

## 9. Various Games

### Objectives

- (1) To update information about the games included in the sports activities of the schools by School Games Federation of India.
- (2) To study the rules and regulations of all games included in the list.
- (3) To develop the skill sets required for all games.
- (4) To develop personality through sports.
- (5) To provide information about various competitions held for various games.

The relation between civilization and sports exists from ancient times. Every civilization has its own sports culture, which has developed as per its geographical, climatic and physical conditions. In old days sports were a form of entertainment and used to display bravery. As time progressed professionalism has crept into it. According to sports journalist Grantland Rice “losing or winning in a game is not important, but the way you play the game is more important”..

If we think about the Indian sports field, the youth here is not at all interested in moving towards any other field than cricket, as per a manual published some days ago. The importance of sports is not only limited to raise the image of the country by winning medals but sport have tremendous importance in life.

Sports not only, physically conditions the body, it toughens the mental attitude. Realization of a healthy mind in a healthy body has led to a need to remain healthy and fit. One pathway to being

healthy and fit is by playing a sport. Sports conditions and strengthens the body, trains the mind to accept victory or loss, but above all sports inculcates a very important life skill self-discipline.

Sporting activity carried out fairly, with strict guidelines and rules enable competitive sports to be enjoyed. Along with rules, competitive sports bring to the fore skill sets and temperament of the sports person. Thus, sports help develop the personality of the individual. Also, sport is no longer just a means of entertainment but a profession. Encouraging participation in sports competition at different levels open a plethora of opportunities for budding talent.

In India, various types of sports and games are played in different parts of this vast and ancient country. Each has its own organizations and governing bodies that are recognized at state and national level. The School Games Federation of India (SGFI) conducts competition in games and sports for school going children at the national level. To participate at the national level the district sports department conducts competitions at the state, division, district and taluka level. The yearly calendar of the SGFI lists the sports and games included or excluded for competitions.

**Note :** The Health and Physical Education teacher may choose the sport and games that can be encouraged based on the geographic conditions, convenience and availability of equipment. Incorporate entertaining traditional games to highlight local culture and traditions. List of games and sports competitions are given in the QR code.

## List of some games and sports

<b>1. Invasion games</b>	<b>2. Net Games</b>
<ol style="list-style-type: none"> <li>1. Football</li> <li>2. Handball</li> <li>3. Basketball</li> <li>4. Hockey</li> <li>5. Kabaddi</li> <li>6. Netball</li> <li>7. Rugby</li> <li>8. Roll Ball</li> <li>9. Roller hockey</li> </ol>	<ol style="list-style-type: none"> <li>1. Ball badminton</li> <li>2. Volleyball</li> <li>3. Shooting ball</li> <li>4. Throw ball</li> <li>5. Tennis</li> <li>6. Badminton</li> <li>7. Soft Tennis</li> <li>8. Table tennis</li> <li>9. Sepak takraw</li> <li>10. Tennikoit</li> </ol>
<b>3. Combative Games</b>	<b>4. Striking Games</b>
<ol style="list-style-type: none"> <li>1. Wrestling</li> <li>2. Wushu</li> <li>3. Judo</li> <li>4. Karate</li> <li>5. Boxing</li> <li>6. Kickboxing</li> <li>7. Sikai martial arts</li> <li>8. Fencing</li> <li>9. Unifight</li> <li>10. Teng Su-do</li> <li>11. Kudo</li> <li>12. Mallakhamb</li> <li>13. Ashte do Akhada</li> <li>14. Taekwondo</li> </ol>	<ol style="list-style-type: none"> <li>1. Baseball</li> <li>2. Cricket</li> <li>3. Softball</li> <li>4. Carrom</li> <li>5. Squash</li> <li>6. Montexball</li> </ol>
	<b>5. Target Games</b>
	<ol style="list-style-type: none"> <li>1. Archery</li> <li>2. Rifle shooting</li> </ol>
	<b>6. Lifting games</b>
	<ol style="list-style-type: none"> <li>1. Weightlifting</li> <li>2. Powerlifting</li> </ol>

7. Tag games	8. Other games
<ol style="list-style-type: none"> <li>1. Kho-Kho</li> <li>2. Atya Patya</li> <li>3. Dodgeball</li> </ol>	<ol style="list-style-type: none"> <li>1. Athletics</li> <li>2. Swimming</li> <li>3. Gymnastics</li> <li>4. Yoga</li> <li>5. Chess</li> <li>6. Modern pentathlon</li> <li>7. Skating</li> <li>8. Cycling (Track &amp; Road)</li> </ol>

