

# Mahesh Public School, Jodhpur

Class- V Subject- EVS Worksheet-3

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## Points to remember

### Playing is Fun

- A game is a mental or physical activity played according to certain rules.
- A sport is an activity that is played according to a set of rules and encourages the spirit of competition. The outcome, i.e., winning or losing is a very important part of a sport. For example, playing chess at home is a game but when it is played at a national tournament it becomes a sport.

### Types of Games

Games are of many types They may be indoor, outdoor, Individual or team games.

- Indoor games are played inside a building Chess, snakes and ladders, carom and ludo are some indoor games.
- Outdoor games are played in open grounds, courts and stadiums. Cricket, hockey, tennis and basketball are some outdoor games.
- Many games are played by a player alone against an opponent (another player). They do not need a team. These are known as individual games, For example, Swimming. Skating, cycling, chess and golf are individual games. Here a player has to perform and achieve success on his/her own.
- Many games are team games. In team games like cricket, hockey, basketball and football, a team or a group of players play against another team or group of players.

### Team Spirit

- A player is a part of the team. Players belonging to different regions, religions and economic backgrounds join together to represent their team. Team spirit is the feeling of harmony and unity among the players. They share the common aim to compete and win against their opponents.
- There is a big responsibility on the captain of a team, He is the one who plans and discusses the strategy of the game with the team, It is also important for team members to respect and trust their captain. It is the captain who gets the credit if the team wins and shoulders blame in case at a loss.

## National Game

- The national game of a country is that game or sport which is considered to be an important part of the culture of the country. For example, hockey is the national game of India. Between 1928 and 1956, India won 6 gold medals in hockey at the Olympics.

Now television, computer games and video games have become very popular. Children do not like to play outside in fresh air. Lack of physical activity has created problems like obesity and has reduced their concentration level and stamina. Thus, it is very important to inculcate sports consciousness among children right from a young age.

## Exercise Time

### Q.A. Write True or False.

1. Boys and girls should play together.
2. It is good to fight with the captain of your team.
3. The feeling of team spirit unites the players of a team.
4. Referees and umpires are not necessary while playing a sport.

### Q.B. Tick the correct answer.

1. The responsibility of the team is on the \_\_\_\_\_
  - a) referee
  - b) coach
  - c) captain
2. The national game is an integral part of a country's \_\_\_\_\_.
  - a) culture
  - b) politics
  - c) economy
3. The person who supervises that the game is being played according to the rules is called \_\_\_\_\_.
  - a) spectator
  - b) referee

c) coach

**Q. C Fill in the blanks**

1. Playing games and sports is a good \_\_\_\_\_.
2. Chess, carom, and snakes and ladders are \_\_\_\_\_.
3. Hockey, basketball and football are \_\_\_\_\_.
4. Umpires or \_\_\_\_\_ supervise that the games are played by following the rules.
5. It is the \_\_\_\_\_ who gets the credit if the team wins and the blame in case of a loss.