

Chapter Recall

1. There are two types of games- 'outdoor' and 'indoor'.
2. Games should be played with sportsman spirit.
3. Games make us healthy.
4. Yoga keeps our body and mind healthy.
5. We can perform several tasks by blowing our breath.

EXERCISE

1. Name any five indoor and five outdoor games.

Indoor games → Chess, Carom, Ludo,
billiards, Table Tennis

Outdoor games → Hockey, Wrestling, Kabaddi,
Badminton, Football

2. Write about the exercises and physical stunts shown in your village fairs.

The physical stunts or activities in our village fair range from 3 legged races to lemon-spoon race, sack races. They showcase acts similar to the ones people may witness in circuses, like walking on tight rope, balancing acts, etc.

3. What are the advantages of Yoga? Write them down.

Advantages of Yoga are:-

1. It develops art of living.
2. It develops positive outlook towards life.
3. It is helpful for physical, mental, intellectual and spiritual development.

4. What tasks can be performed by blowing? Write them down.

Ans We blow air from mouth to clean spectacles, to whistle, to blow balloons, to clean any dust particles, to blow the flute, to hold cool tea etc. at the end of the line.

5. Bhakti Sharma in swimming, and Virat Kohli in cricket are famous sports persons.

Play games, perform Yoga. Always remain healthy !

Examination Type Questions

- Which of the following is a group of outdoor games?
 - chess, kabaddi, wrestling
 - kabaddi, hockey, chess
 - ✓ hockey, wrestling, kabaddi
 - badminton, chess, hockey
- Which of these is a group of indoor games?
 - chess, kabaddi, hockey
 - cricket, football, running
 - ✓ chess, carom, billiards
 - snakes and ladders, long-jump, table-tennis
- Which of these is a traditional games group of Rajasthan?
 - ✓ mardari, sitolia, gilli-danda
 - chess, singh-bakri, kite flying
 - sitolia, chaupar, table-tennis
 - archery, badminton, hockey

4. Which of these is a traditional indoor games group of Rajasthan?

- (a) mardari, gilli-danda, pakda-pakdi (catch-catch)
- (b) char-mar, chaupar, singh-bakri
- (c) kite flying, chaupar, archery
- (d) hockey, wrestling, badminton

b

5. Out of the following, which is the correct match of the sport and the sports person associated with it?

- (a) Bhakti Sharma - Swimming
- (b) Limbaram - Cricket
- (c) Mary Kom - Archery
- (d) Sachin Tendulkar - Cricket

a & d

6. Prepare a list of yogasanas which can be performed by students.

Yogasanas which can be performed by students are :-

- | | |
|--------------|-------------------|
| 1. Tadasana | 3. Pawanmuktasana |
| 2. Padmasana | 4. Surya Namaskar |

