



## LESSON PLAN

### SPECIFIC OBJECTIVES

The students will learn about

- ▶ the difference between outdoor and indoor games
- ▶ the difference between individual games and team games
- ▶ equal opportunities for boys and girls
- ▶ national games

### TEACHING AIDS

Pictures of sportspersons, blackboard, chalk, duster and digital content.

### TEACHING STRATEGY

- ▶ After the students have done the 'Warm Up' activity, tell them that five rings stand for five continents.
- ▶ With the help of examples, explain the difference between outdoor games; individual and group games.
- ▶ Explain what team spirit is.
- ▶ M. S. Dhoni and Virat Kohli are examples embodying the team spirit.
- ▶ Show pictures of P.V. Sindhu, Sania Mirza, Hima Das and tell the students that women are no less than men in the field of sports.
- ▶ Tell how Indian Hockey Team and Indian Cricket Team have brought glory to our country.
- ▶ Sum up the chapter by going through the points under the head 'Remember'.
- ▶ Finally, help the students do all the exercises.

### BOOST UP

- ▶ Show pictures/animations of Olympic Games 2016.
- ▶ Show pictures/animations of India winning the World Cup Cricket in 2011.

### EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ outdoor and indoor games.
- ▶ individual games and team games.
- ▶ team spirit.
- ▶ national team.

## EVALUATIVE QUESTIONS

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

1. Who is the founder of Olympics?
2. Who is your favourite sportsperson?
3. Which is your favourite indoor game?