Sports and Wellness



Discovering the Joy of Traditional Indian Games

LEARNING OBJECTIVES

- Learning about sports and games which are fantastic exercise for people of any age, but particularly for youngsters.
- Understanding that activities like games are essential for healthy development, especially in early childhood.
- ◆ Listening, reading, understanding and answering the questions orally and in writing.
- **Grammar:** Adverbs their types and usage; order and degrees of comparison.
- Words and their meanings, usage; words with double letters; words that show animal sounds; dictionary work and pronunciation of words with correct phonetic symbols and stress.
- Writing a diary entry; punctuation and editing.
- Learning to speak, converse and write correctly.
- **Outcome:** Learning about how games help us in our mental and physical growth.
- Learning about adverbs, their types, order, degrees of comparison and usage.
- Speaking, conversing and writing correctly.

3	Exercise A: Read out the questions and let the students discuss with their partners.	Get Set!
3	Do the students play/recognise the games shown in the pictures?	
3	Exercise B: Let them do Exercise B on their own and then you can announce the answers.	
3	The students can check their own work.	
3	Exercise C: The students can discuss and answer the question with their partners.	
3	Read the lesson aloud or ask the students to read parts of it.	Read and Enjoy
3	Talk to them about how playing games, even for a short time, gives them a much needed break and helps them rejuvenate.	
3	Tell them how playing outdoor games is also beneficial and that too in a group with their family members or friends. It makes the experience all the more enjoyable and fun.	
3	Tell them how in the story, Arav and Meera go for a picnic with their family members and learn about traditional Indian games like Gilli Danda, Seven Stones (Pithoo or Lagori), Stapoo (Hopscotch), Kho-Kho, Kabbadi, Chupan Chupai and Aankh Micholi.	
3	Discuss the questions in Exercises A-D and ask the students to answer	Read and
	orally first.	Understand

	3	Where necessary, write the answers on the board to help them in answering questions on the text, whether oral or written.
	3	They may then write down the answers of Exercises A-D.
Think and Answer	3	Read and discuss the question in the class.
	3	Then let the students answer on their own.
	3	Announce the answer or write it on the board so that the students can check their work.
Grammar Spotlight	9	Use the board to brush up on adverbs and their kinds: Manner, Place, Time, Frequency, Degree and Interrogative.
	3	Use the board to explain each of them and their usage, including questions to be asked: in what manner or how, where, when, how frequently, with what intensity or to what degree.
	3	Use the given examples and also your own, and ask the students to think of examples too.
	3	Do Exercises A, B and C orally and then let the students write the answers down.
	3	Explain the way adverbs are positioned in a sentence - explanations used in the text may be given, with more examples of your own.
	3	Explain the order in which multiple adverbs are written - manner, place and time; use the given examples and your own.
	9	Do Exercise D orally and then let the students write down the answers.
	3	Explain the degrees of comparison of adverbs - as in the case of adjectives.
	3	Do Exercise E orally and then the students can write down the answers.
	3	Announce the answers aloud for Exercises A-E and let the partners check.
Spell Well	3	Getting to know new words with double letters in each of them.
	3	Learn to recognise the new words by selecting double letters to complete them.
	3	Learn their spellings and meanings.
	3	Brush up on the use of the dictionary whenever possible.
	9	Do Exercise A orally first. Then ask the students to write down the answers.
Word Power	9	Learning about words that describe the sounds of animals, birds and other creatures in nature.
	3	Use the given examples and your own to explain this on the board.
	3	Add sounds of the wind [whoosh; whispering; screaming; whistling;
		swoosh; etc.]; of the ocean or sea [a roar; crash of waves; rolling waters,
		etc.]; of rivers and streams [rushing; bubbling; gurgling; flowing silently; murmuring, etc.]; of hens, geese, ducks, lions, wolves, elephants, hyenas, etc. Have a fun session in class with different sounds.
	၁	Do Exercise A orally first, then the students can write the correct answers in their notebooks.
	3	Announce the answers to Exercise A and let the partners check.
Listen and Learn	၁	Listen to the accent, stress and intonation in the Digital Content so that you can guide the students accordingly.

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	The teacher can read the passage aloud or ask the students to take turns reading so they understand it well.	
3	Then ask the students to fill in the blanks and complete the exercise.	
3	Check the students where necessary.	
3	Exercise A: Ask pairs of students at random to enact the conversations according to their own imagination.	Converse and Connect
3	Correct the students regarding content and pronunciation.	
3	Read out the question so that the students understand it well.	Speak and
3	Then let them discuss it with their partners.	Express
3	Encourage them to speak clearly and with confidence.	
3	Ensure that they speak with correct pronunciation.	
3	Let the students listen to the Digital Content so that they are sure of the right way to say the words.	Pronunciation Practice
3	Let the students say aloud the given words. They can try to write the phonetic spelling on the board if time permits.	
3	Use the given words and any other examples you like or doubts that the students may have.	
3	Ensure that the phonetic symbols for the sounds are understood by the students.	
	Late the advantage of a Francisco A and their com-	
3	Let the students do Exercise A on their own.	Punctuation
3	Write the correctly punctuated passage on the board and the students can check their work on their own.	Punctuation
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