

MOVIE- Indian Sports

Pro-Kabaddi league match/Geeta Phogat' s wrestling match:-

Date- 27 August 2022

Classes III, IV and V were shown matches of kabaddi and wrestling to teach them how to play the games. The students were also told the rules of these games while they were watching the matches.

The classes were made to sit in the AV Room where they enjoyed watching matches of "INDIAN SPORTS" and learnt new games. This activity was planned to promote traditional Indian Sports in our country.

It is important to teach our children about our culture and tradition as it is to teach them new age concepts. By playing Indian games , children can connect with their heritage through sports and this will have a deep lifelong positive impact on them.

Playing conventional games have always brought kids together encouraging teamwork and social interaction. Most old school games require agility and movements such as swinging of arms and jumping. This boosts exercise and improves eye-hand coordination. Team games like Kabaddi and Kho -Kho require kids to come up with tactics to defeat their opponent in turn helping them to strategize and resolve their differences.

The matches of Indian sports were shown to the students to build life skills, pass our heritage and bridge generations. Therefore by organizing this movie show we were able to re-establish traditional play in children's lives. After watching the matches on the smart board, the students were also able to play the games properly with rules and regulations on 29 Aug22.