

Class - V EVS**3. Games We Play****I. Know These Terms:**

1. Strategy - A plan that one uses to achieve something
2. Stamina - Physical or mental strength to do something for a long time
3. Reflex - A sudden movement or action made without thinking
4. Self-defence - Actions or force used to protect oneself
5. Digital - Connected with the use of computer technology, especially the Internet

II. Give reasons for the following questions:

1. **It is important to develop the habit of playing outdoor games and sports right from a young age.**

It is important to develop the habit of playing outdoor games and sports right from a young age because a lack of physical activity can create problems like obesity and reduced concentration and stamina.

2. **The victory or loss is of the entire team and not any individual player.**

The victory or loss is of the entire team and not of any individual player because each player is a part of the team and represents it. No single player can win a game alone.

3. **The nature of leisure time activities has also changed with changing times.**

The nature of leisure time activities has changed with changing times because, in earlier times, people used to spend their leisure time by playing traditional games or engaging themselves in activities like art, craft, singing and dancing. They also used to read stories and books. Nowadays, activities like watching television, playing digital games, and going out for meals or holidays have become more popular among people.

III. Answer the following Questions:

1. **Differentiate between games and sports.**

Games	Sports
1. A game is a mental or physical activity performed according to certain rules to decide the winner or loser	1. A sport is a physical activity that is played according to a set of rules.

<p>2. It is usually played for enjoyment.</p> <p>3. For example, playing chess at home is a game.</p>	<p>2. It is played for enjoyment as well as competition. The outcome, i.e. winning or losing is very important part of a sport.</p> <p>3. For example, playing chess at a national tournament is a sport.</p>
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2. What are individual games? How are they different from team games?

Individual games are those that are played by a player alone against another player. They do not need a team. In these games, players have to perform and achieve success on their own. Swimming, skating, cycling, chess and golf are some examples of individual games. They are different from team games because in team games, two or more teams with a certain number of players play against each other.

3. What is team spirit?

Team spirit is the feeling of trust, companionship and unity among the players. All the players share the common aim to compete and win against their opponents.

4. What are the three important elements for practising karate?

The three important elements for practising karate are speed, strength and technique.

5. What are the benefits of yoga?

The benefits of yoga are as follows.

- Yoga relaxes our mind.
- It improves concentration.
- It helps us to lead a disease-free life.
- It helps us to develop a positive attitude towards life.

4. Breathing Deeply

I. Know These Terms:

1. Inhale - To take air into lungs as you breathe.
2. Exhale - To breathe out air from your lungs.
3. Condenses - Change from a gas into a liquid.
4. Filters - Leaves out materials that are not wanted.

II. Give reason for the following statements.

1. We should always breathe in through our nose and not our mouth.

We should always breathe in through our nose and not our mouth because our nose has hair that act as filters. They do not let dust particles enter our lungs

2. We blow air from our mouth to cool a burnt area

We blow air from our mouth to cool a burnt area because the air we breathe out feels cooler in comparison to the burnt area. The air that passes out from our mouth picks up moisture from the air around making the burnt area feel cool.

3. We blow on the burning pieces of wood while cooking in an earthen stove

We blow on the burning pieces of wood while cooking in an earthen stove because when we blow on the pieces, the supply of oxygen increases. This helps the fire to burn.

4. We breathe faster when we run

We breathe faster when we run because we require more oxygen. Our heart beats faster to pump more blood. Blood carries oxygen to all parts of the body.

III. Answer the following Questions:

1. Explain the process of breathing.

The process by which we take in oxygen and give out carbon dioxide is called breathing. It involves two processes. They are inhalation and exhalation. We breathe in air that is rich in oxygen through our nose. This process is called inhalation. We breathe out air, that is rich in carbon dioxide through our nose. This process of breathing air out is called exhalation

2. Why is it important to breathe well?

Breathing well helps us to stay healthy. Hence, it is very important to breathe well.

3. What is a diaphragm? Explain its role in the process of breathing?

A diaphragm is a strong muscle that lies below the lungs. It moves our chest in and out every time we breathe.

4. Why does the surface of a mirror become cloudy when we blow on it?

When we blow on a mirror, it's surface becomes cloudy. This happens because the air we breathe out has water vapour. This water vapour condenses on coming in contact with the cold mirror, making it cloudy.

5. Dignity of Labour

I. Know These Terms:

- 1. Dignity** - The right of a person to be valued and respected.
- 2. Essential** - Completely necessary.
- 3. Reformer** - A Person who tries to change the society to make it better.

II. Give reasons for the following statements.

1. Mahatma Gandhi encouraged people to do their work themselves

Mahatma Gandhi encouraged people to do their work themselves because he said, "Every job or work is the worship of God". He strongly believed in

dignity of labour. To set an example, he himself cleaned the toilets. He said that children must be encouraged to work themselves to understand the importance of each job.

2. We must respect all kinds of work.

We must respect all kinds of work because no work is big or small. Every work is important in its own way.

3. We must cooperate with the people who help us.

We must cooperate with the people who help us because they can guide us and make our work easier. It is also an excellent way to show our appreciation for them.

III. Answer the following Questions:

1. What is the difference between an occupation and social work?

Any job that is done to earn money is called occupation. Whereas, the work that is done for free by some people to serve the community is called social work.

2. What is dignity of labour?

Respect for any type of work and the person who does it is called dignity of labour.

3. What are essential services? Name some people who provide them.

Every day we use the services of many people for smooth running of our homes. These services are necessary for us and hence are called essential services. Some people who provides essential services to us are sweeper, washerman, domestic help, milkman, newspaper boy and gardener.

4. What does the incidence about Ishwar Chandra Vidyasagar teach us?

The incidence about Ishwar Chandra Vidyasagar teaches us that all work is important and one should not feel shy to do any work.