

National Sports Day **Play Indian Sports Drive**

The month of August was dedicated to the traditional Indian Sports of our country as a part of "National Sports Day" celebration. Playing games has always been an exciting part of growing up for us all. We recollect with happiness our childhood games and gadget free days. Sports activities are a great way to make friends and be healthy as well.

Here are 4 reasons why we think playing traditional games is good for kids.

- *Does not require expensive gear*

Indian traditional games like - Kho-Kho, Kabaddi, Langadi (one-leg hopping), Skipping, Pitthoo (five stones) and many more don't require expensive equipment to play, nor does it require any uniform or specific shoes and accessories, all that is required is people to play with and space to play in.

- *Builds life skills*

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.

- *Pass our heritage*

It is equally important to teach our kids about our culture and tradition as it is to teach them new age concepts. It is vital that they know their roots and have a sense of pride about it. By playing Indian traditional games, children can connect with their heritage through sports and this has a deep lifelong positive impact on them.

- *Bridge generations*

Sports is a great connector - across countries, ages, religions and even across socio economic statuses too. No wonder sports bridge all gaps pulling people and connecting

them emotionally. Playing traditional games as a family brings the family closer, and the bond stronger. Children need unstructured playtime and introducing conventional games to the family routine can be a great bonding activity for all. Children who have strong family relationships fare well at all other aspects of life as well.

Unstructured play has a vital role in developing various aspects of children's growth, behaviour and interpersonal skills therefore, we need to re-establish traditional play in children's lives. Following activities were planned in the school to promote Indian Sports.

- 18 August: Kho kho match of the teachers*
- 22 August to 26 August: Kabaddi and Kho kho matches*
- 29 August: Prabhat Pheri - Awareness drive PROMOTING INDIAN SPORTS*
- 29 August: Kabaddi match between class4 and class5*