



## Introduction

This is the fourth module of the series. Sports and recreation is necessary for healthy development of children. Not only does it help in their physical and mental growth but also in intellectual capacity. As a matter of fact, this is a fundamental right of children, which should never be denied to them.

## Session Objectives

At the end of the session, participants will be able to:

- know why sports and recreation is important for children and how they can contribute in getting necessary facilities related to these
- take initiatives in managing facilities and motivate school management and community members in getting necessary materials and facilities required for recreational activities for children
- contribute in getting necessary sports and recreational facilities for children at village level in panchayat sadan, anganwadi kendra and other public places

## Session Process

### Step 1

Begin the session by welcoming all the participants and thank them for participating in it. Introduce yourself and ask them to introduce themselves. Start the session with a motivational song.

### Step 2

Discuss with participants important steps to ensure availability of sports and recreational facilities for overall physical and mental growth of the children:

- ➔ Establish play centre for children at the village level.
- ➔ Guide anganwadi worker so that she can give opportunities to children at the centre for playing and recreation and cooperate with panchayat to provide these facilities to villages keeping this objective in mind.

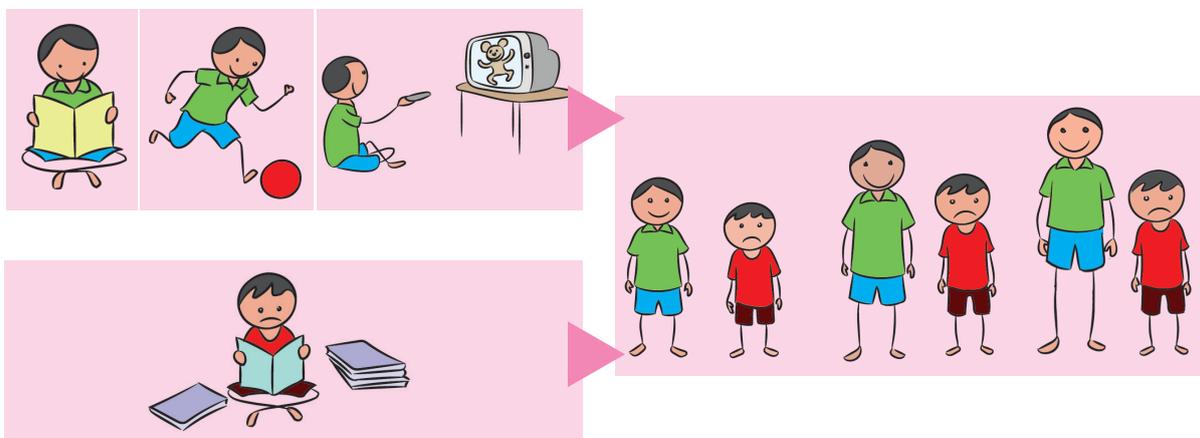
- ➔ Guide school teachers that in addition to studies, children should be given opportunities to play and also arrange to appoint physical training instructor in the school.
- ➔ Make arrangements and efforts for playing grounds at village level schools, entertainment as well as education through TV in cooperation with School Management Committee (SMC).
- ➔ Motivate and encourage parents and families on giving recreational and sports opportunities to their children as it helps in their physical as well as mental development.
- ➔ At the panchayat level, organise inter village sports competitions for children and motivate children who excel by giving them prizes.
- ➔ Give information and spread messages about different sports schemes and competitions related to sports.



### Step 3

Discuss with participants that sports and recreation contribute towards development of children, their health and education in important ways. Those children who do not participate in sports and recreational activities often become weak and lethargic both physically as well as mentally. This lack of participation may be due to atmosphere in the family, community or at schools. Such children lack in studies many times, therefore providing sports and recreating facilities for their healthy development is necessary at family, community and school level.

Tell the participants that they can play an active role and contribute in motivating school administration through SMC in motivating community members through village sabha meetings, so as to make children aware and provide them necessary recreational facilities.



## Case Study 1

### Positive intervention by panchayat members at the behest of headmaster

When village panchayat members visited the school for inspection, they found that there was no play ground in the school. A small ground adjoining the school was there but many families in the village were using it to throw their waste and garbage. The ground was also uneven. They met the school headmaster who informed them that owing to risk of children getting hurt, they are not allowed to go and play in that ground. Despite that, few children loiter in that ground once in a while. The headmaster requested the panchayat members if it was possible somehow to get the ground cleaned and made suitable for children to play. The children would then be able to participate in sports and recreational activities.

The panchayat mukhiya, on hearing this, discussed the matter with other panchayat members and called for a meeting of gram sabha. The issue was kept before members of gram sabha. The members decided that all families will come together and clean the ground the following Sunday. Teekalal volunteered to get his tractor to level the ground. Mukhiya ji was very happy to know this and immediately agreed to get some swings in the ground. Mukhiya ji also decided and conveyed that from now onwards, no family in the village will throw garbage in the ground.

Next Sunday, excitement on the faces of children and families was worth seeing. By afternoon, the ground was cleaned with joint efforts of all. Children divided themselves into groups and conveyed the decision of mukhiya ji to not throw garbage in the ground to all the houses adjoining the ground. They also made families aware about importance of maintaining cleanliness. By evening Teekalal came with his tractor and levelled the ground.

Seeing all this, children were extremely happy. Now children play and enjoy in the ground during school hours and also in the evening.

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## Case Study 2

### Manisha's grandmother's adamant nature

Manisha's grandmother never allowed her to go and play. Playing and recreation was limited to her own house for this seven year-old girl studying in class 2. Grandmother would say, "Go study, then only your future will be bright". She would not allow her to play with other children, especially boys. She only had a doll with which the poor girl would sometimes play.

There was television at home but grandmother would not let her watch it. She was of the opinion that watching television will spoil Manisha. She would often scold her, "do not watch bad serials, go and study quietly." Manisha's parents would also agree with her grandmother and would not provide any opportunity to her to play or have any kind of recreation.

One day, panchayat member Sharda Devi who was their neighbour visited them. She observed that Manisha was dull and sad. When asked, Manisha shared with her, "Grandmother does not allow me to play. She keeps asking me to study all the time. I feel like going out and playing with children in the neighbourhood but I am not allowed".

Sharda Devi advised Manisha's grandmother and her parents and said, "it is important for children to play and have recreation along with studies. I had been thinking for many days why Manisha has not been coming to play with my daughter. My daughter who is of same age plays a lot. We do not stop her from playing. Recreation is the right of children. By playing regularly and having recreation helps in intellectual development of children. If children will not play now then when will they have time to play? Physical and mental development enhances by playing and it has deep relation with studies also".

Manisha's parents understood whatever Sharda Devi told them. They thanked Sharda Devi and assured her that from now onwards they will not stop their daughter from playing. Today, Manisha is a cheerful, active girl who plays regularly and is no means less than anyone in studies.

## Step 4

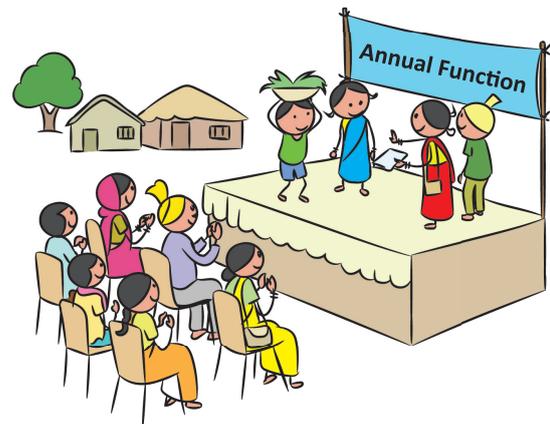
When participants finish reading both the case studies, ask them what role panchayat members played and whether they carried out their responsibilities appropriately. Add if any points are left out.

## Step 5

Points to be kept in mind by the participants (write the points on a chart and hang it)

It is necessary for panchayat members to know that:

- ➔ Sports and recreation is directly linked not only to health but also to studies.
- ➔ Sports and recreation facilities should not only be provided in schools but also at community and village level
- ➔ Sports and recreation is a natural right of children which should not be denied to them
- ➔ Inspection of sports and recreation facilities at schools and anganwadi kendra is the responsibility of panchayat members



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*Ask the participants to have a discussion on these points. Ask them if they agree with these and motivate them to add any left out points*  
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Summarise the discussion in the following manner:

Sports and recreation contribute in healthy development of children. Children who are not strong physically often lack behind in studies. Teachers at schools must create awareness amongst families and community members that along with studies, children should also get opportunities for recreation.

Sports and recreation along with studies is the right of every child.

Repeat the key learnings and end the session.







