



0432CH07

# 7 FIT BODY, FIT MIND, FIT NATION



## Let us Read

Active boy Anant,  
plays the game of hockey,  
even when the ground is rocky.



Graceful girl Geeta,  
practices on her skates,  
and learns daily from her mistakes.



Little boy Lhamo,  
proudly plays a guitar,  
while his friend joins him  
with a sitar.



Swift girl Shabana,  
after winning a cycle race,  
happily celebrates her fastest pace.



And then there is me,  
musical Meena,  
singing in rhythm.



Cheerful children everywhere,  
playing is a joy!  
for every girl and boy.



## NEW WORDS

mistakes  
rhythm

proudly  
cheerful

pace  
swift





## Let us Think

A. Observe how the children are described in the poem, like 'Active Boy Anant', 'Graceful girl Geeta' etc. Write one quality that starts with the same letter as your name.

B. Answer the following.

1. Which game does Anant play?
2. Which musical instruments are mentioned in the poem?
3. Who among the children mentioned in the poem likes moving in rhythm?
4. Who learns every day from the mistakes done during skating?

C. Think and discuss.

1. Which game do you generally play in school?
2. What do you enjoy more—playing an indoor game or an outdoor game?
3. Which musical instrument do you like to play?
4. Have you seen musical instruments? If yes, name them.
5. Which dance form do you like the most? Name a famous dance from your region/district.





## Let us Learn

### A. Let's match.

- |                |            |
|----------------|------------|
| 1. blue        | leaves     |
| 2. hardworking | sky        |
| 3. green       | children   |
| 4. pebbled     | vegetables |
| 5. healthy     | road       |



### Note to the Teacher

A word that tells you more about a noun is known as an adjective. Example: Blue sky, hardworking children, etc.

### B. Now, fill in the blanks with naming words that suit the first word.

- happy .....
- red .....
- fierce .....
- beautiful .....

### Now, add the descriptions/describing words for the following:

- ..... mangoes
- ..... baby
- ..... nation
- ..... winner





## Let us Do

Healthy and tasty food is liked by everyone. But have you cooked anything for anyone? Organise a “Preparing a Dish Without Fire” activity in your class. Your teacher may assist you in class.



## Let us Write

A. Look at the picture and fill in the blanks with words that have double letters.

Example:

Village has ‘ll’ in it.

This is my pet .....

It loves to eat .....

which are .....

in colour.



B. Now, go to your kitchen and find out any five things that have double letters in their spelling.

a) .....

b) .....

c) .....

d) .....

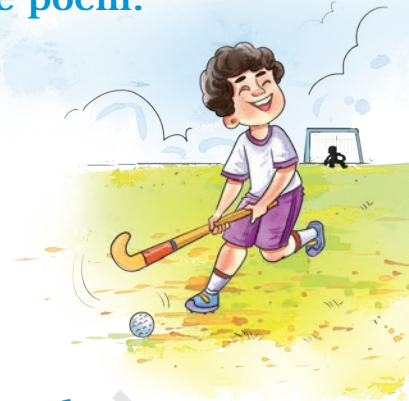
e) .....



**C. Rhyming words**

**Find and write the rhyming words from the poem.**

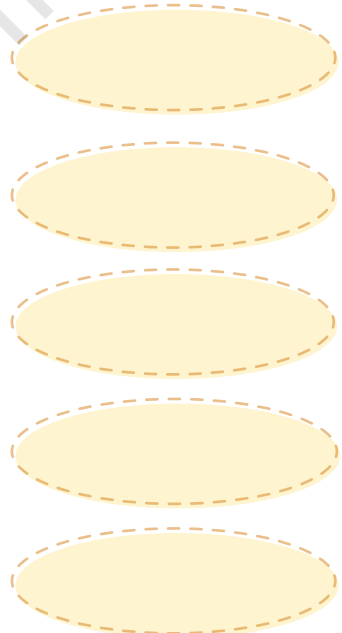
1. Hockey .....
2. Skates .....
3. Guitar .....
4. Race .....
5. Joy .....



**D. Some words are given in the box below. Write them in the circle in front of their meanings.**

Brave      Rocky      Mistakes  
Proudly      Delightful

1. Feeling happy about something you did well.
2. Courageous and bold
3. Uneven or full of difficulties
4. Very pleasing or enjoyable
5. Errors or things done incorrectly



**Find out about the “Paralympic Games”. Share your points with the class.**

