

INDOOR GAMES AND SPORTS

In

Mugberia Gangadhar Mahavidyalaya (College with Potential for Excellence)

Indoor games and sports are a variety of structured forms of play or competitive physical activity, typically carried out either in the home or in specially constructed indoor facilities.

Indoor games are typically any game which must be played inside, away from the possibility of interference due to weather (rain, wind, etc.) These games involve a very small play area, usually limited to a single table top. Pretty much any game you find in the game section of your big box store is an indoor game. Like outdoor games, some indoor games are considered a sport if only because there are official competitions, such as chess.

There are of course several games which may be played indoors or out, usually children's games such as tag, Simon says and similar. Some games like Marco Polo are simply played anywhere there's an applicable play area, in this case a swimming pool, whether it be indoors or out.

There are four broad areas of Indoor Games such as Card games, Board games, Table-top games and Indoor sports.

Many different kinds of board games are played throughout the world, and many of them have been popular for hundreds of years. A few board games are decided by chance or luck alone, but most require some amount of skill on the part of the players. Games of pure chance are usually 'race' games, such as the children's game snakes and ladders which were invented by Jaques. The winner – the player who reaches a certain square first – is decided by throwing numbered dice, over which the players have no control.

Games such as Monopoly and backgammon are a mixture of chance and skill. Even though luck (usually the throw of dice) plays a part, choices made by the players in the course of the game also help to decide the winner. Backgammon is one of the oldest board games that people still play. Its name comes from the Saxon (it means 'back game' because sometimes pieces have to go back to the beginning), but the Romans played this game too.

Luck plays little or no part in games of skill – the outcome is decided by the players' ability to make the most advantageous moves available. Such games are often 'war' games, which involve capturing an opponent's pieces. The most popular of all such games today is chess. Chess is a game of great skill that calls for the ability to plan moves and recognize threats several steps ahead. Each player has an 'army' of 16 pieces with which to fight a battle. There are six different kinds of piece – king, queen, bishop, knight, rook and pawn – and each has its own special way of moving about the board. If a player moves onto a square occupied by an

opposing piece, that piece is captured and removed from the board. The object of the game is to trap (checkmate) the enemy king by putting it in a position where it cannot escape capture.

Various indoor games, including billiards, snooker and pool, are played on a large, flat, cloth-covered table with six pockets. In these games, each of the two players tries to pot the balls (knock them into the pockets) by striking them with a cue-ball, which is hit with the tip of a stick called a cue.

In billiards, there are just three balls: a white cue-ball for each player and one red ball. Points are scored by potting the balls, by sending the cue-ball into a pocket 'in off' one of the other balls, or by getting the cue-ball to hit both the other balls (a cannon). The winner is the player who reaches an agreed score first, or who has the highest score after a certain time.

In snooker there are 22 balls: 1 cue-ball, 15 reds and 6 colours. A player must first pot one of the red balls (scoring 1 point) and then one of the colours, which are worth between 2 points (yellow) and 7 (black). The colour ball is put back on the table, and the player tries to pot another red. The turn or break continues until the player fails to score or plays a foul shot. When all the reds have gone, the colours are potted in sequence from yellow to black, which marks the end of the game or frame. The winner of the frame is the player with the most points. Most professional matches are decided over a fixed number of frames.

Indoor sports complexes are springing up around the country (ex: South Shore Sports Complex in Oceanside, NY). These complexes often provide a Turf Field that allows a wide variety of typically outdoor sports to be played indoors. These turf fields are large and has a grassy texture to it without the maintenance required to keep it green and plush. Many sports are being played on this type of service, such as soccer, baseball, flag football, shooting softball, lacrosse, rugby, and many others.

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Indoor games are the games that you play inside the house. Indoor games do not get interference of any kind of weather (e.g. Rain, Wind, etc.) you can play those games under hood. indoor games helps to develop your brain skills.

Outdoor games are the games which are played outside the home, shelters. outdoor games are mostly related to physical fitness. Outdoor games help to improve physical fitness.

Here is some list of indoor and outdoor game

Chess, Carom, Table Tennis, are provided by the institution