

## **Study course material-4**

### **SUBJECT-EVS**

**SESSION-2020-21**

**CLASS-IV**

## **TOPIC: Ch 5 , Recreation Time**

### **DAY-1**

#### **Points to remember:**

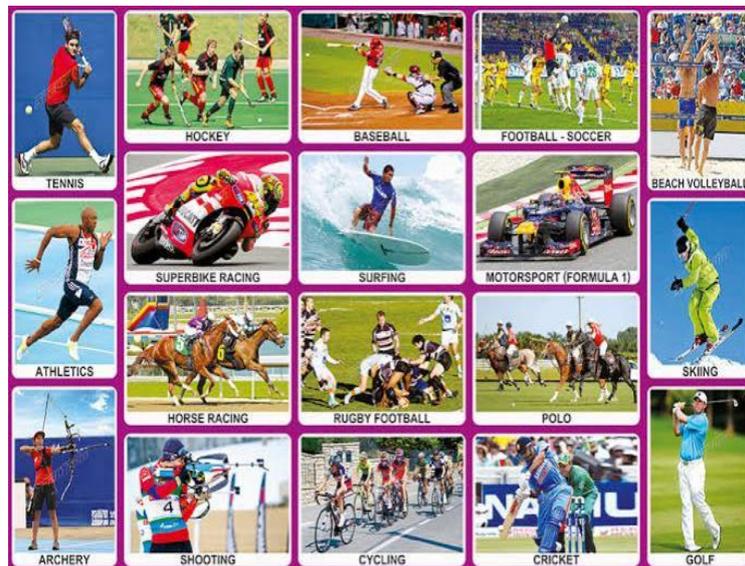
- The activities we do to relax ourselves are called ways of relaxation. Playing games is one of the through which we can relax ourselves.
- Game : A game is an activity or a sport with rules in which people or teams compete against each other.
- Playing is important because it: a) is a good exercise for our body.  
b) makes us fresh , active and mentally alert.  
c) increase our power of concentration

#### **Types of Games :** Games can be indoor or outdoor.

- **Indoor games** - Indoor games are those games which can be played in a room by sitting there or in open. Like chess , puzzles, bowling , carom , snakes and ladders , monopoly etc. Indoor games such as chess, scrabble and monopoly help to sharpen the mind.



- **Outdoor games** – Outdoor games are those games which can be played in an open area or in grounds. Like : cricket , hockey basketball football . Outdoor games give us physical exercise .



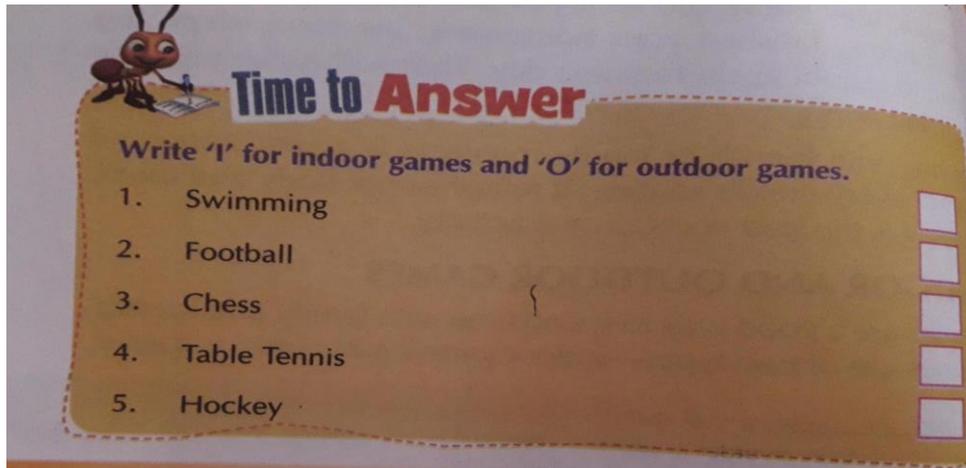
## Weblinks :

<https://youtu.be/QLePU5JuCSw>

[https://youtu.be/tfbx3Utag\\_w](https://youtu.be/tfbx3Utag_w)

<https://youtu.be/9mpu3N5FPEg>

## **ASSIGNMENT:**



## **DAY-2**

### **Points to remember:**

**Games at school** - Schools not only provide education to students but also opportunities for other activities.

- School gives regular physical training to their students. Schools encourage students to take part in games and sports activities.
- Schools provide all the sports equipment required for playing games. Like carom , football, hockey, basketball and cricket.
- The coach helps students to learn about the games and their rules.

**Games at home** - We play after school as well. We play many games like scrabble, chess , carom , hide and seek with our siblings and friends at home. We go to nearby park to play with our friends.

## **TEACHING MATERIALS :**

Answer the following questions :

Q1. Define games.

Ans. A game is an activity or a sport with rules in which people or teams compete against each other.

Q2. Define recreation.

Ans. It is an activity that people do to refresh their body and mind. It is done through play and relaxation, spending time with family members.

Q3. Why must we play games ?

Ans. We must play games because playing games not only help us to relax and have fun but also keep us active and healthy.

## Activity

- Collect pictures from magazines and newspapers of your favorite sportsperson and paste it in your notebook.
- Write the names of three games that you play at school. Name the various equipment that you need to play these games.

## DAY-3

### • Points to remember

- **Individual Games** – There are certain games which are played alone without teams like – golf , boxing, cycling ,swimming, wrestling . such games are called individual games.
- **Group / Team Games** - In group games like cricket , hockey , football, players need to play in team.
- The Olympic Games is a sport festival held every four years in which participants from different countries of the world participate in it.

**Games Rules** : Every games has its own set of rules and regulations. We must follow the rules of the game while playing. Some of the rules that we must follow while playing a game are -

- a. Do not cheat.
- b. Play to maintain a team spirit
- c. Show sportsmanship and learn to take defeat in right spirit.
- d. The game should be fair.

## Worksheets



1. My favorite sport is \_\_\_\_\_ because

\_\_\_\_\_

2. I like to play my favorite sport with \_\_\_\_\_

\_\_\_\_\_

3. To play my favorite sport I need to use \_\_\_\_\_

\_\_\_\_\_

4. The person who taught me to play sports is \_\_\_\_\_

\_\_\_\_\_

5. Playing sports makes me feel \_\_\_\_\_

\_\_\_\_\_

6. The hardest part of playing sports is \_\_\_\_\_

\_\_\_\_\_

7. The most fun part of playing sports is \_\_\_\_\_

\_\_\_\_\_

## EXERCISE

To keep our bodies healthy and strong, we all need exercise.  
As well as being good for you, sport and games are lots of fun.

What exercise are these people doing? Choose from:

Karate, golf, horse riding, cycling, baseball, hiking, soccer,  
running, swimming.



\_\_\_\_\_



\_\_\_\_\_



\_\_\_\_\_

Which sports do you enjoy?

\_\_\_\_\_

## **DAY-4**

### **Points to remember**

**Circus-** Circus is a colorful show . Most of the time , a circus moves from one city to another . Exciting activities are performed by human beings as well as animals. They entertain the audience with their funny and thrilling acts. Some of the performers of circus are :

- a. **Clowns** – They make people laugh with their funny acts and gestures.
- b. **Trapeze artists-** They perform stunts on a trapeze .
- c. **Tightrope walkers** – They walk on thin ropes high above the ground.



- d. **Jugglers** – They continuously toss and catch many objects like balls and bottles at the same time.
- e. **Ringmasters** – They train and command animals to perform different tricks.

### **Weblink**

<https://youtu.be/9ZM-HZDZTc0>

**Funfair** – Sometimes we go to fair to have fun. Fairs are held at festivals and in open places. In a funfair, we can see many stalls selling items like eatables , toys, clothes etc. There are many games stall. It has many amusement rides like merry- go – round , giant wheel , roller coaster etc.

<https://youtu.be/y38K5IDzUDM>

**Kite flying** : It is the popular means of recreation in India and in some countries. Children enjoy flying kites of different shapes , sizes and colours. A special thread called manjha is used to fly these kites. People fly kites on certain occasions such as Independence Day and Makar Sankranti.

### Teaching Notes

Q1. Do you think it is necessary to have rules in a game? Why ?

Ans. It is necessary to have rules in a game because following the rules help to resolve fights or conflicts during a game.

Q2. Differentiate between a trapeze artist and a tightrope walker.

Ans. Trapeze artists perform stunts on a horizontal bar hung from a support while tightrope walkers walk on thin ropes high above the ground.

Q3. What all can you see in a funfair?

Ans. In a funfair, we can see many stalls selling items like eatables , toys, clothes and pots. There are many games stalls as well as amusement rides like merry- go – round , giant wheels etc.

## **DAY-5**

**Give two examples for each of the following:**

- a. Performers of circus - clowns, jugglers
- b. Individual Games - boxing, cycling

- c. Team Games - cricket , hockey
- d. Traditional Games of India – Kho – Kho , kite flying
- e. Modern Games of India - cricket, football

**Fun Activity:** Paste the pictures of any 3 recreational activities. ( Family functions, picnic , festivals, visiting zoo , fair , circus )

## Concept Map



