

Construction of Kho-Kho Playing Ability Skill Test for School Children



PHYSICAL EDUCATION

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ABSTRACT

Tag is a simple and fun game to play. It is easy to learn and fun for children of all ages. It's easy to play, doesn't require equipment and expends a lot of energy. The game of tag provides children with a way to become familiar with their body's capabilities. Physically, they get to discover speed, agility, coordination and spatial relations. Mentally, they get introduced to strategy, compassion, timing, and cause and effect. The game of Kho-Kho is the most popular tag game besides Kabaddi in rural India having considerably long tradition. At present it is most popular among all the indigenous team games of India. Kho-Kho playing ability test are few and these skill test are not game related. Testing studies first identify the fitness components required for a Kho-kho player and then the researcher recommend these fitness test as test batteries to find out the Kho-Kho playing ability.

Unlike these test items the present author is of the opinion these fitness test should be modifies according to the Kho-Kho playing condition. The author recommends the following test items to construct a valid and reliable test battery to assess Kho-Kho Playing ability test. 1. Chain Kho Test, 2. Shuttle Run Test, 3. Running around the Square Test, 4. Zig-Zag Run Side-ward Test, 5. Seven Minutes Run and Walk Test.

Tag is a simple and fun game to play. It is easy to learn and fun for children of all ages. It's easy to play, doesn't require equipment and expends a lot of energy. "Games like tag have been around forever because they're so simple, and the rules seem almost innate for kids", notes Drobniak, pediatric physical therapist, and Heffron (2014), paediatric occupational therapist, the co-authors of "Cooperative Activities for Kids" and creators of The Inspired Treehouse (<http://theinspiredtreehouse.com/>). "Classic games like tag are some of the quickest ways to get kids moving and working on all kinds of developmental skills like strength, endurance, social skills, coordination and more." "The game of tag provides children with a way to become familiar with their body's capabilities. Physically, they get to discover speed, agility, coordination and spatial relations. Mentally, they get introduced to strategy, compassion, timing, and cause and effect," explains Ferrer (2013), the author of "The Art of Stone Skipping and Other Fun Old-Time Games." "In what seems like a simple game of unstructured movement, there's actually a lot of learning going on."

The game of Kho-Kho is the most popular tag game besides Kabaddi in rural India having considerably long tradition. At present it is most popular among all the indigenous team games of India. Competitions are held from school level to national level. The game of Kho-Kho is based on natural principals of physical developments. It is vigorous and fosters a health combative spirit among youth. It is not merely running with speed but its CHASE a natural instinct to overtake, to pursue to catch a kill. No doubt speed is the heart and to stand to a relentless pursuit of a minutes at a stretch (turn) this heart demand stoutness stamina. In turn a physically fit youth enjoys it and the spectators who watch enjoy a trilling sport to their

It is played on a rectangular court, between two teams of twelve players each, of which nine take the field and three are reserves. Kho-Kho is a great test of the participants' physical fitness, strength, speed and stamina and dodging ability. No one has exact knowledge on Kho-Kho history or when the first game was played, though many historians say that it is actually a modified form of 'Run Chase'. In the ancient era, a version of the Kho-Kho game was played on 'raths' or chariots in Maharashtra. This was known as RATHERA. There were no rigid rules and regulations for playing the game. The Kho-Kho rules were first framed in

the early 1900's. A committee was formed at Gymkhana Poona in 1914 for framing the Kho- Kho rules and the first ever book of Kho-Kho rules was published from Gymkhana Baroda, in 1924. According to the Kho-Kho game rules, each of the participating teams consists of twelve players, though only nine players take the field for a contest. After the toss, one team sits in a row down the middle of the court, with alternate members facing opposite directions. They are the chasers. The opposing team sends three player in the court as a dodger. A chaser may only run in one direction and cannot cut across the central line. If a chaser needs to catch a dodger who is on the other side of the line, he/she needs to pass the chasing job to another team-mate. This is done by touching the back of a sitter facing the other way and shouting 'Kho'. The main aim of the chasing team is to tag all dodgers of the opposing team in the shortest time possible. This sport is managed by the Kho-Kho Federation of India, which was created in 1956-57 at Cuttack, Orissa to popularize the Kho-Kho game among the masse satisfaction (Mahesh 2015, Ajeet Jaiswal 2014, Mahaprasad Ghosh and Kundu, 2014)

Kho-Kho playing ability test are few and these skill test are not game related. Testing studies first identify the fitness components required for a Kho-kho player and then the researcher recommend these fitness test as test batterires to find out the Kho-Kho playing ability.

Unlike these test items the present author is of the opinion these fitness test should be modifies according to the Kho-Kho playing condition. The author recommend the following test items to construct a valid and reliable test battery to assess Kho-Kho Playing ability test.

1.CHAIN KHO TEST

This test is to test the chasing ability. The subject starts from one pole. Sit in one square and utters the word 'KHO' and then goes to the next square. Completes all eight squares goes round the pole repeating the same process and returns to the starting pole. Time taken is recorded.

2. SHUTTLE RUN TEST

This test is for both runners and chasers. There are eight inter-sections between poles in a Ko-Kho Court. In this test the subject starts from one pole touches the first intersection then returns to pole line then 2nd intersection the pole line and likewise continues up to the other pole line. Time taken is recorded.

3. RUNNING AROUND THE SQUARE TEST.

This test is for the runners. The subject are like in actual game have to start from the pole. First should go round the second square then come round the first square. From the first square the subject runs to the third square. The test is performed up to the other pole and continued to the starting. Time taken is recorded.

4. ZIG-ZAG RUN SIDEWARD TEST

This test is for runners. The subject starts from the one pole to the other and returns to the starting pole. Here the runner should face all the eight squares while Zig-Zag run around the squares. Time taken is recorded.

5. SEVEN MINUTES RUN AND WALK TEST.

This test is for the runners. The subject has to run around the two poles for 7 minutes actual time of an inning in Kho-Kho game Time taken is recorded.

The test items are constructed so the test are conducted in Kho-Kho court and resembles game like situation. These suggestion may be considered while constructing Kho-Kho playing ability.

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