

## LESSON No. 3



### FUNS AT PLAY

#### **Play is a way of socialisation and fostering team spirit**

Play is fun. Initially when we play with strangers, we tend to compete and fight. But gradually we start respecting them for their skills and courage. Over time, we become friends. By playing together we start looking after each other. A spirit of comradeship binds us. This is called the team spirit.

Children are the future pillars of the nation . Every child should have the right to learn, play and enjoy. This will lead to a successful development of mental and physical health in their future life. Child life is a beautiful and delicate period during which lots of changes happened. If proper guidance is not given to the children it may affect the future of the child. To remain healthy, children are required to give proper and sufficient nutrition, good moral education, proper guidance, and many more advices. The future of a nation remains in the hands of today's children. When they become adults they would shape the fate of the nation. One of the most important activities that the children would require during their childhood is playing games and sports.

Keeping our body in sound health is a very important duty to be done by everybody in life. Without good health the charm of life is generally taken to be meaningless. A nation can be called developed only when sport is taken as one of its prior subjects of importance. Therefore, developed countries give more priority to the development of health and educa

#### **ENVIRONMENTAL STUDIES CLASS- IV**

tion. There are meanings for playing sports. There are fun, good discipline, entertainments, good health mentally and physically. Therefore, playing games and sports has been a prime importance for a country for its good governance. However, in a country like India where the number of population is more than a billion, to keep each and every citizen healthy is not an easy task. The government has given continuous effort for the development of games and sports.

There are many games which can be played at our home. Board games, like carrom, chinese checkers, snakes and ladders, chess, ludo, scrabble, etc. are indoor games whereas lawn tennis, hide and seek, football, volleyball, cricket, kabadi, hockey, basketball, etc. are outdoor games. Boxing, judo, karate, kung-fu, etc. are some form of fighting games.

The important components of games are goals, rules, challenge and interaction. Generally, goals involve mental or physical stimulation and often both. Many games help in developing practical skills, serve as a form of exercise or otherwise perform an educational, stimulatory or psychological roles.

**Write the names of the game that you play both at home and school.**

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The requirements that we need to play a game depends on game we play. Some of the games do not require much materials, for example, race, kabadi, hide and seek, etc. will require only the field or place where we should play. Some board or card games require cheap materials to play. The school provides most of the materials to play different indoor and some outdoor games. However, some of the games require big fields,

courses, good and costly infrastructure, etc. For school going children , most of the materials are supplied by the schools.

Whereas games are often characterized and defined by their rules. While rules are subject to variations and changes, enough changes in the rules usually results in a “new” game. For instance, baseball can be played with “real” baseballs or with waffleballs. However, if the players decide to play with only three bases, they are arguably playing a different game. There are exceptions to this that some games deliberately involve the changing of their own rules, but even then there are often unchangeable meta-rules.



Rules generally determine turn order, the rights and responsibilities of the players, and each player’s goals.

### **ACTIVITY**

*Discuss any game. Make your own rules. Write them down and play the game.*