



### Games:

We play different games in our daily life. Such as:

- Cricket
- Hockey
- Football
- Jumping
- Skipping

#### Students' Learning Outcomes

Name the games that students like to play.



Skipping rope

Indoor games	Outdoor games
The games we play inside the house are called indoor games.	The games we play outside the house are called outdoor games.
For example: <ol style="list-style-type: none"> <li>1. Hide and seek</li> <li>2. Hopscotch</li> <li>3. Carrom board</li> </ol>	For example: <ol style="list-style-type: none"> <li>1. Cricket</li> <li>2. Hockey</li> <li>3. Football</li> </ol>

- ❖ Some games are played by “**two persons**” only. Like badminton, hopscotch etc.
- ❖ Some games are played by a “**team**”. Cricket, hockey, football etc.



#### Note

#### Cricket team

A cricket teamy has 11 players.





### Benefits of team games:

Team games or team activities teach us:

- Patience
- Wait for our turn.
- How to work together.
- Listen to other players carefully.

### Rules for games:

Every game has some rules. *“Rules tell us what is allowed to do and what is not.”*

We should follow these rules during playing games.

### Some common rules are:

- ❖ Wait for your turn.
- ❖ Accept the umpier’s decision.
- ❖ Do not cheat.
- ❖ Accept your defeat.
- ❖ Do not push each other.

### Importance of game rules:

By following rules,we can:

- ✚ Enjoy the games.
- ✚ Avoid coflicts.
- ✚ Play with cooperation.
- ✚ Accept our defeat with grace.

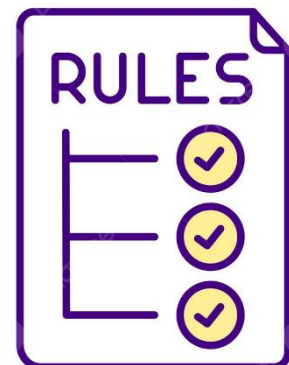
#### Students’ Learning Outcomes

Recognize the importance of collaboration by participating in group activities and games.



#### Students’ Learning Outcomes

- Define rules.
- Recognize the importance of following the rules.
- Observe and identify the rules when playing a game.





### Benefits of games:

A healthy body has a healthy mind.

- ❖ Games are good source of exercise.
- ❖ They strengthen our muscles and bones.
- ❖ They make us active.
- ❖ In short, games keep us healthy.

### Students' Learning Outcomes

Understand the importance of playing games and exercise for better health.



Skipping rope



Football



Jumping



Running

