



Curriculum Grade 3-5 Session 2024-25

Grade 3

August Month

Strength

and Conditioning

Activity Name – Strength and Conditioning?

Item Required – 30 Cones and 30 Hula Hoops, Chalk Powder, Stop watch.

What is Strength and Conditioning?

Strength and Conditioning (S&C) is the selection and development of dynamic /static exercises used to **improve physical performance**. Whilst it originally benefited athletes it is now widely used in both the sporting world and more generally.

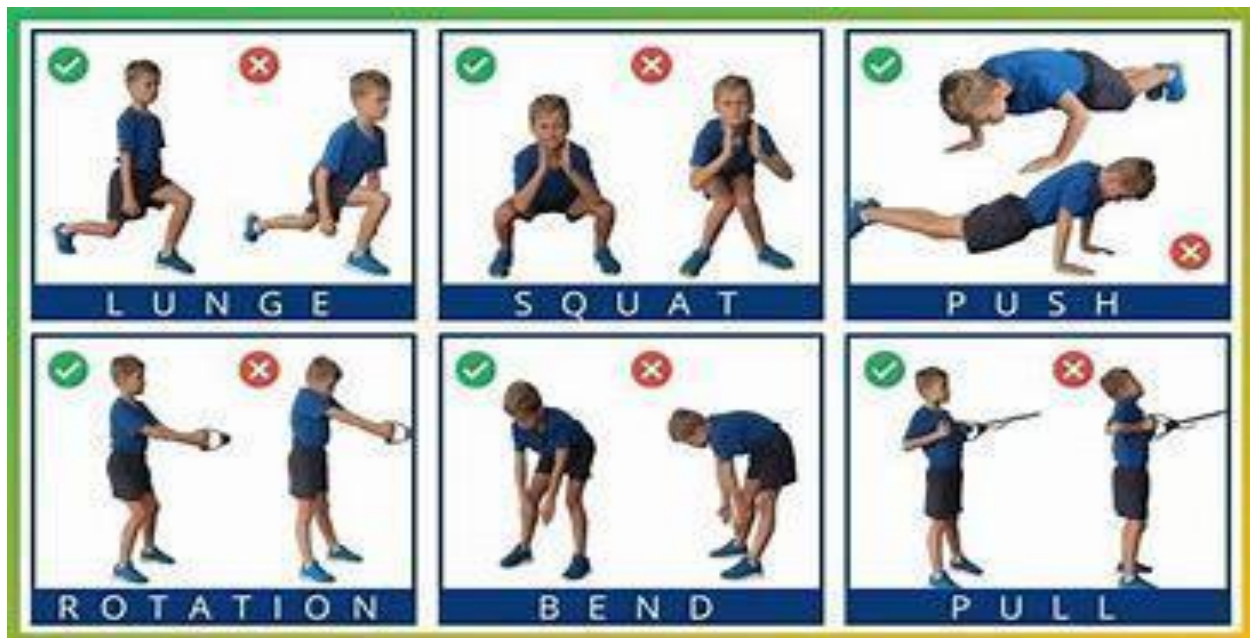


Learning Objectives:

1. **Strengthen supporting muscles, even out muscle imbalances.**
2. **Increase mobility, correct posture, stabilize joints.**
3. **learn new movement patterns and enhance coordination and peripheral skills.**

Learning Outcomes.

- Be adequately prepared to take and pass national certification examinations.
- Be adequately prepared to fulfill assigned roles during internships and upon employment.
- Possess the following specific learning outcomes related to the field of strength and conditioning:
Knowledge and understanding of the physiological adaptations to resistance training and movement training.



Grade 3

September Month

Gross Motor Skills

Activity Name – Running and Sprinting Activity.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is Running and Sprinting Activity or Game?

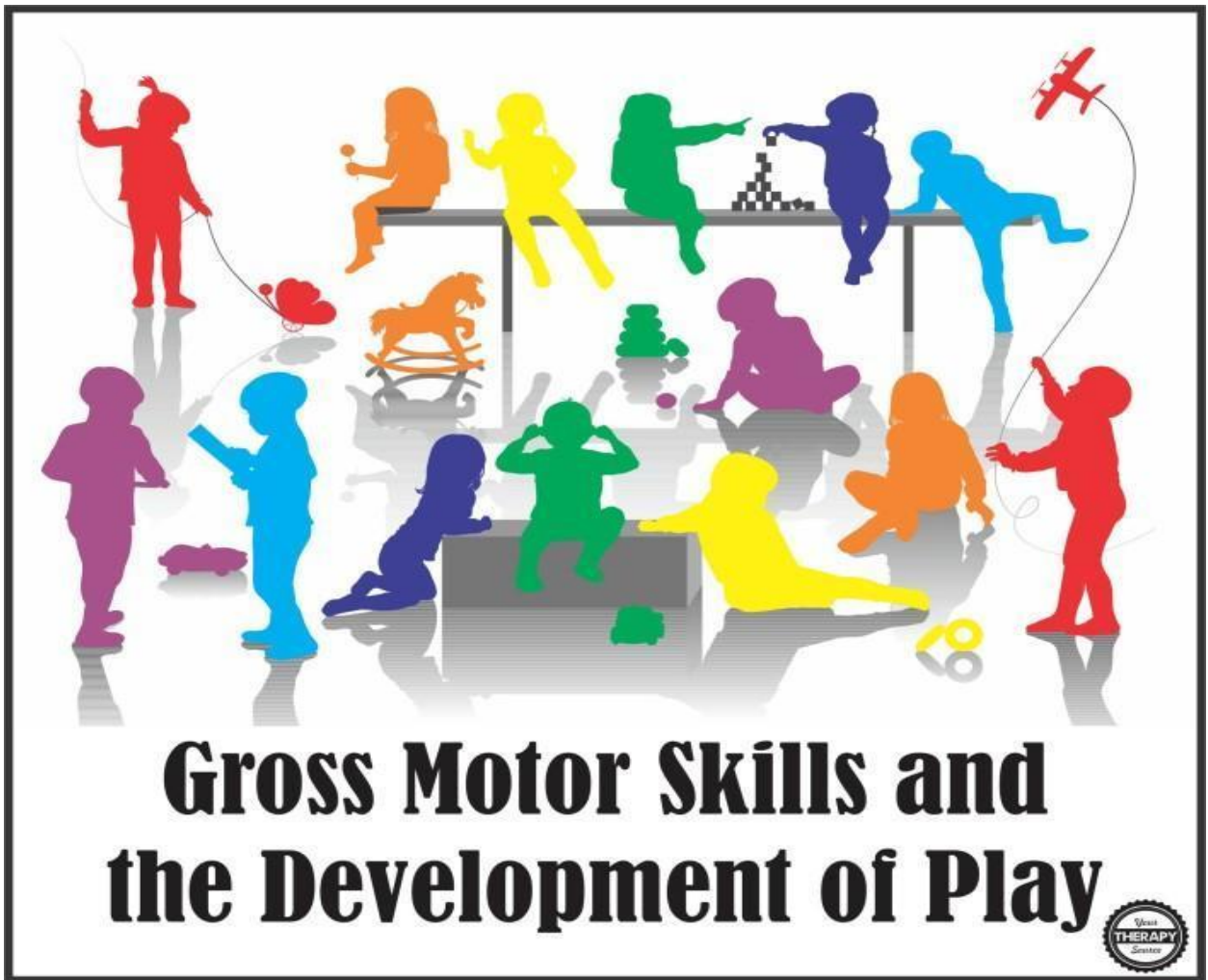
Running is moderately paced and focuses on endurance and aerobic fitness. Sprinting, on the other hand, is all about high-intensity bursts of speed and power and targets anaerobic capacity and muscle strength.

- Walking
- Waving your arm
- Running
- Jumping
- Lifting (a spoon, a hairbrush, a barbell — they all count)



• Learning Objectives of Running and Sprinting.

1. Improve speed
2. Improve stamina
3. Improve overall performance of the athlete.
4. Improve inner strength of the body.



Learning Objectives:

- Developing large muscle coordination through activities that allow for pulling, throwing, catching and kicking.
- Developing travelling skills and loco motor skills to maneuver in their environment and in a large group.

Learning outcomes:

- Impact on your endurance to cope with a full day of school (sitting upright at a desk, moving between classrooms, carrying your heavy school bag).
- Impact your ability to navigate your environment (e.g. walking around classroom items such as a desk, up a sloped playground hill or to get on and off a moving escalator).
- Include the strength and abilities of big muscle groups such as coordination, balance and agility.

- Are important for major body movement such as walking, maintaining balance, coordination, and reaching.
- Share connections with other



Grade 3

October Month

Running and Sprinting

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Item Required – 30 Cones and Chalk Powder, Stop watch.

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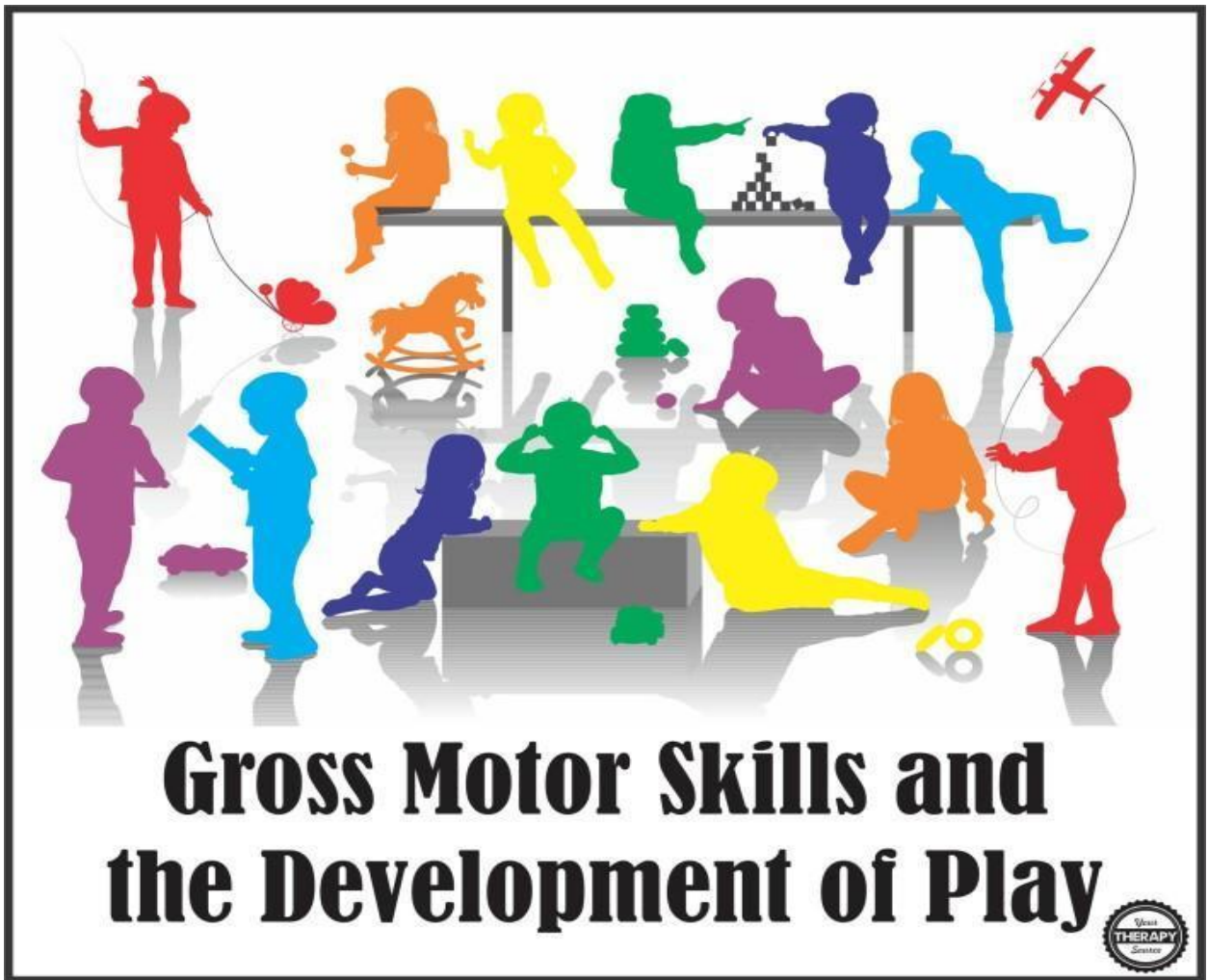
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Grade 3

December Month

Football

Basics

Activity Name – Football Basics Activity.

Item Required – 30 Cones and Chalk Powder, Football, Stopwatch.

top watch.

What is Footballs Basics Activity or Game?

Football is a term that can refer to different types of team sports that involve kicking a ball to score a goal. The most common and popular form of football is association football, also known as soccer, which is played by millions of people around the world.



Learning Objectives of Football.

- Teamwork, balance, and looking ahead
- Finding a space and moving with the ball
- Controlling, passing, and receiving the ball
- Turning to keep the ball
- Shooting and scoring

Learning Outcomes of Football.

- Teamwork, balance, and looking ahead
- Finding a space and moving with the ball
- Controlling, passing, and receiving the ball
- Turning to keep the ball
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Grade 4

July Month

Football

Activity Name – Football Basics (One touch Pass)

What is Football?

Football is a game in which players, wearing helmets and protective padding, run while holding the ball and pass by throwing it to teammates, and occasionally try to kick the ball through the goalposts. Players also smash into each other, hence the helmets and padding. Soccer, also known as football, involves players kicking the ball with their feet — only the goalkeeper can touch it with her hands. In both sports, at some point a foot hits the ball.



Activity Name – Football (One touch Pass in a Circle)

Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 1 How to Pass the ball in a circle?
- 2 Ask Children to make a circle of 8 students.
- 3 They will touch the ball and pass the ball to other player in the circle.
- 4 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

1. Action Reaction during the skill
2. How to pass the ball or how much force to use to pass the ball to the player.
3. Children are able to pass the ball in circle.



Activity Name – Football (One to One Pass Drill)

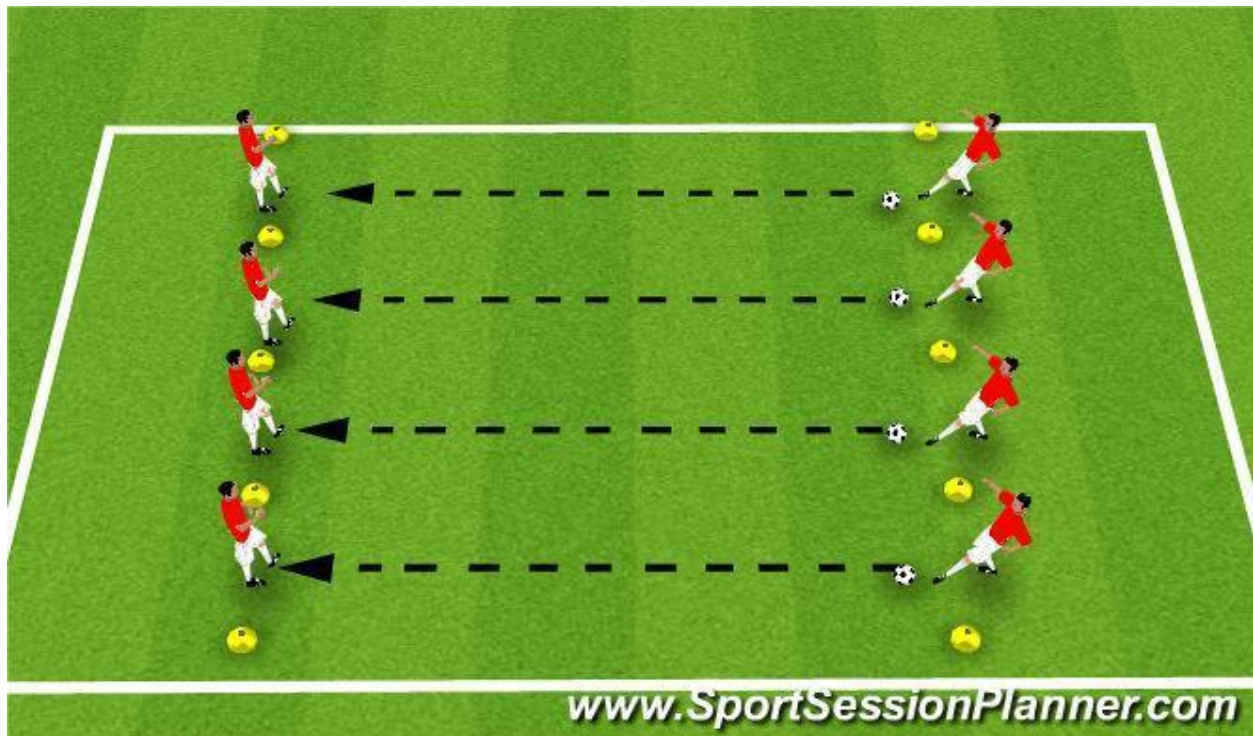
Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 5 How to Pass the ball?
- 6 Ask Children to make a pair group.
- 7 They will touch the ball and pass the ball to other player in the Front.
- 8 Student need to pass the ball to the player in front using their side foot only.

Learning Outcomes:

4. Action Reaction during the skill
5. How to pass the ball or how much force to use to pass the ball to the player.
6. Children are able to pass the ball.



Grade 4

August Month

Football

Activity Name – Football Basics (One touch Pass)

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- 12 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

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8. How to pass the ball or how much force to use to pass the ball to the player.
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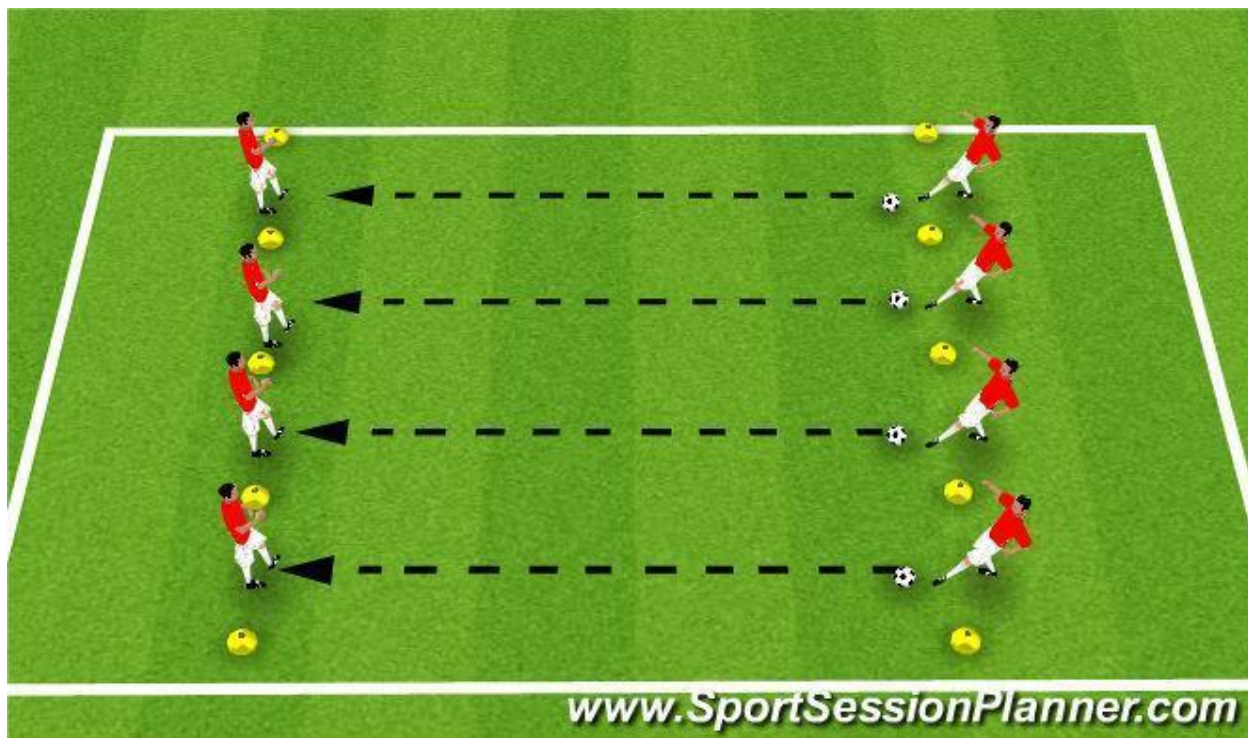
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- 13 How to Pass the ball?
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Grade 4

September Month

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Learning Objectives

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- 18 Ask Children to make a circle of 8 students.
- 19 They will touch the ball and pass the ball to other player in the circle.
- 20 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

- 13. Action Reaction during the skill
- 14. How to pass the ball or how much force to use to pass the ball to the player?
- 15. Children are able to pass the ball in circle.



Grade 4

October Month

Football

Physical

Fitness

Activity Name – Physical Fitness.

Item Required – Cones, Chalk powder.

What is Physical Fitness?

Physical fitness is **a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.** Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.



Learning Objectives:

- To develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance.
- To develop knowledge and understanding of the different components of fitness and how they impact sports performance and health.
- To identify and improve one's own strengths and areas to improve based on fitness assessment.
- To introduce and engage students in a variety of physical activities, games and sports that promote lifelong physical activity.
- To provide opportunities for students to learn and practice new skills, techniques and tactics in physical activities, games and sports.

Learning Outcome.

- All students should be able to identify key components of fitness relating to sporting scenarios.
- Most students should be able to analyse sports performance and identify the importance of each component of fitness within sports performance.

Grade 4

November Month

Physical

Fitness

Activity Name – Physical Fitness.

Item Required – Cones, Chalk powder.

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- Most students should be able to analyse sports performance and identify the importance of each component of fitness within sports performance.

Grade 4

December Month

Cricket

Basics

Activity Name – Cricket Basics.

Item Required – Cones, Chalk powder, Cricket Ball and Bat.

What is Cricket?

Cricket is a bat-and-ball game played between two teams of eleven players on a field at the center of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps.



Learning Objectives;

1. **To Ball over the wicket and take proper steps while running.**
2. **To maintain a good team environment.**
3. **Focus on the game.**
4. **Team Spirit.**

Learning Outcome.

1. Children are able to understand basics of Cricket.
2. Children are able to do bowling.



Grade 5

July Month

(Badminton)

Activity Name – Badminton (How to hold the Badminton, Shake hand Activity)

Item Required – Badminton Rackets, Cones, Shuttle cock.

What is badminton Game?

Badminton is a racket sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racket so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and the shuttlecock

may only be struck once by each side before it passes over the net. The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racket sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racket sports. As the shuttlecock flight is stubbornly affected by wind, competitive badminton is always played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game. Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair is a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racket movements.



Learning Objectives;

1. Shake hand Grip to get familiar with the racket.
2. Ask Children to do a shake hand with the class students step by step.
3. After following the instruction, they will hold the racket while doing the shake hand with the racket.

Learning Outcome.

1. Children are able to Hold the racket properly.
2. Children are aware of the holding rules of the badminton racket.

Grade 5

August Month

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Learning Objectives:

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6. After following the instruction, they will hold the racket while doing the shake hand with the racket.

Learning Outcome.

3. Children are able to Hold the racket properly.
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Grade 5

September

Month

Football

Activity Name – Football Basics (One touch Pass)

What is Football?

Football is a game in which players, wearing helmets and protective padding, run while holding the ball and pass by throwing it to teammates, and occasionally try to kick the ball through the goalposts. Players also smash into each other, hence the helmets and padding. Soccer, also known as football, involves players kicking the ball with their feet — only the goalkeeper can touch it with her hands. In both sports, at some point a foot hits the ball.



Activity Name – Football (One touch Pass in a Circle)

Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 21 How to Pass the ball in a circle?
- 22 Ask Children to make a circle of 8 students.

- 23 They will touch the ball and pass the ball to other player in the circle.
- 24 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

16. Action Reaction during the skill
17. How to pass the ball or how much force to use to pass the ball to the player?
18. Children are able to pass the ball in circle.



Grade 5

October Month

Football

Activity Name – Running and Sprinting Activity.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is Running and Sprinting Activity or Game?

Running is moderately paced and focuses on endurance and aerobic fitness. Sprinting, on the other hand, is all about high-intensity bursts of speed and power and targets anaerobic capacity and muscle strength.

- Walking
- Waving your arm
- Running

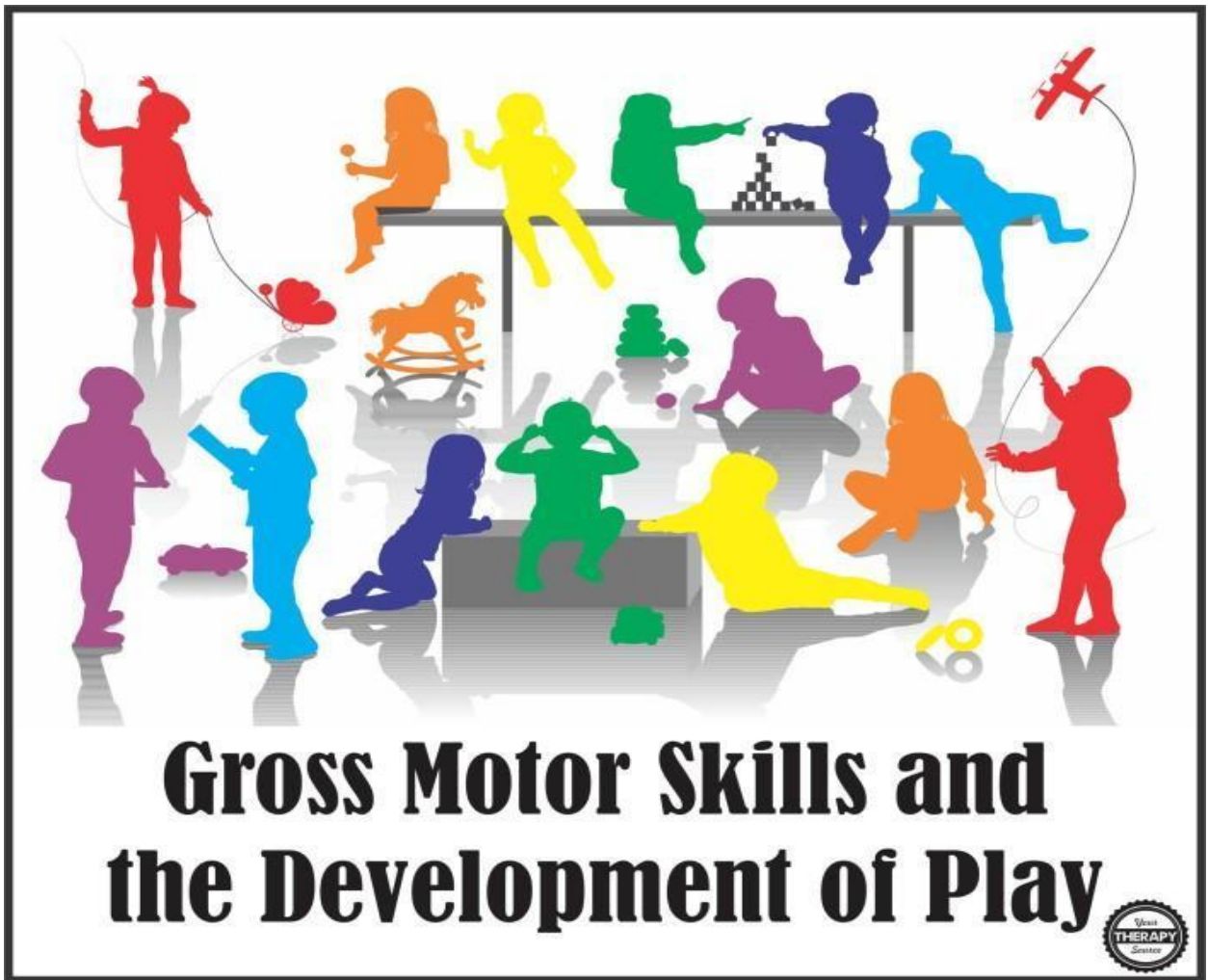
- Jumping
- Lifting (a spoon, a hairbrush, a barbell — they all count)



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Learning Objectives of Running and Sprinting.

9. Improve speed
10. Improve stamina
11. Improve overall performance of the athlete.
12. Improve inner strength of the body.



Learning Objectives:

- Developing large muscle coordination through activities that allow for pulling, throwing, catching and kicking.
- Developing travelling skills and loco motor skills to maneuver in their environment and in a large group.

Learning outcomes:

- Impact on your endurance to cope with a full day of school (sitting upright at a desk, moving between classrooms, carrying your heavy school bag).
- Impact your ability to navigate your environment (e.g. walking around classroom items such as a desk, up a sloped playground hill or to get on and off a moving escalator).
- Include the strength and abilities of big muscle groups such as coordination, balance and agility.

- Are important for major body movement such as walking, maintaining balance, coordination, and reaching.
- Share connections with other



Grade 5

November Month

Relay Race

Activity Name – Relay Race Sprinting Activity.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is Relay Race Sprinting Activity **Activity or Game?**

At the Olympics and other World Athletics-sanctioned tournaments, a relay race is **an event where a team of four athletes run equal predetermined distances in a sprint race**, each passing a rod-like object called the ‘baton’ to the next person to continue the race. The last runner in a relay is called the ‘anchor’.



Learning Objectives of Relay Race.

Teaching the relay race in your PE lessons will help children work on the following national curriculum aims:

- working as a team;
- using running, jumping, throwing and catching in isolation and combination (as they sprint and pass the baton); and
- self-assess their performance and identify areas for improvement.

Learning outcomes:

1. Relay races are a fun activity for children, and they can happen almost anywhere, indoors or outdoors.

2. They can be done with or without props and can be a great learning experience for children as they can learn skills like **how to be a team player, how to communicate, how to accept defeat, how to strategize to win the game.**



Grade 5 December Month

Kho kho

Activity Name – Kho Kho Game.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is KHOKHO Activity?

Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched. Each sitting player on the chasing team faces the opposite half of the field that their adjacent teammates are facing.

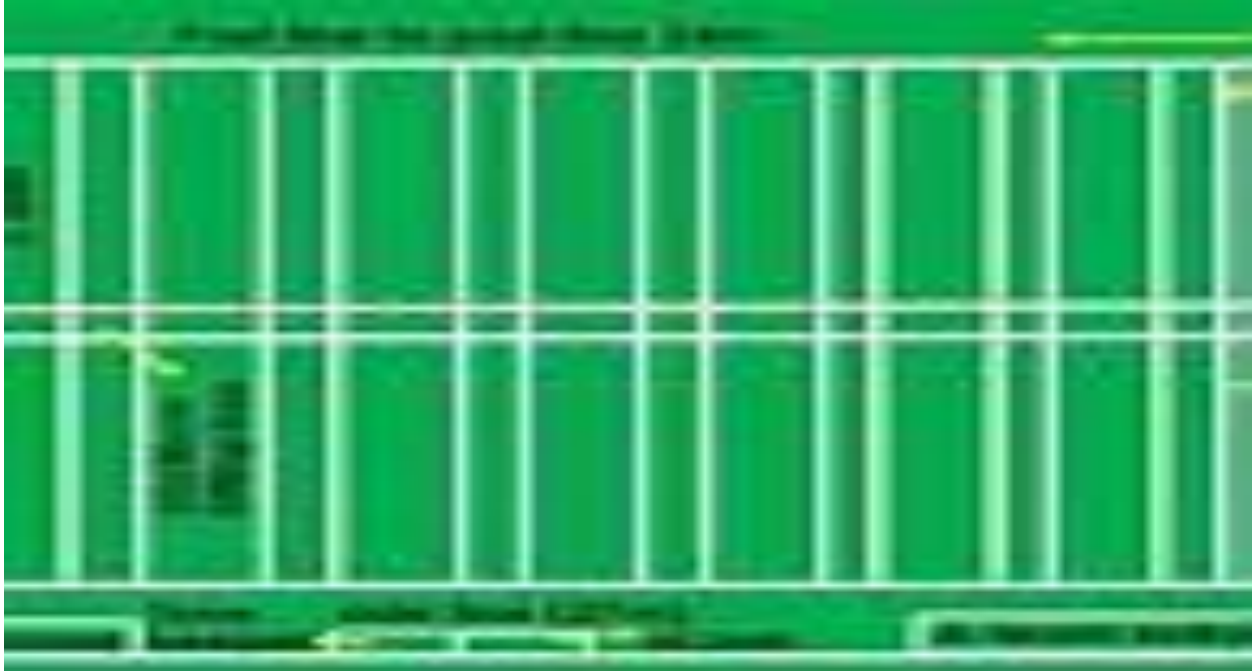


Learning Objectives:

1. On top of practicing agility, speed, and counter-attacks (moving away, reaching, dodging, faking) like other, better-known chase and flee games, Kho Kho encourages children to **work as a team and collaborate towards a common goal**.
2. What's more, children have to make quick decisions and use strategy to help their team win.

Learning outcomes.

1. Physical fitness Image Source- EduRev Kho Kho needs a high degree of physical fitness since it involves sprinting, twisting, and turning.
2. Teamwork and cooperation Image Source- careers in sport.
3. Mental quickness Image Source- FairGaze ...
4. Socialization It is a fun and captivating game that can aid participants in forming connections and improving their social skills.



Grade 3

August Month

Strength and Conditioning

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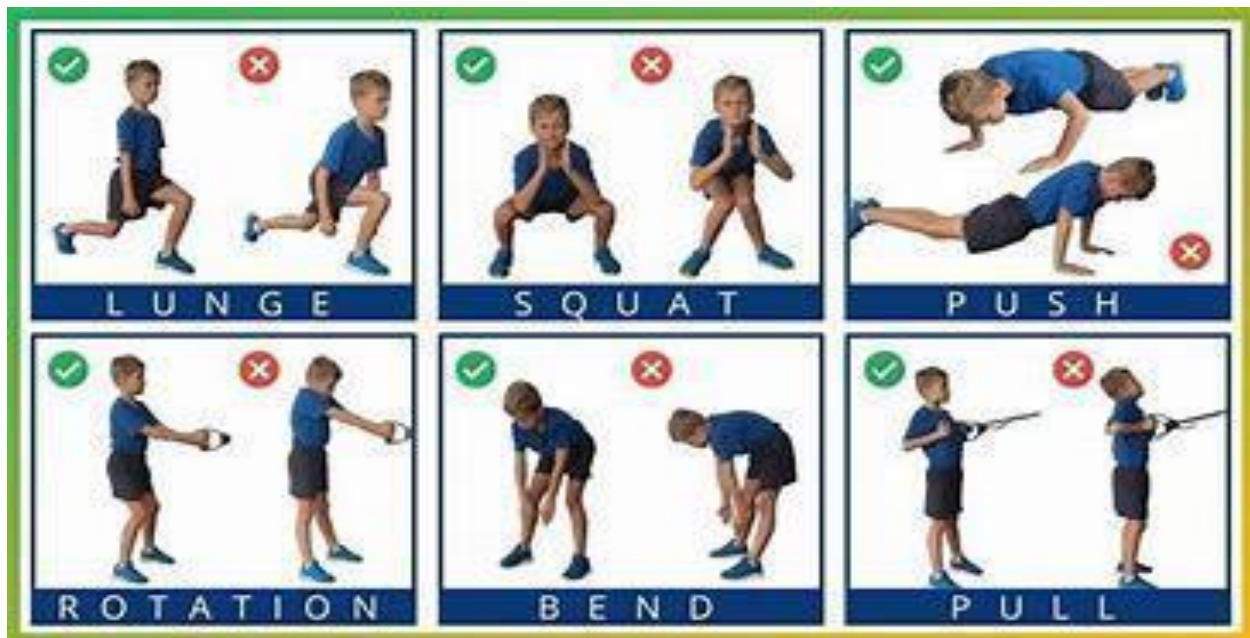


Learning Objectives:

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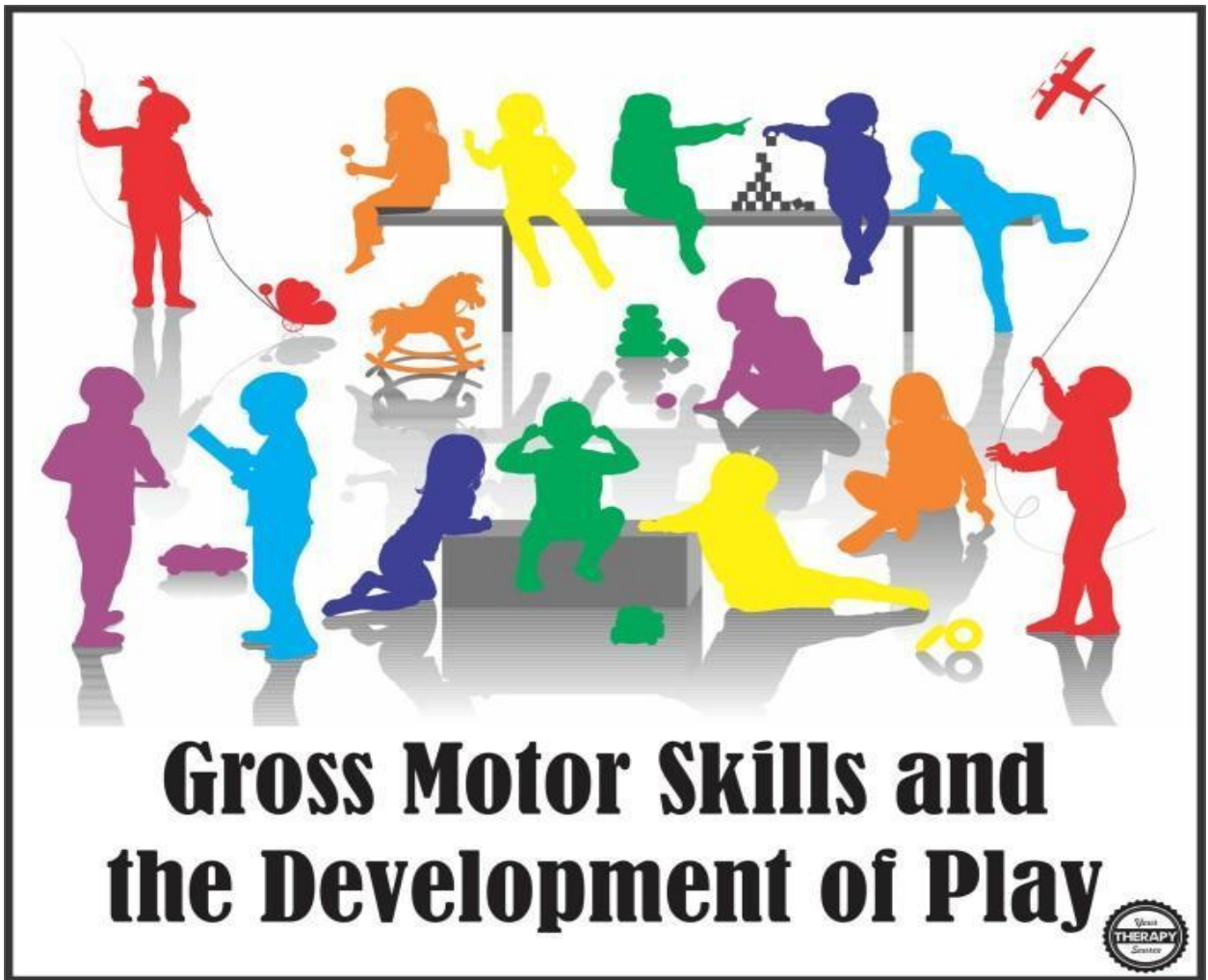
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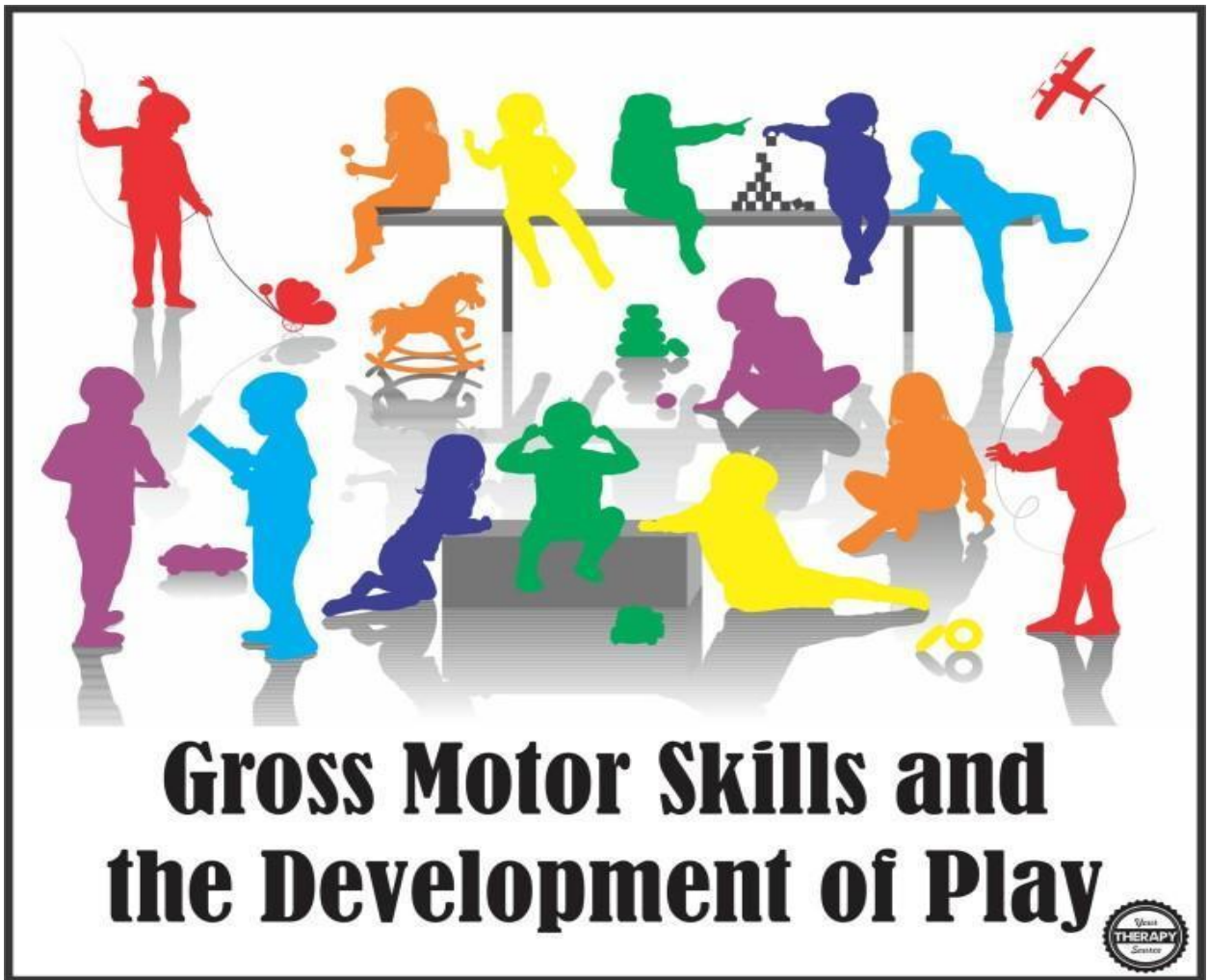
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- Shooting and scoring

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Grade 4

July Month

Football

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Activity Name – Football (One touch Pass in a Circle)

Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

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Learning Outcomes:

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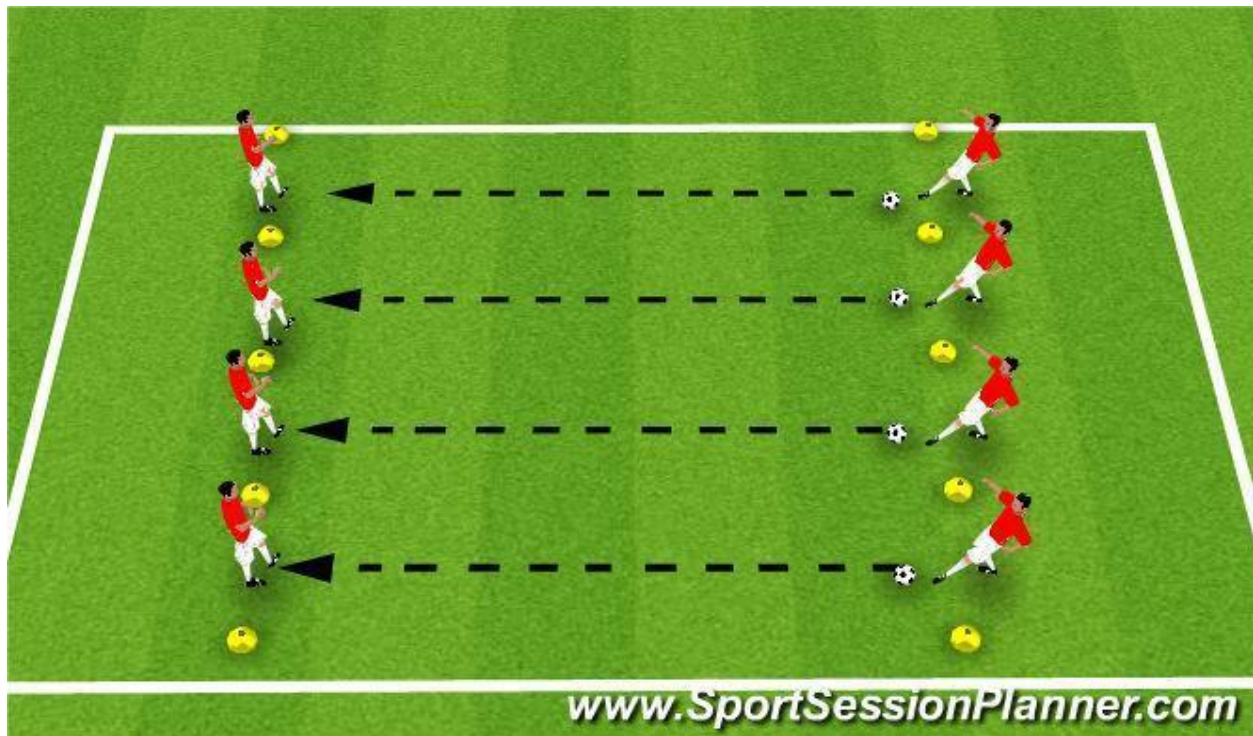
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- 9. Children are able to pass the ball in circle.



Activity Name – Football (One to One Pass Drill)

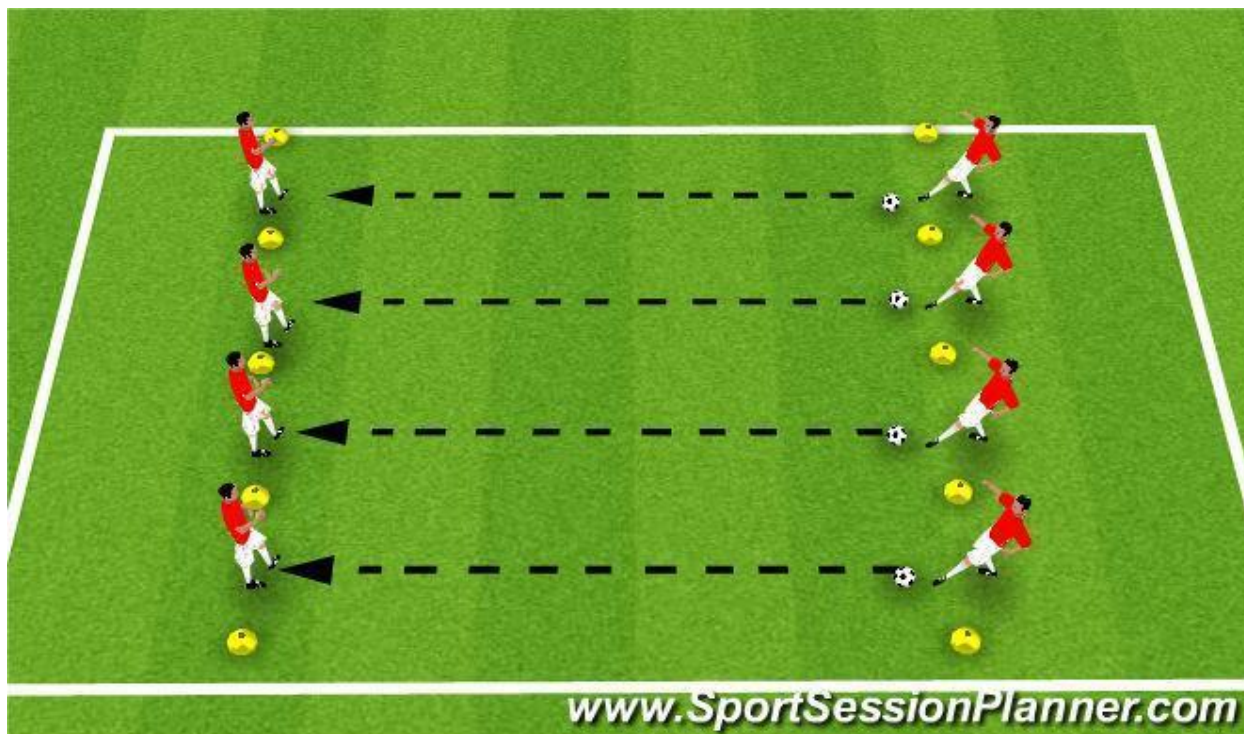
Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 13 How to Pass the ball?
- 14 Ask Children to make a pair group.
- 15 They will touch the ball and pass the ball to other player in the Front.
- 16 Student need to pass the ball to the player in front using their side foot only.

Learning Outcomes:

- 10. Action Reaction during the skill
- 11. How to pass the ball or how much force to use to pass the ball to the player.
- 12. Children are able to pass the ball.



Grade 4

September Month

Football

Activity Name – Football Basics (One touch Pass)

What is Football?

Football is a game in which players, wearing helmets and protective padding, run while holding the ball and pass by throwing it to teammates, and occasionally try to kick the ball through the goalposts. Players also smash into each other, hence the helmets and padding. Soccer, also known as football, involves players kicking the ball with their feet — only the goalkeeper can touch it with her hands. In both sports, at some point a foot hits the ball.



Activity Name – Football (One touch Pass in a Circle)

Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 17 How to Pass the ball in a circle?
- 18 Ask Children to make a circle of 8 students.
- 19 They will touch the ball and pass the ball to other player in the circle.
- 20 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

- 13. Action Reaction during the skill
- 14. How to pass the ball or how much force to use to pass the ball to the player?
- 15. Children are able to pass the ball in circle.



Grade 4

October Month

Football

Physical

Fitness

Activity Name – Physical Fitness.

Item Required – Cones, Chalk powder.

What is Physical Fitness?

Physical fitness is **a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.** Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.



Learning Objectives:

- To develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance.
- To develop knowledge and understanding of the different components of fitness and how they impact sports performance and health.
- To identify and improve one's own strengths and areas to improve based on fitness assessment.
- To introduce and engage students in a variety of physical activities, games and sports that promote lifelong physical activity.
- To provide opportunities for students to learn and practice new skills, techniques and tactics in physical activities, games and sports.

Learning Outcome.

- All students should be able to identify key components of fitness relating to sporting scenarios.
- Most students should be able to analyses sports performance and identify the importance of each component of fitness within sports performance.

Grade 4

November Month

Physical

Fitness

Activity Name – Physical Fitness.

Item Required – Cones, Chalk powder.

What is Physical Fitness?

Physical fitness is **a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities.** Physical fitness is generally achieved through proper nutrition, moderate-vigorous physical exercise, and sufficient rest along with a formal recovery plan.



Learning Objectives:

- To develop motor abilities like strength, speed, endurance, coordination, flexibility, agility and balance.
- To develop knowledge and understanding of the different components of fitness and how they impact sports performance and health.
- To identify and improve one's own strengths and areas to improve based on fitness assessment.
- To introduce and engage students in a variety of physical activities, games and sports that promote lifelong physical activity.
- To provide opportunities for students to learn and practice new skills, techniques and tactics in physical activities, games and sports.

Learning Outcome.

- All students should be able to identify key components of fitness relating to sporting scenarios.
- Most students should be able to analyse sports performance and identify the importance of each component of fitness within sports performance.

Grade 4

December Month

Cricket

Basics

Activity Name – Cricket Basics.

Item Required – Cones, Chalk powder, Cricket Ball and Bat.

What is Cricket?

Cricket is a bat-and-ball game played between two teams of eleven players on a field at the center of which is a 22-yard (20-metre) pitch with a wicket at each end, each comprising two bails balanced on three stumps.



Learning Objectives;

1. **To Ball over the wicket and take proper steps while running.**
2. **To maintain a good team environment.**
3. **Focus on the game.**
4. **Team Spirit.**

Learning Outcome.

1. Children are able to understand basics of Cricket.
2. Children are able to do bowling.



Grade 5

July Month

(Badminton)

Activity Name – Badminton (How to hold the Badminton, Shake hand Activity)

Item Required – Badminton Rackets, Cones, Shuttle cock.

What is badminton Game?

Badminton is a racket sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racket so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and the shuttlecock

may only be struck once by each side before it passes over the net. The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racket sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racket sports. As the shuttlecock flight is stubbornly affected by wind, competitive badminton is always played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game. Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair is a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racket movements.



Learning Objectives;

1. Shake hand Grip to get familiar with the racket.
2. Ask Children to do a shake hand with the class students step by step.
3. After following the instruction, they will hold the racket while doing the shake hand with the racket.

Learning Outcome.

1. Children are able to Hold the racket properly.
2. Children are aware of the holding rules of the badminton racket.

Grade 5

August Month

(Badminton)

Activity Name – Badminton (How to hold the Badminton, Shake hand Activity)

Item Required – Badminton Rackets, Cones, Shuttle cock.

What is badminton Game?

Badminton is a racket sport played by either two opposing players (singles) or two opposing pairs (doubles), who take positions on opposite halves of a rectangular court that is divided by a net. Players score points by striking a shuttlecock with their racket so that it passes over the net and lands in their opponents' half of the court. A rally ends once the shuttlecock has struck the ground, and the shuttlecock may only be struck once by each side before it passes over the net. The shuttlecock (or shuttle) is a feathered projectile whose unique aerodynamic properties cause it to fly differently from the balls used in most racket sports; in particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly than a ball. Shuttlecocks have a much higher top speed, when compared to other racket sports. As the shuttlecock flight is stubbornly affected by wind, competitive badminton is always played indoors. Badminton is also played outdoors as a casual recreational activity, often as a garden or beach game. Since 1992, badminton has been an Olympic sport with five events: men's and women's singles, men's and women's doubles, and mixed doubles, in which each pair is a man and a woman. At high levels of play, the sport demands excellent fitness: players require aerobic stamina, agility, strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racket movements.



Learning Objectives:

4. Shake hand Grip to get familiar with the racket.
5. Ask Children to do a shake hand with the class students step by step.
6. After following the instruction, they will hold the racket while doing the shake hand with the racket.

Learning Outcome.

3. Children are able to Hold the racket properly.
4. Children are aware of the holding rules of the badminton racket.

Grade 5

September

Month

Football

Activity Name – Football Basics (One touch Pass)

What is Football?

Football is a game in which players, wearing helmets and protective padding, run while holding the ball and pass by throwing it to teammates, and occasionally try to kick the ball through the goalposts. Players also smash into each other, hence the helmets and padding. Soccer, also known as football, involves players kicking the ball with their feet — only the goalkeeper can touch it with her hands. In both sports, at some point a foot hits the ball.



Activity Name – Football (One touch Pass in a Circle)

Item Required – 30 Cones and 30 Hula Hoops, Stop watch.

Learning Objectives

- 21 How to Pass the ball in a circle?
- 22 Ask Children to make a circle of 8 students.

- 23 They will touch the ball and pass the ball to other player in the circle.
- 24 Student standing in the center will try to take the ball from the other players.

Learning Outcomes:

16. Action Reaction during the skill
17. How to pass the ball or how much force to use to pass the ball to the player?
18. Children are able to pass the ball in circle.



Grade 5

October Month

Football

Activity Name – Running and Sprinting Activity.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is Running and Sprinting Activity or Game?

Running is moderately paced and focuses on endurance and aerobic fitness. Sprinting, on the other hand, is all about high-intensity bursts of speed and power and targets anaerobic capacity and muscle strength.

- Walking
- Waving your arm
- Running

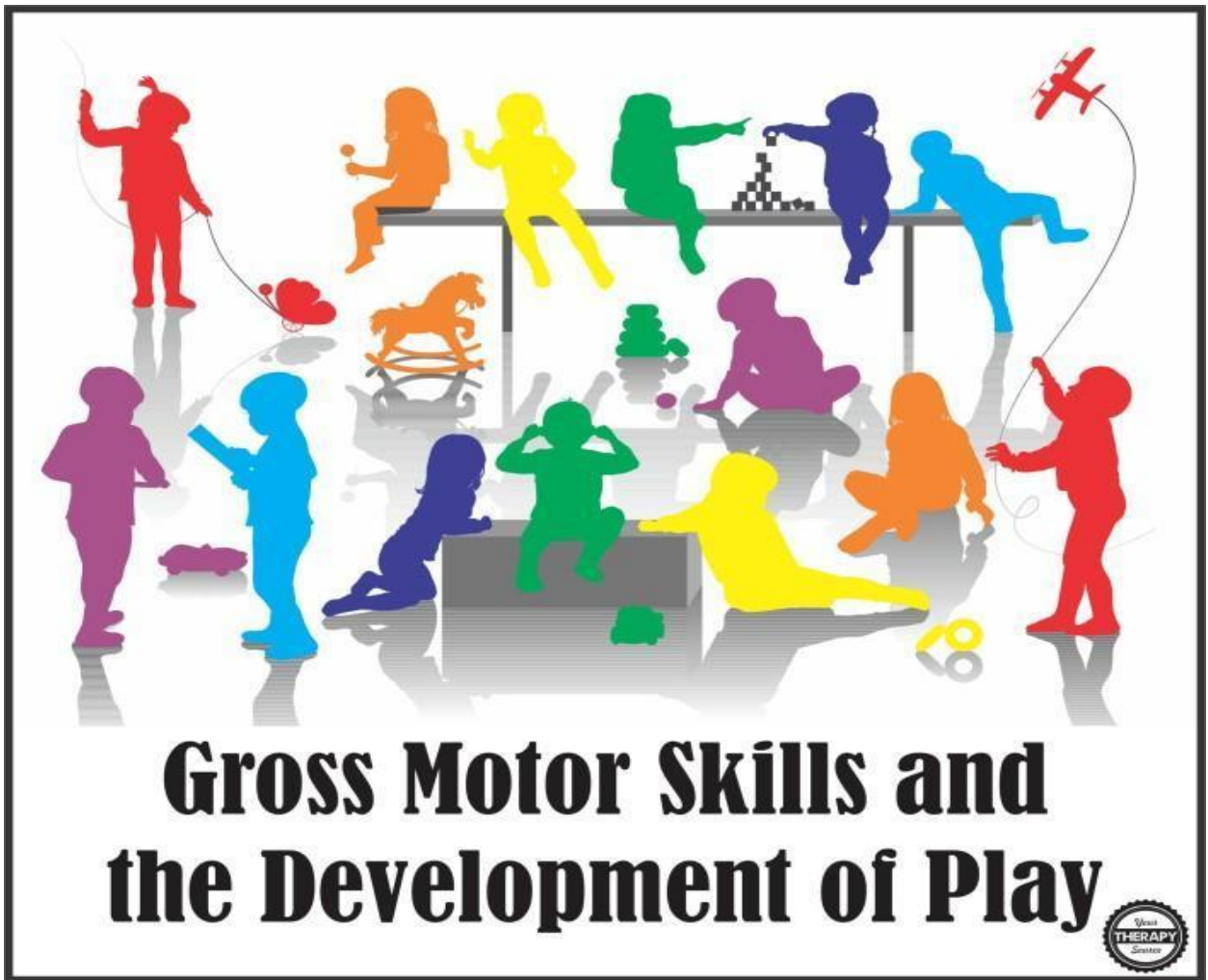
- Jumping
- Lifting (a spoon, a hairbrush, a barbell — they all count)



-

Learning Objectives of Running and Sprinting.

9. Improve speed
10. Improve stamina
11. Improve overall performance of the athlete.
12. Improve inner strength of the body.



Learning Objectives:

- Developing large muscle coordination through activities that allow for pulling, throwing, catching and kicking.
- Developing travelling skills and loco motor skills to maneuver in their environment and in a large group.

Learning outcomes:

- Impact on your endurance to cope with a full day of school (sitting upright at a desk, moving between classrooms, carrying your heavy school bag).
- Impact your ability to navigate your environment (e.g. walking around classroom items such as a desk, up a sloped playground hill or to get on and off a moving escalator).
- Include the strength and abilities of big muscle groups such as coordination, balance and agility.

- Are important for major body movement such as walking, maintaining balance, coordination, and reaching.
- Share connections with other



Grade 5

November Month

Relay Race

Activity Name – Relay Race Sprinting Activity.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is Relay Race Sprinting Activity **Activity or Game?**

At the Olympics and other World Athletics-sanctioned tournaments, a relay race is **an event where a team of four athletes run equal predetermined distances in a sprint race**, each passing a rod-like object called the ‘baton’ to the next person to continue the race. The last runner in a relay is called the ‘anchor’.



Learning Objectives of Relay Race.

Teaching the relay race in your PE lessons will help children work on the following national curriculum aims:

- working as a team;
- using running, jumping, throwing and catching in isolation and combination (as they sprint and pass the baton); and
- self-assess their performance and identify areas for improvement.

Learning outcomes:

1. Relay races are a fun activity for children, and they can happen almost anywhere, indoors or outdoors.

2. They can be done with or without props and can be a great learning experience for children as they can learn skills like **how to be a team player, how to communicate, how to accept defeat, how to strategize to win the game.**



Grade 5 December Month

Kho kho

Activity Name – Kho Kho Game.

Item Required – 30 Cones and Chalk Powder, Stop watch.

What is KHOKHO Activity?

Kho kho is a traditional Indian sport that dates back to ancient India. It is the second-most popular traditional tag game in the Indian subcontinent after kabaddi. Kho kho is played on a rectangular court with a central lane connecting two poles which are at either end of the court. During the game, nine players from the chasing team (attacking team) are on the field, with eight of them sitting (crouched) in the central lane, while three runners from the defending team run around the court and try to avoid being touched. Each sitting player on the chasing team faces the opposite half of the field that their adjacent teammates are facing.



Learning Objectives:

1. On top of practicing agility, speed, and counter-attacks (moving away, reaching, dodging, faking) like other, better-known chase and flee games, Kho Kho encourages children to **work as a team and collaborate towards a common goal**.
2. What's more, children have to make quick decisions and use strategy to help their team win.

Learning outcomes.

1. Physical fitness Image Source- EduRev Kho Kho needs a high degree of physical fitness since it involves sprinting, twisting, and turning.
2. Teamwork and cooperation Image Source- careers in sport.
3. Mental quickness Image Source- FairGaze ...
4. Socialization It is a fun and captivating game that can aid participants in forming connections and improving their social skills.

