



केन्द्रीय विद्यालय संगठन

पारंपरिक स्वदेशी खेल



Zonal Institute of Education and Training
Chandigarh

संरक्षक



**श्री विकास गुप्ता, भा. प्र. से.
आयुक्त**

केन्द्रीय विद्यालय संगठन, नई दिल्ली



**सुश्री चंदना मंडल
अपर आयुक्त (शैक्षिक)**



**श्री डी. मणिवण्णन
संयुक्त आयुक्त (प्रशिक्षण)**



**श्रीमती श्रुति भार्गव
उपायुक्त एवं निदेशक,
आंचलिक शिक्षा एवं प्रशिक्षण संस्थान, चंडीगढ़**

कार्यशाला का नाम

**"स्कूलों में सुरक्षा और अधिकार सुनिश्चित करना" विषय पर
टीजीटी (शारीरिक शिक्षा) हेतु तीन दिवसीय कार्यशाला
दिनांक: 26.11.2025-28.11.2025**

समन्वयक एवं संसाधक

डॉ रमाकांत उपाध्याय

प्रशिक्षण सहायक (जीव विज्ञान)

आंचलिक शिक्षा एवं प्रशिक्षण संस्थान, चंडीगढ़

संसाधक

श्री अजीत

टीजीटी (शारीरिक शिक्षा)

पीएम श्री केंद्रीय विद्यालय एएफएस तुगलकाबाद, दिल्ली

संपादन एवं संकलन

श्रीमती विजया परिहार

टीजीटी (शारीरिक शिक्षा)

पीएम श्री के वि धर्मशाला कैंट

श्रीमती मोनिका नेगी

टीजीटी (शारीरिक शिक्षा)

पीएम श्री के वि क्रमांक- 2, रूड़की

प्राक्कथन

विद्यालय केवल ज्ञान का केंद्र नहीं, बल्कि विद्यार्थियों के लिए एक सुरक्षित, सहयोगात्मक और सशक्त वातावरण का प्रतीक होना चाहिए। वर्तमान समय में जब बच्चों के अधिकारों और सुरक्षा के प्रति जागरूकता लगातार बढ़ रही है, शिक्षकों की जिम्मेदारी और भी बढ़ जाती है कि वे न केवल गुणवत्तापूर्ण शिक्षा दें, बल्कि एक ऐसा विद्यालयी वातावरण भी सुनिश्चित करें, जो हर बच्चे के लिए सुरक्षित और सम्मानजनक हो। राष्ट्रीय शिक्षा नीति 2020 और बच्चों के अधिकारों से जुड़े विभिन्न राष्ट्रीय व अंतरराष्ट्रीय दिशानिर्देश इस दृष्टिकोण को और भी बल देते हैं। इसी संदर्भ में TGT (PHE) हेतु “स्कूलों में सुरक्षा और अधिकार सुनिश्चित करना” विषयक 3-दिवसीय कार्यशाला एक अत्यंत महत्वपूर्ण और समयोचित पहल है।

यह कार्यशाला शिक्षकों को न केवल विद्यालय सुरक्षा मानकों और बाल अधिकारों से अवगत कराएगी, बल्कि उन्हें इनका प्रभावी पालन सुनिश्चित करने की प्रेरणा भी देगी। विशेषज्ञ सत्रों, केस स्टडी, समूह चर्चाओं और व्यावहारिक अभ्यासों के माध्यम से प्रतिभागी शिक्षक बाल संरक्षण के महत्वपूर्ण पहलुओं जैसे बुलिंग, शारीरिक एवं मानसिक दुर्व्यवहार, नशे की प्रवृत्ति और साइबर अपराध के प्रति जागरूक और उत्तरदायी दृष्टिकोण विकसित कर सकेंगे। इसके अतिरिक्त, यह कार्यशाला उन्हें आपदा प्रबंधन, प्राकृतिक आपदाओं से सुरक्षा और स्वास्थ्य संबंधी खतरों से जुड़े विद्यालयी उपायों को समझने और लागू करने में भी सक्षम बनाएगी। यह सुनिश्चित करना कि हर बच्चे को सुरक्षित और सहयोगात्मक वातावरण में सीखने का अवसर मिले, शिक्षक की एक प्राथमिक जिम्मेदारी है।

मैं इस कार्यशाला के सफल आयोजन के लिए समन्वयक, संसाधकों एवं सभी प्रतिभागी शिक्षकों को अपनी हार्दिक शुभकामनाएँ प्रेषित करती हूँ। मुझे पूर्ण विश्वास है कि यह कार्यशाला शिक्षकों को प्रेरित करने, उनके ज्ञान को समृद्ध करने और उन्हें व्यावहारिक दृष्टिकोण प्रदान करने में सहायक सिद्ध होगी।

(श्रुति भार्गव)

उपायुक्त

उपायुक्त एवं निदेशक

आंचलिक शि. एवं प्र. संस्थान, चंडीगढ़

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GAME: Chain- Chain (Human Chain Tag)

Class: Preparatory and Middle Stage

Number of the Participants: 10-30

Duration: 10-15 minutes

Description and Method

- Chain- Chain is a traditional chasing/tag game that requires no equipment.
- The game is played in an open field or school playground.
- The game starts with a "Denner" who catches other players.
- When the Denner catches someone, the caught player takes/holds their hand and becomes part of the chain.
- As the chain grows longer, the entire chain joins in and catches the remaining players. The game continues until all players have been caught and become part of the chain.

Rules of the Game

- The Denner can knock someone out simply by touching them with their hands.
- The player who is touched will join the chain and help catch the next one.
- Chain members must move while holding hands. Letting go of hands is not allowed.
- Players cannot go outside the safe zone or boundary.
- The first player who caught by the denner becomes the denner for the next round.

Safety Measures Followed

- The playground was chosen in a flat and safe area.
- No obstacles were placed in the running space.
- Students were instructed not to push or shove while running.
- Pairs were taught slow and coordinated movement while running in a chain.

Outcomes

- Develops Teamwork and coordination skills.
- Helps to improve motor skills.
- Improve social bonding and cooperation among students.
- Helps to develop the habit of following rules and fair play

Competency Mapping

- 1- Developing a combination of movement, motor skills (running, dodging, balance, coordination).
- 2- Develops teamwork and cooperation
- 3- Enhances decision-making skills
- 4- Designs a basic strategy and play the game accordingly



Name of the teacher: Preeti Shukla

Designation: TGT(P&HE)

KV: Bilaspur

GAME: Four Corners (Indigenous Running Game)

Class: Middle Stage

Number of Participants: 8–16

Duration: 20–30 minutes

Description and Method of game:

- Four Corners is a traditional recreational running game played in open spaces.
- Four corners are marked in the play area, and each corner can hold one or more players.
- The game continues with players switching corners, running strategically, and avoiding the catcher.

Rules of the Game

- No equipment or props are used—only marked corners.
- One student stands in the center as a catcher.
- Players can switch corners at any time, but they must run safely.
- The catcher must try to reach an empty corner before a player occupies it.
- A player who loses their corner becomes the next catcher.
- Players must remain within the play boundaries.

Safety Measures

- The ground must be clean and clear.
- A proper warm-up session can be conducted before the game.
- Students are instructed to maintain safe distances while running.
- Students must avoid rough play or pushing during the game.
- Teacher continuously supervised to avoid collisions.
- Corners should have marked clearly to prevent confusion.

Outcomes

- Develops speed, agility, and quick reaction time.
- Improves alertness and decision-making skills.
- Enhances cooperation and social interaction among students.
- Promotes physical fitness through fun and active participation.

Competency Mapping

1. Improves running speed, agility, and coordination.
2. Performs two or more fundamental movements at the same

3. Develops alertness and quick reaction skills.
4. Creates and applies safety rules and protocols for physical activity.



Name of the Teacher: Praveen Kumar

Designation: TGT (P&HE)

KV: PM SHRI KV AFS Tughlakabad

GAME- Shadow Tag

Class: Middle Stage

Number of the participants: 20-30

Duration: 10- 15 Minute

Description and Method:

- Shadow tag is a safe, no-equipment traditional outdoor game where students try to tag one another by stepping on shadows instead of physical contact.
- This reduces the risk of injuries while still providing fun and active participation.
- One student begins as the tagger. All players spread out within a defined playing area. the tagger attempts to tag others by stepping on their shadow and calling out “shadow”.
- Students must stay alert, move strategically, and be aware of sunlight direction to avoid having their shadow stepped on.
- When a player’s shadow is stepped on, that player becomes the new tagger.
- Students are reminded to avoid pushing, sprinting excessively, or leaving the play boundary to ensure safety.

Outcome:

This game enhances agility, spatial awareness, observation skills, and strategic movement – making it highly suitable for preparatory stage and middle stage learners.

Rules of the Game:-

- All players spread out within a defined playing area, no player should leave the specified playing area.
- Players cannot push each other, or sprinting excessively.

Safety Measures Followed:-

- Students are advised to remain alert to avoid falling or bumping into others.
- First- aid facility is kept ready in case of minor injuries.
- Adequate spacing is maintained to avoid collisions among players.
- The playing area is clearly marked and free from stones, holes, or any sharp objects.

Competency Mapping

1. Develops locomotor skills such as running, dodging, and balance.

2. Enhances alertness and spatial awareness using light and shadow.
3. Builds strategic thinking and quick decision-making.
4. Promotes safe play, self-control, and cooperation.



Name of the teacher: Pratibha Tokra

Designation: TGT, PHE

KV: Akhnoor No 2

GAME: Standing KHO-KHO (Recreational Version)

Class: Middle and Secondary Stage

Number of Participants: 10–20 students

Duration: 10–15 minutes

Description and Method

- Standing Kho-Kho is a simplified recreational version of the traditional Kho-Kho game.
- In this version, players remain standing instead of sitting in alternate lanes.
- One player acts as the Runner, who moves around the play area to avoid being touched. Another player is the Chaser; whose aim is to tag the Runner with a light hand touch.
- Other players wait outside and take turns as Runner or Chaser.
- This game is fun, safe, easy to organize, and helps children develop agility, quick reflexes, and teamwork

Rules of the Game

- The game starts with one Runner and one Chaser inside the play area.
- The Runner can move freely within the boundary line.
- The Chaser must tag the Runner with a light hand touch only.
- No player is allowed to step outside the boundary.
- Pushing, blocking, or any rough play is strictly not allowed.
- Each Runner gets 30–60 seconds to avoid the Chaser.
- After each round, a new Runner and Chaser are rotated in.

Safety Measures

- The play area is checked to ensure it is clean, safe, and free of obstacles.
- Students are instructed to maintain safe distance while running.
- Only soft hand touch is allowed to avoid injury.
- The teacher/referee supervises the game throughout.
- Any student feeling tired or unwell is allowed to rest immediately.

Outcomes

- Improves students' agility, balance, and speed control.
- Enhances teamwork, discipline, and sportsmanship.
- Develops coordination, endurance, and alertness.

- Students learn to play safely and follow rules.
- Encourages confidence and active participation in physical activities

Competency Mapping

1. Improves agility, speed, and coordination.
2. Develops quick reflexes and reaction time.
3. Enhances strategic movement and decision-making.



Name of the Teacher: Rajiv Singh

Designation: TGT P&HE

KV: No 2 Udhaampur

GAME: Rumal Chhu

Class: Middle Stage

Number of the Participants: 20

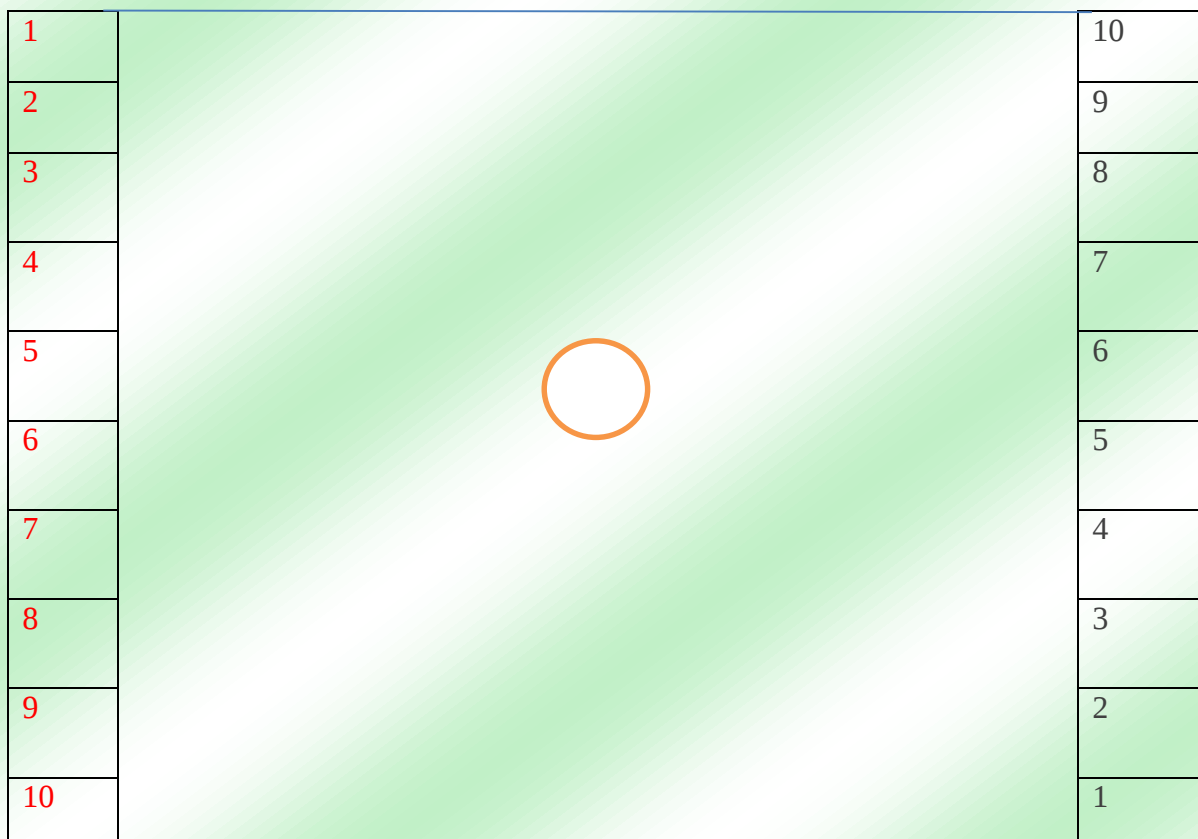
Duration: 20 Minutes

Description and Method

- Rumal chhu is a traditional game that requires no equipment.
- The game is played in an open field or school playground.
- The aim of the game to score maximum points by picking the rumal and returning to the finish line while avoiding being touched or caught by the opponent.

Game Setup-

- Teams: Divide players into two equal teams (Team A and Team B) based on class strength (e.g., Team A: 10 students, Team B: 10 students).
- Ground Measurement: Mark a playing area of 30 meters' length and 20 meters' width or according availability of ground.
- Rumal Placement: Place a rumal in the middle of the playing area.



Rules of the Game

- Players are provided by number as shown in the figure and referee will call a number randomly.
- Same number player from both of the team has to run for chase the rumal from the marked area and have to return back in their own space
- 2 points: If the player picks the rumal and returns to their finish line.
- 1 point: If the opponent touches the player while returning.
- 2 points (Opponent +2): If the opponent catches the player.

Safety Measures Followed

- Pushing and pulling is not allowed.
- Ground must be clean and clear
- Proper instructions can be provided to the childer to avoid conflicts
- Proper observation of the teacher.

Outcomes

- Strategy involves speed, agility, and evasion tactics.
- Encourages teamwork and quick thinking

Competency Mapping

1. Physical Literacy: agility, balance, coordination, endurance
2. Cognitive: observation, anticipation, decision-making
3. Socio-Emotional: cooperation, empathy, inclusion
4. Ethical & Life Skills: fairness, responsibility, sportsmanship





Name of the teacher: Rakesh Kumar
Designation; TGT, PH&E
Name of KV: Jalalabad

GAME: Shape Maker

Class: Middle Stage

Number of the Participants: 25-30

Duration: 15-20min

Description and Method

- It is a fun outdoor/indoor activity that requires no sports equipment.
- Shape Maker is a creative and enjoyable team-based activity in which students work together to form different shapes using only their body positions.
- The teacher calls out a shape such as circle, triangle, square, star, right angle etc.
- Students must quickly organize themselves and stand in a formation that clearly represents the shape.
- This game encourages teamwork, body coordination, quick thinking, communication, and creativity.

Rules of the Game

- Students cannot speak loudly—only gestures or soft communication allowed.
- Shapes must be made only using students' body positions.
- The shape must be clearly visible from a distance.
- Teacher decides which group's shape is the most accurate.

Safety Measures Followed

- Students must maintain personal space while moving.
- No running or jumping in a crowded area.
- Formations should be made on safe, even ground.
- Teacher supervises to avoid collisions.

Outcomes

- Develops teamwork and cooperation.
- Improves creativity and imagination.
- Enhances body coordination and spatial awareness.
- Encourages quick decision-making and problem-solving.
- Builds communication skills and leadership qualities.

Competency Mapping

1. Physical Literacy: body coordination, posture, spatial awareness
2. Cognitive: quick thinking, problem-solving, shape recognition
3. Socio-Emotional: teamwork, communication, cooperation
4. Creative & Life Skills: imagination, creativity, collaboration



Name of the teacher: Rashmi Kumari
Designation: TGT P&HE
Name of KV: PM SHRI KV Sunjuwan

GAME: Circle Dodge Run

Class: Middle Stage

Participants:12

Duration: 30 minutes

Description and Method

- Circle Dodge Run is played by forming two circles—an inner circle and an outer circle. Students in the inner circle walk or jog clock-wise while outer-circle players move in the opposite direction.
- When the whistle blows, outer players attempt gentle tags while inner players dodge safely by changing pace and direction.
- Tagged players switch roles, keeping the game dynamic.
- This game develops agility, quick decision making, spatial awareness, and teamwork while ensuring full participation and safety without using any equipment.

Rules of the Game

- No props or sports equipment are used.
- Players must stay within the play boundary.
- Gentle tagging only; no pushing or pulling.
- Every student participates equally.
- Safety and discipline must be maintained.

Safety Measures Followed

- Warm-up is conducted before the game.
- Students maintain safe distance,
- The ground is inspected, and the game is supervised by the teacher to avoid injuries.

Outcomes

- Helps to improve students 'agility, coordination, decision making and team **spirit**.
- They also learn traditional play culture with modern adaptations.

- 3Helps to improve physical fitness.

Competency Mapping

1. Demonstrates rhythmic movement skills
2. Cognitive: quick decision-making, anticipation
3. Socio-Emotional: teamwork, cooperation, inclusion
4. Applies safety rules



Name of the teacher: Sachin Patela

Designation: TGT (P&HE)

KV: PM SHRI KV Suranussi

GAME: Chaar Tali

Class: Middle Stage

Number of the Participants: Not less than five

Duration: 40 m or as per availability.

Description and Method

- Denner and other player runners, Denner stands facing opposite of the team and claps for 4 times.
- Opponent team moves forward and try to touch the diner and freeze immediately while diner turns towards them.
- Diner has to unfreeze the team making funny faces, telling funny jokes and funny acting without touching opponent team.
- If diner success to unfreeze any member of the team in 30 seconds, the member will be declared out, if not then diner repeats the process.
- Likewise, diner has to out all the team meanwhile if opponent team susses to touch the diner then also diner has to repeats the process.

Rules of the Game

- Unfreeze time 30 seconds for denner.
- Denner not faces the team wile clapping.
- Denner not allows touching any member of the team while unfreezing the team.
- If denner success to out all the team then the first out member will be the denner.

Safety Measures Followed

- Playing area should be free from obstacles or hazard.
- Participants should avoid rough play pushing or pulling others.
- Participants should wear appropriate attire for physical activities.
- Participants stay hydrated.
- Participants should inform an adults or teacher if the feel unsafe or face any problems.

Outcomes

- Physical fitness.

- Social interaction and teamwork.
- Cognitive skills, Creativity and expression.

Competency Mapping

1. Applies safety rules
2. Cognitive: quick thinking, strategy, observation
3. Modifies/create new games and rules which are more inclusive in nature.
4. Exhibits power, speed, strength, balance, flexibility, judgement, and reflexes in motor movements



Name of the teacher: Saroj Bala
Designation: TGT (P&HE)
KV: Fatehabad

GAME: Shapes Sprint with Twist of Angles.

Class: Middle Stage

Number of the Participants: 40 (*into 4 teams*)

Duration: 10-15 min

Description and Method

- Shape Sprint is a lively and enjoyable outdoor activity that helps students learn about shapes while staying physically active. The game is designed to make learning geometry interactive and enjoyable. Instead of studying shapes only from textbooks, students actually create them physically.
- In this game, students must pay attention to the teacher's instructions, think about the properties of different geometric shapes, and quickly organize themselves as a team. When the teacher calls out a shape, such as a rectangle, circle, triangle, or pentagon, every team runs to an open space and begins forming that shape using their own bodies.
- To create the shapes accurately, students talk to one another, decide who will stand as the corners or edges, and adjust their positions until the shape is clearly visible.
- The team that forms the correct shape the fastest is declared the winner of that round. The team that takes more time is given a small fun task such as doing squats, a shuttle run, or a short sprint. This adds excitement and keeps all students motivated and active.
- This helps them remember shapes better and understand them more deeply. Shape Sprint promotes healthy physical movement, strengthens social bonding among classmates, and turns learning into an engaging and memorable experience.

Rules of the Game

- Teams must form the requested shape clearly and visibly.
- Students may not push or argue with each other.
- Communication must be calm and quick.
- Each student counts as a vertex or part of an edge.
- Shapes must be recognizable from a teacher's point of view.
- Teacher's decision on correctness is final.

Safety Measures Followed

- Ground Activity area should be clean, stone free, with no obstacles.

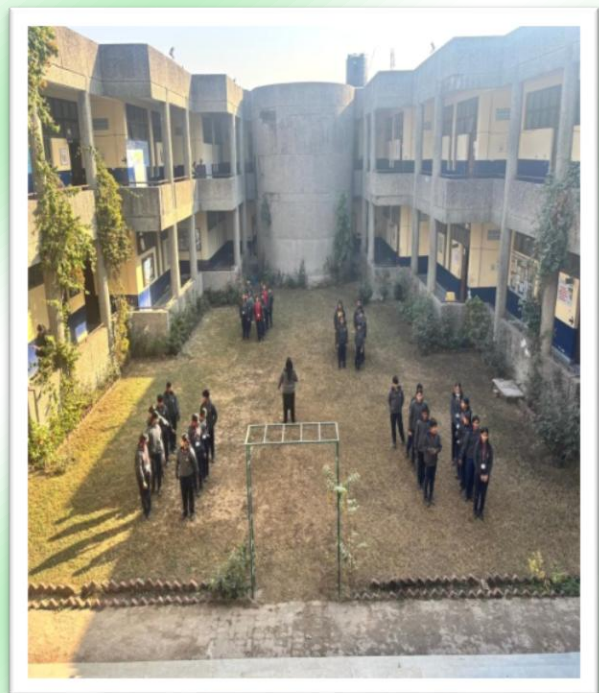
- Clear instructions to be given to the students regarding rules to avoid confusions.
- Proper warm up should be done to prevent muscle strains
- Maintaining a safe distance between students while running or forming shapes to avoid bumping into each other.

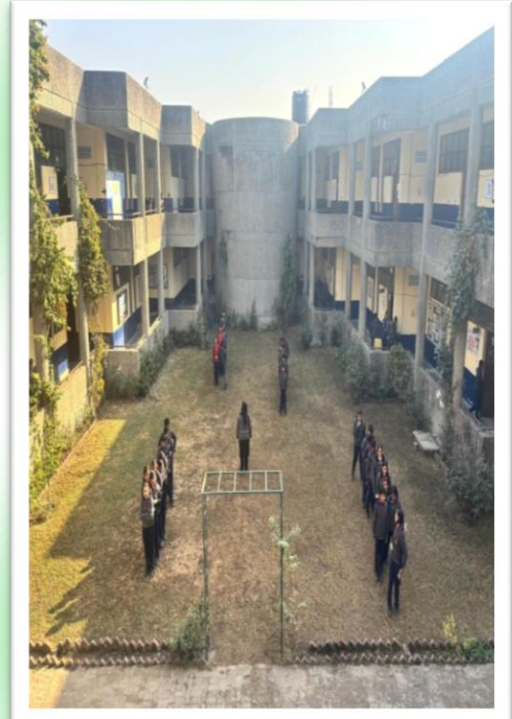
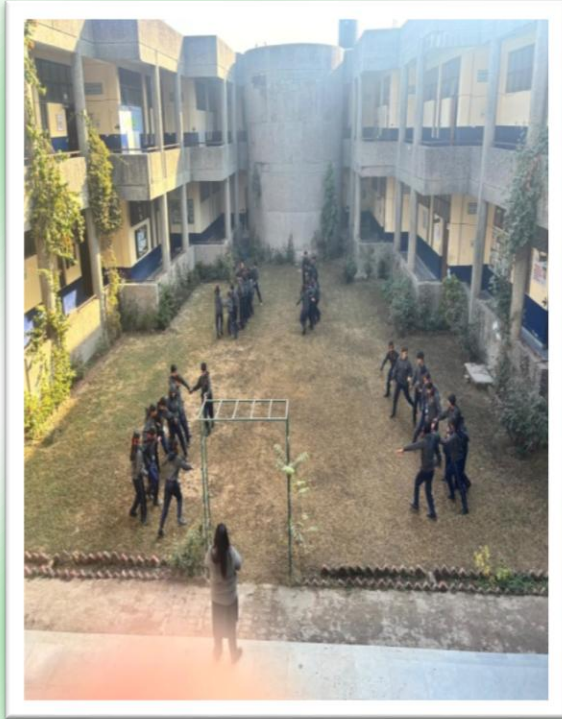
Learning Outcomes

- Helps students apply geometric knowledge practically
- Develops communication & leadership skills
- Encourages geometrical, dimensional and structural awareness .
- Builds quick decision-making and cooperation
- Indirectly involving in physical & muscle building exercises.

Competency Mapping

1. Identifies the relationship between rhythmic movement and its value
2. Negotiate, coordinate, and support one another to form accurate shapes.
3. Performs two or more fundamental movements at the same time
4. Expressing ideas, giving directions, and listening to peers during shape formation.





Name of the teacher- Yakshi Bhatia
Designation: – TGT P&HE
KV- PM SHRI KV ITBP, Bhanu

GAME NAME: CHAIN GAME/ (cross hands chain open and reverse chain)

Class: Preparatory and Middle Stage

Number of the Participants: 40 (4 Groups)

Duration: 5 To 10 Min.

Description and Method

- Students stand in a straight line, holding each other's hands.
- One student (the weaver) starts from one end of the line.
- The weaver moves in and out, under and over the hands of the standing students.
- The line remains fixed and steady; only the weaver moves.
- The goal is to reach the other end without breaking the chain or losing balance and back to initial position.

Rules of the Game:

- Students stand in a straight line and hold hands firmly.
- Students in the line must stay still and maintain their position.
- The weaver must:
 - Move under or between the arms carefully
 - Pass through every gap one by one
 - Avoid pulling or pushing anyone
- If the chain breaks or a hand is released, the attempt restarts.
- Every student gets a turn to become the weaver.
- Time may be recorded for competition—fastest weaving wins.
- No running or rushing that might cause collision or injury.

Safety Measures Followed:

- The play area must be flat, clean, and free of obstacles.
- Students should hold hands gently—not too tight to avoid wrist strain.
- The weaver must move slowly and safely, keeping balance.
- Students must avoid:
 - Pushing
 - Pulling

- Jerky movements
- Teacher must supervise the complete activity.
- If any student feels tired or uncomfortable, they must stop immediately.
- Warm-up exercises should be done before starting the activity.

Outcomes:

- Develop agility and body coordination.
- Improve balance and flexibility.
- Learn spatial awareness and controlled movement.
- Practice teamwork and patience.
- Enhance reaction time and organized body movement.

Competency Mapping

1. Develops balance, coordination, flexibility, and overall motor skills through controlled movement.
2. Builds trust, patience, and mutual respect among students while engaging in a cooperative group task.
3. Socio-Emotional: collaboration, trust-building, communication



Name of the teacher: Vikesh Kumar
 Designation: TGT, P&HE
 KV: PM SHRI JAKHOO HILLS SHIMLA

GAME NAME: An Equipment-free Innovative Traditional Indian Game

Class: Middle Stage

Number of the Participants: 12–24 players (in single group at a time)

Duration: 30-40 Minutes

Description of the Game

Kho-Kho is one of India's oldest and most popular traditional tag games, known for its agility, teamwork, strategy, and physical fitness. Traditionally, it is played with poles, sitting chasers, and running defenders. However, to promote maximum participation, safety, and ease of conduct in school settings, an innovative and equipment-free variation known as Standing Kho-Kho has been developed.

Standing Kho-Kho is an engaging, inclusive, and culturally rich variation of India's traditional game. This innovative version provides a safe environment, requires no equipment, and promotes physical, mental, and social development among students. It is an excellent choice for school activities, physical education classes, and sports awareness programs.

Description and Method

- The game begins with one active chaser and one runner inside the play area.
- The runner freely moves while maintaining safety and boundaries.
- The chaser attempts to tag the runner using strategy and quick direction changes.
- When the chaser feels tired or stuck, they touch any standing teammate and call "Kho!"
- The next chaser becomes the active chaser, continuing the pursuit.
- Runners can be rotated after each tag or at 1-minute intervals.
- The team that tags the maximum runners in the allotted time wins the inning.
- Teams switch roles after one inning.

Rules of the Game:

- Two teams are formed—Chasers and Runners/Defenders.
- Chasers stand in a straight line at equal distances (one behind another).
- Only one chaser at a time is active and tries to tag the runner.
- The active chaser can get support by touching any standing teammate and saying "Kho!"
- On receiving "Kho", the next chaser becomes active and starts chasing.

- Runners try to dodge, change direction, and avoid being tagged.
- No physical contact other than tagging is allowed.
- A tagged runner is considered out, and another runner enters the field.

Safety Measures Followed:

- Ensure the play area is free from stones, holes, or obstacles.
- Maintain safe distance while running to prevent collision.
- Warm-up exercises before starting the game.
- Students must wear sports shoes or play barefoot on grass/mat for safety.

Outcomes:

- Enhances stamina, agility, balance, and reflexes.
- Improves cardiovascular endurance.
- Boosts motor coordination and speed.
- Develops concentration and quick decision-making.

Competency Mapping

1. Develops agility, speed, stamina, balance, and overall physical fitness through continuous movement.
2. Encourages quick decision-making, anticipation, spatial awareness, and use of tactics while chasing and dodging.
3. Socio-Emotional: teamwork, cooperation, turn-taking, communication
4. Motivation & Engagement: enjoyment of active play, persistence, confidence



Name of the teacher: Amit Kumar

Designation: TGT (P&HE)

KV: PM SHRI KV No.1, Patiala Cantt.

GAME NAME: IN and OUT

Class: Preparatory and Middle Stage

Number of Participants: 15–40

Duration: 10–15 minutes

Description and Method

- In and Out” is a quick, energetic listening-skill game played without any equipment.
- Students stand in a large circle, forming an imaginary boundary line.
- When the teacher or leader calls “IN!”, all players must quickly jump inside the circle.
- When the leader calls “OUT!”, they jump outside the circle.
- The leader may give fast or tricky commands such as “IN-IN-OUT,” “OUT-IN,” or sudden pauses to test alertness.
- Any player who moves incorrectly, moves late, or loses balance is out for that round.
- The game continues with increasing speed and difficulty until the last player remains.
- A new round can start with all students again.

Rules of the Game:

- Stand on the imaginary circle boundary.
- Move only when the leader says IN or OUT.
- Wrong or slow movement results in elimination.
- No pushing or blocking.
- Maintain body balance while jumping.

Safety Measures Followed:

- Surface checked for safety.
- Students maintain safe distance.
- Controlled jumping encouraged.
- Teacher supervises throughout.

Outcomes:

- Improves concentration and listening skills.
- Enhances reaction time and coordination.
- Develops balance and spatial awareness.
- Encourages discipline and alertness.

Competency Mapping.

1. Enhances balance, coordination, agility, and overall control of body movements through quick and responsive actions.
2. Develops active listening, concentration, alertness, and quick response to verbal cues.
3. Life Skills & Ethical Competencies: self-control, perseverance, fair play,



Name of the Teacher: Anuradha Badhani

Designation: TGT P&HE

Name of KV: PM SHRI KV ITBP SHIFT 1 Dehradun

GAME NAME: Team Carry Relay

Class: Middle Stage

Number of Participants: 12-30 Students

Duration: 8–12 minutes

Description of the Game

- “Team Carry Relay” is an energetic recreational activity that builds teamwork, strength, coordination, and trust.
- Students form groups of three.
- In each group, two students act as carriers and one student sits or hangs lightly between them.
- The two carriers hold the middle participant securely by supporting him/her from the sides (shoulders, arms, or back), and together they run towards the finish line.
- After reaching the marked point, they return or switch roles and continue until all team members get a turn.
- In the picture, the children are seen coordinating their steps, balancing each other and maintaining rhythm while running.
- This activity encourages cooperation and communication among students.

Rules of the Game

- Each team must consist of three students.
- The carriers must hold the middle student safely and firmly.
- No dropping, dragging, or pulling the lifted student.
- Teams must run within the fixed track.
- If a group loses balance, they must stop and correct posture before continuing.
- No equipment is used.

Safety Measures Followed

- Area checked for stones, pits, or slippery surfaces.
- Students instructed to run at a controlled speed.
- Carriers taught how to hold the middle student safely.
- Lifted students kept their bodies steady to prevent falls.
- Teacher supervised continuously to prevent accidents.

- Warm-up done before starting the activity.

Outcomes

- Increased teamwork, trust, and cooperation.
- Improved balance and coordination.
- Developed strength and stability in the carriers.
- Enhanced communication among group members.
- Encouraged physical activity, fun, and group bonding.

Competency Mapping

1. Improves muscular strength, body balance, movement coordination, and stamina through shared physical effort.
2. Strengthens verbal and non-verbal interaction to synchronize movements and ensure safe performance.
3. Develops trust, mutual care, confidence, and positive peer relationships.



Name of the teacher: Ashish Sharma

Designation: TGT P&HE

KV: PM SHRI KV Saloh

GAME NAME: Burfi Twist Chase

Class: Middle Stage

Number of Participants: 17 to 31

Duration: 23 to 30 minutes

Description and Method

- Burfi Twist Chase is very interesting game which will increase agility, speed, team work & coordination.
- All the students will be divided into two groups, chasing team will form a Burfi like structure in rows and the running team will run in between these rows.
- From chasing team there will be one chaser who will catch the runners and also command his team to turn right or left.

Rules of the Game:

- Whole group will be divided into two halves.
- One team will be Running team and the other will be Chasing team.
- Make 4 or 5 groups of chasing team with equal number of participants (e.g., 21 participants are there in one team, then make 4 groups each group will have 5 participants. One will remain as active chaser).
- Now these 4 groups will make separate chains by holding hands of their group members and stand in rows to make a burfi bridge.
- Now running team will send their 3 to 5 participant at a time for running through this burfi bridge without breaking the chains. Active chaser will chase the runners and also command other chasers to turn right/left (now hold the hands in same side) as per requirement to catch the runner's.
- As all the runners will get out, time will be noted and vice-versa.

Safety measures followed:

Area must be free from stones and any other sharp objects. Surface should be even and all the students will be fit and active. Light warm up before the activity should be done.

Outcomes:

- Increase speed and agility.
- Inculcate team spirit and coordination
- Develop gripping ability and strength

Competency Mapping

1. Improves speed, agility, reflex action, and overall body coordination through active chasing and rapid movement.
2. Promotes synchronized team movement as players turn together and assist the chaser.
3. Builds quick decision-making, spatial awareness, and prompt reaction to changing directions



Name of the teacher: Bindiya Sharma

Designation: TGT(P&HE)

KV – NHPC Banbasa

GAME: Carry Your Baggage Relay

Class: Middle Stage

Time Duration: 40 Minute

Number of the participants: 35

Description and Method

- All the students are divided into two teams comprising of 8 pairs of students in each team.
- Each team has a student appointed as a baggage.
- On the whistle to begin the game the baggage student is to be carried by the pairs of students of the respective the teams.
- First pair of each team picks up the baggage and keeps it at a point decided by the teacher at a distance. Then this pair comes back to the team and claps with the other pair already waiting in the respective group.
- As the next pair receives the clap, this pair runs to bring the baggage back to the team. Then, the next pair (third pair) again picks up the baggage and keeps it back to the same point where the first pair had kept the baggage.
- This way again and again the upcoming pairs of both teams bring the baggage back to the team & then place it back in a sequence One by one.
- The team finishing the task first is the winner.

Safety Measures:

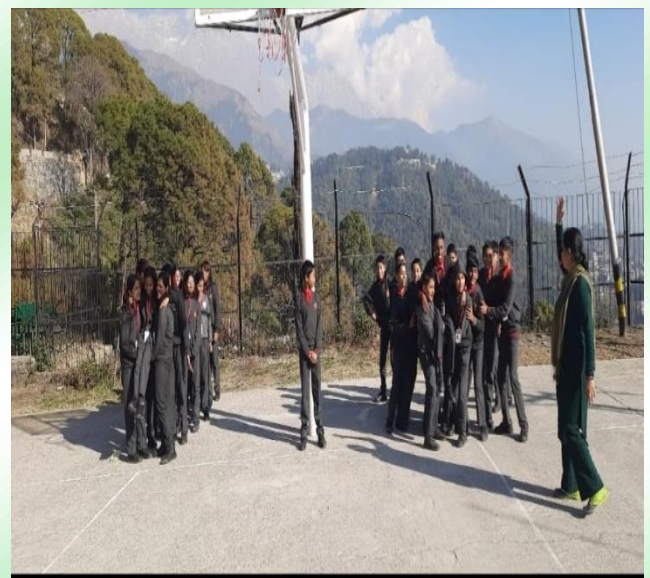
- Playing surface should be clear without any broken surface or hazards.
- The student acting as baggage should hold the careers properly and career should lift the baggage properly as guided by the teacher with proper grip.
- Students must wear comfortable shoes and clothing.

Outcomes

- Students learn coordination and teamwork.
- Students learn how to pick up a person properly in case of any emergency.
- Students develop competitiveness and healthy friendship.
- Physical fitness components like speed strength and endurance is developed.
- Student get to know the feel of fresh mind and happiness.

Competency Mapping

1. Enhances strength, endurance, coordination, and balance through repeated carrying and running activities.
2. Develops cooperative effort, synchronized movement, and shared responsibility among team members.
3. Encourages strategic thinking, sequencing of actions, and coordination of team roles for efficient performance.



Name of the teacher: Vijaya Singh Parihar,

Designation: TGT P&HE,

KV: PM Shri KV Dharamshala Cantt

GAME: Number Game

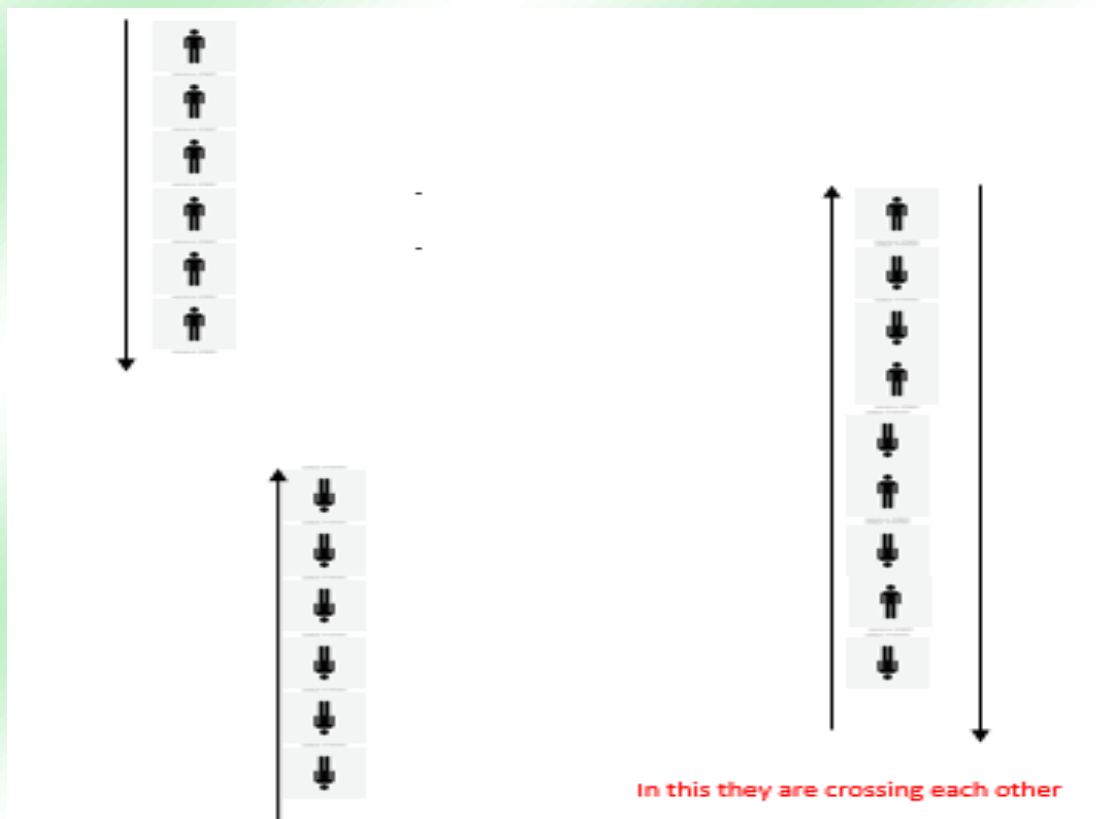
Class: Preparatory and Middle Stage can

Number of the Participants: 15 – 20 in each team

Duration: 20 -30 minutes

Description of the Game:

1. Whole class will be divided into two team A & B.
2. Make two lines Team A & Team B.
3. Both lines will stand opposite to each other.



4. Now they will move first two steps forward then two steps sideward on rhythmic count (01-02-01-02 forward and 01-02-01-02 sideward then again forward and sideward) like this they will continue till they cross each other.

NOTE: This game can be modified with clap, number other than 01 and 02, tables and if you want you can use props also.

Rules of the Game

1. Students will stand one behind another.
2. Both lines will face each other.
3. On command they will move forward and sideward.

Safety Measures Followed

1. Playing area should be free from hazards like debris, water and sharp objects.
2. Keep proper distance in between, don't push each other.
3. Know and follow the rules and have adult supervision for child.
4. Listen your body don't play if injured or overly tired rest to prevent worsening condition.
5. Listen carefully all the instructions.

Outcomes

1. Improve concentration, reaction ability and coordination.
2. Understand rhythmic count.

Competencies

1. Applies a combination of movement, motor skills, and manipulative skills
2. Demonstrates coordinative abilities with a partner and objects
3. Listens attentively and follows instructions



Name of the teacher: Barkha Rattan

Designation: TGT (P&HE)

Name of KV: PM SHRI KV Upper Camp Dehradun