

Work and play

LEARNING OBJECTIVES

This lesson will help you to:

- ❖ Study about different types of games and sports.
- ❖ Learn about the importance of team spirit in games.
- ❖ Study about gender and class stereotyping in play.
- ❖ Study about local and traditional games.
- ❖ Learn about changing pattern of local games.
- ❖ Study and learn about the changing nature of leisure.
- ❖ Learn about the art of blowing and different techniques of breathing.
- ❖ Learn about the role of labour in our society.

Real-Life Example

- ❖ Gender stereotyping can be seen in today's modern homes when parents allow their sons to go out at night but put restrictions upon their daughters.

QUICK CONCEPT REVIEW

Team: A group of players forming one side in a competitive game or sport is called a team.

Teamwork: The efforts undertaken by every team member for the achievement of the team's objective is known as teamwork.

Team Spirit: An enthusiastic attitude towards working or playing together with other people as a team is known as team spirit. Team spirit is about supporting your team, respecting others and most of all encouraging your team mates.

T- Trying your best

E- Encourage

A- Achievement

M- Must always show team spirit

S- Supporting

P- Participating

I- Impossible (it's impossible to win if you have no team spirit)

R- Respect

I- Important (it's important to show team spirit)

T- Together (we work together)

- ❖ Playing in a team with the correct team spirit extremely important for winning the game.
- ❖ A team is headed by a captain. A captain has a significant responsibility for strategy and teamwork while the game is in progress on the field.
- ❖ Usually the teams of a particular sport are different for men and women.

Example: The cricket team representing a country is different for men and women.

- ❖ Teams play at national and international levels the international level they compete with teams from other countries whereas at the national teams from different states compete with each other.
- ❖ Not all games are played in teams.
- ❖ Every country has a game that is recognized as it's all national game.
For example. Hockey is the national game of India.
- ❖ Even today, gender stereotyping can be seen different plays. Men are given preference over women in the games, as it is supposed that play requires the players to be strong and masculine. And women are considered to be the weaker gender. Even today, women teams are struggling to get the same appreciation as obtained by their male counterparts despite of having abundant talent.

LOCAL ARTS AND MARTIAL ARTS

- ❖ India is a home to a variety of martial arts.
- ❖ Martial art form has been given a lot of importance in Indian culture.
- ❖ The various forms include acrobat, wrestling, boat race, etc.
- ❖ Even today these games are played and practiced.
- ❖ Some of the traditional games are chess, kho-kho, gilli danda, kabaddi, etc.

Misconcept/Concept

Misconcept: Traditional games are boring.

Concept: Traditional games are not boring but interesting. They include different techniques and involve the use of your physical as well as mental abilities. They represent the tradition and several games played today are modifications of the traditional games. For Example: Wrestling today is a modified form of the traditional game pehalwani or kushti.

Misconcept: Gender stereotyping is prevalent only in developing countries like India, and men and woman are treated as equals in the developed countries like the USA.'

Concept: Gender stereotyping is prevalent across the world irrespective of the development of a country. These stereotypes arise due to one's thinking and have nothing to do with

development. Women are still considered a weaker sex across the globe.

Amazing Facts

- ❖ The longest cricket match took place in 1939 between England and South Africa, after 14 days it ended with a tie.
- ❖ Despite of cricket being a team game, individuals are stressed upon and put under pressure.
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- ❖ Mahatma Gandhi called the people of lower castes (untouchables) as 'harijans' meaning children of god to ward off the elements of untouchability from the society.
- ❖ Martial arts originated in India, and later spread to Asia and other parts of the world through Buddhist missionaries.

Some other traditional games of India are:

Art From	Description
Gatka	It is a weapon-based style adapted from the Sikhs of the Punjab.
Lathi	It is an armed martial art of India. Lathi or stick martial arts are mainly practiced in Rajasthan and Bengal region of India. Lathi still remains a popular sport in Indian villages.
Silambam	It is a weapon-based style from Tamil Nadu which focuses on the bamboo staff
Pari-khanda	It is a style of sword and shield fighting from Bihar.
Vallam Kali	It is a traditional boat race in Kerala, India. It is a form of canoe racing, and uses paddled war canoes.
Pehlwani	It is a form of wrestling. A practitioner of this sport is referred to as a pehalwan, while teachers are known as ustad.

- ❖ The people involved in these traditional games usually practice it for many years before mastering it.
- ❖ They are trained by experienced teachers whom they call their guru, ustad or teacher.
- ❖ The scene of traditional games in India is changing and western games are given more importance by the youth.

CHANGING NATURE OF LEISURE

- ❖ Television is an important source of leisure in today's time. With so many channels and programs to choose from, one gets a variety on television. From sports to fashion and travel, news to fictional serials, everything is shown on TV. It has become an important source of entertainment and also a way to keep one updated.

BLOW HOT BLOW COOL

- ❖ 'Blow Hot Blow Cool' is a story written by br. Zakir Hussain, former President of India.
- ❖ When we breathe, our chest contracts and expands when we inhale our chest expands whereas when we exhale our chest contracts.
- ❖ We blow to cool or warm any object. For example, when drinking a hot cup of tea we blow it to cool it down. In winters, we blow air on our hands to warm them up.
- ❖ We blow on fire to keep it burning. Every fire needs three things to make it burn and keep it burning. They are fuel, heat and oxygen. Without all three of these elements at all times, the fire will go out. Blowing on a fire increases the amount of oxygen which greatly accelerates the burning of the fuel which creates more heat.

ROLE OF LABOUR IN OUR SOCIETY

- ❖ Labour or the people who do work for us are extremely important. Without them, we won't be able to cope up with the pace of life.
- ❖ Some of the work they do for us is dirty while some of it is clean.
- ❖ Such people include sweepers, maids, car washers, toilet cleaners, etc.
- ❖ We must understand that they are humans too and should treat them with respect during our conversation with them. We should be sensitive towards them and should not ill-treat them.
- ❖ We, as a society, are dependent on them and thus should be thankful for their services.

Historical Preview

- ❖ Ludo (also called pachisi) originated in India in the 6th century. The earliest evidence of this game in India is the depiction of boards on the caves of Ajanta. This game was played by the Mughal emperors of India. Variations of the game made it to England during the late 19th century.
- ❖ Snakes and Ladders, one of the most widely played board games, was created by the 13th century poet Saint Gyandev. Originally, it

was known as 'Mokshapat'. The ladders I the game represented virtues and vices were represented by the snakes.