

Grade: Kindergarten

Lesson Number: 11

Unit Name:

Course: Virṣā

Title: Sikh Games

Standards

Standard 5: Important Dates

- Students identify and describe the events of people celebrated during Sikh holidays and why we celebrate them. (e.g. Vaisākhī, Divālī, Holā Mohallā, Parkāsh Utsav Gurū Nānak, Parkāsh Utsav Gurū Gobind Singh, Shahīdī Choṭe Sāhibzāde, Gurgadī Gurū Granth Sāhib, Māī Bhāgo and Sikh Bībīān Celebration)

Objectives

1. This day is dedicated to Sikh Games (similar to the Olympic Games). Students will be able to take part in games. Many of the games require partners to help with teambuilding. Along with the strengthening our small community, the purpose of this day is to have fun.
2. For more ideas, see Celebrations at the end of Virṣā lessons.

Prerequisites

- None.

Materials

- Queen/ King size bed sheet– to be used for Tug-o-War
- Pencils
- Chalkboard or chart-paper
- Markers/ chalk

Advanced Preparation

- Inform parents at least three to five classes prior to the day of Sikh Games. Send a note explaining the types of games, the date and time and how they can help you.
- Think about what type of activities you would like to have for Sikh games depending on: the amount of space, how much time could be allowed for this event, the number of participants and most importantly: VOLUNTEERS!!!
- An obstacle course could be set up where you have two to four teams and each member of the team has to complete the obstacle course. Whichever team completes the course first wins. In your obstacle course you can choose to have students from each team whirl hula hoops a certain number of times before they run to the next station where they must ride a tricycle between cones and then they run to the next station shoot a basket, next, they grab a balloon at the final station, put it between their legs and run back to their team and pop it before tagging the next player to begin the obstacle course.
- You can have students compete in relay races – another great team-building activity.
- Choose three to five activities for this day. Some possible ideas have been mentioned above and more ideas are listed below for you to choose from.

Engagement (20 minutes)

- Have students sit in a group and share with them the purpose of the day.
- Explain to the students that the Gurus had instituted sports (e.g. Gurū Aṅgad used to have wrestling matches, Gurū Hargobind set up Akhārās for Sikhs to practice martial arts etc...) Ask them why they think the Gurū did these things?
 - Explain to them that the Gurūs probably felt that it was important to stay physically fit – Gurū Nānak was able to plow his fields at the age of 70 because he was healthy. He did most of his Udāsīs on foot.
- Explain to the students that some of the games are set up as team activities – discuss what it takes to be a good team and team member. (e.g. 1) cheer each other on, 2) don't get mad if someone doesn't play as well as you do, 3) have fun.)

Exploration (30 minutes)

- Explain the first game and allow students to start playing.
- Continue on to the obstacle course. If one of the games involves getting wet– make sure the parents know ahead of time so that they don't get upset on this day.
- Play the game where children get wet first so that they have an opportunity to dry off before the end of the day.

Explanation/Extension (10 minutes)

- Remind students that we are all winners and have them give their teammates a pat on the back (lightly). Explain to children that often at school when someone wins or does something great for appreciation we clap. Tell them that is great, but as Sikhs when we want to show our appreciation we call out a Jakārā—Jo Bole So Nihāl, Sati Srī Akāl (ਜਕਾਰਾ – ਜੋ ਬੋਲੇ ਸੋ ਨਿਹਾਲ, ਸਤਿ ਸ੍ਰੀ ਅਕਾਲ).
- If you decided to put together an awards ceremony, now would be the time to do it.
- At the end of the ceremony, call out a Jakārā.

Evaluation (On-going)

- Find out whether the parents enjoyed the day– ask them for suggestions and feedback. Also, get feedback from the students. Find out what they liked, didn't like and wouldn't change.

Teacher Resources

Bāndar Daur (ਬਾਂਦਰ ਦੌੜ)

Players: 2-4 teams

Set up teams and play area. The first person on each team is to bend over with feet apart and grab their ankles. On “go,” they are to race down the course and back without letting go of their ankles. Each person on the team repeats the relay. The first team done is the winner.

Ping-Pong Relay

Required: Buckets and ping-pong balls

Players: 2-4 teams

For each team, have one bucket and five ping-pong balls. The object is to have players one at a time, run barefoot down the course to where bucket and five ping-pong balls are on the ground. They are to sit on the ground and using only their feet, pick up the ping-pong balls and put them into the bucket. Once they have all the balls into the bucket, they are to dump them out, run back to the team and have the next person do the same. The first team with everyone completing the task is the winner. You could try water bombs instead of ping-pong balls.

Freeze Tag!

One person is chosen to be “it”, but when they touch someone, that person is “frozen” in place. They cannot move until someone else touches them and unfreezes them. Game continues until all the players are frozen. The last person to “freeze” will be “it.”

Watch out for the “Sher”

1. Choose one of the students to be the Sher.
2. The sher will sit at least 15 feet away from everyone facing the opposite direction.
3. A stuffed animal will be put behind our sher as its baby. The sher has to protect his baby from all the other students.
4. The other students are going to take turns sneaking up behind the sher and try to steal the baby.
5. If the sher hears the students sneaking up it can roar and then turn around. If the sher has caught a player the player takes the sher’s place and the first sher goes back to the other players. If there is no player when the lion roars the sher remains the sher.

