



LESSON PLAN

SPECIFIC OBJECTIVES

The students will learn about

- ▶ traditional games like kho-kho and kabaddi
- ▶ martial arts of India
- ▶ changing nature of leisure

TEACHING AIDS

A chart showing traditional games like kho-kho, kabaddi, gulli-danda, marbles, kite-flying, etc.

TEACHING STRATEGY

- ▶ Help the students do the Warm Up activity as they may not be familiar with the game.
- ▶ Ask the students if they have played kabaddi or kho-kho?
- ▶ Tell them how kho-kho and kabaddi are played.
- ▶ Ask the students if they have seen any martial arts movie?
- ▶ Tell them the names of Indian martial arts.
- ▶ Emphasise the importance of learning martial arts for self-defence.
- ▶ Compare the earlier times with the modern times. Now, people enjoy computer games, watching TV and Internet.
- ▶ Sum up the chapter by going through the points under the head 'Remember'.
- ▶ Finally, help the students do all the exercises.

BOOST UP

- ▶ Show the chart depicting traditional games.
- ▶ Hold a kabaddi match for your class.

EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ traditional games.
- ▶ martial arts of India.
- ▶ changing nature of leisure.

EVALUATIVE QUESTIONS

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

1. Why should we learn martial arts?
2. Why spending more time on computers is harmful?