

Guidelines for Sports Grant under Samagra Shiksha

Khele India - Khile India

Background

An Integrated Scheme on School Education i.e. Samagra Shiksha has been launched to universalise quality school education, w.e.f. financial year 2018-19. The scheme envisages 'education' in a holistic perspective and as a continuum from Pre-Primary, Primary, Upper Primary, and Secondary to Higher Secondary levels. The Scheme, therefore, attempts to provide, an integrated/composite school system from pre- school to higher secondary level. This will facilitate the transition of children across various levels of school education and will aid in promoting children to complete school education. The vision of the Scheme is to ensure inclusive and equitable quality education from pre-school to senior secondary stage in accordance with the Sustainable Development Goal (SDG) for Education.

In the scheme, under the Sports and Physical Education component, sports equipment are to be provided. Expenditure for meeting expenses on procuring sports equipment for indoor & outdoor games in convergence with Department of Sports is also to be made from this component. The provisions under the scheme for Sports and Physical Education in Government schools are as under :

Up to Rs.5,000 for Primary school per annum

Up to Rs.10,000 for upper primary per annum

Up to Rs.25, 000 for Secondary and Senior Secondary per annum

The Scheme provides annual recurring school composite grant for all Government Schools for the replacement of non-functional school equipment and for incurring other recurring costs such as consumables for play materials, sports equipment, laboratories, electricity charges, internet, water, teaching aids etc. It also provides for annual maintenance and repair of existing school building, toilets and other facilities to upkeep the infrastructure in good condition. The amount of grant varies from Rs. 25,000 to Rs. 1,00,000 per annum depending upon the number of students in the school.

Guidelines Regarding Sports Equipments

- (a) **List of sports equipment** – An indicative list of age appropriate sports equipments for government schools has been prepared and is at **Annexure-I** (Videos on the use of most of the recommended sports equipment is available on youtube). This however is only an indicative list and not an exhaustive list. The States/UTs may if they so desire, procure items from beyond this list subject to its actual requirement being certified by the head of school. However, the sport specific equipments and props may be chosen by the schools, based on availability of infrastructure in the school including availability of playfield etc. Schools may also be encouraged to include traditional/regional games of the respective State/Region, the low /no cost equipments may be procured at local level for these sports/games. The State & UTs will also need to maintain the sports equipments and have them in a workable position. For this periodic review maybe done and record be maintained of workable equipment, repairable equipment, write off equipment and new items to be purchased to maintain the required stock.

- (b) **List of Sport Activities** - An age appropriate suggestive list of sports activities for the government schools of States/UTs is also attached at **Annexure-II**.
- (c) **Stock Maintenance of Sports Equipment** - One responsible person/PET/Teacher incharge may be given the responsibility to take care of the equipments and to maintain the stock position of sports equipments in the school. Detailed guidelines for maintenance and the use of the sports equipments is at **Annexure-III**. The said Annexure also includes instructions for maintaining safety at playgrounds with adult supervision, etc.

Suggested List of Sports Equipment for Primary (Class 1-5)

| Equipment | Images | Usage | Grades | Indicative Price per Unit (in Rs.) | Qty Suggested | Total Cost (in Rs.) |
|------------------------------------|---|---|--------------|------------------------------------|---------------|---------------------|
| Plastic Cricket bat -Size 2 |  | Used in Cricket. | Grades 1 – 2 | 160 | 2 | 320 |
| Wooden cricket bat - Size 4 |  | Used in Cricket. | Grades 1 – 2 | 250 | 1 | 250 |
| Cricket stump set |  | Used in Cricket. | Grades 1 – 2 | 380 | 1 | 380 |
| Soft Ball (Small) |  | Used to teach throwing and catching, dribbling, kicking skills for smaller children | Grades 1 – 2 | 99 | 1 | 99 |
| Tennis ball |  | Used in Cricket. Builds fundamentals skills like catching & throwing. | Grades 1 – 2 | 45 | 4 | 180 |
| Plastic Balls |  | Mostly used in striking games and also to develop hand-eye-coordination. | Grades 1 – 2 | 10 | 10 | 100 |
| PU hand stitched football - Size 3 |  | Used in Football | Grades 1 – 2 | 300 | 1 | 300 |

| | | | | | | |
|---------------------------------|---|---|-----------------|-----|----|-----|
| Basketball - Size 3 |  | Used in Basketball | Grades 1 - 2 | 205 | 1 | 205 |
| Rugby soft |  | Can be used to develop hand-eye-coordination for younger children. | Grades 1 – 2 | 135 | 1 | 135 |
| Frisbee |  | Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye coordination. | Grades 1 – 2 | 75 | 1 | 75 |
| Multi coloured hula hoops |  | Develop fitness and coordination | Grades 1 – 2 | 110 | 3 | 330 |
| Saucer cone |  | Used for ground marking. Good choice for all sports - football, basketball, Kho Kho, Kabaddi, etc. | Grades 1 – 2 | 10 | 10 | 100 |
| Bean bags |  | Used for juggling, tossing, catching & throwing activities | Grades 1 – 2 | 30 | 4 | 120 |
| Bean bags - scarf |  | Used for juggling, tossing & catching activities | Grades 1 – 2 | 32 | 5 | 160 |
| 6" step hurdle |  | Used for agility and jumping drills | Grades 1 – 2 | 65 | 3 | 195 |

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|------------------------------|---|---|--------------|-----|------------|---------------|
| 12 ft. Parachute |  | Used to develop Coordination & arm strength in children in a fun way. Teaching various levels of space awareness (high, mid & low), Co-ordination among the team members. | Grades 1 – 2 | 550 | 1 | 550 |
| Foot pump Basketball- Size 3 |  | Used to inflate the balls like Football, Basketball, etc. | Grades 1 – 2 | 640 | 1 | 640 |
| Shot Put (rubber) |  | Used for Shotput. | Grades 3 - 5 | 330 | 1 | 330 |
| Discus (rubber) |  | Used for Discus Throw | Grades 3 - 5 | 330 | 1 | 330 |
| Foam Javelin |  | Used to introduce the correct technique of Javelin throw to the younger children | Grades 3 - 5 | 150 | 1 | 150 |
| Total | | | | | INR | 4949/- |

Suggested List of Sports Equipment for Upper Primary (Class 6-8)

| Equipment | Images | Usage | Grades | Indicative Price per Unit (in Rs.) | Qty Suggested | Total Cost (in Rs.) |
|-----------------------------|---|---|-----------|------------------------------------|---------------|---------------------|
| Shot Put (Rubber) |  | Used for Shotput. | Grade 6-8 | 330 | 1 | 330 |
| Discuss (Rubber) |  | Used for Discuss Throw. | Grade 6-8 | 330 | 1 | 330 |
| Skipping Rope |  | Used in Skipping | Grade 6-8 | 100 | 5 | 500 |
| Wooden cricket bat - Size 4 |  | Used in Cricket. | Grade 6-8 | 265 | 2 | 530 |
| Tennis Ball |  | Used in Cricket. Builds fundamentals skills like catching & throwing. | Grade 6-8 | 45 | 6 | 270 |
| PU volleyball - Size 4 |  | Used in Volleyball. | Grade 6-8 | 320 | 2 | 640 |
| Volleyball net |  | Used in Volleyball. | Grade 6-8 | 500 | 1 | 500 |
| Handball Size 1- (50-52 cm) |  | Used in Handball | Grade 6-8 | 390 | 2 | 780 |
| Throwball |  | Used in Throwball. | Grade 6-8 | 375 | 2 | 750 |

| | | | | | | |
|------------------------------------|---|---|-----------|-----|----|-----|
| Rugby ball - Senior |  | Used in recreational games. Builds hand eye coordination. | Grade 6-8 | 260 | 1 | 260 |
| Basketball - Size 5 |  | Used in Basketball. | Grade 6-8 | 370 | 1 | 370 |
| PU hand stitched football - Size 4 |  | Used in Football. | Grade 6-8 | 425 | 2 | 850 |
| Frisbee |  | Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye coordination. | Grade 6-8 | 75 | 2 | 150 |
| Agility ladder |  | Used to build agility. | Grade 6-8 | 240 | 1 | 240 |
| 6" step hurdle |  | Used for agility and jumping drills. Develops Locomotor skills | Grade 6-8 | 65 | 2 | 130 |
| 9" step hurdle |  | Used in agility and jumping drills. Develops Locomotor skills | Grade 6-8 | 74 | 2 | 222 |
| Marking cones with numbers 1 to 9 |  | Used to mark boundaries and set up training courses | Grade 6-8 | 32 | 9 | 288 |
| Marking Cone 12" |  | Used to mark boundaries and set up training courses | Grade 6-8 | 44 | 4 | 176 |
| Saucer cone |  | Used for ground marking. Good choice for all sports - football, basketball, Kho Kho, Kabaddi, etc | Grade 6-8 | 10 | 20 | 200 |

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|--------------------|---|--|-----------|------|------------|----------------|
| Nylon bibs - Green |  | Nylon bibs have side elastic and can be used across different age groups. Used to identify teams during match play | Grade 6-8 | 50 | 11 | 550 |
| Foot pump |  | Used to inflate the balls like Football, Basketball, etc. | Grade 6-8 | 640 | 1 | 640 |
| First Aid Kit |  | Used in conduct FIRST AID during minor injuries. | Grade 6-8 | 1300 | 1 | 1300 |
| Total | | | | | INR | 10006/- |

Suggested List of Sports Equipment for SSC & HSC (Class 9-12)

| Equipment | Images | Usage | Grades | Indicative Price per Unit (in Rs.) | Qty Suggested | Total Cost (in Rs.) |
|-----------------------------|---|---|---------------|------------------------------------|---------------|---------------------|
| Skipping Rope |  | Used in Skipping | Grades 9 - 12 | 100 | 6 | 600 |
| Shot Put (Rubber) |  | Used for Shotput. | Grades 9 - 12 | 330 | 4 | 1320 |
| Discuss (Rubber) |  | Used for Discuss Throw. | Grades 9 - 12 | 330 | 4 | 1320 |
| Badminton Racket |  | Used in Badminton. Helps in development of Striking Skill and hand eye coordination | Grades 9 - 12 | 500 | 6 | 3000 |
| Badminton Shuttle |  | Used in Badminton | Grades 9 - 12 | 30 | 20 | 600 |
| Wooden cricket bat - Size 6 |  | Used in Cricket. | Grades 9 - 12 | 265 | 4 | 1060 |
| Tennis Ball |  | Used in Cricket. Builds fundamentals skills like catching & throwing. | Grades 9 - 12 | 45 | 20 | 900 |
| Throwball |  | Used in Throwball. | Grades 9 - 12 | 375 | 2 | 750 |
| PU volleyball - Size 4 |  | Used in Volleyball. | Grades 9 - 12 | 320 | 3 | 960 |
| Volleyball net |  | Used in Volleyball. | Grades 9 - 12 | 500 | 1 | 500 |

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|--------------------------------------|---|---|---------------|------|----|------|
| Handball Size 1- (50-52 cm) |  | Used in Handball | Grades 9 - 12 | 390 | 2 | 780 |
| Basketball - Size 7 |  | Used in Basketball. | Grades 9 - 12 | 370 | 2 | 740 |
| Rugby ball - Senior |  | Used in recreational games. Builds hand eye coordination. | Grades 9 - 12 | 260 | 2 | 520 |
| PU hand stitched football - Size 5 |  | Used in Football. | Grades 9 - 12 | 425 | 4 | 1700 |
| Pop Up Football goal post – Big |  | Portable Football goal post for small sided games without goal keepers | Grades 9 - 12 | 625 | 2 | 1250 |
| Football goal post 6 feet x 3.5 feet |  | Portable Football goal post for small sided games with goal keepers | Grades 9 - 12 | 1600 | 2 | 3200 |
| Foot pump |  | Used to inflate the balls like Football, Basketball, etc. | Grades 9 - 12 | 640 | 2 | 1280 |
| First Aid Kit |  | Used in conduct FIRST AID during minor injuries. | Grades 9 - 12 | 1300 | 1 | 1300 |
| Frisbee |  | Used to play the game of Ultimate Frisbee. Can also be used for recreational games. Builds hand eye coordination. | Grades 9 - 12 | 75 | 2 | 150 |
| Saucer cone |  | Used for ground marking. Good choice for all sports - football, basketball, Kho Kho, Kabaddi, etc. | Grades 9 - 12 | 10 | 40 | 400 |

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|-----------------------------------|---|--|---------------|-----|------------|----------------|
| Agility ladder |  | Used to build agility. | Grades 9 - 12 | 240 | 2 | 480 |
| 9" step hurdle |  | Used in agility and jumping drills. Develops Locomotor skills | Grades 9 - 12 | 74 | 6 | 444 |
| 12" step hurdle |  | Used for agility and jumping drills. Develops Locomotor skills | Grades 9 - 12 | 80 | 6 | 480 |
| Relay batons |  | Used in relay races. | Grades 9 - 12 | 74 | 3 | 222 |
| Marking cones with numbers 1 to 9 |  | Used to mark boundaries and set up training courses | Grades 9 - 12 | 32 | 9 | 288 |
| Marking Cone 12" |  | Used to mark boundaries and set up training courses | Grades 9 - 12 | 44 | 4 | 176 |
| Nylon bibs - Green |  | Nylon bibs have side elastic and can be used across different age groups. Used to identify teams during match play | Grades 9 - 12 | 50 | 11 | 550 |
| Total | | | | | INR | 24970/- |

The suggestive Sports and Games activities may include the following key aspects:

1. Primary classes:-

I. Fundamental Movement Education

- a. Locomotor Skills (Running, Jumping, Hopping, Galloping etc.)
- b. Manipulative Skills (Catching, Throwing, Kicking etc.)
- c. Body Management Skills (Balance and Stability)

II. Fun/Modified Games

III. Sports

- a. Ball Badminton, Handball, Hockey, Karate, Sepaktakraw, Wrestling, Sqay, Kalarippayattu, Ice Hockey, Kick Boxing, Thang TA, Yoga.
- b. Individual Sports (eg. Skating, Rope Skipping, Judo, Taekwondo, Wushu Kickboxing,)
- c. Team Games
 - i. Invasion Games (eg. Basketball, Kabaddi, Football)
 - ii. Rally Games (eg. Tennis, Table Tennis, Badminton, Squash, Volleyball)
 - iii. Inning Games (eg. Cricket, Kho-Kho, Rounders, Softball, Baseball, Stoolball)
 - iv. Traditional Indian Games/Sports
 - v. Olympic Games and its Sports
 - vi. Yoga
 - vii. Paralympic Games and its Sports

IV. Suggestive traditional Indian Indigenous Games

1. Kabaddi
2. Kho Kho
3. Pittu
4. Bora Daud (Sack Race)
5. Ghatika/Danguli (one flick, one twist)
6. Gherra Rolling (Hoop/Tyre Rolling)
7. Ankh Michauli (Blind Man's Buff)
8. Rassakasse (Tug-of-war)
9. Chibiddi (Hopscotch)
10. Pachisi (Ludo on ground)
11. Cowrie (Shell Game)
12. Lakhoti (Marbles)

V. Other regional sports and games (which have dedicated followers and their own national sports federations):

1. Atya patya,
2. Langdi, Surr,

3. Sitolia bridge,
4. Carrom,
5. Judo,
6. Gatka,
7. Kho-kho,
8. Mallakhamb,
9. Roller skating,
10. Shooting ball,
11. Soft tennis,
12. Squash,
13. Tug of war,
14. Yoga

Other minor sports include Ilavatta kal where children lift huge spherical rocks, Gilli-danda played with two pieces of sticks, Nondi played by folding one leg and hopping squares.

Some of the indoor games include Pallanguzhi involving beads, Bambaram involving spinning of top, Dhayakattai which is a modified dice game, Aadu puli attam, Nungu vandi and Seechangal.

Mainstream Games (apart from Athletics, Gymnastics and Swimming) can be divided into three broad categories namely territorial, net/wall and striking & fielding.

VI. Territorial Games

Territorial games are those in which two teams compete within an area that offers possibilities for offensive and defensive play. The goal is to invade an opponent's territory to score. Scoring is achieved by projecting an object (e.g. a ball) to a specific target, shooting the ball to a target area accurately or moving the ball across an open-ended target (e.g. across a line). Suggestive Territorial Games are:

1. Basketball
2. Handball
3. Hockey
4. Netball
5. Rugby
6. Soccer
7. Ultimate Frisbee

VII **Net/Wall Games**

Net/wall games are those in which two players/teams compete within an area, often separated by a barrier such as a net, placed at a pre-determined height. The goal is to propel an object, usually a ball or a shuttle into space and scoring is achieved when an opponent is unable to make a successful return. Suggestive Games are:

1. Badminton
2. Table – tennis
3. Tennis
4. Volleyball
5. Squash

VIII **Striking & Fielding Games**

Striking and fielding games are those in which two teams compete within an area that offers possibilities for offensive and defensive plays. The goal for the batting team is to strike an object, usually a ball so that it eludes defenders/fielders. Scoring is achieved when a batter makes a successful run round the bases. The goal for the fielding team is to prevent the batting team from scoring runs. Cricket is one of the suggestive strike and field game.

Upper Primary classes:-

Soft Tennis, Athletics, Atya Patya, Badminton, Basketball, Boxing, Chess, Cycling, Football, Handball, Hockey, Judo, Kabaddi, Karate, Kho-Kho, Netball, Mallakhamb, Lawn Tennis, Roller Skating, Rugby, School Games, Softball, Squash, Table-Tennis, Tug of War, Volleyball, Weight-lifting, Wrestling, Kalaripayattu, Cricket, Netball, Yoga, etc.

Secondary and Senior Secondary classes:-

Soft Tennis, Athletics, Atya Patya, Badminton, Ball Badminton, Baseball, Basketball, Billiards & Snookers, Body Building, Boxing, Bridge, Chess, Cycling, Football, Handball, Hockey, Judo, Kabaddi, Karate, Kho-Kho, Netball, Mallakhamb, Lawn Tennis, Para Sport, Roller Skating, Rugby, School Games, Softball, Squash, Table-Tennis, Volleyball, Weight-lifting, Wrestling, Kalaripayattu, Cricket, Netball, Kick Boxing, Yoga, etc.

Maintenance and service of sport equipment



The success of a sports facility is decided by its usage. For the facility to be popular it needs to be well equipped and maintained.

 **To keep quality of sports surfaces, it is necessary to do regular maintenancelike,**

- Remove leaves, stones, pebbles, flints, pieces of sharp objects from the pitch
- Swipe the floor daily; if it is a cemented floor
- Allow only recommended footwear on the court
- Maintain cleanliness of pitch and its surroundings.
- Maintain cleanliness and quality of props and equipment
- Periodically check the maintenance of goal posts, volleyball poles, basketball post, etc.
- Keep sufficient dustbins

 **Special maintenance at least once a year:**

- Level and slope of the ground should be such that there is no water logging
- Repair and check for drainage systems
- Special brushing with professional machinery (e.g. for cemented floor)
- Follow the maintenance instructions carefully for all artificial turfs

Examples of Props and Equipment Maintenance:

Check the pressure carefully. Pressures for various balls are as follows;

Football - 0.6 – 1.1 atmosphere (600 – 1,100 g/cm²) at sea level

Basketball – 3.17 – 4.0 atmosphere (3170 – 4000 g/cm²) at sea level

Volleyball - 0.30 - 0.325 atmosphere (300 – 325 g/cm²) at sea level

Before using the balls:

1. Inflate balls to correct pressures.
2. Before you inflate the balls moisten the needle.
3. To inflate balls, squeeze balls while gradually adding a small amount of air at a time.
4. Inflating balls with too much air at once will damage the inner tube/ bladder.
5. Avoid inflating balls with machines as it may over inflate.

After using the balls:

1. Deflate little air after use. If the same air pressure remains in balls after use, balls may expand or deform.
2. Wipe the surface with a soft cloth.
3. If you are unable to remove dirt easily, wipe balls with a moistened cloth.
4. If you are unable to remove dirt with moistened cloth, wipe balls with a cloth moistened with water-diluted mild detergent.
5. If you use mild detergent to clean balls, thoroughly wipe off any remaining detergent to ensure that it does not remain on the ball surface. (detergent may cause stain).
6. Wipe the ball afterwards with a dry cloth.
7. Dry balls out of direct sunlight in a well-ventilated place. Do not keep it under direct sunlight for long.
8. If the ball has been soaked by rain, wipe away moisture and dirt using a cloth. Dry the ball out of direct sunlight in a well-ventilated place.

To store balls:

1. Avoid leaving balls in a place that is exposed to direct sunlight.
2. Avoid storing balls in hot or damp places.
3. Store balls in a well-ventilated place.
4. Inflate balls regularly and store them in a well-ventilated place out of direct sunlight.

 **Even if the equipment is not in use, it requires regular cleaning and maintenance. To maintain Props and Equipment you should perform the following activities:**

1. After the activity, use a dry cloth to wipe the props/ equipment and store in a well-ventilated place out of direct sunlight.
2. Check the condition of the props/ equipment regularly to avoid using a damaged prop.
3. Do not leave the props/ equipment in direct sunlight for the whole day. It would reduce the life of props/ equipment.
4. Do not store the props and equipment made of iron/ metal in a damp place. The moisture may lead to rusting.
5. Do not apply water on any leather props and equipment. Always use dry cloth to clean.

Safety at Play Ground

Safety at playground or sports ground is achieved by establishing a balanced approach to providing good equipment, good practice and good management. Maintaining records of incidents and circumstances which have potential to cause accidents, remedial actions to be taken and monitoring the implementation of safety guidelines will ensure safe conditions for the children to play.

➤ Playground - Safe Condition

Playgrounds and outdoor play equipment offer children fresh air and proper exercise. So it is important to make sure that faulty equipment, improper surfaces, and careless behaviour do not ruin their interest in going out and playing with other children.

You can keep the playground entertaining and safe by checking equipment for potential hazards and following some simple safety rules and guidelines.

➤ Adult Supervision

Adult supervision can help prevent injuries by making sure children properly use playground equipment and do not engage in unsafe behaviour around it. If an injury does occur, an adult can assist the child and administer any needed first aid right away. Do not leave children unattended at any point of time.

➤ Playground Safety

The most important factors in evaluating the safety of any playground are proper surface, design and spacing, and equipment inspection and maintenance.

A proper playground surface is one of the most important factors in reducing injuries and the severity of injuries that may occur when children fall from equipment.

Here are some points that we need to consider:

- Concrete, asphalt, and blacktop are unsafe. Grass, soil, and packed-earth surfaces are safe because these can cushion a fall.
- The playground surface should be free of standing water and debris that could cause children to trip and fall, such as rocks, tree stumps, and tree roots.
- There should be no dangerous materials, like broken glass, nails, erected rods and twisted metals.
- Check the playground/ activity area in advance and remove the dangerous items from the ground.
- Surfacing mats made of safety-tested rubber or rubber-like materials are safe.
- Rubber mats allow the best access for infants and primary students.
- The cushioned surface should extend at least 6 feet past the equipment. Additional coverage may be needed, depending on how high a slide is or how long a swing is.
- Equipment with rounded edges are safe and not the angular edges.
- Keep first-aid kit available close to the playground.

➤ **Maintenance and Inspection**

Whether you play indoor or outdoor, it is important to take a general look at the equipment to make sure that it is clean and well maintained. Some of the points that you need to keep in mind are as follows:

- There should be no broken equipment and props.
- Wooden equipment should not be cracked or splintered.
- Metal equipment should not be rusted.
- Children should be aware of the unsafe and dangerous areas/ locations, if any.
- Surface materials on the playground should be maintained regularly so that the surfacing is loosely packed and covers all appropriate areas — especially the fall zones surrounding playground equipment.
- Playground equipment should be made of durable materials that would not fall apart or worn down too much by the weather.
- Make sure that there is enough clearance in front of equipment like slides, swings, etc. And children do not linger around when equipment is in use.
- Check for objects (like hardware, S-shaped hooks, bolts, nails and sharp or unfinished edges) that stick out on equipment and could cut a child or cause clothing to become entangled.
- All hardware or equipment should be secure, with no loose or broken parts. Plastic and wood should show no signs of weakening, and there should not be any splintered or rusted surfaces.
- If the local playground has a sandbox, check for hazardous debris such as sharp sticks or broken glass, and be sure that the sand is free of bugs. Sandboxes should be covered overnight to prevent contamination from animals, such as cats and dogs.
- Help keep your playground clean and safe by picking up trash, using the equipment properly. Report to higher authorities for any problem immediately related to safety.
- If a part seems broken, loose, or in need of maintenance, designate it as off-limits immediately; report the problem to the appropriate authorities and follow up for completion.

➤ **Playground - Safe Acts**

You must know how to be safe and act responsibly at the playground.

- Never push or roughhouse while on jungle gyms, slides, seesaws, swings, and other equipment.
- Use equipment properly — slide feet first, don not climb outside guardrails, no standing on swings, etc.
- Make sure that there is enough clearance in front of equipment like slides, swings etc. and that children do not linger around when equipment is in use.
- Always check to make sure no other children are in the way if they're going to jump off the equipment and land on both feet with their knees slightly bent.
- Leave bikes, backpacks, and bags away from the equipment and the play area so that no one trips over them.
- Always wear a helmet while riding a cycle/ bike.
- Never use playground equipment that are wet because moisture makes the surfaces slippery.
- Check playground equipment in the summertime. It can become uncomfortably or even dangerously hot, especially metal slides, handrails, and steps. So use good judgment — if the equipment feels hot to the touch, it is probably not safe or fun to play on. Contact burns can occur within seconds.
- Wear clothes that do not have drawstrings or cords. Drawstrings, purses, and necklaces could get caught on equipment and accidentally strangle you.
- Wear sunscreen when playing outside on sunny days to protect against sunburn.

Recommendations

- ❖ More budget may be allocated to Primary School as children would be learning skills at that age and would need more practice with equipment. The ratio of children to equipment should be 1:4 at this age.
- ❖ Upper Primary/HSC & SSC would be using almost same equipment (sport specific). These two categories can be clubbed together.
- ❖ To ensure optimum utilization, equipment stores should be close the play field.
- ❖ Use of technology/ APP for imparting knowledge to PE Teachers on the usage of sports equipment may be explored.