

ACROSS THE WALL

Key Points

- A game is an activity which is undertaken usually for enjoyment and relaxation.
- It provides pleasure and excitement and develop our physical, mental and social abilities.
- Sports teach co-operation ,team spirit, to forgive and forget, to understand the strengths and weakness of the team members.

Answer the following:

I. What is the difference between games and sports?

Games	Sports
<p>A game is an activity which is under taken usually for enjoyment and relaxation</p> 	<p>A game in which a person or a team competes against another person or team is called sports.</p> 

2. Difference between Individual games and team game

Individual Game:



The game in which a single player plays against another single player is called an individual games.

Team Games:

The game in which a team of players play against another team of players is called team game.



3. What is meant by team spirit?

1. Every player is a part of the team.
2. It is important to understand each other's strength and weakness in a team and co-operate and co-ordinate towards the goal.
3. They are not interested in showing their individual performance and talent. Team is the only thing that matter.

4. Name 4 team games.



Cricket



Basket Ball



Kho-Kho





Kabbadi



Football



5. What are the qualities of a good captain?



■ Captain is the head of the team.

- He/She should be trust worthy, dedicated, passionate and focused.
- He/She should be calm, tolerant and composed in all situation.
- He/She should have a fair attitude towards every team members.
- He/She should be an example for others in their commitment towards excellence.

6. How far have girls excelled in games and sports?



Now a days, girls are encouraged to develop their skills in all types of sports. In certain games, girls have proved that they are better than boys. **Anju Bobby George** has won many championships in women athletics.

Sania Mirza in tennis, **Sania Nehwal** in badminton , **Anjali Bhagwat** in pistol event and **Joshna Chinnappa** in squash have made a great name for themselves.

7. What qualities should we develop while playing games?

We must develop the following qualities while playing games.

- Discipline * team spirit * confidence.
- Positive attitude * Patience * honesty *tolerance.
- Generosity *Politeness * Friendliness.

8. Why do we play games?

We play games for many reasons.

- 🌳 It is a good exercise.
- 🌳 We develop our confidence.
- 🌳 We become more disciplined in our life.
- 🌳 We channelize our mental and physical energy in a more positive manner.
- 🌳 We become fresh and active.
- 🌳 We are able to do more work.

9. Draw the basket ball court and write the basic rules of basket ball.



Rules to play basketball

- ⊗ The game is played with 2 teams.
- ⊗ Each game consists of 5 players on the court at a time.
- ⊗ Teams score by shooting the basketball through the hoop.
- ⊗ The hoop is an 18 inch cylinder attached to the backboard
- ⊗ Each team tries to prevent its opponent from scoring by either stealing the ball or blocking an attempted shot.
- ⊗ The ball is moved down the court by either passing it to a teammate or dribbling it.
- ⊗ The game is played for 40 minutes. It is further divided in to 4 quarter. Each team will play for 10 minutes.


