76)

**Teacher:** Biji tells the children that she played gilli-danda when she was a little girl. Gilli-danda is a popular game in Indian villages. It is played with two pieces: one is a gilli, a small piece of wood and the other is a danda, a long wooden stick. Has anyone heard of gilli-danda?

**Teacher:** Yes, in gilli-danda, you use the danda to strike the gilli and hit it into the air, then you run and try to catch it before it falls. It is a fun and active game played outdoors.

**Teacher:** Another popular local game is kabaddi. It is played between two teams and the players take turns to enter the opponent's side, hold their breath and try to tag the other team's players while avoiding being caught.

**Teacher:** It is a great team sport that needs a lot of energy and strategy. Has anyone played kabaddi before?

**Teacher:** Now, let us talk about some traditional board games. One such game is five stones, which is similar to jacks. You throw and catch stones, trying to get them all in the right order.

**Teacher:** Another popular board game is pallankuzhi, which is very popular in South India. In this game, players move small seeds or pebbles around on a board with pits. It requires a lot of thinking and strategy.

**Teacher:** The next one is Pitthu, another fun outdoor game. In Pitthu, one team tries to knock down a stack of stones with a ball while the other team tries to prevent them. The game involves a lot of running and teamwork.

**Teacher:** And have you heard of Chaupar or Pachisi? These are indoor board games and in ancient times, even kings played them.

**Teacher:** Pachisi is a game where players move pieces around a cross-shaped board, trying to reach the centre before the others. It is very similar to the game Ludo, which many of you might have played.

**Teacher:** All of these games, whether indoor or outdoor, have one thing in common: they follow rules. Rules help make the game fair and enjoyable for everyone.

**Teacher:** Well done, everyone. Now, let us get ready for an activity where we can talk more about some of these traditional games.

## Folk Toys

**Teacher:** Look at the 'folk toys' section. These are traditional toys and the tradition of playing with these has been passed down through generations.

MUST DO

20 MIN.

### FOLK TOYS

Some Indian folk toys are kathputlis, Thanjavur dolls, lattus, ghurni clay toys, kondapalli and channapatna toys.



Kathputlis are Rajasthani wooden puppets. The puppets are dressed in bright, colourful clothes. They are controlled with strings. Kathputlis are used for storytelling.



Thanjavur dolls are popular toys from Tamil Nadu. These dolls have a bobbing head. When touched, their head moves sideways or up and down.



Lattu is a colourful wooden spinning top. It is a popular toy from Punjab.

(76)

**Teacher:** The first toy we are going to talk about is the Kathputlis. They are Rajasthani wooden puppets. They are dressed in bright, colourful clothes and are controlled with strings. Can anyone tell me what Kathputlis are used for?

**Teacher:** Yes, Kathputlis are used for storytelling. The puppets are moved by pulling the strings and they help tell traditional stories in a very interesting way.

**Teacher:** Next, let us talk about Thanjavur dolls. These dolls are popular in Tamil Nadu. What makes them special?

**Teacher:** That is right. Thanjavur dolls have a bobbing head that moves when touched. When you touch their head, it moves sideways or up and down. These dolls are also very colourful and are used in traditional Tamil Nadu art and culture.

**Teacher:** Now, let us move on to the Lattu. It is a colourful wooden spinning top. Can anyone guess where Lattus come from?

**Teacher:** Yes, they are very popular in Punjab. The Lattu spins around when you twist the string around it and pull. It is a very fun toy that requires good hand-eye coordination to play with.

**Teacher:** These are just a few examples of folk toys that are a big part of our culture. They are not only fun to play with but also have a lot of traditional significance. Have any of you ever played with any of these toys?

**Teacher:** Great. Let us now move on to the next activity.



You may show the **Concept Map** given on the digital platform.

## Differentiated Activities

### 110 km/hr



Ask students to pair up and pick one traditional/ local game or folk toy mentioned in the lesson. Discuss its origin, rules and how it is played or used. Add any interesting fact or how it is still played today and present it to the class.



80 km/hr



Ask students to create a worksheet or flashcards, drawing images of traditional/local games and folk toys on one side and names/descriptions on the other side.

40 km/hr





Ask students to draw any one traditional game or toy and write about it, e.g., What is this called? Is it a toy or a game? Is it played inside or outside?

### Home Task

Talk to your parents or grandparents and ask them to teach you one traditional game or folk toy they played during their childhood. After playing, write or draw:

- the name of the game or toy
- who you played it with
- one fun or interesting thing you learnt from them.

### Period 6

**Teacher:** Good morning, everyone. **SHOULD DO**    
Before we dive into today's lesson, let us do a quick warm-up activity. I will give you a few statements and you need to tell me which preposition fits best in each sentence. Ready?

**Teacher:** Here's the first one: "The cat is sitting \_\_\_\_\_ the table." Can anyone tell me the right preposition?

**Teacher:** Yes, that is 'on'. The cat is sitting on the table.

**Teacher:** Try the next one: "The ball rolled \_\_\_\_\_ the chair." What do you think?

**Teacher:** Yes, the answer is 'under'. The ball rolled under the chair.

**Teacher:** Now, "The dog is hiding \_\_\_\_\_ the bed." Can anyone fill in the blank?

**Teacher:** That is 'behind'. The dog is hiding behind the bed.

**Teacher:** Great work, everyone. You all did fantastic. Now, let us move on to our next activity.

### Understanding better

**Teacher:** Now, let us move on to the 'Understanding better' section. We have two statements and we need to say whether they are true or false. Let us go through them together.

### Understanding better

**Say true or false.**

1. Badminton is an outdoor game.
2. Ludo™ is an indoor game.

ICL

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**Teacher:** The first statement is, "Badminton is an outdoor game." What do you think? Is badminton an outdoor game?

**Teacher:** Yes, that is false. Badminton is mostly an indoor game, although it can also be played outdoors in places like parks if the weather is good. But it is primarily played inside, especially in competitions.

**Teacher:** Now, the second statement says, "Ludo is an indoor game." What do you think about Ludo?

**Teacher:** Yes, that is true. Ludo is an indoor game. You usually play it with friends or family around a table, using dice and pieces on a board.

**Teacher:** Well done, everyone. Let us clap for everyone's effort and end today's session. See you in the next class.

### Connecting better

**Teacher:** Let us now look at the 'Connecting better' section. It talks about how Sam used prepositions when telling a story.

**MUST DO**

5 MIN.



### Connecting better

English

Sam told Mum about how she and her friends played outside under the sunny sky. Later, they went inside the house to play board games on the living room table. Behind the couch, they found their pet cat napping peacefully. Mum pointed out to Sam that she had used prepositions while telling her story.

HoLL

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**Teacher:** In the story, Sam told Mum about how she and her friends played outside under the sunny sky. Can anyone remember which preposition Sam used to describe where she was playing?

**Teacher:** Yes, Sam used the word 'under' to say they were playing under the sunny sky. The word 'under' is a preposition that tells us the position of something in relation to something else.

**Teacher:** Next, Sam went inside the house to play board games on the living room table. What preposition did Sam use here?

**Teacher:** Right. Sam used the preposition 'on' to show that the board games were played on the table. The preposition 'on' tells us where the games were played.

**Teacher:** Sam also mentioned finding the pet cat behind the couch, napping peacefully. What preposition is used here?

**Teacher:** Exactly. Sam used 'behind' to tell us the cat was behind the couch. Can anyone think of other prepositions we might use to describe positions?

**Teacher:** Yes, prepositions like 'in', 'on', 'under', 'behind', 'next to' are all useful for describing the positions of objects or people.

**Teacher:** Well done, everyone. Let us now move on to the next activity.

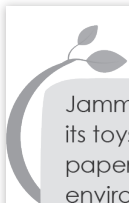
## Helping better

MUST DO

5 MIN.



**Teacher:** Now, let us move on to the 'Helping better' section. We are going to talk about toys from Jammu & Kashmir.



### Helping better

Jammu & Kashmir is known for its toys made from recycled paper pulp. It is good for the environment as these toys are made from waste paper or newspaper.

OL

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**Teacher:** Did you know that Jammu & Kashmir is known for making toys from recycled paper pulp?

**Teacher:** Yes. These toys are made from waste paper or newspapers, which helps reduce waste and recycle materials. Does anyone know why recycling paper is good for the environment?

**Teacher:** Exactly. Recycling paper helps save trees, reduce pollution and conserve resources. Instead of throwing away old newspapers, they can be turned into beautiful toys and other items.

**Teacher:** So, these toys made from recycled paper pulp are not just fun to play with, but they are also a great way to help the environment. By using waste paper and newspapers, we can make something useful and reduce waste at the same time.

**Teacher:** Well done, everyone. Let us remember how small changes like using recycled materials can help us make a big difference for the planet. We can now move on to the next part of the lesson.

## Caring better

MUST DO

5 MIN.



**Teacher:** Look at the 'Caring better' section. It says, "Everyone deserves to play." Can anyone explain what this means?



### Caring better

Everyone deserves to play. You can share your toys and other sports equipments, such as skipping ropes, cricket balls, bats with the children of your helpers.

Seva

77

**Teacher:** Exactly. Everyone, no matter where they live or who they are, deserves the chance to play and enjoy themselves. Play is essential for learning, growing and staying healthy.

**Teacher:** The next part says, "You can share your toys and other sports equipment, such as skipping ropes, cricket balls, bats with the children of your helpers."

**Teacher:** What do you think about sharing your toys with others, especially with the children of people who help us, like the helpers at home or in school?

**Teacher:** Yes, sharing is a wonderful way to show care and kindness. When we share toys like cricket bats, skipping ropes and balls, we not only make others happy but also help them enjoy playing just like we do.

**Teacher:** Imagine how happy the children of our helpers will be when they get a chance to play with these toys.

**Teacher:** It is important to remember that play is for everyone. By sharing our toys, we help others experience the joy of playing. What other things can we share to spread happiness?

**Teacher:** Great thoughts. Sharing does not just make others happy, but it also makes us feel good on the inside. That is why we should always care for others, especially those who might not have the same things we do.

**Teacher:** Well done, everyone. We can now move on to the next part of our lesson.

## Laughing better

MUST DO

5 MIN.



**Teacher:** Let us have some fun with a little joke in the 'Laughing better' section. Are you ready to laugh?



### Laughing better

PLH

**Toby:** Why can't Cinderella play football?

**Elphy:** Because she is running away from the ball!

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**Teacher:** Here is the joke:

Toby (the giraffe) asks, "Why can't Cinderella play football?"

**Teacher:** What do you think? Why can't Cinderella play football?

**Teacher:** Elphy (the elephant) answers: "Because she is running away from the ball."

**Teacher:** Haha. Isn't that a funny joke? Cinderella runs away from the ball, but in football, we need to chase after it.

**Teacher:** It is always good to have a little laugh. Humour makes everything more fun. Who else has a funny joke to share?

**Teacher:** Great. Let us keep the laughter going as we move on to the next part of the lesson.

## Grasping better

**Teacher:** Look at the 'Grasping better' section. We are going to learn some new words related to games. Let us go through them one by one.

**MUST DO**

10 MIN.



Grasping better

DING

**hopscotch:** a game played by children, on a pattern of squares that has numbers written on it, wherein the child throws a stone in a square, hops to that square and picks up the stone again

**Scrabble™:** a board game in which players have to make words

**chess:** a board game played between two people with black and white squares

**Olympic Games:** an international sports festival, held every four years

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**Teacher:** The first word is 'hopscotch'. It is a game played by children on a pattern of squares with numbers written on them. The child throws a stone into a square, hops to that square and then picks up the stone again. Can anyone describe how hopscotch is played?

**Teacher:** Yes, that is right. The game requires balance and concentration. You have to hop on one foot and make sure you do not step on the lines. It is fun and a great way to stay active.

**Teacher:** The next word is 'Scrabble'. It is a board game where players have to make words using letter tiles. It is not only fun but also helps improve your vocabulary and spelling.

**Teacher:** Now, let us talk about 'chess'. It is also a board game played between two people, using black and white squares. Can anyone explain how chess is played?

**Teacher:** Correct. In chess, each player has 16 pieces and the goal is to checkmate the opponent's king. It is a game of strategy and requires careful thinking.

**Teacher:** The last word we have here is 'Olympic Games'. It is an international sports festival, held every four years. Can anyone name some of the events in the Olympic Games?

**Teacher:** Yes. The Olympic Games feature many sports such as athletics, swimming, gymnastics and football. Athletes from all over the world compete to win medals. It is one of the biggest sports events in the world.

**Teacher:** Great work, everyone. Let us calp for everyone's effort and end today's session.

You may show the **Dictionary** given on the digital platform.

## Differentiated Activities

110 km/hr



Explore and research a few traditional games from different countries. Pick one indoor and one outdoor game and compare them with the games we discussed in class. Write a short report explaining how these games are played, what materials are needed and their significance in the culture. Present your findings to the class creatively, perhaps with pictures.

80 km/hr



Create a chart comparing indoor and outdoor games. Include their names and where they are typically played. Afterwards, pick one game from each category and explain how they are different. Write a short description of the game, how you play it and its benefits. You can present this in your notebook with drawings.

40 km/hr



Pick two indoor games and two outdoor games that you enjoy. Draw simple pictures of the games and write a short sentence explaining how to play each game. Focus on simple games like tag or ludo. You can also colour your pictures to make them more interesting.

## Home Task

### Book of Project Ideas

Complete this project at home with the help of your parents. Choose your favourite sportsperson and create a colourful poster about them. Follow the steps given in the book of project ideas.

#### Chapter 12: Indoor and Outdoor Games

**Theme 8:**  
What Makes  
us Think?

Make a poster on any one of your favourite sportspersons. Here are some ideas:

**PRO** **21st CS**

- Write the title containing the name of your favourite player. Make it colourful.
- Use pictures of the sportsperson from newspapers and magazines. Draw and colour the sports equipments associated with the sports they play.
- Start by writing simple information about them, their full name, their age, hometown and so on.
- Write about their achievements. You may also make a timeline of their sports journey.

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- Add fun facts about them. You could mention their favourite food, their hobbies and so on.

- WGive final touches to your poster by decorating it.

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**Note:** Remember to refer to websites ending with .edu or .org to gather accurate information.

(Remind them to review their work and practise presenting. Each student will get 3-5 minutes to present. Ensure they understand deadlines and provide assistance as needed.)

## Period 7

**Teacher:** Good morning/afternoon, everyone. Before we begin our lesson, let us do a quick warm-up activity. I will give you some clues and you have to guess the game. Ready?

**SHOULD DO**

5 MIN.



**Teacher:** Here is the first clue, "This game is played on a cross-shaped board and involves using cowrie shells as



**Teacher:** Excellent, everyone. Let us now move on to the next activity.

**Teacher:** Now, look at the 'Recalling better' section. We are going to recall and discuss what we have learnt so far about different types of games and toys.

**Recalling better**

- Cricket, football, basketball, lawn tennis and badminton are some outdoor games we play.
- Atlas, chess, Scrabble™, Ludo™ and carrom are some games we play indoors.
- Kabaddi, five stones and pachisi are examples of traditional Indian games.
- Kathputli, latlu and Thanjavur dolls are some Indian folk toys.

**Teacher:** That is nice. Let us now look at the third point that talks about traditional Indian games - Kabaddi is a team sport and five stones is a fun game where players use small stones to throw and catch, whereas Pachisi is an old board game that was once played by kings.

**Teacher:** Great participation, everyone. Let us clap for everyone's effort and end today's session. See you in the next class.

## 15 MIN.

**Teacher:** Look at the poster about the Board Games of Ancient India. We will learn more about Pachisi, Chaturanga, Moksha Patamu and how these games have evolved into the board games we play today.

Social Studies Theme 8: What Makes Us Think?

Karna Date  
40  
Year

# Board Games of Ancient India

## Pachisi

Pachisi, believed to be the predecessor of the modern board game Ludo™, is a cross and circle board game, commonly mentioned in ancient Indian texts. The game was played on a cross-shaped board, where players would throw six or seven cowrie shells (used as dice) and move their pieces until one player got all their pieces to the finish zone. The name 'Pachisi' is thought to be derived from 'Pacchis', meaning 'twenty-five,' which was the highest score achievable with cowrie shells.

## Ludo

## Chaturanga

Chaturanga or Catur, was an ancient Indian strategy game that evolved into modern-day chess. Named after the "chaturanga," or "Four limbs" of the army—infantry, cavalry, elephantry, and chariotry—this game originated in the Gupta Empire and is referenced as early as the 6th century CE. Similar to the modern version, Chaturanga was played on an unchecked eight-by-eight board, with pieces representing various parts of an army and the objective was to checkmate the opponent's King.

## Chess

## Moksha Patamu

Mokshapat, also known as Moksha Patamu, was an ancient Indian game played as early as the 2nd century BCE. This game served as the blueprint for the modern-day Snakes and Ladders. In Mokshapat, players encountered ladders on squares representing good deeds and virtues, which advanced them closer to 100, symbolizing 'moksha' or salvation—the goal of the game. Conversely, squares representing bad deeds or vices were marked by snakes that would take players to lower levels.

## Snakes and Ladders

Photo credits: All other non-patographic content: iStockphoto.com and Wikimedia Commons

**Teacher:** It is believed to be the predecessor of the modern board game Ludo. Look at both the images carefully. It is a cross-shaped board game mentioned in ancient Indian texts. The game was played on a cross-shaped board,



where players used cowrie shells as dice and moved their pieces until one player got all their pieces to the finish zone.

**Teacher:** Can anyone think of how Ludo is similar to Pachisi?

**Teacher:** Yes, in Ludo, we also roll dice and move our pieces to the finish zone. But in Pachisi, they used cowrie shells instead of dice. It is amazing how the idea of this game has lasted so long.

**Teacher:** Now, look at Chaturanga, which is an ancient Indian strategy game. It evolved into modern-day chess. The game was played on an 8×8 board, just like chess, with pieces representing different parts of the army. So, what do you think is the main goal of chess?

**Teacher:** Exactly. The main goal is to checkmate the opponent's king. Chaturanga was very similar, where the objective was to capture the opponent's king.

**Teacher:** Next, we have Mokshapat, also known as Moksha Patamu. This game is the precursor to Snakes and Ladders. In Mokshapat, players moved across squares that represented good deeds or virtues, which led to moksha or salvation. Some squares represented bad deeds, which sent players backwards, much like the snakes in Snakes and Ladders.

**Teacher:** Have you noticed that in Snakes and Ladders, players move forward when they land on a ladder, but they move backwards if they land on a snake? This idea is very similar to Mokshapat.

**Teacher:** It is interesting how all these ancient games are still part of our lives today. From Pachisi to Ludo, from Chaturanga to Chess and from Moksha Patam to Snakes and Ladders, these games have shaped modern board games.

**Teacher:** Excellent. Let us clap for everyone's observation and end today's session.

 You may show the **Infographic** given on the digital platform.

## Differentiated Activities

**110 km/hr**



How do traditional Indian games like Pachisi help us learn important skills while playing? Describe it.

**80 km/hr**



Write a short paragraph describing your favourite indoor or outdoor game. Explain why you enjoy them, who you usually play them with and how playing these games benefits you physically or mentally.

**40 km/hr**



Draw your favourite toy or game and write 2-3 sentences about it below the picture.

## Home Task

Complete Exercise D (questions 1 and 2) given on page 78 from Learning better section of the Main coursebook.

Also, tell students to bring an old t-shirt for tomorrow's activity in the class.

## Period 8

**Teacher:** Good morning/afternoon, everyone. Before we start today's lesson, let us have a quick warm-up to get our creative minds flowing. I will ask you a few questions and you need to shout out your answers. Let us get started.

**Teacher:** First question: What is your favourite game to play in your free time?

**Teacher:** Yes, some of you like football, others like playing video games and some enjoy board games.

**Teacher:** Now, think about this: If you could spend all day doing one thing you love, what would it be?

**Teacher:** That is wonderful. Some of you would read books, others might play sports and some could be drawing or painting.


**Teacher:** Last question: What makes you feel relaxed and happy after a long day?

**Teacher:** Exactly. Many of us feel relaxed after playing with friends or having fun activities. Great answers, everyone. Let us dive into today's lesson and solve some questions based on it.

## Learning better

### Exercise A

**Teacher:** Look at the questions in Exercise A on page 77. Read the questions carefully and tick the correct answer.


**Learning better**

CBA

**A** Tick (✓) the correct answer.

- What should we do during our free time?
 

a. study ☐
b. work ☐
c. play ☐
- Which of these is not an outdoor game?
 

a. chess ☐
b. cricket ☐
c. football ☐
- Which of these is played with a racket and a shuttlecock?
 

a. cricket ☐
b. basketball ☐
c. badminton ☐
- Which of these is a traditional Indian game?
 

a. kabaddi ☐
b. badminton ☐
c. basketball ☐
- In which part of India is pallankuzhi popular?
 

a. southern ☐
b. western ☐
c. northern ☐

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**Teacher:** I will read the first question for you:

1. What should we do during our free time?

a. study                      b. work                      c. play

**Teacher:** Think carefully. Discuss with your partner and raise your hand when ready.

**Teacher:** Correct. The answer is 'play'. Tick option 'c'. (Follow the same pattern and complete the exercise.)

### Exercise B

**Teacher:** Look at Exercise B now. Read the questions carefully and write 'true' or 'false' appropriately against them.

**Teacher:** I will read the first question for you:

**B Write true or false.**

1. We should rest and relax in our free time.
2. Alan Shepard played golf on the Sun.
3. Chain is an indoor game.
4. Shuttlecock is used in cricket.
5. Pallankuzhi is a local Indian game.

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1. We should rest and relax in our free time. \_\_\_\_\_

**Teacher:** Think carefully. Discuss with your partner and raise your hand when ready.

**Teacher:** Correct. The answer is 'False'. We should play in our free time.

Follow the same pattern and complete the exercise.)

**Exercise C**

**Teacher:** Look at Exercise C now. Read the questions carefully and write short answers for them in your notebook.

**MUST DO**

20 MIN.

**C Write short answers in your notebook.**

1. What is meant by recreation?
2. What is pachisi?
3. Name a local game in which children hit a piece of wood with a wooden stick.

78

**Teacher:** Let us do the first question together. It says, "What is meant by recreation?"

**Teacher:** We have read about this in class. Can anyone recall and tell what recreation means to the class?

**Teacher:** That is correct. Recreation is doing fun things in our free time to feel happy and relaxed. It can be playing games, drawing, dancing, riding a bicycle, reading a storybook or spending time with friends and family.

(Follow the same pattern, discuss other questions with the class and complete the exercise.)

**Teacher:** Well done, everyone. Let us have a huge round of applause for our effort today. See you in the next class.

You may show the **Video** given on the digital platform.

**Differentiated Activities****110 km/hr**

Think of a new type of recreational activity that could be done in both indoor and outdoor settings. Create a set of rules for this new activity and explain how it benefits people's mental and physical health. Write down your ideas and share them with the class.

**80 km/hr**

Pick a game or activity that you love. Write a short description of why you enjoy this activity. Then, explain whether it is something you do inside or outside. Finally, share how it makes you feel.

**40 km/hr**

Draw a picture of your favourite activity or game. Label the items you need for that activity. Write one or two sentences about why it is your favourite. Feel free to ask for help if you need it.

**Home Task**

Talk to your parents about the indoor activities you enjoy doing in your free time. Ask them to help you measure the space in your home where you usually play or do activities.

Also, ask the students to bring an old t-shirt for a fun activity in the next class.

**Period 9**

**Teacher:** Good morning/afternoon, everyone. Before we start today's lesson, let us have a quick warm-up to get our creative minds flowing. Ready?

**SHOULD DO**

10 MIN.



**Teacher:** I'll ask you a few questions and I want you to shout out your answers. Let us get started.

**Teacher:** First question: If you could design a sports jersey, which colours would you choose and which sport would you make it for?

**Teacher:** Yes, great answers. Some might choose red for football, blue for basketball or white for tennis. Your favourite colours can say a lot about your sport.

**Teacher:** Now, think about this: What is the most important thing you need when you play your favourite sport?

**Teacher:** Yes. Football players need a ball, tennis players need a racquet and basketball players need a hoop. Now, imagine your favourite sport symbol on your jersey.

**Teacher:** What about this: If you could add a special lucky number or symbol to your jersey, what would it be?

**Teacher:** I heard some of you saying "7" or "10". Those numbers are often worn by top athletes. You can use your lucky number or something that represents your favourite player.

**Teacher:** Great work, everyone. Now, we are going to use those ideas to design your own sports jersey. Remember to make it unique and colourful, just like your favourite sport. You can add your lucky number or symbol and have fun with the design.

**Teacher:** Let us get started. I can't wait to see what you all come up with.

**Creating better**

**Teacher:** Look at the 'Creating better' section. You are going to create your own sports jersey using an old t-shirt. How exciting is that?

**MUST DO**

20 MIN.

**Creating better**

Art 1 21/04/20

Create your own sports jersey using an old t-shirt. Decorate it using markers.

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**Teacher:** You will decorate the t-shirt using markers, so feel free to use bright colours and designs that represent your favourite sport or team.

**Teacher:** You can add your name, your lucky number or even some sports symbols like a ball, bat or racquet. The design is completely up to you.

**Teacher:** Remember, you can think about your favourite sports – maybe you love football, basketball or tennis. What kind of designs do you think would represent those sports?

**Teacher:** Once you are done, we will share our creations and admire each other's work.

**Teacher:** So, get started and let your creativity shine. Have fun designing your sports jersey.


### Thinking better

**Teacher:** Look at the 'Thinking better' section. We are going to think about some interesting questions. Ready?

**MUST DO**

10 MIN.




 **Thinking better**

Think and answer in your notebook.

1. In olden times, most games were played outdoors. Why?

2. Name a game that can be played with a piece of stone. It is also a fun way to practise Maths sums.

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**78**

**Teacher:** The first question is: "In olden times, most games were played outdoors. Why?"

**Teacher:** What do you think? Why do you think games were mostly played outdoors in the past?

**Teacher:** Yes, that is right. In the past, people did not have as many indoor spaces or devices like we do today. The outdoor environment was perfect for playing active games, especially when there were large spaces like fields and grounds. What kinds of outdoor games do you think people used to play in the olden days?

**Teacher:** Exactly. Games like cricket, football and kabaddi were popular and they helped keep everyone fit and healthy.


**Teacher:** Let us move on to the second question: "Name a game that can be played with a piece of stone. It is also a fun way to practise Maths sums."

**Teacher:** Can anyone think of a game that uses a piece of stone and also helps in practising Maths?

**Teacher:** Yes, that is 'Five stones'. It is a traditional game where players use a stone or small objects and it involves counting and quick thinking, which is a great way to practise basic maths sums while having fun.

**Teacher:** Well done. Now, let us think about how we can play some of these old games today and what benefits they bring to us.

**Teacher:** Great thoughts, everyone. Let us clap for everyone's effort and end today's session.

 You may show the **I Explain** given on the digital platform.

### Differentiated Activities

**110 km/hr**



Create a poster about your favourite sport. Include famous players and your favourite moments from

the sport. Be creative. Present your poster to the class and explain why this sport is important to you. Add any fun facts that make your poster unique.

**80 km/hr**



Think about your favourite sport and write a short description about how you would design your dream sports jersey. Describe the colours, symbols and numbers that would go on it. You can also include why those things are meaningful to you.

**40 km/hr**



Think about a sport you enjoy playing. Write down simple rules of the game and draw the playing area. This will help you remember the basic rules of the game and also give you a fun way to practice.

### Home Task

Find a place at home where you can safely play an indoor game with your family. You can choose a simple game like Ludo or Scrabble. Write down how the game is played, what equipment you need and how it helps in learning something new. Share the game and its rules with your parents.

### Period 10

**Teacher:** Good morning/afternoon, class. Before we start today's lesson, let us do a quick warm-up activity to get our thinking caps on and our hearts open.

**SHOULD DO**

5 MIN.



**Teacher:** I am going to give you a few quick situations. All you have to do is listen to them carefully and give a thumbs up if you think it is a kind and helpful thing to do and a thumbs down if you think it is not.

(Teacher makes sure everyone understands the gestures and practices once.)

**Teacher:** Alright, ready? Here we go. Situation 1 – A new student joins your group game but does not know the rules. You tell them politely and help them play.

👍 or 👎?

(Wait for reactions, then respond.)

**Teacher:** Yes. Thumbs up. That is kind and supportive. Situation 2 – Your friend makes a mistake during a class project and you laugh at them.

👍 or 👎?

(Wait for reaction)

**Teacher:** Right, thumbs down. That would not make your friend feel good or help them learn. That is exactly what we are going to explore more in our next activity.

### Choosing better

**Teacher:** Let us look at the 'Choosing better' section now. We have a scenario here where a new student, Mary, has joined the cricket team and she is learning how

**MUST DO**

10 MIN.



to field. You are good at fielding. The question is, what would you do?

Choosing better

LSV

Tick (✓) the correct answers.  
A new student, Mary, has joined your school's cricket team. She is learning how to field. You are good at fielding. You will

1. get impatient with her and complain to the coach.
2. be patient with her.
3. also teach her a few tricks that you know.

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**Teacher:** Option 1: "Get impatient with her and complain to the coach."

**Teacher:** Do you think this is the best thing to do?

**Teacher:** No, that is not a good option. Getting impatient would not help Mary learn and complaining won't be kind. Learning takes time and everyone needs support, especially when they are just starting out.

**Teacher:** Option 2: "Be patient with her."

**Teacher:** Does this sound like a good choice?

**Teacher:** Yes, being patient with Mary is definitely the best option. If you are patient, she will feel more comfortable and will learn faster. Encouraging her patiently will help her improve.

**Teacher:** Option 3: "Also teach her a few tricks that you know."

**Teacher:** What do you think about this option?

**Teacher:** That is a great choice. Teaching her a few tricks is a wonderful way to help her learn. It is important to share what we know with others and help them grow. This makes the team stronger and builds good friendships.

**Teacher:** So, what are the best things you would do to help Mary?

**Teacher:** Yes, you would be patient with her and teach her a few tricks that you know. This is how we help others and make them feel included and supported.

**Teacher:** Well done. Let us now move on to the next activity.

### Revising better

**Teacher:** Now, look at the 'Revising better' section. It says, "In this chapter, we learnt about the importance of teamwork. Team sports are all about supporting each other and playing together in harmony."

Revising better

DBL

In this chapter, you learnt about the value of teamwork. Team sports are about supporting one's team members and playing together in harmony. What image does this value bring to your mind? Write in your Little Book.

78

**Teacher:** Let us think about it. When we talk about teamwork in sports, what kind of image comes to your mind? Does anyone have an example? Maybe a football team, a cricket team or even a basketball team?

**Teacher:** Yes. I can imagine players working together, passing the ball and helping each other out to win the game. It is about cooperation and team spirit.

**Teacher:** Now, I want you to think about it on your own. In your Little Book, write down what image comes to your mind when you think about teamwork in sports. It could be something you have seen in a match or maybe an experience from the team games you have played.

**Teacher:** You can also think about how teams support each other—like a goalkeeper helping the team by blocking the ball or a player cheering on a teammate.

**Teacher:** Great. Take a few moments to write down your thoughts and draw the picture in your Little Book.

**Teacher:** Well done, everyone. This is a wonderful way to connect what we have learnt with what we can imagine and feel about teamwork. Let us move on to the next activity.

### Pledging better

**Teacher:** Now, look at the 'Pledging better' section. Today, we are going to make another pledge together. It is all about taking care of the things we have, so they last longer and do not end up in waste.

Pledging better

SDGs

With my whole heart, I pledge to take care of my toys and games so that they last longer.

SDG 12: RESPONSIBLE CONSUMPTION AND PRODUCTION

78

**Teacher:** Let us read the pledge together: "With my whole heart, I pledge to take care of my toys and games so that they last longer."

**Teacher:** Can anyone tell me why it is important to take care of our toys and games?

**Teacher:** Yes, that is right. By taking care of our toys, we can use them for a longer time and it also helps to reduce waste and protect the environment.

**Teacher:** Now, let us think about how we can take care of our toys. What are some things we can do to keep them in good condition?

**Teacher:** Yes, we can clean them regularly, store them properly and make sure they do not get damaged while playing.

**Teacher:** Let us say the pledge together one more time. Ready?

**Teacher and Students:** "With my whole heart, I pledge to take care of my toys and games so that they last longer."

**Teacher:** Well done, everyone. By taking care of our toys and games, we are not only helping ourselves but also helping protect the environment.

### Book of Holistic Teaching

(Refer to the Book of Holistic Teaching, page number 38, under the title 'Chapter 12: Indoor and Outdoor Games').

Ensure that the mentioned activities are completed by the students. These activities are designed to enhance their holistic understanding and engagement with the



topic. Provide any necessary support and/ or materials to help them successfully finish the activities.)

## Chapter 12: Indoor and Outdoor Games

Theme 8:  
What Makes  
Us Think?

### A English

Use the correct prepositions to complete the sentences.

- The basketball is \_\_\_\_\_ the tree. (in/under)
- Reena stood \_\_\_\_\_ Ravi in a football match. (between/behind)

### B Maths

Mia's Maths teacher brought a carom board to the class and asked Mia to measure its sides. The teacher wants to know the exact dimensions of the carom board. Help Mia by measuring and recording the length of each side of the carom board. Write down your answer in your notebook.

### C Science

Do you think it is possible to play games on the Moon, like we play on the Earth? Why or why not? Give reasons in your notebook.

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**Teacher:** Let us clap for everyone's effort and end today's session. See you in the next class. Have a wonderful day ahead.

## Differentiated Activities

### 110 km/hr



Write about a cricket or football team working together to win a match. Include details such as how the players cooperate and help each other out.

### 80 km/hr



Think about a team sport like cricket, football or basketball. Write down the roles of different players in the team. For example, the goalkeeper, batsman or point guard. Explain how they work together to win the game.

### 40 km/hr



Draw a picture of your favourite sport. It could be a football game, a basketball match or even a game of tag. Next, write down two ways players work together in that sport. For example, "In football, players pass the ball to each other." Keep it simple and fun.

## Home Task

Choose an indoor or outdoor game that you like to play. With your parents, write down the steps of how the game is played. For example, if it is football, mention how players pass the ball, shoot and defend. Draw a picture of you playing that game and describe the teamwork that happens in the game. Share your drawing and the description with your family.

## Period 11

SHOULD DO

5 MIN.



**Teacher:** Good morning, everyone. How are you all today?

**Teacher:** Great. Before we start today's lesson, let us warm up with a fun activity. We are going to play a quick guessing game. I will describe some games and you need to guess if they are indoor or outdoor games. Ready?

**Teacher:** First one: "You need a ball and you play it with two teams, each with 11 players. It is played outside. What game is this?"

**Teacher:** Excellent, football. Here is another one: "You play this game with a board and pieces. It is a game for two players and is usually played inside. What is the game?"

**Teacher:** Chess, well done. Now, one last one: "This game involves running and jumping over a rope. Is it indoor or outdoor?"

**Teacher:** Outdoor, great. Let us get started with something truly meaningful – gratitude.

## Gratitude

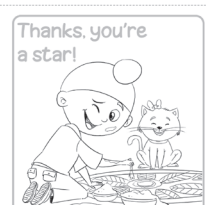
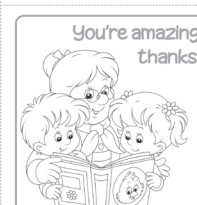
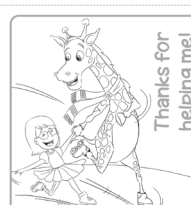
MUST DO

5 MIN.



**Teacher:** Let us now focus on something truly meaningful i.e. gratitude. Open your gratitude sheet.

## Gratitude Sheet



**Teacher:** I want you to think about one person who has made a positive difference in your life. It could be a family member, a help at home/school or even a teacher.

**Teacher:** Now, take your gratitude sheet and cut out a space where you can write a short note to the person you are grateful for.

**Teacher:** Write one or two sentences thanking them for what they have done or how they have made a difference in your life.

**Teacher:** Once you are done writing, we will share our notes with the class and place them on our gratitude chart.

## Worksheet 1

### Exercise A

**Teacher:** Now, open your worksheet 1 and look at Exercise A. We are going to fill in the blanks using the options in the brackets. Let us read the first question together.

**MUST DO**

5 MIN.



Theme 8: What Makes Us Think?

**12. Indoor and Outdoor Games**

Worksheet 1

**A. Fill in the blanks using the options in the brackets.**

- The astronaut Alan Shepard played golf on the \_\_\_\_\_. (Earth/Moon)
- Stapu is an \_\_\_\_\_ game. (Indoor/outdoor)
- Pallankuzhi is a traditional \_\_\_\_\_ game, popular in South India. (board/outdoor)
- \_\_\_\_\_ is a traditional Indian game. (Chaugpar/Stapu)
- Kathputlis are traditional \_\_\_\_\_ toys. (Indian/Japanese)

**B. Write I for the names of indoor games. Write O for the names of outdoor games.**

1. Chess _____	2. Cricket _____
3. Football _____	4. Stapu _____
5. Basketball _____	

**C. Write about five different types of Indian local and traditional games.**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

38

**Teacher:** "The astronaut Alan Shepard played golf on the \_\_\_\_\_. (Earth/Moon)

**Teacher:** Who can tell me the answer?

**Teacher:** Moon, that is correct. Alan Shepard played golf on the Moon. Now, let us move to the next one. "Stapu is an \_\_\_\_\_ game." (Indoor/outdoor)

**Teacher:** Outdoor, right. Stapu is an outdoor game. Keep going, I will give you a few minutes to complete the remaining blanks.

(Guide/help students to solve the questions and complete the exercise.)

**Teacher:** Time is up. Let us check your answers together.

**Teacher:** Excellent work. We can now move on to Exercise B.

### Exercise B

**Teacher:** Now, look at Exercise B. We need to decide whether the following games are indoor or outdoor. I'll read out the games and you need to write 'I' for indoor games and 'O' for outdoor games against them.

**Teacher:** "Chess" – What do you think?

**Teacher:** 'I', yes, chess is an indoor game. Next: "Cricket."

**Teacher:** 'O', correct. Cricket is an outdoor game. Go ahead and complete the rest of the exercise on your own. (After a few minutes)

**Teacher:** Great. Let us check your answers together.

**Teacher:** Well done. We can now move on to Exercise C.

### Exercise C

**Teacher:** In Exercise C, we are going to write about five different types of Indian local and traditional games. Think about some games that are unique to India and have been passed down through generations.

**Teacher:** I will give you a few examples to get you started: Pachisi, Kabaddi, Lattu, etc. Now, it is your turn. Take a few minutes to write down your answers.

**Teacher:** Remember, these can be outdoor or indoor games, but make sure to mention where they are commonly played.

(As required, guide/help students to solve the questions and complete the exercise.)

**Teacher:** Time is up. Who would like to share the games they wrote about?

**Teacher:** Well done, everyone. We have completed worksheet 1. Let us have a huge round of applause for our hard work today. See you in the next class.



You may show the **Quiz** given on the digital platform.

## Differentiated Activities

### 110 km/hr



Create a word problem about the games you have learnt today. Include details about the number of players, the equipment used and how the game is played. Present your problem to the class and let them solve it.

### 80 km/hr



Write a short paragraph about one outdoor and one indoor game that you enjoy. Mention the rules of the game, how it is played and why you like it. Share your thoughts with your partner.

### 40 km/hr



Draw a picture of one of your favourite traditional games. Write 2-3 sentences about how the game is played. You can ask your parents to help you recall the details.

## Home Task

Complete Worksheet 3 (page 40) of your Workbook.

## Period 12

**Teacher:** Good morning, everyone.  
How are you all today?

**Teacher:** Wonderful. Before we dive into today's lesson, let us do a quick recap on what we have learnt so far.

**Teacher:** I want everyone to participate and share one learning from this chapter. Also, tell us how it is/will be useful for you in daily life?

(Give time to the students to think and then share their learnings one by one.)

**Teacher:** Ready?

**Teacher:** Excellent. You all are doing great. Let us now move on to Worksheet 2.

### Worksheet 2

#### Exercise A

**Teacher:** Now, open Worksheet 2 and look at the first question of Exercise A.

SHOULD DO

10 MIN.

☐

MUST DO

15 MIN.

☐

#### Worksheet 2

##### A. Fill in the blanks using the options in the brackets.

- Swimming is an \_\_\_\_\_ sport. (indoor/outdoor)
- Playing outdoors keeps us fit and \_\_\_\_\_. (healthy/unhealthy)
- Badminton is an outdoor sport played between \_\_\_\_\_ or \_\_\_\_\_ players.
- There are a total of \_\_\_\_\_ players in football. (ten/eleven)
- Ghumi clay toys and kondapalli toys are considered as Indian \_\_\_\_\_ toys. (folk/city)

##### B. Write the names of five outdoor games.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

##### C. Read the statements. Tick (✓) the correct ones.

- Badminton is an outdoor sport played between four or six players.
- Scrabble™, Ludo™ and Carrom are \_\_\_\_\_ indoor games.
- Playing outdoors keeps us fit and healthy.
- Gilli-danda is a popular international game.
- Thanjavur dolls are popular toys from Tamil Nadu.

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38

**Teacher:** "Swimming is an \_\_\_\_\_ sport." Is it an indoor or outdoor sport?

**Teacher:** Outdoor, correct. Swimming is an outdoor sport. Now, let us move to the second question: "Playing outdoors keeps us fit and \_\_\_\_\_. Is it healthy or unhealthy?

**Teacher:** Healthy, exactly. Playing outdoors keeps us healthy. Now, you can do the rest of the questions on your own. I'll give you a few minutes.

(Allow students 2-3 minutes to write their answers.)

**Teacher:** Time is up. Let us check your answers together. (Then, move on to the next exercise.)

#### Exercise B

**Teacher:** Now, let us move on to Exercise B. I want you to write down the names of five outdoor games you know. You can write any games you enjoy playing.

**Teacher:** I will give you a few examples to get you started. Football, cricket, badminton and tennis are all outdoor games.

**Teacher:** Take a few minutes to write your answers in the worksheet.

(Allow students 2-3 minutes to write their answers.)

**Teacher:** Well done. Let us check your answers together. (Then, move on to the next exercise.)

#### Exercise C

**Teacher:** Now, in Exercise C, you need to read the statements and tick the ones that are correct. Let us read the first statement together:

**Teacher:** "Badminton is an outdoor sport played between four or six players." Is this true or false?

**Teacher:** False, yes. Badminton is played between two or four players and it can be played indoors or outdoors. Now, let us move to the next statement: "Scrabble™, Ludo™ and Carrom are indoor games."

**Teacher:** True, correct. Now, finish the rest of the statements and tick the right ones.

(Allow students 2-3 minutes to write their answers.)

**Teacher:** Time is up. Let us check your answers together.

**Teacher:** Excellent work, everyone. Let us now discuss the project work done by you.

### Book of Project Ideas

COULD DO

10 MIN.

☐

(Discuss the project assigned in the previous period, focusing on helping students understand the objectives and addressing any challenges they faced.)

**Teacher:** Now, let us fill in the last column of the KWL chart.

SHOULD DO

5 MIN.

☐

**Teacher:** In this column, we will write what we have learnt in this chapter.

**Teacher:** Think about the topics we have learnt and write them in the 'L' column of the chart. (Wait for students to fill in the chart.)

**Teacher:** Let us all give a huge round of applause to everyone for their effort. See you in the next class. Have a wonderful day ahead.

 You may show the **Test Generator** given on the digital platform.

## Differentiated Activities

**110 km/hr**



Create a word problem that involves both indoor and outdoor games. Think about how you could combine these games into a scenario that requires counting or using measurements. Present your problem to the class for others to solve.

**80 km/hr**



Write a short paragraph about your favourite outdoor and indoor games. Mention the rules of

the games and how you play them. Share your paragraph with your partner.

**40 km/hr**



Draw a picture of your favourite outdoor game. Write two sentences about the game. You can describe the equipment used and who you play with.

## Home Task

Complete Worksheet 4 (page 41) of your Workbook.

## Learning Outcomes

The students will:

Domain	Learning Outcome
<b>Physical Development</b>	<ul style="list-style-type: none"><li>participate in both indoor and outdoor games, improving physical fitness and coordination.</li></ul>
<b>Socio-Emotional and Ethical Development</b>	<ul style="list-style-type: none"><li>develop empathy and teamwork skills through cooperative activities and fair play in games.</li></ul>
<b>Cognitive Development</b>	<ul style="list-style-type: none"><li>enhance problem-solving skills and strategic thinking through games like chess, Ludo and cricket.</li></ul>
<b>Language and Literacy Development</b>	<ul style="list-style-type: none"><li>improve communication skills by discussing game rules, expressing thoughts and engaging in group discussions.</li></ul>
<b>Aesthetic and Cultural Development</b>	<ul style="list-style-type: none"><li>understand and appreciate traditional games and folk toys, connecting cultural heritage with play.</li></ul>
<b>Positive Learning Habits</b>	<ul style="list-style-type: none"><li>develop a sense of responsibility for taking care of toys and games, fostering environmental consciousness.</li></ul>

### Starry Knights

Could you share with the learners, the games you played in your childhood? Mention the feeling of nostalgia you had while sharing in the space provided.

Give yourself a STAR.

