



Sabaragamuwa Provincial Department of Education - Weekly School

Subject - Health & Physical Education

2021 - 9 week

Grade - 6

Mawanella Education Zone  
Mrs. Thilini Deshapriya

#### **04. Let us enjoy our leisure through recreational games.**

**Games you do during your leisure time for enjoyment and happiness by your-self or with friends are known as minor games.**

- ❖ The following objectives can be achieved by playing minor games.
  - Student's physical abilities can also be identified by engaging in minor games.
  - Running, jumping, throwing, catching, rotation, fielding, pursuing and avoiding will improve your motor skills.
  - Respect for the rules.
  - Obedience to teacher's order.
  - Respect for leadership.
  - To be honest.
  - Collaborate
  - Creating self-discipline.
  - Development of attitude skills.
  
- ❖ Schedule the games below.

( Volleyball, Netball, Kankan buru sinsin noru, Kopara kopara pipichcha, Football, Sewanella pagima, Kabaddi, Aththammage adipara, Basketball, Eluwa geta ganima, Rugger, Walas dadayama, Minis gataya, Wewlamin apasu gaman kirima, Karete, Cricket, Rawma thulata washuwak gena ema )

Enjoyable games	Organized games

- ❖ Create a minor game where you can spend your free time with friends.