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Let us identify organized games and outdoor activities

In order to become a healthy student, it is essential that you get involved in sports in addition to taking a balanced diet. When you get involved in sports and excel in it you will get the opportunity to participate in various sports competitions representing your school and even your country depending on your talents. Getting involved in sports is very important to improve your physical, mental and social wellbeing and also to develop your personality and physical fitness.

When you were previous grades, you gained knowledge about organized games, lead-up games, minor games and athletics. You also gained happiness, enjoyment and experience by getting involved in sports.

After studying this lesson, you will be able to classify organized games and outdoor activities. You will also gain understanding about how getting involved in such activities contribute towards enhancing one's physical and psycho-social development.

Sports

In the ancient times man lived in very close relationship with the natural environment. While carrying out his day to day tasks like hunting, he had to do activities such as running, jumping and hitting with a stone or a stick. Such activities required man to perform basic movements which were later used in sports. With the emergence of civilizations after the hunting era, man had more leisure time and sports were used as an effective way of spending it. Various types of sports that were created in this manner have developed into different games with rules and regulations.



Activity

1. Write down the names of ten organized games played in Sri Lanka.
2. What common features can be seen in them?

Physical or mental competitions, where the participants take part following accepted sets of rules can be called as games.

Organized games

Sports events that are held in accordance with laid down rules and regulations can be called organized games.

Common features that are seen in organized games

- There are accepted rules and regulations.
- Playgrounds with standard measurements are used.
- Standard equipment are used.
- Number of players are specified.

Classification of organized games

There are wide geographical variations on the earth. Accordingly, there are marked variations in the natural environment. A wide variety of sports based on the variations of the natural environment have been created. Apart from that, a wide variety of sports have also been created based on various social and cultural environments.

Organized games can be classified based on a variety of criteria. In this classification the same sport can come under several categories.

The following are some examples for classification of organized games:

Classifying sports based on the nature of the place where they are held:

i. Water sports.



Swimming



Water ballet



Wind surfing



Diving



Water surfing



Boat races



Water polo

Figure 4.1 - Water sports

ii. Sports played on ice



Ice hockey



Ice skating

Figure 4.2 - Sports played on ice

iii. Winter sports (Sports played on snow)



Dancing on snow



Snow skating



Ski jumping



Sledging

Figure 4.3 - Winter sports

iv. Air sports



Aerobatics



Para jumps



Sky diving

Figure 4.4 - Air sports

v. Sports played on land

Sports played on land can be further classified in different ways:

Table 4.1

Bat-and-ball games	Ball games	Athletics
1. Cricket	1. Netball	1. Track and field events
2. Elle	2. Volleyball	2. Road races
3. Hockey	3. Football	3. Race walking
4. Tennis	4. Basketball	4. Cross-country running

Indoor games	Sports played without using equipment	Self-defence games
1. Basketball	1. Kabadi	1. Karate
2. Table tennis	2. Kho kho	2. Judo
3. Carom		3. Boxing
4. Chess		4. Wrestling
5. Draughts		5. Wushu
6. Squash		



Kabadi



Koko

Figure 4.5 Sports played without using equipment

According to the

evolution of man he

has been adapted to live in the natural environment like any other animal. With the advancement of technology, man has got used to live in a house. Further, as a result of industrialization, man designed various types of machinery. With the invention of such machinery, man stopped doing natural, manual work and began to use machinery to get easily done his day-to-day work.

Now we don't live in a natural environment as the ancient man did, but outdoor education will enable us to gain experience about the natural environment and to develop skills needed to protect and conserve it.

Outdoor education is not merely studying about the environment; many outdoor activities have been designed under outdoor education. Under outdoor education you can engage in activities like camping, campfire games, explorations into jungles and forests and making of fireplaces. Participation in such activities helps you to develop your physical, psycho-social and life skills.

What is outdoor education?

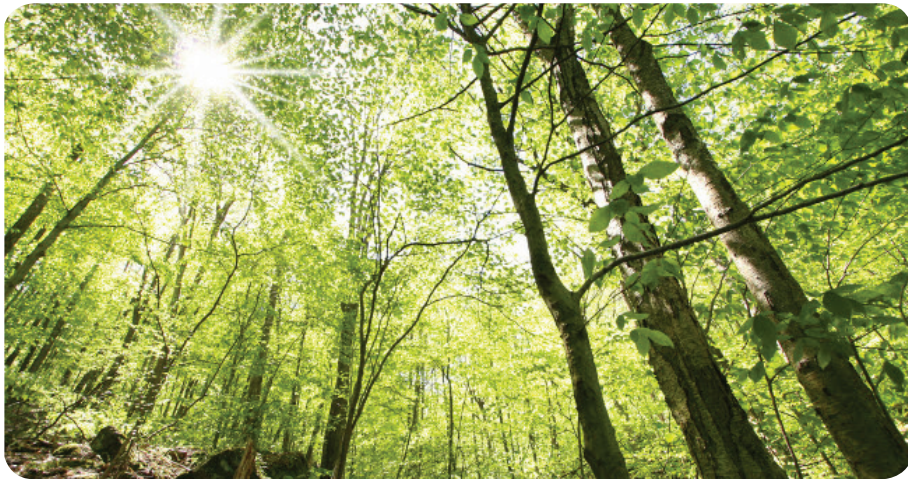


Figure 4.6 - Natural environment

Providing of opportunity for you to learn about and understand the real nature of the environment by using it and to adapt your lifestyle accordingly, can be called outdoor education.

The objective of outdoor education is to develop the skills of observation, exploration, perseverance, innovation and team spirit etc. Apart from that, it is also expected to develop attitudes such as to love and protect the environment.

You can gain lot of experience by engaging in outdoor activities. Some of them are;

1. Understanding of how the elements in nature are strongly interconnected.
2. Appreciating the beauty and the charm of the natural environment.
3. Motivating to protect the environment.
4. Identifying the negative impacts on the ecological balance and proposing remedies to overcome them.
5. Identifying strategies to live in the wood.
6. Learning to utilize natural objects in place of technological equipment.
7. Developing skills to adapt lifestyles to suit the environment.
8. Learning to take leadership.
9. Developing skills to successfully face challenges.
10. Learning to work as a team.

There are many activities in which you can take part while learning outdoor education. Such activities can be classified in various ways.

Diagram 4.1

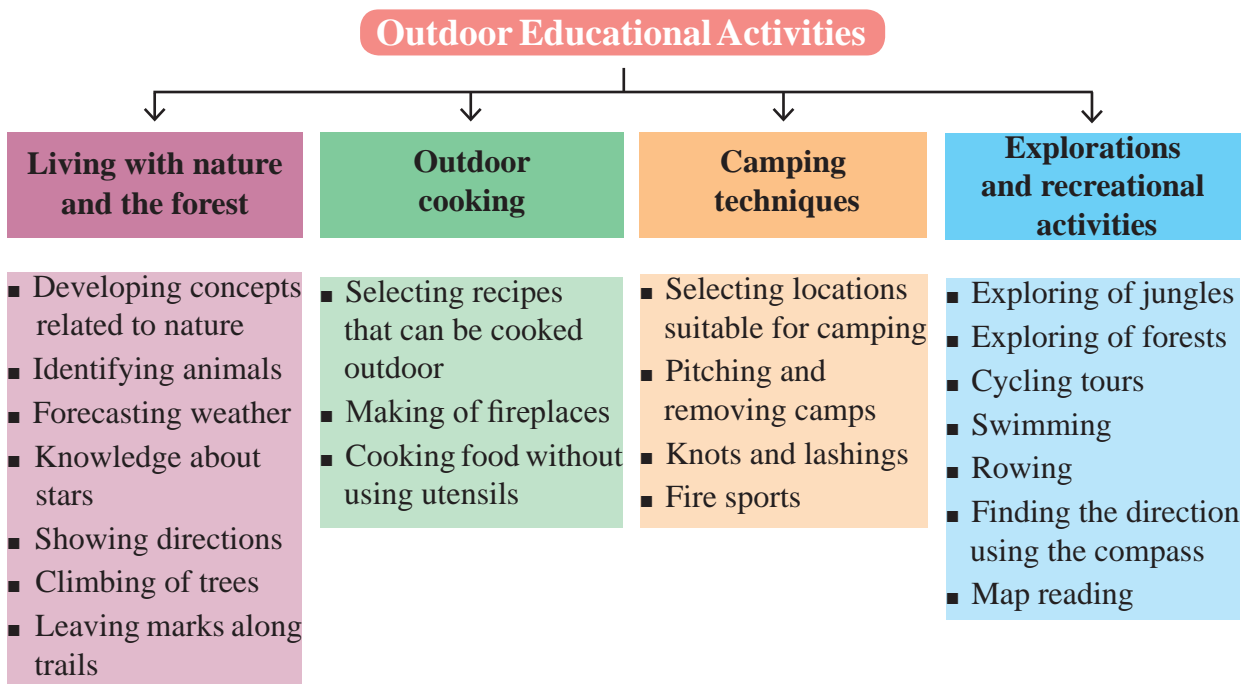




Figure 4.7 - Outdoors education

Benefits of engaging in outdoor activities

Physical and psycho-social skills that are required for the success of your future life can be developed by engaging in organized games and outdoor activities.

Physical

1. Development of physical fitness.
2. Not getting tired too soon during activities.
3. Getting used to adopt correct postures.
4. Having less possibility of facing accidents and injuries during day-to-day activities.
5. Strengthening of bones and muscles.
6. Improving nerve-muscle coordination.
7. Improving the efficiency of the nervous system, respiratory system and circulatory system etc.

Psycho -social

1. Ability to live motivated life.
2. Learning to spend the leisure effectively.
3. Development of team skills such as friendliness, co-operation and helping each other.
4. Development of leadership skills.
5. Developing skills related to respecting social values, following rules and ethics and maintaining of discipline.
6. Gaining ability to manage stress.

Summary

Sports that are played by following a set of rules and regulations are called organized games. Organized games can be classified based on the place where the games are held and the equipment used.

Outdoor education is to understand the true nature of the environment by using the natural environment outside the classroom. There are many activities that can be done in order to fulfill this. These activities, too, can be classified in a number of ways.



Exercise

1. Define the term “organized games”.
2. Name the sports that are played in Sri Lanka and classify them.
3. List the benefits that can be gained by engaging in outdoor activities.