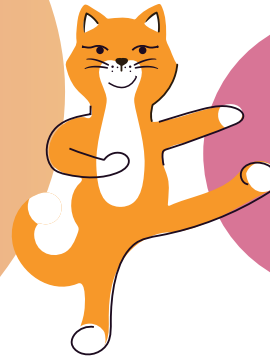


Chapter 4

Little Steps

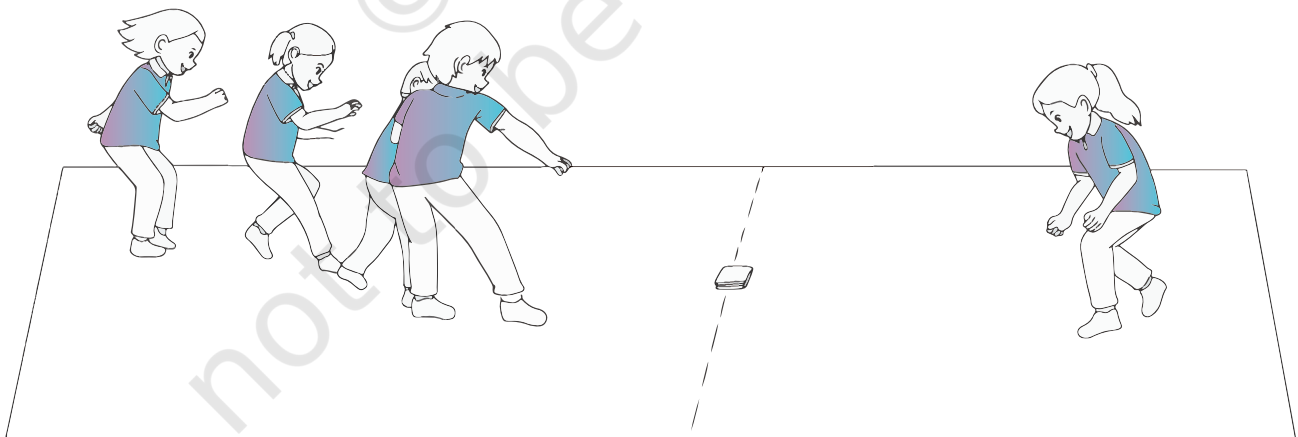


Introduction



339CH04

The key to success is to set and achieve goals. For example, holding plank for 10 seconds, balancing on one leg for 2–5 seconds, skipping for one minute. Every individual has different goals based on their needs, but there are some goals which all of us should try to achieve. In this chapter, we will set and achieve personal goals on maintaining balance and growing strong.





BM 19

Balancing the Stick**Required Material**

Stick

How to play

- Find a safe space in the playing area.
- Take a stick from your teacher and set your target.
- Place the stick on your palm and balance it to stand without falling.
- Record the time till when you can balance. Try to improve your target time each time.

**Note for the teacher****Purpose**

Develops balancing ability, strategic thinking, shifting of weights with or against gravity, and decision-making.

Variations

- Play this as a game with classmates. The student who balances the stick for the longest duration wins.

Circle Time

Discuss what each player did to balance the stick.





BM 20

Keep on Moving

How to play

- Draw a start line and a finish line in the play area.
- Form groups of four. Three players will hold hands with each other and the fourth student will be in the middle.
- The target is to move the entire group from the start line to the finish line without touching the student in the middle.
- The team that reaches the finish line first wins.



Note for the teacher

Purpose

Development of coordination, cognitive abilities and concentration.

Variations

- Play the game with two players in the middle.
- Play the game while holding the shoulders of teammates.

Circle Time

Star and Wish





BM 21

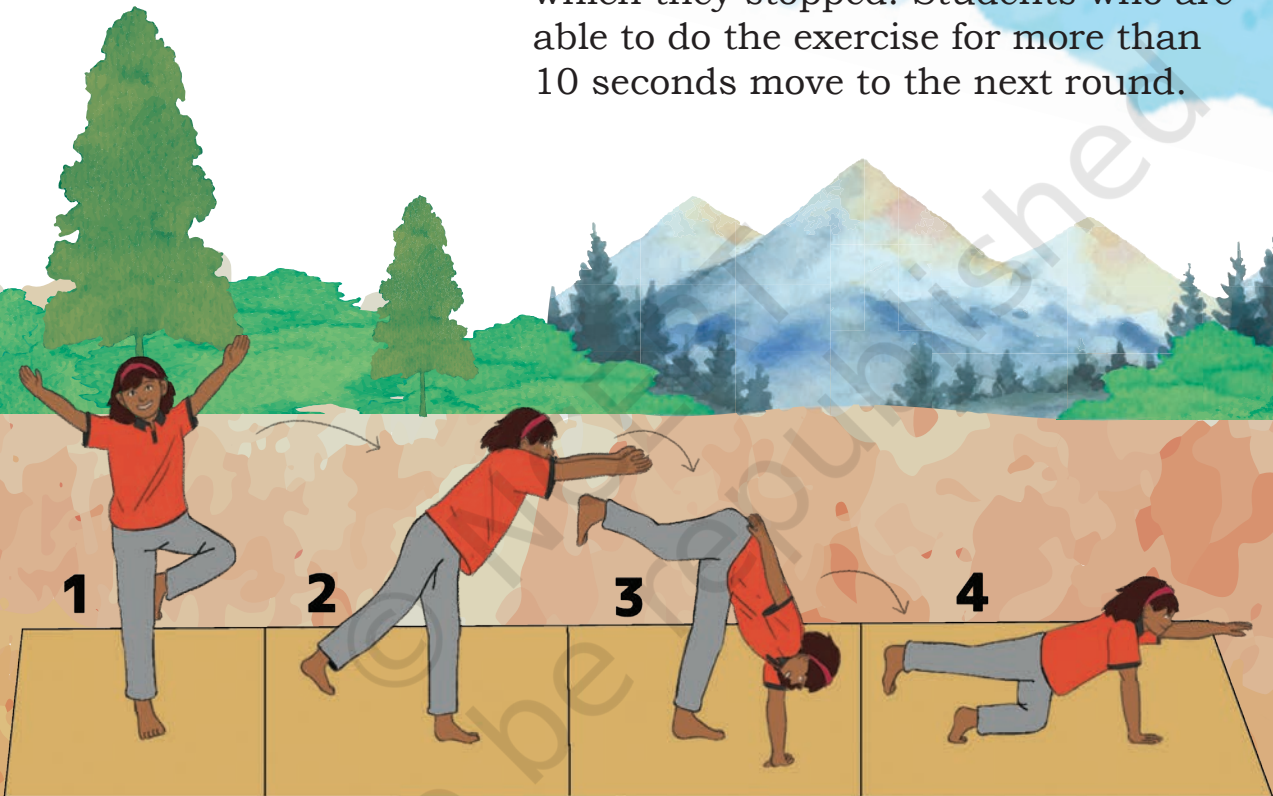
Hold your Ground

Required Material

Marking powder
Music player

How to play

- Draw four boxes on the ground. Each box as a station represents one type of exercise explained by the teacher.
- Run, jump, walk around the boxes while the teacher plays the music.
- As the music stops, students perform the designated exercise of the box in which they stopped. Students who are able to do the exercise for more than 10 seconds move to the next round.



Note for the teacher

Purpose

To enrich the ability to remain stable with the help of limbs in changing situations.

Variations

- Start with two stations and gradually increase the number of stations.
- Increase the hold target to more than 10 seconds.

Circle Time

Star and Wish





BM 22

Planks

Required Material

Mat

How to play

- Lie down on your stomach.
- With the help of your elbow, lift up your body such that the body is parallel to the ground, knees are straight and lower body is on the toes.
- Try to hold the body in the same position for as long as possible. Keep a record of the time.



Note for the teacher

Purpose

Enrichment of core muscles, mental strength and will power.

Variations

- Start with the knees, bend on the ground and slowly move on to the advanced stage.
- Improve the time, starting from 2 seconds and moving up to 10 seconds.

Circle Time

Identify the areas of the body where you felt the stress.





BM 23

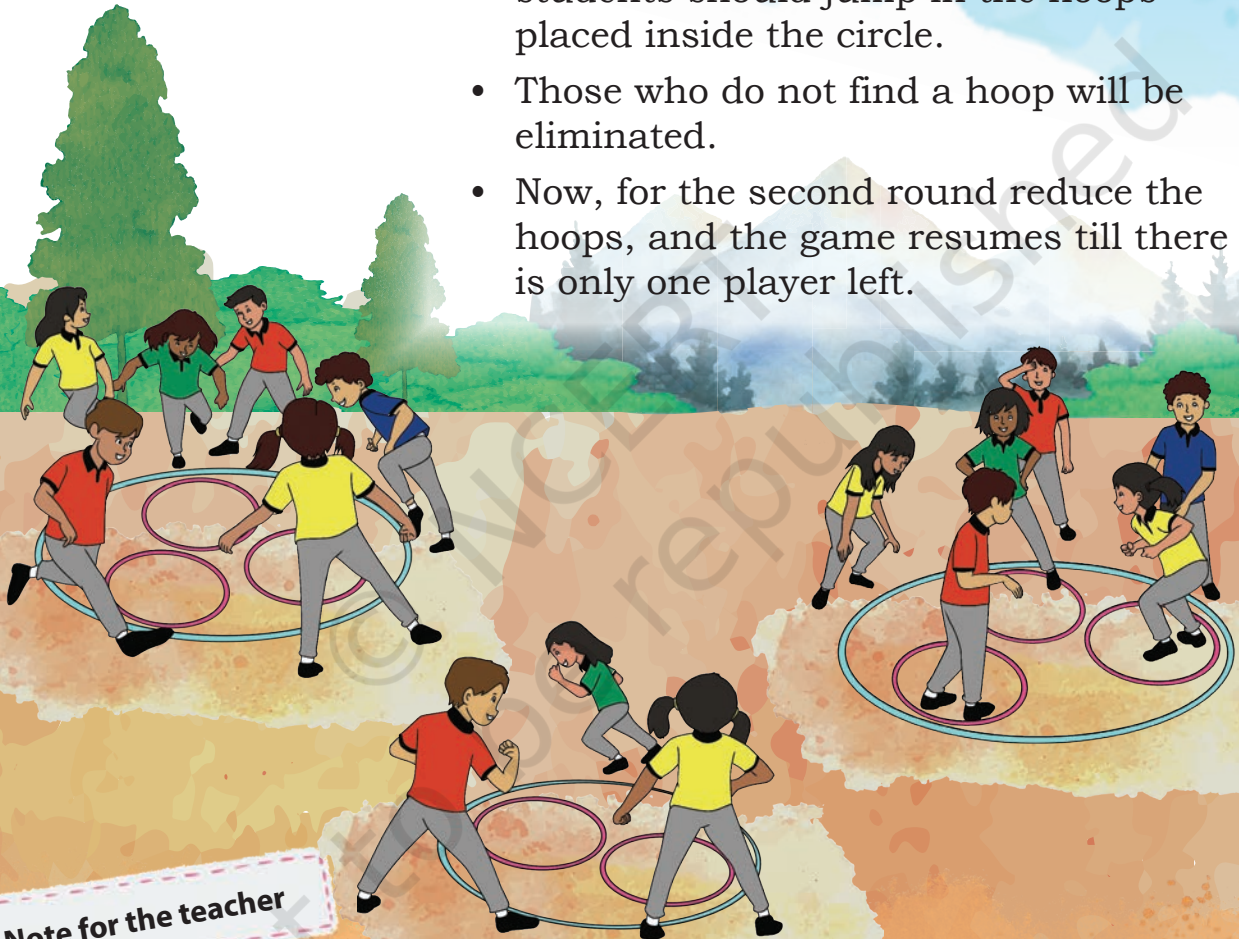
Find the House

Required Material

Hoops

How to play

- Mark a big circle and place hoops inside it. The number of hoops should be less than the number of players.
- The game starts at the blow of the whistle. Students start running or skipping around the big circle.
- On the blow of the second whistle, students should jump in the hoops placed inside the circle.
- Those who do not find a hoop will be eliminated.
- Now, for the second round reduce the hoops, and the game resumes till there is only one player left.



Note for the teacher

Purpose

Nurturance of mental acuity, decision making and quick reaction time.

Variations

- Use movements of different animals while running around the circle.
- The number of players around a circle and the number of hoops can be varied.

Circle Time

Star and Wish





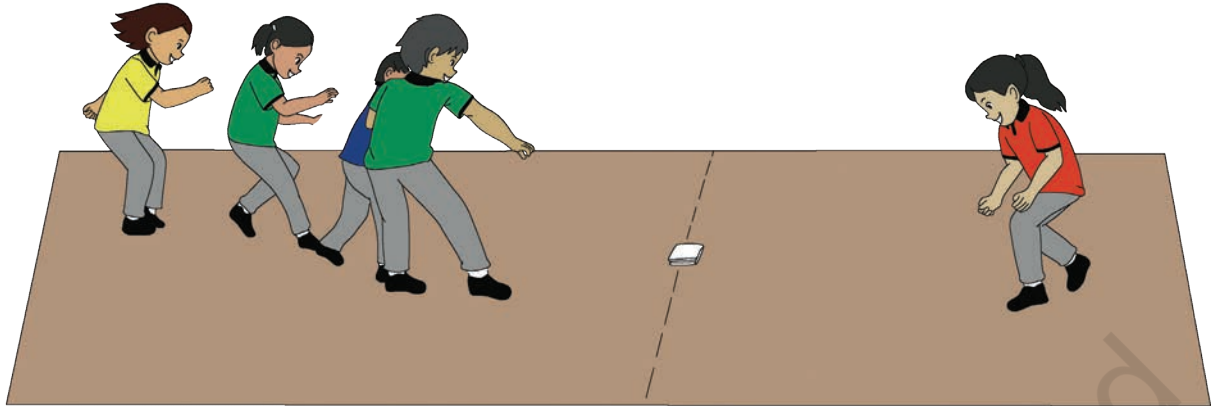
BM 24

Chor-Police**Required Material**

Marking powder

Balls or any other object





How to play

- Divide the area into two parts and place an object at the centre of the playing area.
- One student will be the police guard and others will be the thieves who try to take the object from the centre.
- The thieves will stand on one line facing the object in the centre. The guard will stand facing away from the object.
- Thieves move towards the object when the guard is looking away. When the guard turns towards the team, players have to freeze like statues.
- Whoever is caught moving will be out. The game continues till someone steals the object. That person becomes the next guard!

Note for the teacher

Purpose

Enrichment of cognitive abilities, balance and coordination and enhanced brain function.

Variations

- Try moving like different animals.
- The number of objects and guards can be increased.

Circle Time

Star and Wish





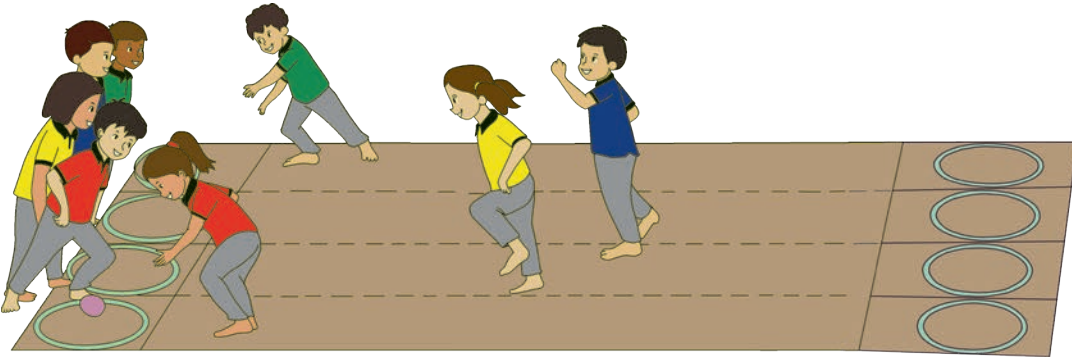
BM 25

Shuttle Run**Required Material**

Hoops

Soft balls





How to play

- Mark two lines and place hoops on both the lines. Place four balls in each hoop on the far line.
- Form teams of four members each. Teams stand in the queue behind the empty hoops, marking it as the starting point.
- The game starts on the blow of the whistle. The first player in each group skips (movement like horse) and goes to the far end to pick up a ball from the hoop.
- After picking up the ball from the hoop, the player returns back to the starting line and drops the ball in their team's empty hoop.
- The next player in each group starts trotting as soon as the previous player drops the ball in the hoop. The game continues till all four players skip and bring the ball from the far end of the hoop.
- The team that finishes first wins the game.

Note for the teacher

Purpose

Development of agility, coordinative ability.

Variations

- Use backward walk to come back.
- A number of obstacles can be added in the playing area.

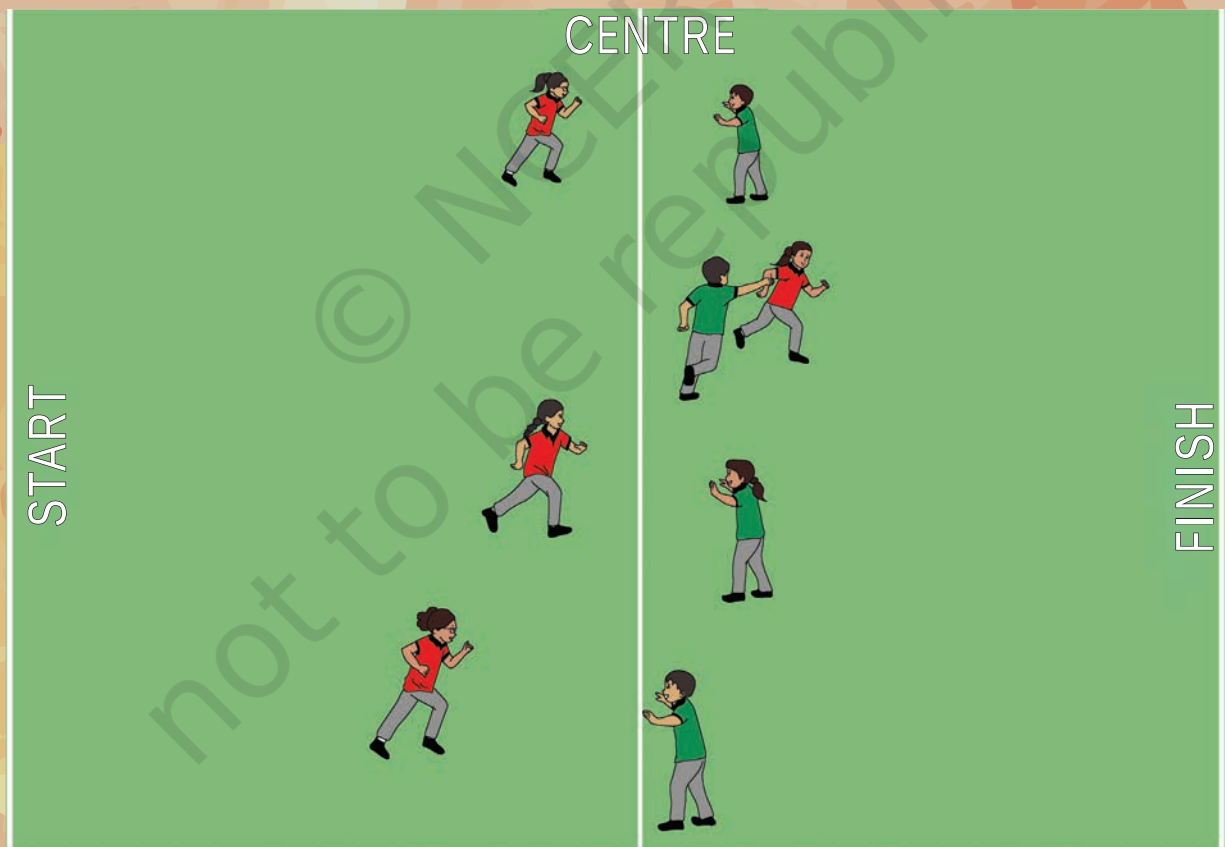
Circle Time

Star and Wish





BM 26

**Dodging
Move to Safety**



How to play

- Make two groups. Mark three lines on the ground—Start line, Centre line and Finish line.
- One group called Runners will stand on the starting line and the other group called Chasers will stand at the centre line.
- Runners have to run and dodge the Chasers and reach the finish line without getting touched or caught.
- The number of people reaching the finish line will be the number of points scored by that team.
- Now change the roles and play again.

Note for the teacher

Purpose

Development of quick reaction time, agility, coordinative ability and flexibility.

Variations

- Vary the action while running from the start line.

Circle Time

Star and Wish

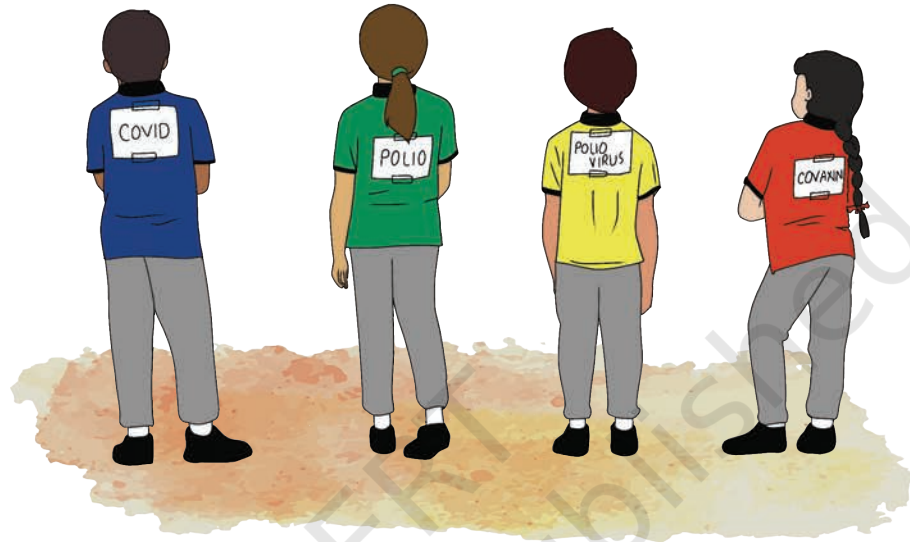




BM 27

**Vaccine
Vijayate****Required Material**

Disease and
vaccine tags





How to play

- Divide the class into two groups— one known as the Disease group, and the other as the Vaccine group.
- Write the names of some diseases on paper and tag them on the backs of the Disease group players.
- Write the names of the vaccines for those diseases on a paper and tag them on the back of the Vaccine group players.
- On the blow of the whistle, the game starts. Players from the Vaccine group try to catch the respective diseases cured by their vaccines.
- Note the time in which all the players of the Disease group are caught by the Vaccine group.
- Reverse the roles. The Disease group players catch the respective vaccine member.
- Note the time taken by the Disease group to catch all the Vaccine members. The group that takes less time wins.



Note for the teacher



Purpose

Familiarisation or development of awareness towards immunisation and vaccination, avoiding fear of pricking.

Circle Time

Discuss different types of diseases and their vaccines.

Notes

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