UNIT 4

SPORTS AND WELLNESS

0673CH04

CHANGE OF HEART

Let us do these activities before we read.

I Which games or sports do you play?

II Read the questions given below. Talk about them and make a list.

1. Which games or sports do you play for fun?
2. Which games or sports do you play for competition?

III How do you feel when you win or lose?

IV Work in pairs. Tick the correct meaning of the following:

1. friendly matches
   - (i) matches played to win a trophy
   - (ii) matches played without competition
2. opponent
   - (i) someone who you compete with
   - (ii) someone you want to be a partner with
3. tally of marks
   - (i) final marks on a report card
   - (ii) record of points in a game/match
4. sporting spirit
   - (i) following all the rules in a game
   - (ii) being fair and respecting each player in a game

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Let us read

I

Prabhat always wanted to win. His parents, teachers, and friends said that he did not know how to accept defeat. The fact was that he could not bear losing, not even at marbles. He felt so good when he won that he never wanted to give up that feeling. On the contrary, losing made him feel terrible. He thought that losing was the worst thing that could happen to anyone.

If Prabhat sensed that he would lose a game, he would not play it. He would take part only when he was sure of winning, even if the game lasted only for a minute. You could not stop him from playing the kind of games he was really good at, like badminton.

A new student joined Prabhat's school, and his name was Surya. Surya was an excellent badminton player. Prabhat waited for the last Friday of the month. Last Friday was significant. This was when the coach conducted friendly matches in the games period. The teams were decided on Monday and it was no surprise when Prabhat and Surya were chosen to play a round against each other. Prabhat was given the responsibility of keeping score for their match. On one hand, Prabhat prepared for the match with great seriousness. Surya, on the other hand, seemed relaxed, not taking the things seriously at all. He walked about the

defeat: loss

on the contrary: just the opposite

terrible: unhappy

sensed: had known

significant: important

conducted: organised

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whole time, smiling and cracking jokes about all sorts of things. But on Friday, at the badminton court, Surya was a real phenomenon. He won points again and again, laughing and joking all the time. However, Surya was paying so little attention to the match that Prabhat managed to change the scoreboard while his opponent was looking elsewhere.

Prabhat managed to win by cheating. He made a big thing of his win, but it did not matter to Surya.

"It's been fun. We should play again some other time," said Surya.

phenomenon: someone who has special qualities

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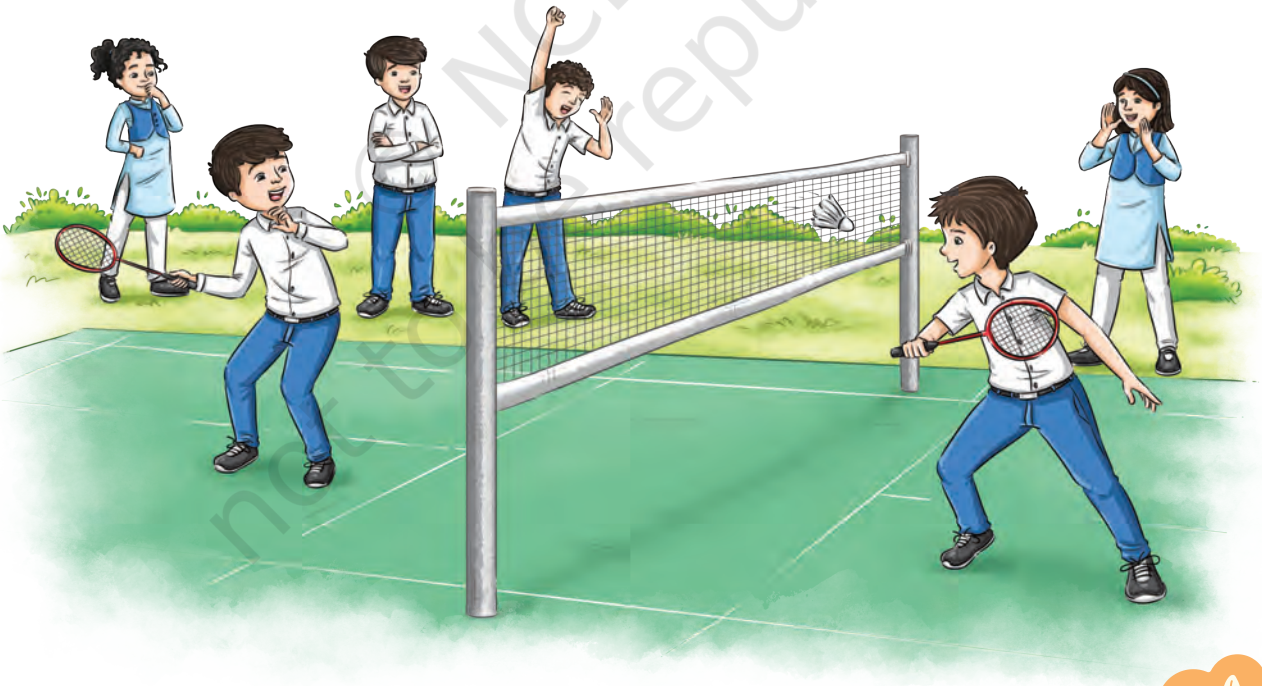

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Let us discuss

1. State whether the following is True or False.

   Prabhat would accept losing to anyone easily.

2. What was special about the last Friday of each month?
3. Who was responsible for maintaining the score for the match?
4. Do you think Prabhat wished to play another match with Surya? Why do you think so?

II

On that day, everyone was discussing their game and how Prabhat had played so well. Surprisingly, Prabhat could not sleep well that night. He had won the game but he did not feel as happy as he usually did. What was surprising was that Surya did not feel bad about losing. What was more surprising was that Prabhat saw

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Surya playing basketball the next day. Surya was so hopeless at it that he could not score a basket for ten minutes. Yet, he enjoyed playing the game. His happy smile never left his face.

Prabhat kept a close watch on Surya for some days. He was great at some things, terrible at others but what was common was the enjoyment. He enjoyed everything equally. As Prabhat went on with his observation, he realised that to enjoy a game, you did not need a scoreboard to keep a tally of your scores. Neither did you have to worry about winning nor losing. You needed to enjoy the game for its own sake. What matters is trying to do well, and enjoying every moment of it.

Prabhat learnt something through the observations every day, soon realising the change in himself. He had even begun playing hide and seek, and felt sad whenever it was about to end. He also started joking while playing badminton. Soon, the other students started talking amongst themselves, "Good fun playing with Prabhat, that fellow definitely has a great sporting spirit."

hopeless: having no skill in something

kept a close watch on: observed

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Let us discuss

1. How did Surya feel about playing?
2. What was it about Surya that Prabhat observed?

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Let us think and reflect

I Read the lines given below and answer the questions.

1. *If Prabhat sensed that he would lose a game, he would not play it. He would take part only when he was sure of winning, even if the game lasted only for a minute. You could not stop him from playing the kind of games he was really good at, like badminton.*

   (i) Complete the sentence suitably.

   Prabhat would play a game only if _____.

   (ii) Which game was Prabhat good at playing?

   (iii) Select the most suitable option to complete the sentence.

   This behaviour of Prabhat tells us that he was _____.

   A. good at the game B. sure to win C. afraid of losing

2. *Surprisingly, Prabhat could not sleep well that night. He had won the game but he did not feel as happy as he usually did. What was surprising was that Surya did not feel bad about losing. What was more surprising was that Prabhat saw Surya playing basketball the next day.*

   (i) Select the one option that tells us about the way Prabhat was feeling that night.

   A. hurt B. unhappy C. afraid D. focused

   (ii) Why does Prabhat find Surya's behaviour 'surprising'?

   (iii) Fill in the blank by choosing the most suitable option given in the bracket.

   We can say that Surya's reaction to not winning was _____ (similar to/as serious as/different from) Prabhat's.

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II Answer the following questions.

1. How did Prabhat's attitude towards winning and losing affect his enjoyment of games in the beginning?
2. Why do you think Prabhat cheated in the beginning to win the badminton match against Surya?
3. How did Surya's attitude differ from Prabhat's?
4. Do you think Prabhat's approach to games was healthy? Why or why not?
5. Why do you think sporting spirit is important?
6. Explain how the title of the story, 'Change of Heart', is suitable.

Let us learn

I Make as many words as possible using consecutive letters, without changing the order of the letters, from the words in the boxes. One has been done for you.

1. BADMINTON	BAD	ADMIN	MINT	IN	TON	ON
2. PHENOMENON						
3. BASKETBALL						

Now, you can choose words of your own and create such puzzles. Share them with your class and try solving others.

II Read the following sentences and circle the verbs.

1. Everyone was discussing their game and how Prabhat had played so well.
2. He had won the game but he did not feel as happy as he usually did.
3. What was more surprising that Surya had not felt bad about losing.

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III Arrange the circled verbs as the first action (old action) or second action (new action). One has been done for you.

S. No.	Column A FIRST ACTION (OLD)	Column B SECOND ACTION (NEW)
1.	had played	was discussing
2.		
3.		

The verbs in column A that refer to the first action or the old action are **past perfect**.

IV Fill in the blanks with the past perfect form of verbs given within the brackets.

1. Prabhat _____ already _____ his homework before going to the badminton match. (finish)
2. Surya _____ basketball for years before joining the school's badminton team. (play)
3. By the time Prabhat arrived, Surya _____ already _____ several matches. (win)
4. The new student, Surya, _____ Prabhat before coming to the school. (never meet)
5. Before the games period, Prabhat _____ badminton extensively. (practise)

Let us listen

I You will listen to an announcement. As you listen, circle the pair that was chosen to play chess. (*refer to page 128 for transcript*)

Rima - Dhiraj Gita - Hitesh Sarita - Nupur

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II You will once again listen to the announcement. As you listen, fill in the notes with important details.

Questions	Answers
1. How many Friday matches will be played?	
2. What was put up on the sports' notice board?	
3. Who will sponsor the kho-kho team's refreshments?	
4. Who will be the scorekeeper for chess?	
5. Who will be the referee for kho-kho?	
6. Which Friday periods are meant for kho-kho?	

Let us speak

Look at the situations given below. In pairs, take turns to use the three magic words—'please', 'thank you' and 'sorry'—for the situations given below. Use the prompts given in the table to learn how to thank and apologise properly.

1. You are Vani— You want to request your friends to take you in their team during games period.
2. You are Somiwon— You want to tell Hitesh to help you with the cleaning of the classroom cupboard.
3. You are Sumit— You accidently spilled water on Nupur's desk.
4. You are Hitesh— You forgot to get Simran's Art file to school.
5. You are Kriti— You spoke rudely to Nupur.
6. You are Mohan— You wish to thank Hitesh for helping you practice for the Inter-House speech competition.

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7. You are Meher— You are grateful that Simran helped you understand a chapter taught at school when you were absent.
8. You are Rima— You are thankful to Gita for helping you collect the notebooks from the staff-room.

Request	
• Could you please ...	
• Please can you help me with ...	
• Kindly _____, please.	
For rude behaviour	**For a mistake**
• I'm very sorry for the way I behaved. • I apologise. I was out of line.	• I'm sorry, that was my fault.
For being grateful/thankful	
• Thank you. It means so much to me that you ...	
• I truly appreciate your help with ... Thank you.	
• I wish to thank you from the bottom of my heart because you ...	

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Let us write

Prabhat managed to change the scoreboard while Surya was looking elsewhere. Yet, he did not feel so happy that night. Unable to sleep, he decided to write down his feelings in his diary.

Given below is the page where he wrote his feelings that night. Complete it with the help of the phrases given in the box below.

I won the match	*I do not feel happy about it*
I will lose the match	*I managed to change the scoreboard*
I felt very happy	*Everyone congratulated me after my win*
Surya did not feel bad	*He had fun playing with me*

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Saturday
17 August 20XX 8:00 p.m.

Today, I defeated Surya in a badminton match but 1. _____. He was playing very well and was getting the points easily. I was sure that 2. _____. So, when everyone was laughing at a joke he cracked, 3. _____. No one noticed the change and 4. _____. What surprised me the most was that he said 5. _____ and we should play again. How could he be so relaxed after losing a match? He should have been sad if not crying over his loss!
Though 6. _____, I did not enjoy as I usually do. It really disturbed me that 7. _____ about losing the match. It is still bothering me. Is it because I changed the score? I do not understand myself.
Let me sleep now. I feel that it may make me feel better.
Goodnight!

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Let us explore

1. Read the following brief bio-sketches of sportspersons from India.

Deepika Kumari

- Archer from Jharkhand
- Father, an auto-rickshaw driver and mother, a nurse
- Practised archery while aiming for mangoes with stones
- Practised archery with homemade bamboo bows and arrows
- Joined Tata Archery Academy
- Won a gold medal in the 2010 Commonwealth Games

Deepika Kumari

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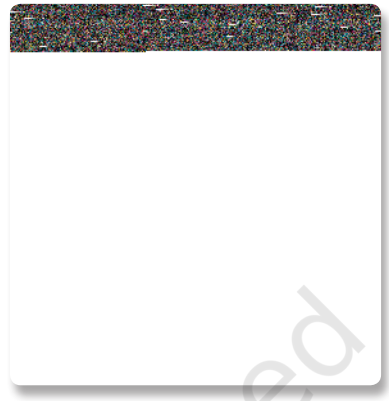
Neeraj Chopra

- Young athlete from Khandra village in Haryana
- Family largely involved in agriculture
- First Asian athlete to win an Olympic gold medal in javelin throw
- Worked hard for several years to achieve his passion
- Second Indian to win an individual gold medal in Olympics at the age of 23
- Won a silver medal in javelin throw at the 2024 Paris Olympics



Neeraj Chopra

2. Visit the given link to know more about other Indian sportspersons.

   https://yas.nic.in/sites/default/files/LIST%20OF%20ARJUNA%20AWARDEES.docx%2061%20-%2017_0_0.pdf

   Arjuna Awardees January 2024

   https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1988607

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The Winner

Let us do these activities before we read.

I Look at this picture.

1. What are these children doing?
2. Where do you think they are?
3. What is the time of the day?

II Discuss the given questions with your classmates and teacher. You may begin your sentences with—

I go to ...

I play with ...

The place I go to for playing ...

I like playing ...

Sometimes I come back ...

1. When do you go to play after school?
2. Who do you play with?
3. Where do you go to play in the evening?
4. Which games do you like playing?
5. When do you come back home?

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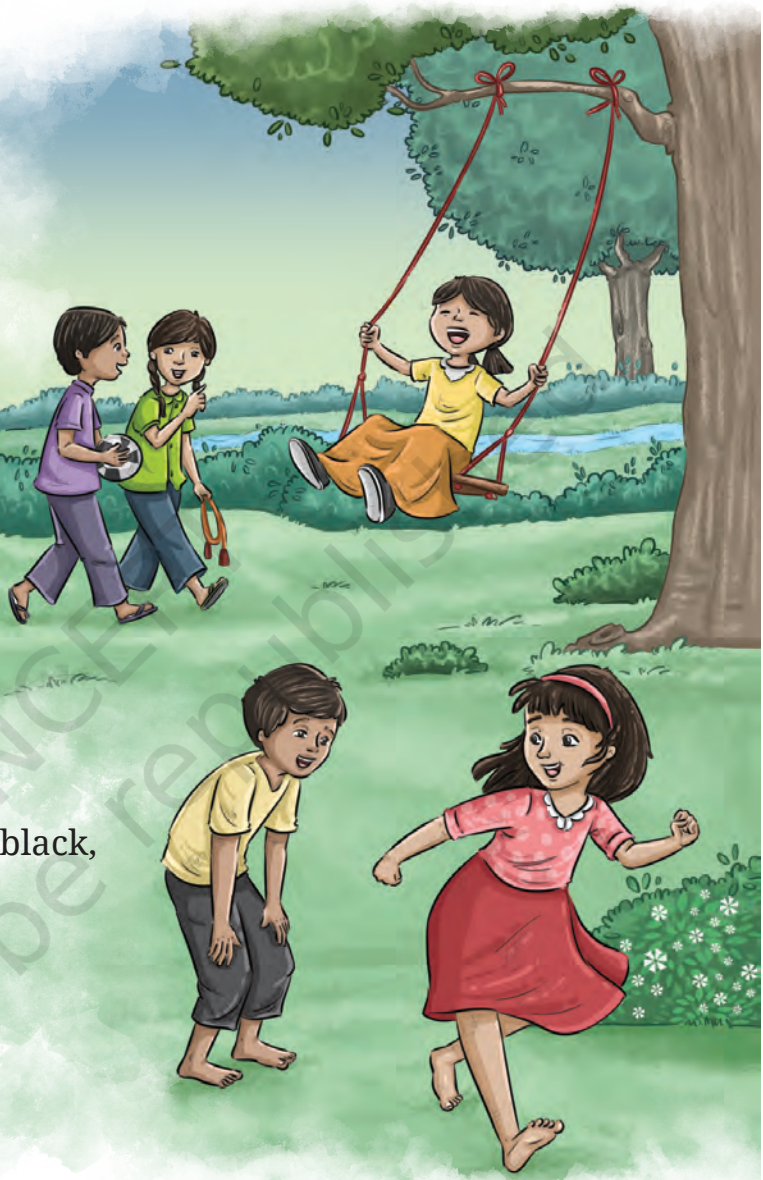
Let us read

Evenings,
we play ball
next to the creek
in our neighbour's field.

We run so fast
I
can't
even
catch
my
breath.

When blue dark turns to black,
cold grass aches our feet,
trees creep close—
game's over.
Night wins!



GEORGIA HEARD

Let us discuss

I Read the given lines from the poem. Write the meaning of the lines by identifying the words/expressions in them.

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S.No.	Lines from the poem	Meaning
1.	*next to the creek* Clue: a small body of water.	
2.	*I can't even catch my breath* Clue: the child has been running.	
3.	*When blue dark turns to black* Clue: the colour of the sky changes from blue to black. What does it mean?	
4.	*trees creep close* Clue: it is evening time. Why do you think the trees seem close?	

II Read the poem. Complete the following based on the poem.

The children play _____ in the _____ in the neighbour's _____. They run so _____ that they run out of breath. They continue to play till the evening when the blue sky turns _____, and the trees are not clearly visible. They can feel their feet _____, now that it is cold. Finally, they stop _____ and go home as it is night.

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Let us think and reflect

I Read the given lines and answer the questions that follow.

1. *We run so fast*
   I
   can't
   even
   catch
   my
   breath.

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(i) Complete the sentence given below with the correct option.
The speaker needs to catch her breath because
_____.

A. everyone decides to walk
B. all the friends wish to go home
C. running fast results in being breathless
D. they need to do breathing exercises

(ii) Is the speaker alone? Why do you say so?

(iii) What does the pattern in the lines tell us?

2. *When blue dark turns to black,*
cold grass aches our feet,
trees creep close—
game's over.
Night wins!

(i) Give one reason why the grass is cold.

(ii) Complete the sentence suitably.
The children's feet are aching because_____.

(iii) Why does 'Night' win?
Night wins because the _____.

A. time for play has ended
B. children are tired
C. time to play at home begins
D. night follows day

Let us learn

1. Read the information given in the table and see what the poet has done in the poem 'The Winner'.

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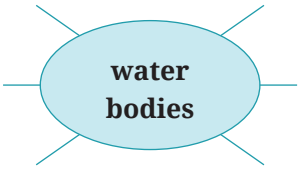
Lines from the poem	What the poet has done	Other examples
I *can't* *even* *catch* *my* *breath*	This tells us that the children are really out of breath. The pattern is used to highlight them being out of breath.	The leaves are falling, falling, falling.
Night wins!	The poet has used human qualities for inanimate things. Here, **night** has been shown as winning. This is called **personification**.	The sun played hide-and-seek with the clouds.

Now, try to write some examples of your own for both. Use your imagination when creating these examples.

2. The poet has talked about a creek in the poem. You now know that creek is a water body. Complete the word web given below by writing which other water bodies you can think of. Discuss with your teacher.



Let us listen

Listen to the riddles and write which sport is being referred to in the table below.

Riddle	1	2	3	4
Sport				

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Riddle 1

Run and pass, run and pass
Kick a black and white ball
Kick it straight into the goal
Watch for mud—don't fall.
What sport am I?

Riddle 2

Hold your breath, say Hu-tu-tu,
till you touch one or two.
Take care to keep a distance wide
As you run back to your team's side.
Which sport am I?

Riddle 3

In the water, hold your breath,
The water is very cool,
Arms turn, legs kick
In the blue pool.
Which sport am I?

Riddle 4

Breathe in, breathe out!
Practise every day just right,
You will be healthy and fit
Get energy and grow in might.
What am I?

Try to create a riddle about your favourite game/sport/activity. Share your riddles with your classmates. Let's see who all are able to guess it right.

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Let us speak

Enact the roles of a parent and a child.

Situation 1 : Coming home late after play.
(Parent upset/Child explaining)

Situation 2 : Sharing details of the games you played.
(Child excited/Parent asking details with interest)

Situation 3 : Bring a new friend home after playtime.
(Child introducing/Parent welcoming)

Let us write

Write a paragraph about your playtime, using the clues given below.

- What time do I go out to play?
- Who do I play with?
- What games do we play?
- Which is my favourite game?
- What do we gain from playing together?
- When do we finish playing and go home?

Now, give a title to your paragraph.

Let us explore

There are many indigenous games in India. Kho-kho is an example of an indigenous game. Indigenous games are native to a region. Find out some native games of your state and other parts of India. Learn the rules of one such game and play it with your classmates under the supervision of your teacher.

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YOGA–A WAY OF LIFE

Let us do these activities before we read.

1. What do you know about yoga? Discuss in pairs and share with the whole class.
2. What is 21st June known for? What do we do on this day?
3. List as many words you know related to yoga. Share them with your classmates.
4. Let us play the game of *Antakshari*. The first word is 'yoga'. The next word must then begin with the letter 'a'. This activity will go on and the whole class will participate and write the words on the blackboard. How many new words have you learnt?

Let us read

Yoga is a physical, mental, and spiritual practice that originated in ancient India. The word 'Yoga' comes from the Sanskrit root '*yuj*', which means 'to join' or 'to unite'. This symbolises the unity of mind and body; thought and action; harmony between human and nature. It is a holistic approach to health and well-being.

Sage Patanjali presented the ancient tradition of yoga in a systematic way in 'Yoga Sutras of Patanjali'. He described yoga as the means to make the mind quiet and free from all distractions.

Yoga has become increasingly popular around the world due to its many health benefits.

originated: started

harmony: balance

distractions: disturbances

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Here are some of the benefits of yoga—

- Yoga postures (*asanas*) help to stretch and strengthen the muscles, increase flexibility, endurance and balance. This can improve overall physical fitness. This can also help to reduce body pains, such as lower back pain.
- Yoga involves breathing techniques and meditation, which can help to calm the mind and reduce stress and anxiety. It relaxes the mind, improves the quality of sleep and increases concentration.
- Yoga has been shown to boost the immune system. It can improve heart health by lowering blood pressure and improving circulation.
- Yoga can aid in weight loss by burning calories, and maintaining health.

endurance: capacity to continue without giving up

anxiety: worry

boost: increase

Yoga promotes a sense of overall well-being. This is the reason why the benefits of practising yoga are internationally recognised. The World Health Organisation (WHO) on 20 June 2021, launched an App called WHO mYoga. The app contains a collection of videos and audio files to teach and support yoga practice. The aim was to have an easy-to-use and free tool for people across the world to encourage them to practise yoga.

We can start practising yoga at any given moment of time. We must remember that when we practise yoga *asanas* (postures), we do not just stretch the body. The mind has to be with the body. This is the reason why it should be practised without distractions. If each stretch is coordinated with the breath and awareness, our practice will become a yogic practise.

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हठस्य प्रथमाङ्गत्वादासनं पूर्वमुच्यते।
कुर्यात्तदासनं स्थैर्यमारोग्यं चाङ्गलाघवम् ॥१९॥

haṭhasya prathamāṅgatvādāsanam pūrvamuchyate
kuryāttadāsanam sthairyamārogyaṃ chāṅgalāghavam

Being the first accessory of Haṭha-Yoga, āsana is described first. It should be practised for gaining steady posture, health and weightlessness of body.

Source: Haṭha Ȳoga Prad̄ipikā

Let us discuss

Read the passage again and fill in the blanks with words from the box.

sleep lifestyle health strength calm stress balance

Yoga is a practise that not only improves physical flexibility but also improves mental 1. _____ and leads to a healthier 2. _____. It involves a series of *asanas*, which increase muscular 3. _____. Practising yoga also leads to a better body and mind 4. _____ and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind 5. _____, lessens 6. _____, and improves the quality of 7. _____. This helps to adopt a more positive lifestyle.

Let us think and reflect

1. What is the aim of yoga?
2. Explain the idea of unity in yoga.
3. What does the launch of the WHO mYoga app tell us about the importance of yoga?
4. Describe one long-term effect that the practice of yoga can have on a person's qualities.

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Let us learn

I Read the extract given below and focus on the highlighted words.

The app (WHO mYoga) contains a collection of video and audio files to teach and support yoga ***practice****. The aim was to have an easy-to-use and free tool for people across the world to encourage them to* ***practise*** *yoga.*

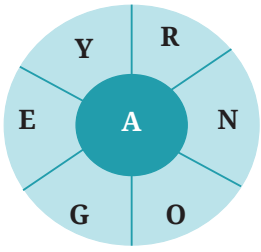
The word 'practice' and 'practise' sound the same but have different spellings and usage.

> The word 'practice' is a **noun** which means the actual application or exercise of a skill or knowledge. The word 'practise' is a **verb** wich refers to the act of engaging in an activity repeatedly to improve or acquire a skill.

1. Complete the sentences given below by filling in the blanks with correct use of practice (as a noun) or practise (as a verb). Share the answers with your classmates and the teacher.
   (i) It is important to have a regular _____ of stretching every morning to stay flexible.
   (ii) I _____ Yoga every day to keep my mind and body healthy.
   (iii) The teacher said, you can join the school hockey team but it requires a lot of _____ to improve your skills.
   (iv) Our athletics coach asked us to _____ running on grass to strengthen our grip while running.
   (v) I _____ deep breathing exercises when I feel stressed to calm myself down.
   (vi) Developing a good habit of eating fruits and vegetables should be a daily _____.
2. Another common word that has the 's' and 'c' variation in spellings is 'advice' (noun) and 'advise' (verb).

   Make two sentences each using 'advice' and 'advise' and share with your classmates and the teacher.

II Make as many words as you can using the letters shown. Use the letter 'A' in all the words that you make.



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Let us listen

You will listen to a girl talk about practising yoga. As you listen, select four **true** statements from the sentences given in the table. (*refer to page 129 for transcript*)

Statements	T / F
1. The girl sees people at the park doing breathing exercises.	
2. Her grandfather began practising yoga sixteen years ago.	
3. The girl practises some easy yoga exercises with her grandfather.	
4. The girl practises breathing exercises to relax.	
5. Her grandfather is fit even though he has untimely meals.	
6. Her grandfather's regular yoga practise has kept him strong.	
7. The girl wishes to learn *asanas* over the weekend.	

Let us speak

1. Participate in groups of four to share your 'yoga thoughts'.

If you have tried yoga	If you have not tried yoga, yet
• I practise yoga because ... • My favourite thing about yoga is ... • I feel _____ after a yoga session because ... • The one thing in yoga that I want to practise is _____ because ...	• I wish to practise yoga because ... • I hope that once I begin practising yoga, I ... • The kind of exercise I want to try in yoga is _____ because ...

2. Take turns to speak and listen to others when they share their thoughts.

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Let us write

Write a short paragraph on 'The Benefits of Yoga'. You may use the following sentence starters along with your own ideas to create the paragraph.

Opening line	Yoga is important because ...
Supporting ideas	• One benefit of yoga that interests me is ... • Practising yoga can help people ... • A popular yoga pose is _____ because ... • Yoga is not just physical exercise; it also ...
Concluding line	Finally, yoga can be a great way to ...

Let us explore

1. Do you know?
   - A few seals of the Sindhu-Sarasvati Civilisation, dating back to 2700 BC, indicate that yoga was prevalent in ancient India. Many people contributed to its development and now, yoga has spread all over the world. On 11th December 2014, the United Nations General Assembly (UNGA) with 193 members accepted the proposal to celebrate '21st June' as 'International Yoga Day'.
2. Find out about two *asanas* and their benefits, and share your findings with your classmates and teacher. You may visit the following websites to learn more about yoga.

   https://www.mygov.in/campaigns/international-yoga-day/

   https://www.un.org/en/observances/yoga-day

   https://www.mygov.in/campaigns/international-yoga-day/

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Reprint 2025-26

Transcript

Let us listen (*refer to page 110*)

Change of Heart

Good morning, everyone. I know you all are excited about the Friday, friendly matches. This Friday we shall have three matches—one for chess, the next for kho-kho and finally one for badminton. I have put up the kho-kho teams' name list on the sports' notice board. Since this is a team game, your class VI-B shall be playing against the VI-D kho-kho team. The kho-kho match refreshments are being sponsored by Xydium Sports Club. Let me clarify, the spelling is X-Y-D-I-U-M, Xydium.

Now the places for the matches—the first one is chess. It'll take place in the 1st floor activity room with Vani as the scorekeeper. Kho-kho will be played in the sport's ground where I myself will be the referee. For badminton, we have chosen the multipurpose hall on the ground floor hall. The net will be put up there.

For the chess match, it has been decided that this match shall be played between Sarita and Nupur. Two matches will be played during the regular games period on Friday but kho-kho will be played in the 2nd and 3rd period. Remember the kho-kho team names are up on the Sports' Notice Board.

Good luck!

You will listen to the audio or narration once again. As you listen, check your answers.

Reprint 2025-26

Transcript

Let us listen (*refer to page 125*)

Yoga–A Way of Life

Namaste everyone!

I wish to share with you all that I do simple yoga exercises with my grandfather. He has been practising yoga since he was 16 years old. My grandfather is fit and strong even at the age of 65. I am sure that this is the result of many good habits. I know that eating a balanced diet regularly and making yoga a part of his life have been hundred per cent effective. When I accompany my grandfather to the park, I see so many people–young and old–doing yogic breathing exercises.

I like doing these exercises. Whenever I'm a little worried about an Inter-House competition, I always remember to do some of these exercises early morning that day. It relaxes me and makes me feel focused and calm. I plan on learning some *asanas* from my grandfather during the summer vacations.

Wish me luck!

You will listen to the audio or narration once again. As you listen, check your answers.

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Who Am I?

I am an odd number.
Take away a letter and I
become even.
What number am I?

You go at green,
but stop at red.
Who am I?

I follow you all the time,
but you can't touch me or
catch me. What am I?

Three letters in my name;
Backwards-forwards
it's the same.
I am a body part.
Who am I?

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