



VIDYA SHREE ACADEMY

SR. SEC. SCHOOL

An English Medium Co.Ed. School | Science & Commerce



W : www.vsajaipur.com | E : vsajaipur@gmail.com M. : +91 9460356652, 8058999828

Add. : 84, Krishna Vihar, Behind Narayan Niwas, Gopalpura Bypass, Jaipur - 302015

[f /vsajaipur](https://www.facebook.com/vsajaipur) | [t /vsajaipur](https://www.twitter.com/vsajaipur) | [y /vidyashreeacademy](https://www.youtube.com/vidyashreeacademy) | [i /vsa_jaipur](https://www.instagram.com/vsa_jaipur)

Subject - EVS

Class - 5th

Topic - Let's Play Games

**Learn and write the following question answers -
Learnt, Understood, and now tell-**

Q1. Write the name of 5 indoor games and 5 outdoor games.

A1. **Indoor games** - Chess, Ludo, Carrom, Table tennis, Billiards.

Outdoor games - Cricket, Badminton, Basketball, Football, Hockey.

Q2. What are the benefits of yoga, for our body?

A2. Practising yoga has the following benefits for our body-

1. It helps us remain fit and healthy.
2. It makes us active so that we can complete our work quickly and accurately.
3. It helps to maintain the flexibility of our body muscles.
4. Practising yoga increases inner peace.
5. It helps us to fight against stress and makes us feel relaxed.

Additional Questions for Practice

Q1. Why should we play games? Give 3 reasons.

A1. We should play games because -

1. Playing games is a good exercise. It keeps our bones and muscles strong. It makes us energetic and healthy.
2. Playing games develops our confidence. We become skillful.
3. We become fresh and active. We are able to do more work.

Q2. What are individual games? Name any 3.

A2. Games that are played alone, by oneself, are called individual games. For eg., Swimming, Skating, Cycling.

Q3. What is Yoga?

A3. Yoga is a practice that helps in the development of mental, physical, intellectual, spiritual and social health. Yoga is an art that connects our body, mind, soul and makes us strong and peaceful.

Q4. What is a National team?

A4. A team that consists of players from different parts of the country is called a national team.

Q5. Why should we always breathe through the nose?

A5. The fine hair in our nose traps the dust and germs present in the air we breathe in and prevents them from entering our lungs and hence, protects us from falling sick. So, we should breathe through our nose.

Q6. Match the column 'A' with column 'B'.

Column A	Column B
A. Swimming	c. Yogasana
B. Basketball	d. Meditation
C. Tadasana	e. Musical Instrument
D. Calm state of mind	b. Team game
E. Flute	a. Individual game

Q7. Why should we follow the rules of the game while playing?

A7. We should follow the rules of the game while playing because-

1. Rules help us to play the game in a fair manner.
2. Playing games according to the rules, makes us disciplined.

Q8. Why should players develop team spirit?

A8. Players should have team spirit because of the following reasons-

1. Team spirit makes the players think about the success of their team.
2. Players cooperate and coordinate while playing as a team.
3. Players are not interested in showing their individual performances and talents.

Q9. Keep your hand on your chest and record your experience of the movement of the rib cage during the process of breathing in and breathing out.

A9. We must keep our hand on our chest and count the number of times we breathe. We will observe that our chest rises up every time we inhale air and goes down when we exhale.

Q10. How will you show that the air you breathe out contains water vapour?

A10. **Aim:** To show that the air you breathe out contains water vapour.

Method:

- A. Stand in front of a mirror.
- B. Now, breathe out air over the surface of the mirror.

Q11. Every student should be encouraged by his/her school to become a national player. How?

A11. Every student should be encouraged by school to become a national player by the following ways-

1. By encouraging the boys and girls to participate in all games and physical exercises together.
2. Equal opportunity to participate in different games should be given to each student.
3. A child who excels in a game at the school level should be provided proper training, essential support encouragement by the teacher.