

CLASS NOTES

Class: VII

Topic: Sports and Fitness

Subject: English

Reading Comprehension: -

B. Question and answers of 30-40 words each: -

1. What happens to our body when we run around?

Ans- When we run around, our heart and lungs improve their efficiency, our muscles become better -toned, our joints become supple, our brain releases certain chemicals that enhance our mood and often we have a sense of well-being at the end of the game.

2. Write a short note on the mental benefits of playing.

Ans- Those who play games remain mentally healthy for a longer time than those who do not play any sports. If you are healthy, you gain the confidence to face the challenges in a better manner and tackle them.

3. How does playing sports teach us to be a good team player?

Ans- Sports makes you realize that you cannot do much as an individual. You need the combined effort of all the team members to succeed. So, you learn to be team player and not be just an individual playing on your own.

4. 'Playing sports builds character! 'Explain briefly with examples from the passage.

Ans- Sports builds character because athletes have to practice hard for years and struggle much to attain glory in a major sports event. This teaches us that perseverance and hard work are required for achieving success.

5. Name a few sports that ensure physical activity.

Ans-Some sports that ensure physical activity are basketball, tennis, football, athletics.

C. Question and answer answers in 80-100 words each.

1. 'Another lesson that we learn from sports is that repeated failures should never deter us.' Explain wit examples from the passage.

Ans- Sports teaches that repeated failures should make us waver in achieving our goals. There are many sports stars who failed several times before they finally achieved success. The legendary basketball star Michael Jordan admitted to having missed more than 9,000 shots in his career. He had lost almost 300 games. Twenty- six times he had been trusted to take the game-winning shot and missed. He had failed many times but he had never given up and that is why he had succeeded. This shows how important it is to take failures in your stride and keep trying. You must never give up in despair but keep persevering to accomplish the objectives you have set for yourself.

2. How does playing a sport help us develop leadership skills?

Ans- Playing sports teaches us leadership skills. If you are made the captain and are responsible for leading your team, you learn how to manage your team so that the members function effectively. You try out ways and means to motivate them so that they give their best and the team is led to victory. You learn about planning, strategies and execution of your plans. As you keep working on your plan of action, you develop the powers of observation and thinking. You also learn to focus on what you wish to achieve and remain dedicated to the responsibility entrusted to you. These two traits- focus and dedication- will stand you in good stead in your role as a leader.

Answer the below given reference to context on your own: -

While playing a sport is a great start, you also need to ensure that the food you eat helps your body to remain healthy.

1. For playing sport, what needs to be ensured?

2. What kind of foods hamper the body?

3. What should be included in the balanced diet?

Absolutely prepared at home.

