

## English Indian Games – Task 1

Ask a grown up to help you read the instructions below to play these traditional Indian games. Write instructions for someone else about one of the games you played. Use the pictures and sentences to help you. Have fun!

### Skipping and rhymes

Children of all ages enjoy skipping. Nitya is very good at it! They skip on their own or in pairs or groups. Sometimes the students chant rhymes as they skip. Some of the children can jump very high in the air!



### Kabaddi

**Kabaddi** is a team game that originated in India.

1. Each team has one half of the playing field, called their court.
2. The two teams take turns at sending one person, the raider, into the other team's court.
3. The raider can win points for the team by tagging players in the other team.
4. The raider must hold his or her breath or say '**kabaddi, kabaddi, kabaddi**' over and over again during the raid!

It is a difficult game to play that needs high levels of fitness!

This game is also played in the UK. The Kabaddi World Cup Championships are held each year and India were the champions in 2013.



### Seven stones

Seven stones is a traditional Indian game.

1. You need two teams with equal numbers of players in each.
2. Seven stones are balanced on top of each other in a pile.
3. The teams take turns at defending and attacking. The defending team take their positions with one person (the wicketkeeper) behind the pile of stones and the others arranged around the stones like fielders in cricket.
4. The attacking team then get three chances to hit the pile of stones with a tennis or rubber ball.

If they don't hit the pile within three hits then the defending team gets a point and the teams swap over. If they hit the pile then the defenders have to catch hold of the ball and try to get the attacking players 'out' by hitting them with the ball in their leg below the knee. The attacking team have to try and rearrange the stones into a pile before the other team can make all the attackers 'out'. If they succeed they get a point and have another go. If they don't then the defending team get a point and the teams swap over.

### Cricket and football



Cricket is a very important sport in India. You often see young people playing it outside their homes. Many of the children, particularly the older boys, love their afternoon cricket sessions.

Football is less popular but the children like to have a game during playtimes and lunchtimes. If they don't have a football then they will make one out of scrunched up paper or plastic.

