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Time to Play



Points to Know :

- ▣ Types of Games
- ▣ National Games
- ▣ Categories of Games
- ▣ Other Forms of Recreation
- ▣ Team Spirit
- ▣ Local Games
- ▣ Gender Bias



Getting Started

Pictures of some sports persons are given below. Identify them, write their names and the games they play.













An old English saying goes like this, “All work and no play make Jack a dull boy”. This means that if we work all the time and do not relax, life would become very dull and boring.

Playing games and sports keeps us fit and strong. It also relaxes us physically and mentally. We become relaxed, refreshed and ready to go to work again.

Types of Games

Games played inside homes or an arena are called **indoor games**. These games require mental skills and presence of mind. Some such games are ludo, chess, carrom, table tennis, etc.

Games played out in the open or on a ground are called **outdoor games**. These games require physical fitness, speed, strength and stamina. Some such games are hockey, football, cricket and lawn tennis.



Chess

Individual Games and Team Games

There are certain games which an individual plays with an opponent. These games are called **individual games**. Billiards, snooker, golf and chess are some individual games.

The games in which two team of players play and compete against each other are called **team games**. Hockey, football, cricket etc., are team games. Teams in different games have different number of players. Hockey, football and cricket teams have 11 players, volleyball team has 6 players and a basketball team has 5 players. The captain leads the team.



Things to Know

- ◆ Games and sports are not the same. Games played outdoors for competition are called **sports**. These are also played for prize money.

Team Spirit

The feeling of oneness, unity and harmony among players of a team is called **team spirit**. It enables the individual player to rise above any personal gains, share the common aim to complete and succeed against their opponents. It also enables the players to enjoy the game even more as they learn from each other's experience.



Team spirit



National Games

The **national game** of a country is that game or sport which is considered to be an inseparable part of its culture. National games of some countries are as follows :

Country	Game	Country	Game
USA	Baseball	France	Football
Spain	Bull fighting	England	Cricket
Canada	Ice hockey	Japan	Judo
New Zealand	Rugby union	Australia	Cricket
India	Hockey	Pakistan	Hockey
Pakistan	Field hockey	Malaysia	Badminton
Bangladesh	Kabaddi (Ha-do-do)	Scotland	Rugby football
Sri Lanka	Volleyball	Indonesia	Badminton
Russia	Football and Chess	Bhutan	Archery
China	Table tennis	Switzerland	Shooting and Gymnastics
Brazil	Football	Turkey	Wrestling and Jereed

National Game of India

Though India does not have any official national game, hockey is considered to be its national game. Hockey originated in ancient Egypt and Greece where it was played with curved sticks and a ball.

India won six consecutive gold medals in Olympics, from 1928 to 1956. It also won the gold medal at Moscow Olympics in 1980. Since then, it has been overtaken by cricket in terms of popularity.

Local Games

Traditional games played in certain regions are called **local games**. These games are simple, have been played for a long time and do not need any expensive equipment. Two traditional and popular games of India are *kabaddi* and *kho-kho*.

Kabaddi is a popular Indian game which is generally played in rural regions. It is played by two teams, facing each other from opposite halves of a field. Each team has 7 players. Teams take



Kabaddi



turn and send a 'raider' into the other half to tag members of the other team, return to his own half and win a point. The tagged players are 'out' and temporarily sent off the field. The team that outs all the players of the opposite team wins the match. The game is played over two halves of 20 minutes each with a break of 5 minutes.

Kho-Kho is another traditional game of India. It too is played by two teams. Each team has 9 players with 3 in reserve. It is a **run and chase game** and is played over 2 innings with an innings of 9 minutes duration each. The players of a team kneel down in the middle of the court and form a zig-zag row. The team which taps all the opponents in lesser time wins the match.



Kho-Kho



Wrestling

Wrestling is an ancient combat sport which involves *throws, take-downs* and grappling holds like *joint locks* and *pins*. Two opponents take part in a wrestling 'bout' or **match** and attempt to gain and maintain a superior position. This game developed out of martial arts or techniques of self-defence. Some other martial arts are Judo, Karate and Jiu-Jitsu.

In Kerala, **boat races** are held as part of festivities on Onam. A boat may have as many as 100 rowers, 4 navigators and around 25 singers. The rowers row the snake-shaped boats so as to win the race while the singers sign loudly and lustfully to cheer them.



Boat race

Categories of Games

Nearly all the games and sports have separate teams for males and females. But some games like badminton, table-tennis and lawn-tennis have a man and a woman playing as a team of **mixed doubles**.

Gender Bias

Many people believed and some still do that women are the weaker gender and are not fit for sports and games, which they believe to be a men's preserve.

Tell Us Wh

Find out the name of first Indian woman to win a gold medal at Olympics.

Right from the time of ancient Olympic games, women were denied participation in games. But with the spread of education and modern thinking, things begin to look better for women. The Olympics at Paris in 1900 were the first games where the women participated for the first time. They took part in lawn tennis and golf events. Women athletes and gymnasts made their debut in 1928 Olympics. More and more women's events were added in the subsequent games and it culminated in 2012 Olympic Games at London where



Kunjurani Devi

women boxing matches were introduced. Today, women participate in all games and sports with aplomb, but some people still do not take women in sports seriously.

This is also the case in India. Though India's women cricket team was the runner-up in the 2017 World Cup, not many people remember the names of the team members, barring one or two like Mithali Raj and Harmanpreet Kaur. Media too covers women's games less. But now, with the success of Indian women at international events, things have begun changing for the better. Now women are also offered good advertisement and endorsement deals.

Tell Us Wh

Do you also believe that women are the weaker gender?



Things to Know

- ◆ Hima Das, an 18 year old sprinter from Assam, became the first Indian athlete to win a gold medal at an international track event. She did so at the World Junior Athletics Championship, held at Tampere, Finland in 2018.

Other Forms of Recreation

Earlier, forms and means of recreation were few and far in between; but nowadays, they are aplenty. Today, television has become the most popular means of recreation. Separate channels show us news, sports, music, movies, other entertainment programmes, etc. The advent of multimedia computer has given us more forms of recreation. We can watch movies, listen to music and play video games. All such activities relax and refresh us. To cope up with the pressure of a busy schedule, we must take out a couple of hours everyday to relax.



Words to know

Indoor games	:	Games played inside a home or arena
Outdoor games	:	Games played on a ground
Martial Arts	:	Art of self-defence played as sport
Team spirit	:	The feeling of unity among members of a team.
Sports	:	Games played for prize money



Revision

- ❖ Indoor games are played inside a home or arena while outdoor games are played on a ground.
- ❖ Games played in a competitive spirit and for prize money are called sports.
- ❖ Chess, billiards, snooker and golf are called individual sport while hockey, football and cricket are team sport.
- ❖ Two popular traditional sports of India are Kabaddi and Kho-Kho.
- ❖ Art of self-defence played as sport is called martial arts.
- ❖ The spirit of unity among team members is called team spirit.



Exercise

A. Tick (✓) the correct answer :

- Playing games and sports keeps us :
(a) fit (b) strong (c) Both of these
- It is an indoor game.
(a) Golf (b) Snooker (c) Cricket
- It is an outdoor game.
(a) Golf (b) Billiards (c) Carrom
- The game which an individual plays against an opponent is called a/an :
(a) individual game (b) team game (c) None of these
- It is a team game.
(a) Cricket (b) Football (c) Both of these

B. Fill in the blanks :

- All work and no _____ make Jack a _____ boy.
- Playing games makes us _____ and _____.
- The feeling of _____, _____ and _____ among team players is called team spirit.
- Team spirit enables a player to rise above _____.
- _____ is considered to be India's national game.



C. State whether True or False :

1. A football team has 12 players.
2. Billiards and snooker are individual games.
3. An individual game cannot be a sport.
4. Team spirit unites the team.
5. Earlier, women were considered to be the weaker gender.

D. Short Answer Questions :

1. Name any two individual games.
2. Name any two team games.
3. Which are the two popular traditional games of India?
4. What are martial arts?
5. What do you understand by team spirit?

E. Long Answer Questions :

1. Differentiate between individual and team games.
2. Name different categories of games.
3. Explain team spirit. How does it help a team?
4. Name some other means of recreation.
5. What is gender bias?

 **Activities**

A. Collect pictures of four sportswomen and paste them in your scrapbook. Also, collect information about their life and write it below the picture.

B. Identify the following sportspersons. Also, write the sport they play.



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