

LESSON No. 4



TEAM GAMES - YOUR HEROES

A game is contest with rules to determine a winner. It is also played for amusement or pastime, yet, there has to be a winner. A game starts being a sport when you compete with others humans. And stop being a sport when you do it alone. Then, it becomes practice. Therefore, a sport needs a game to exist. Games and sports not only gives recreation of human mind but also are immensely beneficial for the mental and physical health. In games and sports, one learns to humbly accept defeat and success, which are indeed valuable ingredients of life. Above all, it is a national pride to win the medals in the international games.

Team games are played in groups. You must have certainly played games with your friends dividing yourselves into two sides or groups. Each side/group competing with another group/side is called a team. You must have also noticed that winning is not easy even if an individual is very good in a team. It means that for a team to win few factors are required, such as:

- Every member in a team has to be physically fit
- Every member has to possess an average level of skill-set
- Every member has to play in their specific positions

But the most important factor is that each member has to **support another one, coordinate and play together**. This is called **team**

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spirit. Without it, a team cannot win. There are other requirements such as perseverance, will, courage, effort, determination, discipline and training with a good coach. But all these qualities have to be moulded towards forging team spirit. Then only, a team can win. In other words, you always have to watch out for your partner or team members and support them.



Do boys and girls play together?

In childhood or the under-age group, certainly, boys and girls play together. In indoor games such as lawn tennis, badminton and table tennis, there are events known as mixed-doubles in which the pair of a team is co-ed (lady and gentleman). However, we are yet to witness the same in games such as basketball, volleyball, cricket, rugby, football and hockey, etc. Sometimes, in exhibition matches or during training session of such games, we do witness the mixing of gender in the teams. But these are exceptions.

Co-ed (mixed boys and girls) sports teams are beneficial for many children, particularly children under age. Boys and girls who participate in sports together are less likely to form thoughts of gender inequality throughout childhood and adulthood. Interacting with the opposite sex in early age helps children to develop sensitivity towards the other sex. Sports, especially, give children the opportunity to witness the physical and mental capabilities of each sex.

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- Which is your favourite team game/sport?

- Who are your favourite sportspersons/heroes of your favourite game/sport? Name five.

- Do you know any National level player from Manipur? Make a list along with the name of the sports and the club which they represent.

ACTIVITY

Give the name of the countries where Indian National Football Team played in the last five years. Find out the Manipuri players in the team.

