

Shiksha Saptah Day 3: Sports Day Celebration

Shiksha Bharati Global School

On 24 July 2024, Shiksha Bharati Global School celebrated the third day of Shiksha Saptah, marking it as Sports Day. This special event was designed to promote the importance of physical activity and introduce students to the rich heritage of indigenous games from India. Students from Nursery to Class 12 participated enthusiastically in a wide range of activities and games.

Activities and Games

The day was filled with a variety of games, each selected to provide both fun and learning opportunities. The activities included:

- 2. Snake and Ladder:** This traditional board game, which emphasizes luck and teaches the unpredictability of life, was enjoyed by students across all ages.
 - 3. Playing Cards & Puzzles :** Various card games were played, fostering skills in strategy, memory, and math.
 - 4. Racing:** Different types of races were organized, encouraging physical fitness and competitive spirit.
 - 5. Kho-Kho & Tug of war:** Kho kho has been played since at least the fourth century BC.^[9] Certain aspects of kho-kho's gameplay may have been mentioned in the Mahabharata. **This traditional Indian tag game promotes teamwork, agility, and speed.**
 - 6. Lattu:** Spinning tops (lattu) provided a nostalgic experience, teaching balance and coordination.
 - 7. Gili Danda:** A precursor to modern bat-and-ball games, Gili Danda was a hit, combining elements of skill and fun.
 - 8. Kanche (Marbles):** Playing with marbles (kanche) was not only entertaining but also helped in developing hand-eye coordination.
 - 9. Posham Pa & Pithu:** This traditional game, played by chanting the Posham Pa rhyme, fostered a sense of rhythm and teamwork.
- Maram Pitti:** The person in possession of the ball hits other without moving from the position. The game will continue till only one player is left.
- Carrom.** The game involves nine black or dark playing pieces, nine white or light-colored playing pieces, a red queen and a striker.

Hopscotch is a popular playground game in which players toss a small object, called a lagger into numbered triangles or a pattern of rectangles outlined on the ground and then hop or jump through the spaces and retrieve the object. It is a children's game that can be played with several players or alone. Hopscotch is a physical and cognitive workout.

Chess Chess is an abstract strategy game that involves no hidden information and no elements of chance. It is played on a chessboard with 64 squares arranged in an 8×8 grid. The players, referred to as "White" and "Black", each control sixteen pieces: one king, one queen, two rooks, two bishops, two knights, and eight pawns. White moves first, followed by Black. The game is won by checkmating the opponent's king, i.e. threatening it with inescapable capture. There are several ways a game can end in a draw.

Arm wrestling: Arm wrestling is a sport with two opponents who face each other with their bent elbows placed on a table and hands firmly gripped, who then attempt to force the opponent's hand down to the table top ("pin" them). The sport is often casually used to demonstrate the stronger person between two or more people.

Ludo: Ludo is a strategy board game for two to four players, in which the players race their four *tokens* from start to finish according to the rolls of a single die. Like other cross and circle games, Ludo is derived from Bharat, the Indian game Pachisi.

Langdi is a traditional South Asian field sport which combines elements of tag and hopscotch.^[2] It was originally played during the Pandiyam Dynasty and called "Nondiyattam" at that time.

LEARNING AND DEVELOPMENT

The event was not just about fun; it served an educational purpose as well. By participating in these traditional games, students gained a deeper appreciation for India's cultural heritage. They also learned important life skills such as:

- Strategic Thinking:** Games like Chess and Playing Cards required planning and foresight.
- Physical Fitness:** Activities like Racing and Kho-Kho emphasize the importance of staying active and fit.
- Teamwork:** Many games necessitated working together, teaching students the value of cooperation and collaboration.
- Coordination and Balance:** Skills were honed through games like Lattu and Kanche.
- **Cultural Awareness:** Learning and playing indigenous games fostered a sense of pride and understanding of Indian traditions.

Display of Various Games

To add to the excitement, a display of various traditional and modern games was organized. This exhibit allowed students to explore and understand the history and significance of different games, further enriching their learning experience.

The Sports Day celebration on Shiksha Saptah Day 3 at Shiksha Bharati Global School was a resounding success. It provided a perfect blend of fun, learning, and physical activity. Students not only enjoyed themselves but also gained valuable insights into the importance of sports and traditional games for holistic development. The event highlighted the school's commitment to fostering a well-rounded education that includes physical, mental, and cultural growth.







