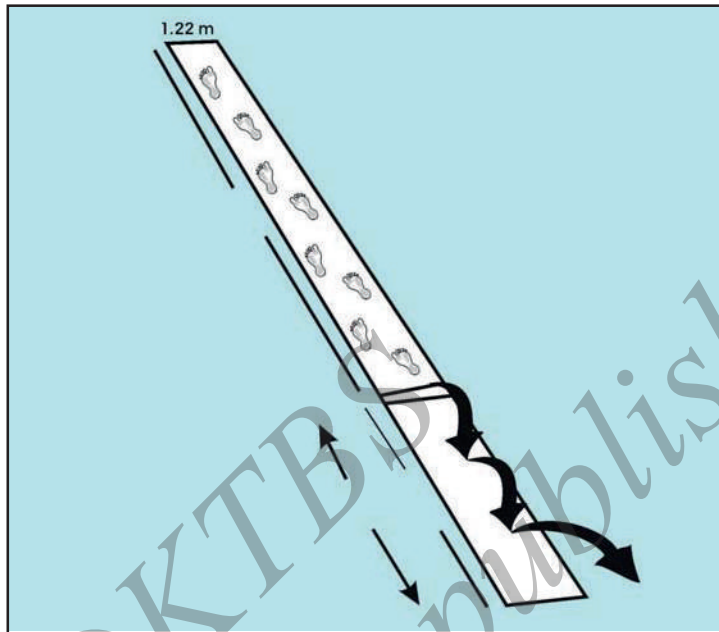


The jumpers mark the check mark on the basis of their ability and speed, for a specified number of strides.



**Figure 6.2 Check mark**

## **II. Approach run and take off:**

The jumper starts his run up from the check mark for a specified number of strides and gradually increases his speed as he approaches the take off board.



**Figure 6.3 Running towards takeoff board**

As he reaches his optimum speed at the take off board, he steps powerfully with his stronger leg on the board and takes off for the hop.

### III. The first leap – Hop

Taking off and landing on the same leg is called hopping. The jumper, after taking off lands on the same leg. The hand opposite to the take off leg is swung forward.

### IV The second leap – Step

After landing on the hop, he takes off once again from the same leg and lands on the other leg trying to gain as much distance as possible. This is step.

### V. The third leap – Jump

After landing on the step, with the same leg the jumper takes off once again towards the pit. The arms should move in coordination to the legs to maintain balance.

### VI. Landing

After taking off for the jump, the jumper lands in the pit. The arms are swung forward and upward and the legs are kept up in the air as much as possible to get maximum distance.

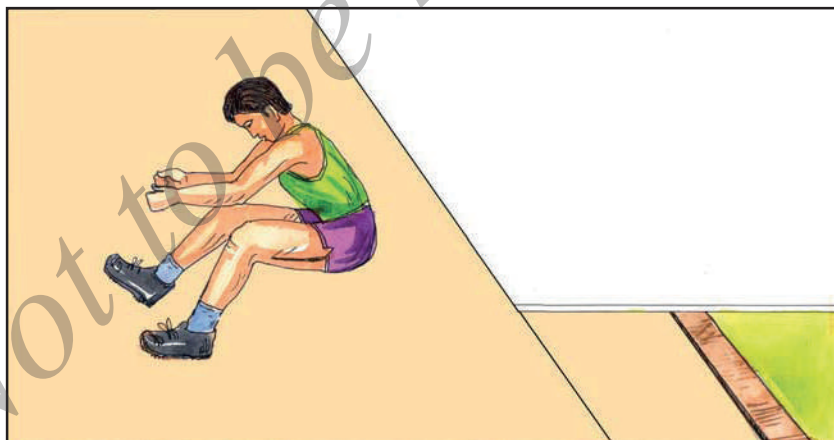


Figure 6.4 Landing

**Project :** With the help of your teacher, prepare lead-up activity to practise the skills of the game.

## Lesson -7

# JAVELIN THROW

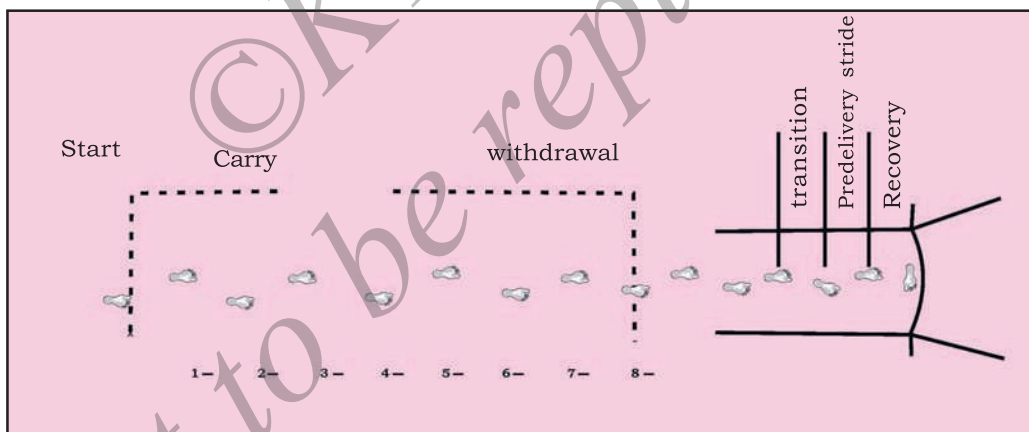
**The following skills will be learn in this event**

- Marking the check mark
- Grip
- Initial run and carrying the javelin
- Five step rhythm
- Follow through

Javelin throw is one of the field events in athletics. You will learn about the skill of throwing javelin in this lesson.

### Check mark (starting mark)

The Javelin thrower marking the distance of take off in runway by his force and speed.



**Figure 7.1 Check Mark**

### I. Grip :

**There are three types of grips in javelin (holding the javelin)**

- The grip with the middle finger
- Fork grip

- 1) **The grip with the middle finger :** In this grip, the thumb and the index finger is placed behind the cord. The middle finger

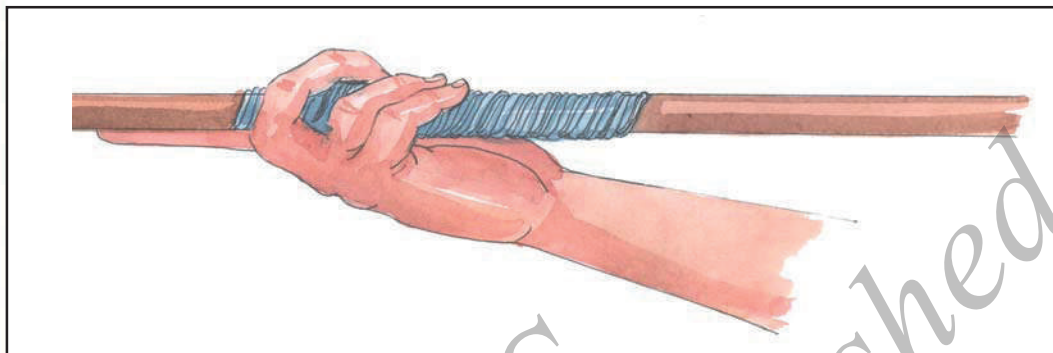


Figure 7.2 Carrying at the medium level

- 2) **Fork grip :** The javelin is gripped by the thumb and the middle finger which is on the ledge formed by the cord.

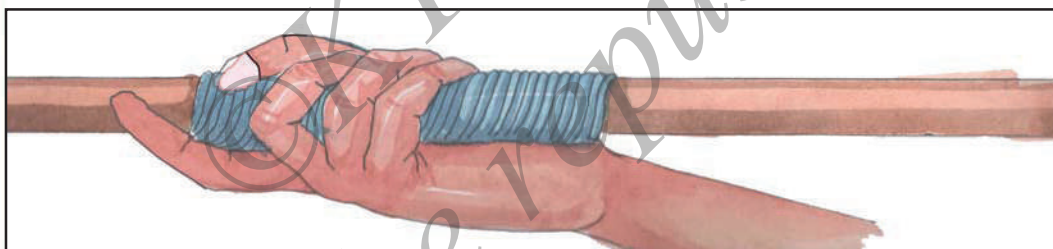
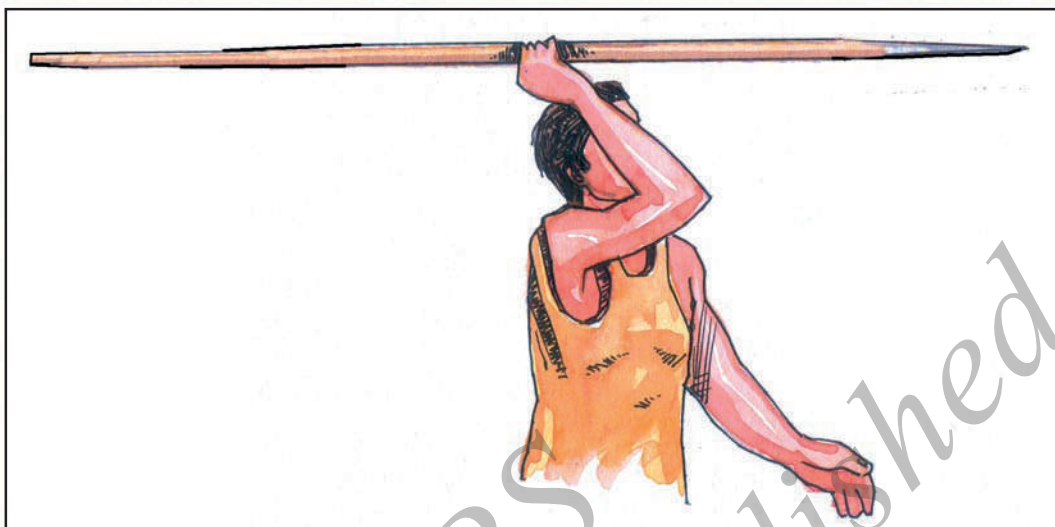


Figure 7.3 Fork Grip

## II. Carrying the javelin :

**Middle high:** Javelin is held at head level in this type of carry, the tip and tail of Javeline are parallel.

**Carrying the javellin:** There are three types of carrying the javelin  
1) Below the level. 2) Middle high. 3) High.



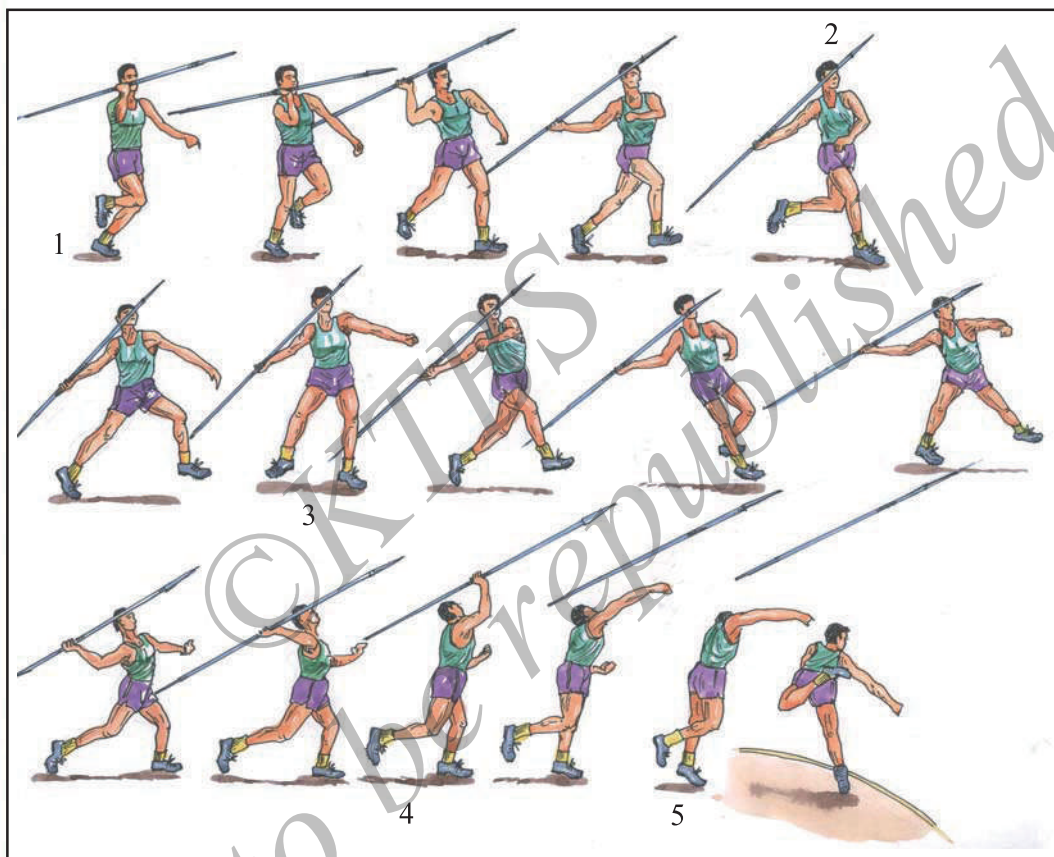
**Figure 7.4 Carrying the Javelin**

### **III. Five step rhythm:**

1. Start the run with javelin before 25-30 mts. After the initial 9-10 steps, the thrower steps on a check mark indicating the beginning of the 5 step rhythm, with his left foot.
2. On the second stride, landing on the right foot, move the throwing arm straight forward and then back to the rear, over the right shoulder, until the arm is fully stretched at shoulder height, with the palm of the throwing hand facing upwards.
3. On the third stride, cross the leg over the front leg.
4. The fourth step is a longer, flatter drive step of the right leg takes place after pushing off with the left leg. The trunk starts to lean back because of the long stride and this facilitates a long, final delivery pull of the throwing arm.
- 5) In the fifth stride, the left leg is brought forward to bring the body in the power position. The right leg drives forward and upwards while waiting for the left foot to come down. Do not force the left foot down, otherwise the centre of gravity will move to behind the right leg, losing the forward driving action.



**The Follow through :** After the throw, the right leg is quickly brought forward, immediately after the release of the javelin to maintain balance and to prevent fouling of the throw. Place the foot on the ground with the leg slightly bend to absorb the forward momentum.



**Figure 7.5 Five step rythm**

**Project :** With the help of your teacher, prepare lead-up activity to practise the skills of the game.

## YOGA

### Lesson – 8

## ASANAS

**In this lesson you learn the methods and rules related to yoga**

- Asanas in the standing position and the procedure.
- Asanas in the sitting position and the procedure.
- Asanas in the lying down position and the procedure.

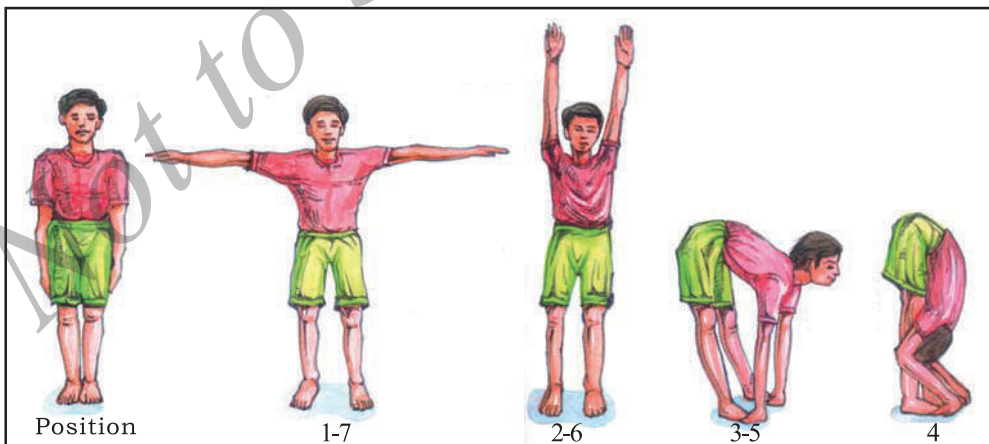
Yoga can be practiced in a simple manner. Yoga has got a significant place in India. The practice of Yoga can improve one's health.

### Asanas performed in the standing position

#### I. Hasthapadangushtasana :

**Procedure :** Starting position (stand just as in Tadasana).

1. Raise both arms to the sides to the shoulder level.
2. Raise both arms upward next to the ears.
3. Breathe out, relax the trunk, bend forward, hold the big toe of the the legs with the fingers and look forward.
4. Breathe out completely; touch the face to the legs, next in the same order come back to the starting position.



**Figure 8.1 Hasthapadangushtasana**

## II. Uthanasana

**Method :** Stand in the natural position.

1. As you breathe in raise your arms to the sides to the level of shoulders.
2. Continue breathing in, raise the arms upwards and bring them close to the ears. Palms should be facing forwards.
3. Breathing out, bend forward and place the palms next to the feet. Raise the head.
4. Completely breathe out and touch the head to the knees.

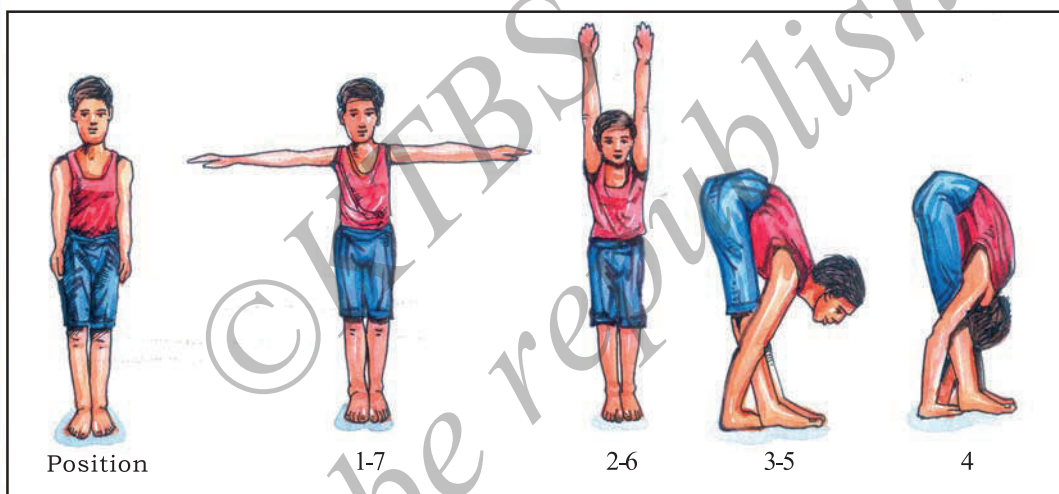


Figure 8.2 Uthanasana

## III. Urdhva hasthothanasana

**Significance of the name :** Urdhva means above, hashta uthana means raising the hands. Hence this asana is called urdhva hasthothanasana.

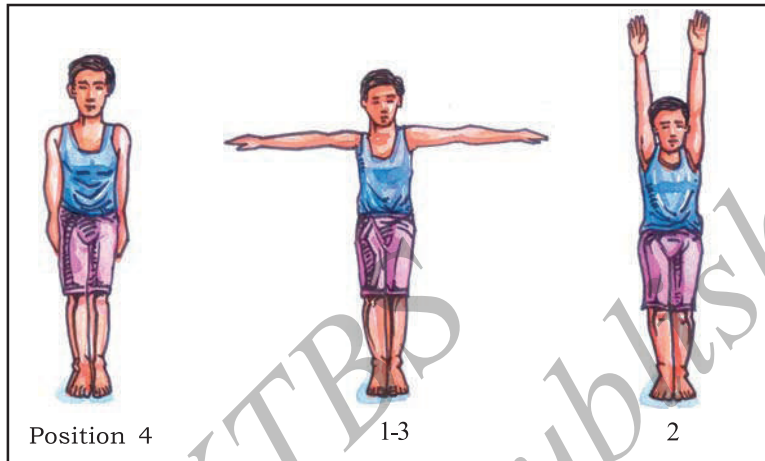
**Method : Starting position :** Stand in the tadasana position.

1. As you breathe in raise your arms to the sides to the level of shoulders.
2. Continue breathing in, raise the arms upwards and touch them to the ears. Palms should be facing each other.
3. Breathing out, bring the hands down to shoulder level and extended forward.
4. Releasing the hands come to starting position.



**Caution! Points to be noted :**

- Be aware of the breathing
- Persons who have fractured their hands should not perform.

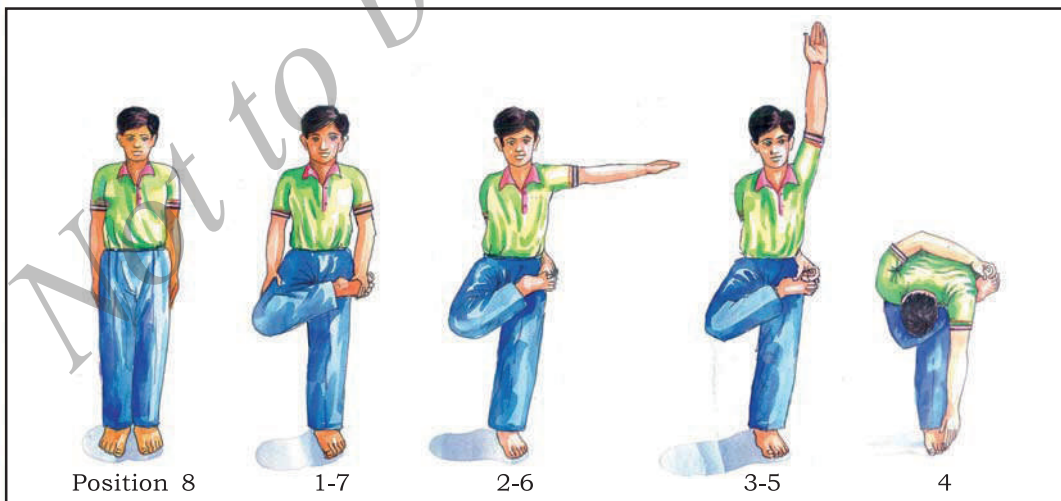


**Figure 8.3 Urdhva hasthothanasana**

**V. Uthitha ekapada badha padmasana**

**Method :** Stand in the neutral position.

1. Bend the right knee and place the right foot in front of the left thigh and hold it with the left hand.
2. Take the right hand behind the back and hold the big toe of the right leg, position the left thigh in line with the shoulders.



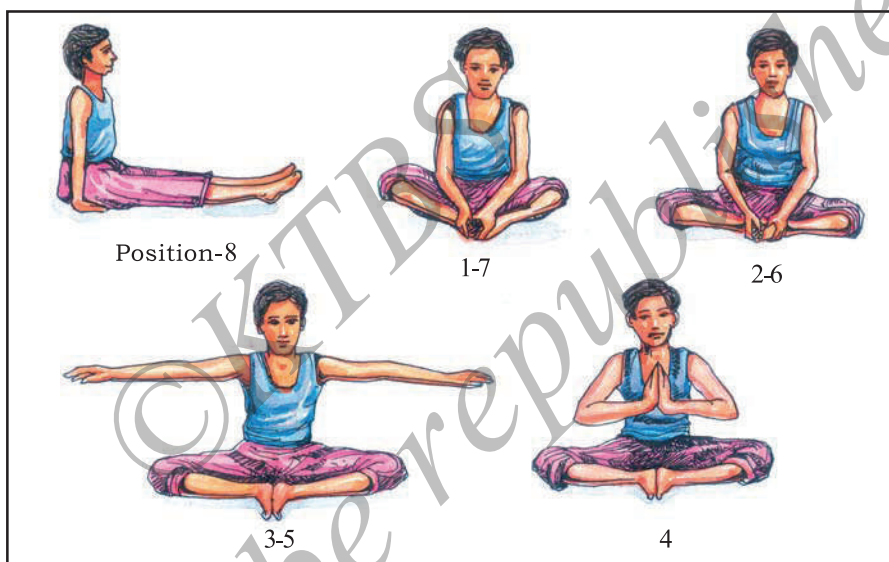
**Figure 8.4 Uthitha ekapada badha padmasana**

3. Next with a inhalation, position the left thigh in line with the ears.
4. Bending forward stretch the left hand towards the knee. Next come back to the starting position in proper sequence

### **Asanas performed in the sitting position**

#### **I. Badhakonasana**

**Position :** Long sitting position



**Figure 8.5 Badhakonasana**

#### **Method :**

1. Bend both knees outward so that both feet are touching each other and soles of the feet are facing each other.
2. Join both feet, enclose the toes with the hands, and pull both heels backward so that they are touching the body as much as possible.
3. Position both the knees in line with the groin, and join both hands in front of chest
4. to make a namaskara. Keep the back and neck erect. Slowly come back to the starting position in the same reverse sequence.

## II. Gorakshasana

**Significance of the name :** A famous yogi by name of guru Goraknatha achieved special performances by practising this asana. Therefore this asana is called gorakshasana.

### Method :

1. Join both the heels and feet together.
2. Bring both the heels closer to the perineal region. Join both the feet with the help of hands.
3. Place one palm over the other and pull the heels back toward the perineal region. The thumbs of both hands should be on the feet.
4. Breathe in deeply, straighten the back, press both the knees so that they touch the floor. Keep the hands pressing down on the knees and continue with the breathing.



Figure 8.6 Gorakshasana

## III. Kukkutasana

1. **Significance of the name :** Kukkuta means cock. The performer assumes the posture of a cock in his final position. Therefore this asana is called 'kukkutasana'.



Figure 8.7 Kukkutasana

2. **Method :** Position: Extend both legs forward and hands to the side.
  1. Come to Padmasana position.
  2. Put your hands in between your calves and thighs and push them and the arms through until the palms lie flat on the floor.
  3. Slowly shift your weight to the arms and lift yourself up until your elbows.
  4. Next slowly lower the body and come back to starting position.

### Points to be noted :

1. Care should be taken if there is knee pain.
2. Persons with elbow and wrist pain should not perform this asana.
3. In the final position, the back and neck should be erect.

## IV. Kurmasana

1. **Significance of the name :** Kurma means turtle. The performer assumes the posture of a turtle in his final position. Therefore this asana is called 'Kurmasana'.

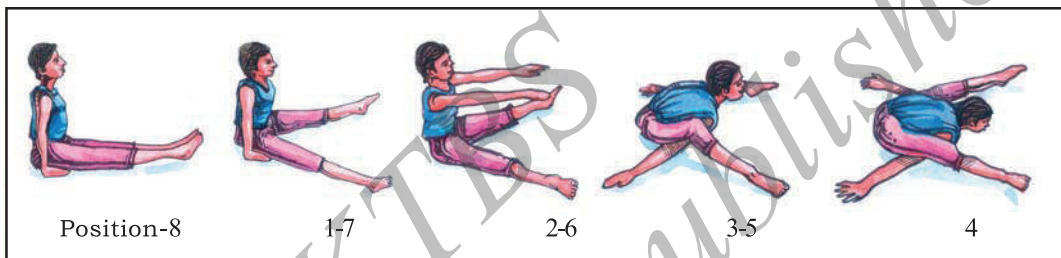


Figure 8.8 Kurmasana

2. **Method :** Position: Extend both legs forward and hands to the side.
  1. Both legs extended forwards and palms on the floor to the side. The legs should be spread wide.
  2. Stretch the hands forward at shoulder level, palms facing the floor.
  3. Bend the knees a little, insert the arms under the thighs such that the shoulders and under the thighs.
  4. The hands should be parallel to the sides, legs should be straight and the chest and chin should be touching the floor.

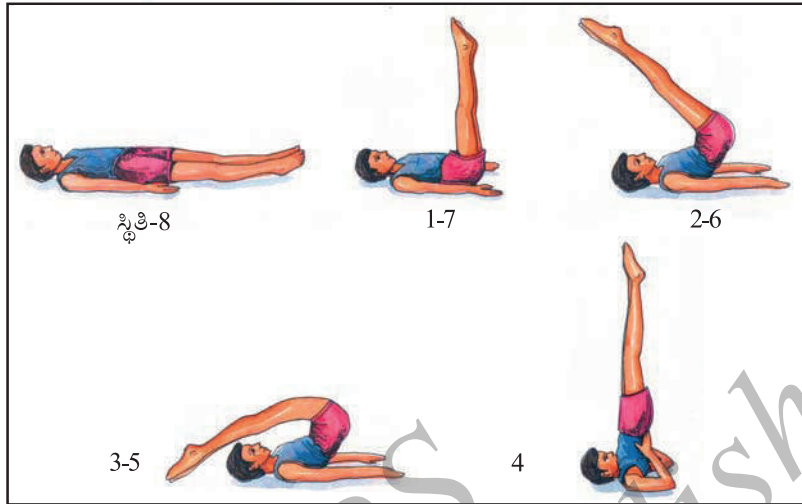
### Asanas performed in the lying down position

1. **Halasana : Starting position:** Lie down in the supine position, legs together and neck erect.

#### Method :

1. Inhale and lift both the legs straight up in the air perpendicular to the ground.
2. Inhaling slowly raise the hips a little and bend the legs towards the head.

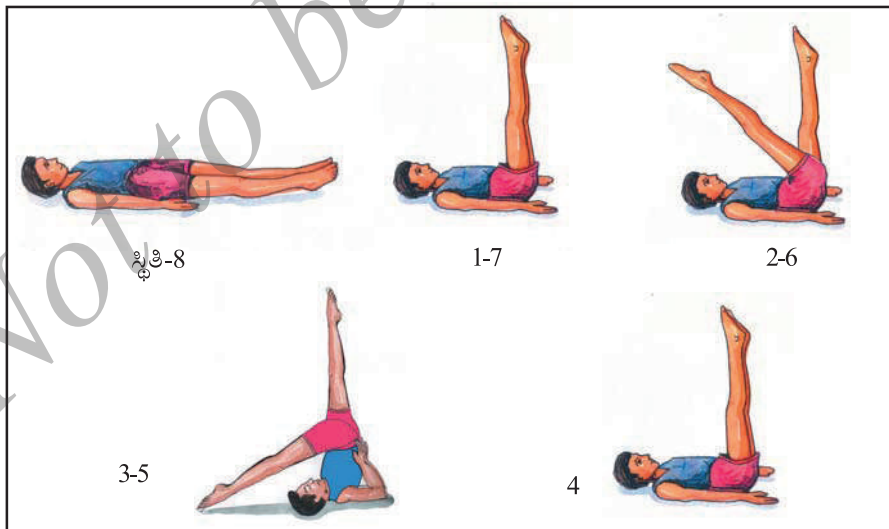




**Figure 8.9 Halasana**

3. Exhaling, relax the trunk bend the legs towards the head so that the toes touch the floor behind the head. The knees should be straight.
4. Bend both the elbows and supporting the hips with the hands, breathe normally for some time and then come back to the starting position.

**II. Ekaika pada halasana : Starting position :** Lie down in the supine position, legs together and neck erect.



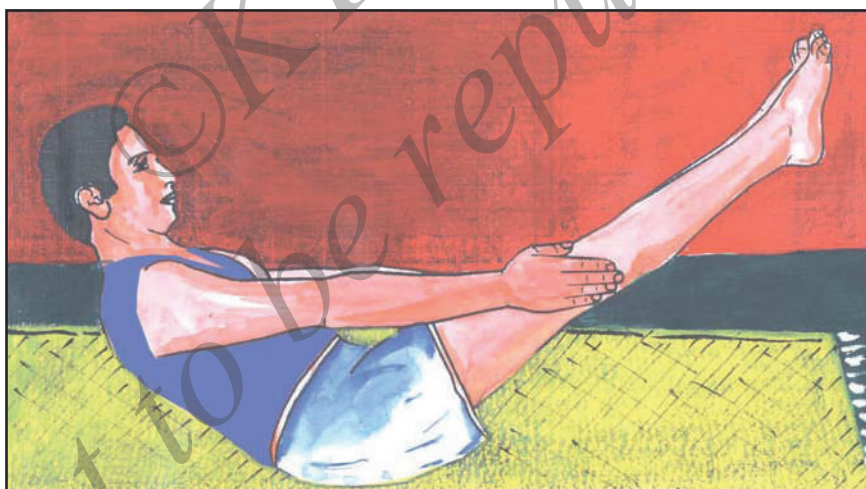
**Figure 8.10 Ekaika pada halasana**



1. Inhale and lift both the legs straight up in the air perpendicular to the ground.
2. Inhaling slowly raise the hips a little and bend one of the legs towards the head.
3. Exhaling, relax the trunk bend one of the legs towards the head so that the toes touch the floor behind the head. The other leg should be held straight perpendicular to the floor. The arms should be on the floor.
4. Bend both the elbows and supporting the hips with the hands, straighten the torso, with one leg touching the floor behind the head and the other straight up in the air. Repeat with the other leg. After some time come back slowly to the starting position.

### III. Navasana

**Starting position :** Same as for halasana



**Figure 8.11 Navasana**

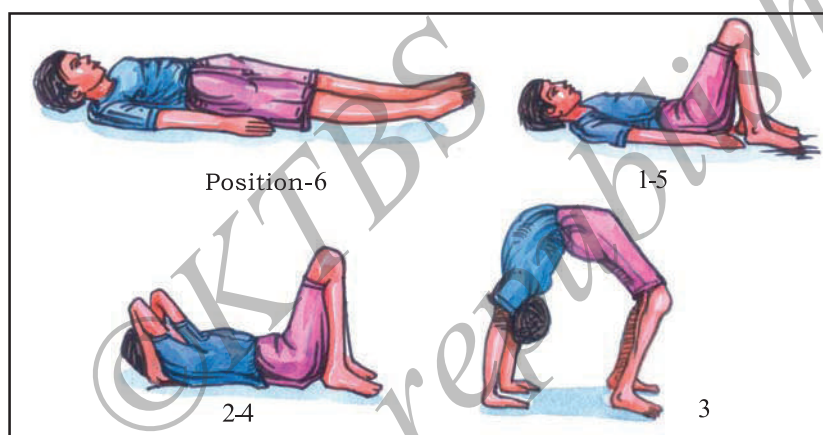
1. Inhale and lift your arms forward to the level of shoulders palms facing each other. Extend the legs forward.
2. Slowly bend your back and trunk backwards in the same sitting position.
3. Slowly inhaling, without bending the knees lift the left leg as high as possible.

4. Once again with inhalation raise the right leg and bring it alongside the left leg. After some time lower the legs and come back to starting position.

#### IV. Chakrasana

**Significance of the name :** Chakra means wheel. Since the performer assumes the round shape of a wheel in his final position, this asana is called 'Chakrasana'.

**Starting position :** Lying in a supine position, hands by the side and legs extended (shavasana position).



**Figure 8.12 Chakrasana**

1. Bend your knees and bring your feet close to your buttocks, placing their soles on the floor in a hip-wide distance of each other.
2. Lift your arms, bend your elbows and place your palms on the floor behind your head, your fingertips pointing towards your legs, elbows facing upwards.
3. With inhalation you now lift first your buttocks with the strength of the legs and then your torso with the power of your arms and shoulders.
4. Bending your head towards the back, pull your legs closer, straighten your knees and elbows and bring your pelvic area as much towards your hands as you can with the strength of your legs. Maintain this position for about 1 minute and then come back slowly to the starting position.

## Lesson – 9

### PRANAYAMA

**The following skills are learn in this Activity**

- Chandrabhedana pranayama
- Suryabhedana pranayama
- Nadi Shodhana (Nadi cleansing) pranayama
- Ujjayi Pranayama

Pranayama is a part of Yoga. It plays an important role in improving the breathing process.

#### 1. Chandrabhedana pranayama

\* Inhale through the left nostril and exhale through the right nostril.

##### Procedure :

1. Sit in the appropriate asana. The right hand should maintain the nasika mudra. Place the left hand on the left knee. The back should be straight and the face should be calm.
2. After a complete exhalation close the right nostril. Inhale through the left nostril.
3. Next close the left nostril and exhale through the right nostril.
4. Repeat this approximately 5 to 10 times.



**Figure 9.1**  
**Chandrabhedana**

#### 2. Suryabhedana pranayama

\* Inhale through the right nostril and exhale through the left nostril.

##### Procedure :

1. Sit in the appropriate asana. The right hand should maintain the nasika mudra. The left hand should be in chinmudra and placed on the left knee. The back should be straight and the face should be calm.



**Figure 9.2**  
**Suryabhedana**

**Know :** In Pranayama Padmasana, Vajrasana and Sukhasana are to be used.

2. After a complete exhalation close the left nostril softly. Inhale through the right nostril.
3. Next close the right nostril and exhale through the left nostril.
4. Repeat this approximately 5 to 10 times.

### **3. Nadi Shodhana pranayama/ Nadi cleansing activity :**

#### **Procedure :**

1. Sit in the appropriate asana. The right hand should maintain the nasika mudra. The left hand should be in chinmudra and placed on the left knee.
2. Exhale for a moment, close the right nostril with the right thumb and slowly breathe in through the left nostril.
3. Close the left nostril with the ring finger, open the right nostril and slowly breathe out through it.
4. Next inhale through the right nostril itself, close the right nostril, open the left nostril and exhale through it. This completes one cycle. Repeat this cycle 5 to 10 times.

### **4. Ujjayi pranayama :**

#### **Procedure :**

1. Sit erect in Padmasana or Vajrasana, the hands in chinmudra and placed on the knees.
2. Exhale slowly through both nostrils. As you inhale slowly feel the breath in the upper palate of the mouth. Feel the sss... sound coming from the throat as you increase the pressure.
3. As you breathe out slowly through both the nostrils make a hissing sound as the tongue is pressed downwards. This is one cycle.
4. Repeat this cycle 5 to 10 times.



## RHYTHMIC ACTIVITIES

### Lesson – 10

#### NDS LEZIUM

##### The following skills are learn in this game

- Dahine baaye haath ki harkat
- Aage ki harkat
- Aage ki juknaa harkat
- Chakkar aur baitne-utne ki harkat
- Dahine baaye paav ki harkat
- Juknaa harkat
- Harkat bharat maatha

NDS lezium is an attractive rhythmic group exercise among all the rhythmic activities. This exercise can be performed in rhythm to songs. By practising this exercise the students can develop their neuro-muscular coordination and agility.

##### NDS Lezium (National Discipline Scheme)

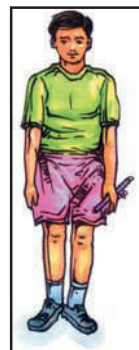
The word lezium is a Persian word. Lezium means “bow with a string made of iron”. In the ancient times lezium was used by archers as a preliminary exercise to develop the muscles of the hands and shoulders. Now it is used only for exercise. Since the lezium exercises are done to counts and beats, it helps to develop the ability to react to commands and agility. It is an excellent system which helps in developing neuro-muscular coordination. Lezium exercises can be used as a demonstration activity when done to the beats of band, instruments, songs and music.

##### I. Starting position : Hoshiyar position

Assume the attention position, hold the wooden handle with the left hand, the iron handle with the right touching each other. The lezium should be held perpendicular (90°) to the floor and in front of the chest without touching the body, and elbows bent, as if ready to start the activity.

##### II. Aaram position :

The iron handle should be held in the left hand with the wooden handle hanging down towards and parallel to the floor. Stand in the attention position.





## Lezium Exercises

### I. Dahine baaye haath ki harkat

**Starting position :** Hoshiyaar

#### Count 1 :

The legs are in attention position. Turn the upper body and head to the left, arms extended to the left at the shoulder level, lezium is opened in a vertical position.



#### Count 2 :

Come back to the starting position.



#### Count 3 :

Turn the upper body and head to the right, arms extended to the right at the shoulder level, lezium is opened in a vertical position.



#### Count 4 :

Come back to the starting position.  
Repeat the same.



## II. Dahine baaye paav ki harkat

### Starting position :

Hoshiyar position while lifting the left leg with thigh parallel to floor.



### Count 1 :

Placing the left leg on the floor, turn the upper body and head to the left, arms extended to the left at the shoulder level, lezium is opened in a vertical position.



### Count 2 :

Come back to the starting position while lifting the right leg.



### Count 3 :

Placing the right leg on the floor, turn the upper body and head to the right, arms extended to the right at the shoulder level, lezium is opened in a vertical position.



### Count 4 :

Come back to the starting position while lifting the left leg and repeat the same.



## III. Aage ki harkat

**Starting position :** Start by lifting the left leg



### Count 1 :

Placing the left leg forward, bend forward and open the lezium in front of the left leg. The lezium should be parallel to the floor.



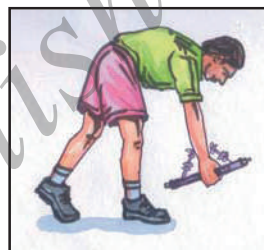
### Count 2 :

Shifting the weight on the left leg, straighten up and come to the starting position while lifting the right leg.



### Count 3 :

Next place the right leg forward, bend forward and open the lezium in front of the right leg. The lezium should be parallel to the floor.



### Count 4 :

Shifting the weight on the right leg, straighten up and come to the starting position while lifting the left leg.

Repeat the same.



## IV. Juknaa harkat

### Starting position :

Bend forward, lift the left leg, hold the lezium in front of the left knee and perpendicular to the floor. The right leg should be slightly bent.



### Count 1 :

Placing the left leg on the floor, swing the lezium to the left and open the lezium on the outside of the left foot.



### Count 2 :

Come back to the starting position while lifting the right leg and the lezium is held in front of the right knee.



### Count 3 :

Placing the right leg on the floor, swing the lezium to the right and open the lezium on the outside of the right foot.



### Count 4 :

Come back to the starting position – lifting the left leg, bending forward and holding the closed lezium in front of the left knee.

Repeat the four counts.





## V. Aage ki juknaa harkat

**Starting Position :** Same as the initial position in the juknaa harkat.



### Count 1 :

Place the left leg in front of the right leg in the shape of scissors, turn the trunk to the left while swinging the lezium to the left and opening it.



### Count 2 :

Bring the body weight on left leg and left the right leg then come to the basic position.



### Count 3 :

Place the right leg in front of the left leg in the shape of scissors, turn the trunk to the right while swinging the lezium to the right and opening it.



### Count 4 :

Shift the weight to the right foot, lift the left foot and come to the initial position.

Repeat the four counts.



## VI. Harkat bharat maatha

### Starting Position : (Hoshiyar)

Arms should be raised straight above the head, lezium should be closed and parallel to the ground.



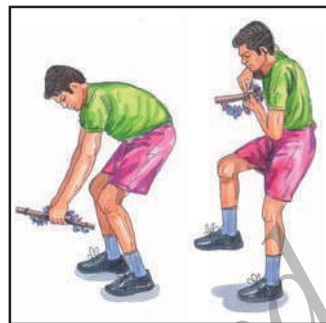
### Bharat matha ki jai

Before starting the exercise utter the words bharat matha ki and lift the right leg  $90^{\circ}$  up. Tell Jai after a pause and keep the right leg front and hop on it, turn the lezium in the anticlockwise direction and open it over the head. Turn slightly to the left and lift the left leg.



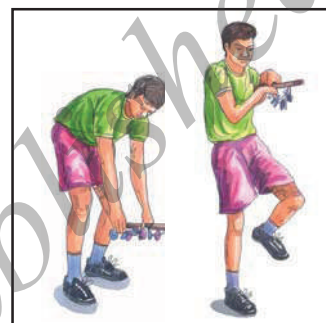
### Count 1 :

Plant the right leg in the basic position, bend the body and knees slightly, open the lezium in between the legs and parallel to the ground. Hop on the left leg and raising the right leg, join the lezium near the right hip and turn to the original direction.



### Count 2 :

Turn to the right, place the right leg back, bend the knees slightly open the lezium in between the legs parallel to the ground. Hopping on the right leg, lift the left leg join the lezium near the left hip turn to the original direction.



### Count 3 :

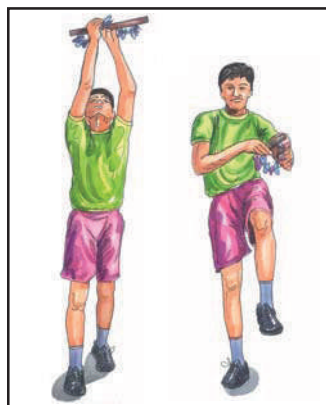
Place the left leg in front, bend the body and knees a little, open the lezium in between the legs and parallel to the ground. Simultaneously hop on the left leg, lift the right leg, join the lezium near the right hip and turn to the starting direction.



### Count 4 :

Shift the weight to the right foot, lift the left foot and come to the initial position.

(Repeat the four counts.)



## VII. Chakkar aur baitne-utne ki harkat :

**Starting position :** Same position as in Harkat bharatmatha

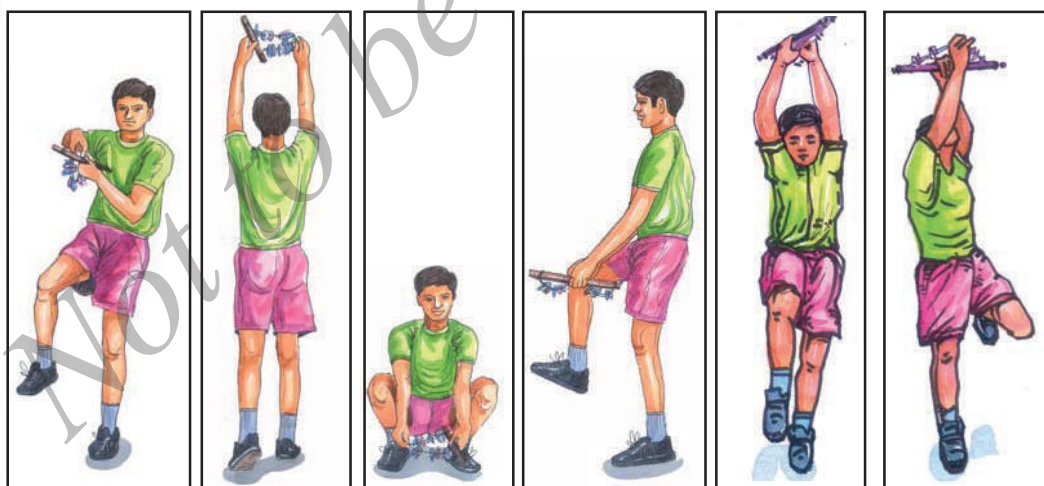
**Count 1 and 2 :** Same as the first two counts of harkat bharath matha.

**Count 3 :** Just as in count 3 of harkat bharat matha, step forward with the left leg, and turn back from the right with a hop. Open the lezium from the left (waist level) swaying to the right join the lezium near the armpit on the right.

**Count 4 :** Keep the right leg in the opposite direction, open the lezium over the head and hopping on the right leg turn from the right to the front to the original direction. Join the lezium near the arm pit on the left.

**Count 5 :** Keep the left leg on the ground and sit down on both legs. Open the lezium down parallel to the ground. Swaying the lezium to the right, joining it near the right arm pit jump on the left leg and stand straight.

**Count 6, 7 and 8 :** Same as in harkat bharath matha.





## DRILL AND MARCHING

**In drill and marching the following movements are learn**

- Quick march in threes
- Change in step
- Right turn in quick march
- Left turn in quick march
- About turn in quick march
- Right salute

Drill and marching inculcates discipline and improves posture in the students. You have already learnt division of lines, attention, stand at ease, left turn, right turn, about turn in drill and marching.

**1) Quick march in threes :** When the students are assembled in three lines and are ready for the march past the command – class from the right (or from the left) quick march. As soon this command is given, the students start marching by starting with the left leg, the hands are swung straight forward, the body is kept erect. This should be continued till the next command is given.

Note : The marching should be continued straight ahead in the same three lines.

(back, front and side)

**2) Change step :** While marching only if the students miss the step, i.e. if right leg is moved for count 1 and left leg for count 2, this command is given. At this command, the students , after placing the left leg forward, the right leg is banged on the ground just behind the left leg and once again the left leg is brought forward (next to the right leg) the steps are rectified.

**3) Right turn in quick march :** While marching, the command 'Right' is said on the left step, paused on the right leg and again 'Turn' command is given on the left step. The students say 'check' on the right step, the left step is placed across the right leg in the shape of a T and 'One' count is taken. Next the students turn right and the right leg is placed forward for count 'Two' and marching is continued in that direction.



**4) Left turn in quick march :** While marching, the command 'Left' is said on the left step, paused on the right leg and again 'Turn' command is given on the left step. The students place the right leg in the shape of a T across the left leg and say 'Check'. The left leg is turned left on count 'One'. Marching is continued in that direction.

**5) About turn in quick march :** While marching, the command 'About' is said on the left step, paused on the right leg and again 'Turn' command is given on the left step. The students place the right leg by saying 'check', The left leg is brought across the right leg in the shape of a T for count 'One', The right is turned to the right such that the heels of both the legs form an 'L' on count 'Two', the left leg is again turned right for count 'Three' forming the letter 'V', on count 'Four' the right leg is slightly placed forward and the marching continues.

**6) Right Salute :** (This command is given during march past while showing respect to the guest). 'Right salute class salute' command is given when the guest is to the right of the march past. During march past as soon as this command is given, the face should be turned to the right, the right hand is completely extended to the right, elbow is bent and respect is accorded. The palm should be facing forward, the fingers should be placed about one inch above the right eyebrow. The fingers of the right hand should be close together. The left arm should be fixed in alignment and touching the body on the left side.

On the command 'Eyes front' the march past should be continued as before.

**Points to remember :**

Observe and learn more by watching the march past on your televisions during the Independence Day and Republic day celebrations which is held every year.

## Lesson – 12

### RECREATIONAL GAMES

#### You will learn the following recreational game

- Locking the chain and unloking it
- War of the walls
- Shoulder lock
- Multiples
- Sum of jumps
- Potao race
- Race in pairs
- Steal the flag
- Chess
- Khayenge
- Kangaroo relay
- Dodge ball

Recreational games have academic importance. These games relieve the students of physical and mental stress and provide enjoyment. These games help us to develop our cognitive ability. These games help in learning the subject matter related to the text through the medium of games. Since recreational games help in learning directly through physical activities it is easy to remember the learning points. Therefore let us learn many recreational games.

#### Game 1 : Locking the chain and unlocking it

The players make two lines, each line facing the other. The players in each line hold hands of each other. As soon as the teacher blows the whistle, the last person in each line without letting go the hands, goes underneath the hands of the 1<sup>st</sup> and 2<sup>nd</sup> person in his line. The others follow him. After all the students go underneath, the first and second person and turn facing backwards. Now the last person once again slips underneath the hands of the 2<sup>nd</sup> and 3<sup>rd</sup> person and the rest do the same. The same is repeated again until all the students finish and they turn and face backwards. This is the locked position.

Unlocking is done in this manner : At first the last person will go underneath the hands of the two persons next to him. Next the last two persons will slip underneath the hands of the two persons next to them. This is repeated and the team which unlocks the chain and stands in the starting position first is the winner. While locking and unlocking the chain, the students should not let go of the hands at any time during the competition.

**Instructions :** If students are more divide the groups with 5 to 8 students in each group.

### **Game 2 : War of the walls**

The students are divided into two teams. These teams stand facing the opposite direction with their backs to each other. The members of each team lock their elbows in each other's and forming a wall stand near the centre line. When the teacher blows the whistle, the teams push each other backwards towards another deciding line. The team which pushes the opponent's team over this line is the winner.

### **Game 3 : Shoulder lock**

The students are divided into two teams and positioned in such a way that each person of a team faces an opponent in a single line. One group is required to stand as strong shoulders. For this each person of that team has to bend his right hand and hold it firmly behind the head. As soon as the whistle is blown, the opposing team's members will try to unlock the hand of the opponent with whom he is paired. The team scores points equal to the shoulders unlocked. Next the other team takes its turn in locking the shoulders. The team which unlocks the most number of opponents in the stipulated 2 minutes is the winner.

### **Game 4 : multiples (har har bam bam)**

All the students form a circle. Starting from one student, all the students will tell the numbers in sequence eg: one, two, three etc. The student whose turn is to tell number three and multiples of three are required to utter the words "har har". The student whose turn is to tell number five and multiples of five are required to utter the words "bam bam". The persons whose turn it is to tell the multiples of both three and five have to utter "har har bam bam". If the student instead of uttering the words tells the number, he is eliminated. The last three remaining students are winners.

### **Game 5 : Sum of jumps**

Two groups will be standing in a file behind a starting line. The first student of each group will jump from this line and make a mark. The second student will jump from this mark and the third student will jump from the mark made by the second. This will continue until the last student of each group has completed his jump and the distance is measured from the starting line to the mark made by the last jumper. The team which covers the most distance will be declared the winner.

### **Game 6 : Potato race**

Two equal teams are made and they assemble one behind the other, behind the starting line. Three circles are drawn in front of each team at a distance of 5 mts. each from the starting line. Two dumbbells are placed in the first circle. At the starting whistle, the first runner places the dumbbells from the first circle to the second and third circle one by one and gives a pass to his teammate in the line. This runner gets back the dumbbells to the first circle one by one and gives pass to his teammate who continues to place the dumbbells in the other circles. This way the team whose all members finish first is the winner.

### **Game 7 : Race in pairs**

The students are divided into two groups. Two each from each group form a pair with their one legs tied together with a handkerchief or similar cloth. On the whistle, one pair from each group start from the starting line and after touching another line some distance away return back to touch the hands of the next pair from their group. The group of which all the pairs finish the race first is the winner.

### **Game 8 : Steal the flag**

The students are divided into two teams. At a distance of about 35 yards from the centre line a flag on either side will be planted. Each team will take their place on each of the flags. On the whistle, each team will try to steal the flag of the other and bring it to their



side. At the same time, they should protect their own flag. The team which succeeds in entering the opponents area and steal the flag is the winner.

Note: A circle shall be drawn around the flag. When a player enters it no one should stop him.

### **Game 9 : Chess**

The students stand around a square. They are made to join in order with both their legs joined anywhere inside the square. The objective is to jump and touch the nearest standing person to eliminate him from the game. The student while jumping on his turn should avoid jumping close enough to persons to avoid being eliminated at the same time should jump to make other persons out while jumping on his turn. This way the game continues and the last student standing will be declared the winner.

### **Game 10 : Khayenge (we will eat)**

The students are arranged in a semi circle. The teacher calls out the name of eatables and the students have to reply with the word 'Khayenge' (we will eat). In between the teacher calls out the name of things which cannot be eaten. Those who say Kahyenge to these items are eliminated from the game. The game continues and the last person standing is declared the winner and the rest of the students clap for him.

### **Game 11 : Kangaroo relay**

Each team is made to stand one behind another, behind the starting line. A cone or a marker will be placed some distance in front of each team. All the team members spread out their legs with the first member having a football. At the whistle, the first player sends the ball back between the legs of the players. The last player in the line will hold the ball in between his legs and hops to the object placed in front of his team, circles it, and takes his place in front of his team and sends the ball back between his teammates



legs. The player standing last does the same as the previous player that is, fixes the ball in between his legs, circles the object and hops back to this group. This continues and the team whose members finish first are declared winners.

### **Game 12 : Dodge ball**

The students are divided into two teams. One team stands inside a circle and the other teams spreads out on the circle. The team on the circle is given a football or a similar ball. At the whistle, the team on the circle ball starts hitting the players inside the circle with the ball. The ball should hit the players below the waist on the full. Each hit will earn a point for the throwing team. A pitched ball hitting the players or a player on the circle entering and throwing a ball does not draw a point. Each team will get its turn to throw the ball and then to dodge the ball. Each team will get 3 minutes to target its opponents. The team with more points is the winner.

## NATIONAL INTEGRATION

### Lesson – 13

#### NITHYOTHSAVA

We learn the scale and rhythm of singing the song 'Nithyothsava' composed by Prof. K S Nisar Ahmed

Promoting National integration is academically important. Singing songs of national integration inculcates a spirit of national integration among the students.

#### Song – Nithyothsava

Jogada siri belakinalli, thungeya thene balukinalli  
Sahyadriya lohadadira uttungada nilukinalli  
Nithyahari dhvarna vanada thega gandha tharugalalli  
Nithyothsava, thaayi nithyothsava ninage .....

Ithihaasada himadallina simhasanada maaleyalli  
Gatha saahasa saarutiruva shaasanagala saalinalli  
Olegariya sirigalalli, degulagala bhithigalali  
Nithyothsava, thaayi nithyothsava ninage .....

Halavennada hirimeya, kulavennada garimeye  
Sadvikaalasheela nudiya, lokaamrutha seemeye,  
Ee matsara nirmatsara manadudaara mahimeye  
Nithyothsava, thaayi nithyothsava

**Prof. K S Nisar Ahmed**