

LESSON – 16

GAMES WE PLAY

I. Fill in the blanks:

1. Games help us to relax and feel fresh.
2. Playing is a good exercise for the body and mind.
3. In hop scotch, if our leg touches the line we are out.
4. Indoor games and outdoor games are the two main types of games
5. Yachting, wind surfing, diving are called adventure sports.
6. Some people play games as a profession.
7. Playing team games teaches us the values of teamwork and cooperation.

II. Match the following:

- | | | |
|----------------------|---|-------------------------------------------|
| 1. Snake and ladder | - | board game |
| 2. Hockey | - | National game of India. |
| 3. Gliding | - | Adventure sport. |
| 4. Goal keeper | - | Guards the goal. |
| 5. Viswanathan Anand | - | Won the World Chess Championship in 2012. |

Home work

Paste pictures of any five sports personalities and write their names.

III. Answer the following:

1. Why is it important to play games?

It is important to play games because,

- It is a good exercise to body and mind.
- It keeps us fresh and active.

2. How are games an occupation for some people?

Some people earn money by playing a sport. So games are occupation for some people.

3. Write about any one famous sports player.

P.T. Usha:

P.t. Usha was the first Indian woman to reach Olympic finals in 400 meters in 1984 Los Angeles Olympics.

4. Write the names of any four games and the number of players needed to play the games.

- Basket ball - two teams of five players each.
- Foot ball - two teams of eleven players each.
- Cricket - two teams of eleven players each.
- Chess - Played between two persons.

5. What is recreation?

Spending time doing something different from the routine is called recreation. It is the way to relax our body and mind.

Home work

Paste pictures of any three indoor games and three outdoor games and also write their names.

IV. Answer in detail:

1. Write about indoor games and outdoor games with examples.

Indoor games:

The games which are played inside the house or room are called indoor games.

Eg: Chess, Carrom board, Snake and ladder...etc.

Outdoor games:

The games which are played outside the house or room are called outdoor games.

Eg: Hockey, Cricket, Hop – scotch...etc.