

Grade 8 – Health and Physical Education

Lesson-7

Let us play lead-up games.

Week 4th

There are various types of games namely athletics, organized games minor games land up games and recreational games.

Lead up games can be defined as sports activities that are designed to develop skills of major games.

- Special Features of lead up games.
 - Rules are simple.
 - Can be played with or without equipments.
 - Can be designed to suit the space
 - Provide enjoyment
- Lead up games can be divided in to 2 groups.
 1. Lead up games played with equipments
 2. Lead up games played without equipments

Name the physical, mental & social Advantages given by lead up games.

Physical Fitness

1. Helps to build up endurance
2. Helps to easy for day-today activities.

Mental Fitness

1. Provides enjoyment & pleasure
2. Build up self-discipline

Social Fitness

1. Develops the team spirit
2. Develops leadership qualities
3. Develops interpersonal relationships

Questions

1. Name one of a lead up game played without using equipment & explain in briefly?
2. Name one of lead up game played with using equipment & explain in briefly?
3. Select a skill of the major game & design a lead-up game for it?
4. Name 5 of lead up games?