



LESSON PLAN

SPECIFIC OBJECTIVES

- The students will be able to learn about
- ▶ the importance of fun and play in our lives
 - ▶ the difference between indoor and outdoor games
 - ▶ harmful effects of video games
 - ▶ importance of rules in a game
 - ▶ ways to have fun at fair and circus

TEACHING AIDS

A chart showing indoor and outdoor games, blackboard, chalk, duster and digital content.

TEACHING STRATEGY

- ▶ Help the students do the Warm Up activity as they may not be familiar with all the sportspersons.
- ▶ Ask the students to name a few indoor and outdoor games.
- ▶ Highlight the fact that playing outdoors is a great way to keep healthy and fit.
- ▶ Emphasise that playing video games is not good for our eyes.
- ▶ Tell about the rules followed in some popular games like football and cricket. Highlight that without rules, games cannot be played in a fair manner.
- ▶ Ask the students to narrate their experience at a fair or circus.
- ▶ Sum up the chapter by going through the points given under the head 'Remember'.
- ▶ Finally, help the students do all the exercises.

BOOST UP

- ▶ Show pictures/animations of indoor/outdoor games.
- ▶ Show pictures/ animations of a fair or circus.

EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ indoor games and outdoor games.
- ▶ harmful effects of video games.

- ▶ events that take place in a fair.
- ▶ people who perform in a circus.

EVALUATIVE QUESTIONS

The teachers may ask the following questions to evaluate their students.

1. What is recreation?
2. Name three indoor games.
3. Name three outdoor games.
4. Who are trapeze artists?