

Let us play lead-up games

There are various categories of games, namely athletics, organized games, minor games, lead-up games and recreational games. lead-up games can be defined as sports activities that are designed to develop skills of major games. By engaging in lead-up games, we can gain a lot of pleasure and enjoyment and it also helps develop our physical, mental and social fitness. Lead-up games can be designed according to our preference; however they are more organized than minor games.

Do you remember spending your leisure time in grade 6 at school, gaining enjoyment while learning to play lead-up games. Further, when you were in Grade 7 you learnt about folk games and you must also have played some of those games.

This lesson will help you identify the need for lead-up games and gain understanding about the special features of lead-up games. You can also learn about how fitness can be improved by playing lead-up games. You will further learn how your leisure can be spent happily and enjoyably by engaging in lead-up games with or without equipments.

Importance of lead-up games

Playing lead-up games is very important for you to directly acquire the skills you need for playing major games. Mastering those skills thoroughly part by part following the correct techniques will make you become an excellent player in the relevant game.

Further, playing lead-up games helps to improve the physical fitness that is required for playing major games as well as to perform your day to day activities.

Not only that, playing lead-up games also helps improve one's mental and social fitness, too.

Special features of lead-up games

- Rules of lead-up games are simple.
- These games can be played with or without the use of equipment
- Activities can be designed to suit the availability of space and facilities.
- They provide enjoyment combined with the experience of competitiveness.
- Activities can be designed according to preference.

How the physical, mental and social fitness is improved by playing lead-up games

Physical fitness

- Helps to build up endurance
- Acquires training in techniques of the major games
- Builds up fitness required for day-to-day activities

Mental fitness

- Provides enjoyment and pleasure
- Creates an interest towards taking part in major games.
- Gives encouragement to design sports activities
- Develops ability to accept both victory and defeat
- Builds up confidence required for facing competitions in major games
- Builds up self discipline

Social fitness

- Develops team spirit
- Develops the ability be cooperative
- Helps develop skills required for undertaking responsibility
- Develops leadership rebitionships
- Helps learn to respect the views of the others
- Develops interpersonal relationships
- Develops the ability to work following relevant rules
- Learns to be considerate about the safety of others

According the use of equipment lead-up games can be divided into two categories as follows:

1. Lead-up games played with equipment
2. Lead-up games played without equipment

Most of the major games are played using either one or more equipment. There are only a few games that are played without using any equipment. However, most of the lead-up games can be played without using any equipment.

Lead-up games that are played without equipment

Turning about and running

The major events related to this lead-up game are running events that come under athletics. Engaging in this activity helps to improve the skills required for taking a quick start.

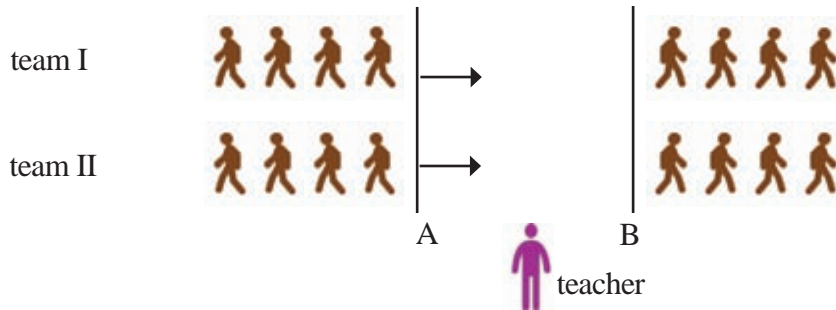


Figure 7.1

On receiving a signal given, the first student of each team standing close to line A turns about, runs to line B and gives a touch on the back of the first student of his team standing close to line B.

Then he turns back and runs to line A, touch at the back of the next student standing close to line A.

This process is continued until all the student of each team have completed this activity.

The team to complete it first becomes the winners.

Rules of the game

- The student standing in the lines should not turn back and look at the student who is running.
- Student should start running only after receiving the touch on the back.
- Running should not be started being within the area between the two lines.

走 走 Activity

Get instructions from the teacher and engage in the lead-up game named ‘creeping and running’.

Playing lead-up games with an equipment

serving the ball to a target

The major game related to this lead-up game is volleyball. Playing this lead-up game helps to develop skills in serving the ball.

Equipment required - 2 volleyballs
2 posts of about 6 feet high
a net or a rope

For playing this lead-up game, the volleyball court or a similar area should be prepared as shown below:

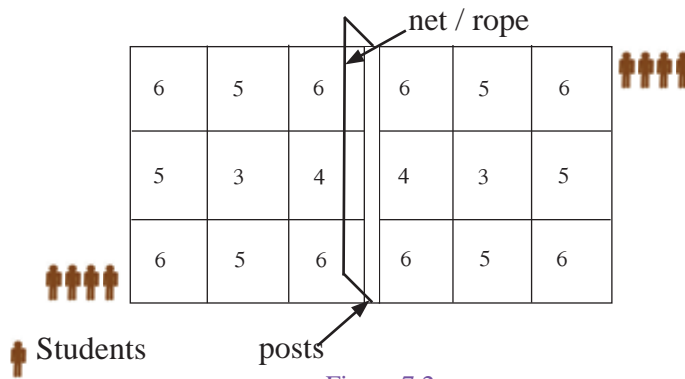


Figure 7.2

In this game, when a team serves the ball, that team wins points according to the number that is found on the part of the court on which the ball lands.

Rules of the game

- The ball should be served following the proper technique.
- When serving the ball the server should not step on the service line.
- The ball should move over the net and land in the opposite side of the court.
- Each time the ball does not move over the net or lands outside the court area, 5 points will be reduced from the total number of points scored by the relevant team.

After all the members of the team have served the ball, the team that has scored the most number of points becomes the winners.

Beat the ball

The major games related to this lead-up game are netball and the running. Playing this game helps develop skills related to chest pass and baton change.

Equipment required - A netball
A baton

Divide the class into two teams of equal size and name them as A and B.

Team A should form a circle keeping a gap of about 2 metres between each.

Team B should stand in a line outside the circle as shown in the figure. 7.3.

The leaders of the two teams should be standing close to each other.

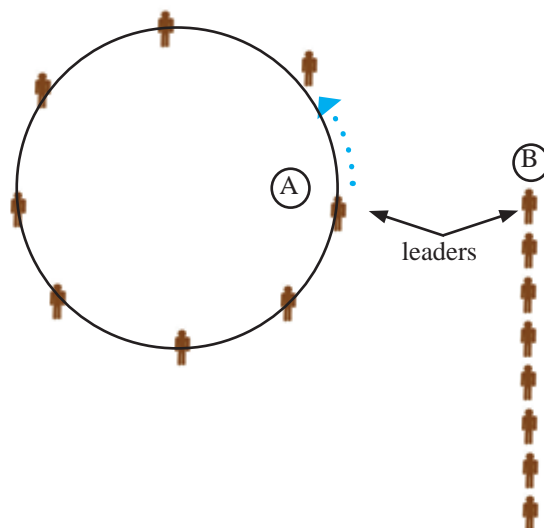


Figure 7.3

The leader of team A should take a netball while the leader of team B takes a baton.

When gets a signal the leader of team A should start passing the netball following the correct technique to the next student as indicated by the dotted line.

At the same time, the leader of team B, with the baton carrying in his hand, should start running round outside the circle in the same direction the ball is being passed.

After completing the full round, the baton should be handed to the next student who then starts running round the circle.

In this way, team B should continue running until all the students in the team have completed running around the circle carrying the baton.

Meanwhile, when the leader of team A receives the ball after completing one round, his team wins one point.

The ball should be passed in this manner until all the students in team B have completed running around the circle and team A receives one point for each round the ball is passed around the circle.

Now the two teams should change roles and the game should be repeated.

The team to score the most number of points becomes the winners.

Rules of the game

- Chest pass for the ball passing and under arm method for baton change should be used.
- Ball passing and baton change should be done according to the correct technique.
- Those standing in the circle should not disturb the pupils running around the circle.
- The ball should not be passed to a pupil bypassing another.

Kick ball

The major game related to this lead-up game is football. Playing this game helps to develop the skills needed for dribbling.

Equipment required - two footballs
two traffic cones

Divide the class into two groups of equal size so that the number of student in each group is an even number.

Draw two lines on the ground aligned and place the two cones at a distance of about 15m from the lines as shown in the figure7.4.

The two teams should stand in pairs behind the two lines.

When standing in pairs, each pair should keep a gap of meters about 2meters between the two.

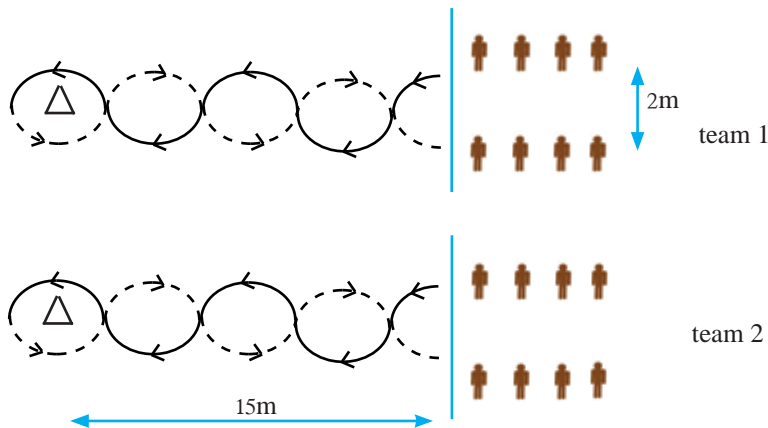


Figure 7.4

When the teacher gives a signal, the first pair in each team should start passing the ball to each other with their feet.

They should go round the cone dribbling the ball towards each other and return to their teams and then the second pair continues doing this activity.

This activity should be continued until all the pairs of a team have completed moving round the cone.

The team to complete this first becomes the winners.

Rules of the game

- Each pair should start doing the activity from behind the line.
- The ball should be kicked with both the inside and the outside of the feet.
- Each pair should move round the cone while passing the ball to each other.

Summary

lead-up games help to develop the skills required for major games in an enjoyable way.

Lead-up games can be designed so that they can be played with or without the use of equipment. The rules of lead-up games are simple. They can be prepared according to one's preferences.

Playing lead-up games help to develop physical, mental and social fitness and it also helps to develop skills that are required for major games.

 **Exercise**

1. Explain what lead-up games are.
2. Name two aspects of physical, mental and social fitness each that can be developed by engaging in playing lead-up games.
3. select a skill from one of the major game and design a lead-up game for it.