



Master Lesson Plan

For

Hu Tu Tu Hu Tu Tu

Board	Standard	Subject	Chapter	Language	Reference Link	Creati
CBSE	STD IV	EVS	Hu Tu Tu Hu Tu Tu	English	Hu Tu Tu Hu Tu Tu	2020-11

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Hu Tu Tu Hu Tu Tu

1. MS_Objectives_Hu Tu Tu Hu Tu Tu

Notes to the teacher: This asset lays down the proposed plan for transacting this chapter.

It states the asset objectives of the MLP.

This asset is for teacher's reference and need not be taught to the students.

Students will be able to:

- Identify different types of games
- distinguish indoor and outdoor sports and their benefits
- relate to the game Kabaddi
- connect to India's Achievements in Kabbadi.
- develop interest in certain national and popular games.
- display compassion while resolving conflicts.
- assess on various aspects of sports.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Sports	

2. DD_Sports As A Profession

If one is good in sports, he/she can make the sport a profession.

There are a number of courses available. One can earn diplomas or degrees, studying and learning more about the sport. There are special colleges for these studies.

Other than becoming an athlete or a sports player, one can become a Physical Education teacher, Yoga teacher or a Coach.

There are other sports related careers too. Some of them are: Trainer, Sports Therapist, Sports Physician, Sports Psychologist, Sports News Reporter, Sports Writer, Sports Photographer and Sports organizer.



Image Source:

<https://www.pexels.com/photo/athlete-athletic-baseball-boy-264337>

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Day-to-day Relevance	Sports	

3. MS_Indoor And Outdoor Games

Note to the teacher:

Teacher may begin the session by asking a few questions and summarizes the answers given by the students.

- Do you play every day?
- Do you play inside your house or outside your house? Which games do you play?

Games we play inside the house are called indoor games.

Examples: Chess, Carrom board, snake and ladder (we play with a dice), Ludo, Monopoly.

There are some games we play outside the house. They are called outdoor games.

Examples: badminton, tennis, cricket, football, volleyball, hide and seek, kho kho.

INDOOR SPORTS



OUTDOOR SPORTS



Benefits of sports

- People who play sports are less stressed than those who do not do physical activity.
- Children who play sports have a healthy body with strong bones and muscles.
- They have more friends and learn to work in teams.
- Some sports make you think, be alert and react better and improve the problem solving skills.
- It's a good medium to build self-confidence and self-esteem.
- If one is good in any sport, he/she can build a career in it.

Image Source:

<https://opencart.org/detail/292313/snakes-and-ladders-board-game>

<https://opencart.org/detail/244704/clovece-nezlob-se-board-game>

<https://pixabay.com/en/field-hockey-player-girls-game-1537470/>

<https://pixabay.com/photos/jump-ball-boys-brazil-cambodia-1822412/>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Sports	

4. MS_Kabbadi

Note to the teacher: Teacher may begin the session by showing a picture of Kabaddi and ask student if they can identify the game.



Kabaddi:



- Kabaddi is a game of 2 teams of 12 players each but only 7 players take the ground at a time and the remaining are in reserve.
- There is a lot of pulling, pushing, screaming, shouting in this game. It is a rough game.
- During the game, they hold their breath while running and continuously say “Kabaddi, Kabaddi, Kabaddi.”
- They try to touch the players of the opposite team.
- If one gets caught and still she/ he reaches the line in the center then the people who caught him / her are declared out. However, if he/she does not reach the centre line, then he/she is declared out.
- Both the body and mind have to be used in this game.
- One has to use his or her strength to pull or stop the player of the opposite team and there is a lot of hand, eye and leg coordination required in this game.
- It is a game filled with fun and good exercise.

Image Source:

<https://www.pexels.com/photo/kabaddi-442360/>

Kabadi: <https://www.srisathyaivaividyaahini.org/index.php/component/joomgallery/default/kabadi-8342.html>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Sports	

5. IQ_India in Kabbadi

Teachers may ask the following questions and students can come up with as many answers:

1. What are some traditional games in India?

Ans: Kho Kho, Pittu, Pachisi

2. Which country won the 2014 Men's Kabaddi world cup title?

Ans. India

3. How many nations participated in the 2014 Kabaddi world cup championship?

Ans. Eleven

4. How many people judge the game?

Ans: Six officials keep a watch of each Kabaddi match. They are-Referee, scorer, two assistant scorers and two umpires.

5. What are Baulk and Bonus lines?

Ans: Kabaddi is a game of two teams with seven players on each side of the surface measuring 13m x 10m which is separated at the centre by a white line.

- Baulk lines: They are in parallel to the middle line, 3.75 meters (12.3 ft) from it on either side.
- Bonus lines: They are in parallel to the baulk lines, 1 meter (3.3 ft) from away on the side opposite the middle line.

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Inquisitive Questions	Sports	

6. IA_Facts about Kabbadi

- This sport is said to have been invented by Abhimanyu during the Mahabharata battle at Kurukshetra.
- Three sisters named Jwala, Leela, Heera were among the first Indian women to have played this game almost 50 years ago.
- The word Kabbadi is derived from a Tamil word 'Kai Pidi' meaning hold hands.



- It's the national game of Bangladesh.



- First women's Kabaddi was held in India in 1995 and in 2010 this game was included in the Asian Games.

Image Source:

https://openclipart.org/image/2400px/svg_to_png/296496/holding-hands.png
<https://pixabay.com/en/bangladesh-banner-decoration-flag-2025343/>

Time to teach	Asset Type	Theme	SubTheme
5 Minutes	Interesting Asides	Sports	

7. SA_National Games And Popular Games

Aim: To bring awareness about the national and popular games played across the world.

Preparation: Teachers prepare the chits with names of various countries and also keep ready a music player with some good instrumental music. If a music player is not available, the teacher may use any simple musical instrument like the 'Dafli'. Teachers may also be prepared with the answers for the chits prepared. Teachers may even share some details with the students before the activity commences if the students are not fully aware of national sports of various countries.

Materials required: Chits of various country names in a box and a music player.

Procedure: Children sit in a circle and music is played and the box with the chits is passed around.

When the music stops, the student who has the chit box, has to pick out a chit from the box and answer the following questions. If the answers are correct, he/she gets to continue to play the game else he/she has to come out of the circle. The game continues until there is only one student left and he/she is the winner of the game.

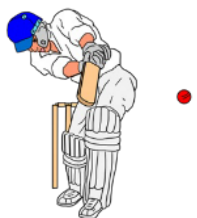
- What is the national game of the country?
- What are the popular or common games played in that country?

For example if the chit reads – India

What is the national game of the country?

- What are the popular or common games played in that country?

Cricket, Kabadi.....



Result: Students will become aware of national games of various countries and also be able to see how some games are popular and common in so many countries and how some games are unique to particular countries.

Instructions to Teacher: N/A

Precautions: NA

Image Source:

<https://pixabay.com/en/cricket-cricket-sport-ball-game-3311473/>

<https://www.srisathyaivaividyaahini.org/index.php/component/joomgallery/default/kabadi-8342.html>

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Suggested Activity	Sports	

8. VC Resolve Conflicts In a Healthy Way

We make rules in our lives the way we do in games, so that things can be done in a proper manner.



Having rules does not mean we need to fight when the differences arise. We do have differences and fights among ourselves but we need to resolve them too.

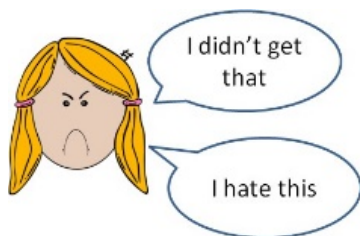
The key is NOT to avoid conflict but to LEARN how to resolve it in a healthy way.



Ways to resolve conflicts and differences:

1. Have compassion:

Most conflicts arise out of hating and not getting what you want. Hence have compassion and love in the heart



2. Be empathetic:

Many times, the other party may be right and you may get to learn a lot. So listen to what they have to say.



3. Learn to forgive:

Keeping grudges serve only to deplete your energies. Hence let go, forgive and move on.



Image Source:

<https://pixabay.com/illustrations/judge-football-red-card-referee-3556460/>
<https://pixabay.com/photos/silhouette-father-and-son-sundown-1082129/>
<https://pixabay.com/vectors/girl-angry-face-upset-unhappy-308980/>
<https://pixabay.com/vectors/silhouette-child-mother-daughter-3299372/>
<https://pixabay.com/vectors/man-body-kid-hug-arab-turbine-29705/>

Time to teach	Value Type	Value Sub Type	Value Attribute
5 Minutes	Love		Open

9. QA_Questions OnSports

I) Observe and Identify the Indoor and Outdoor games. Write “I” for Indoor games and write “O” for outdoor games.



Answers: 1)O, 2)I, 3) I, 4) O, 5) O, 6) I

II) Write True or False for the following:

- Kabaddi is a rough game. _____
- Kabaddi court has a bonus line. _____

3. It has eight members in each team. _____

4. It is an indoor game. _____

Answers: 1. T 2. T 3. F 4. F

III) Give two examples of each of the following:

A. Indoor games: _____. Ans. _ (Chess, Carrom Board)

B. Outdoor games: _____. Ans: _ (Cricket, Football)

C. Individual games: _____. Ans: (Tennis, Badminton)

D. Team games: _____. Ans: (Hockey, Cricket)

IV) Answer the following questions:

1. When you play kabaddi, how many players do you have in a team?

Ans: Seven players.

2. Do you have ways to resolve disputes in games?

Ans: Yes. We should remain calm and listen to the referee. This will help resolve disputes.

3. What are some other games in which the central line is very important?

Ans: Tug of war, Football, Hockey.

4. What does it mean to be “out” in games? When does one get out in kabaddi?

Ans: To be “out” means that a player will not be allowed to continue the game. In kabaddi a player gets “out” when he stops telling ‘kabaddi kabaddi kabaddi’. The opposite side player stops him/her and he/she has to go back to his team.

5. Name some games in which it is very important to touch the players.

Ans: Kho-Kho, Kabaddi, Arm Wrestling and Hide and seek.

Image Source:

<https://pixabay.com/en/field-hockey-player-girls-game-1537470/>

<https://pixabay.com/photos/child-soccer-playing-kick-613199/>

<https://pixabay.com/en/cricket-cricket-sport-ball-game-3311473/>

<https://openclipart.org/detail/292313/snakes-and-ladders-board-game>

<https://openclipart.org/detail/244704/clovece-nezlob-se-board-game>

<https://pixabay.com/photos/strategy-chess-board-game-win-1080528/>

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Assessments	Sports	

10. MS_Summary_Hu Tu Tu Hu Tu Tu

In this lesson we discussed:

- different types of games.
- indoor and outdoor sports and their benefits.
- the game Kabaddi.
- India's Achievements in Kabbadi.
- interest in certain national and popular games.
- to be compassionate while resolving conflicts.
- assessment on various aspects of sports.

Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Sports	