

Grade: 4

Lesson Number: 17-20

Unit Name: Gatkā

Course: Virṣā

Title: Gatkā -II, III, IV and V

Standards

Standard 6: Sikh Martial Arts

- Students learn the history and basic steps of the Gatkā martial art.
 - *Students are taught skills, including the paintrā, marorā, and other techniques*
 - *Students will identify the various traditional shastars, including: kirpān, barchā, carkā, dāhl, gurj, kamān, katār, khanḍā, lāṭhī, mārā, soṭī, tabar, talvār, and tīr.*

Objectives

- Children will be introduced to Gatkā (the Sikh Martial Arts) with emphasis on the history.

Prerequisites

- Previous completion of Lesson I in the five-part series on Gatkā.

Materials

- Make copies of the article for each child (resource attached in Lesson number 16)

Advanced Preparation

- Teacher must be familiar with material provided on Gatkā. (reference Lesson Number 16)
- Teacher should note that arrangements need to be made by the teacher and administrators of the school by contacting Gatkā Akhārās or individual instructors. Information on instructors or Akhārās can be found through the provided websites.
- The next three lessons after this particular lesson in this series will be hands on teaching of Gatkā Steps.

Engagement (15-20 minutes)

- Review with children the shastars of Gatkā.
- Collect their completed homework on shastars and descriptions.
- Ask each child which shastar they would use if they had the chance and why.

Exploration (35-40 minutes)

- Give children copies of the information and have all read together.
- Discuss the history/info on Gatkā from Lesson number 16, having children highlight the information they read.

Explanation/Extension (5 minutes)

- Let children ask any questions that they may have about the history and the shastar and tell them that they will begin learning some Gatkā skills.

Evaluation (On-going)

- Use review and discussion of article in order to evaluate if children understand material.