

ONLINE STUDY MATERIAL

SUBJECT-E.V.S

SESSION-2020-21

CLASS-V

CHAPTER 4

TOPIC: PLAYING GAMES AND ENTERTAINMENT

DAY-1

❖ Points to remember

- Entertainment gives us a break from everyday tensions and work.
- There are various ways in which people entertain themselves like listening music, watching movies, dancing, telling stories and so on.
- Playing games also entertain us.
- There are different types of games, some are played in pairs and some amongst 4 players; why some games are played between teams.

❖ ACTIVITY

Do you play any team game? Write the name of at least two team game.

Q/A round

Q: Which game do you like to play the most?

DAY-2

❖ Points to remember

- There are different types of games.
- Games which are played inside the house are called indoor games.
- Games which are played outside the house are called outdoor games.
- Local games are also popular and less costly.

Q/A round

Q: How would you motivate your team, if you were the captain of your team?

Ans : If I get a chance to become the captain of my team I'll motivate my team by leading them by example, being respectful towards the other members and I'll treat my opponents too with respect.

Do you know ???

- Cricket, hockey and football are some of the most popular team sports of India. Each of them have 11 players in a team.

DAY-3

❖ Points to remember

- Martial Arts has been practised in India since the ancient times.
- It is a part of popular local games

Various Martial arts that are still popular

- Wrestling also known as pehlwani or mallayudha.
- Silambam - It is a weapon based Indian martial art from Tamil Nadu.
- Thang - ta - Popular martial art of Manipur. Axe, spear and sword are used in this style.
- Vajramushti - It is very much like karate, boxing or kungfu.
- Kalaripayattu - It is an Indian martial art that originated in madden day Kerala.

Web links :

Silambam

<https://youtu.be/IXkPFS6Ac1s>

Thang - ta

<https://youtu.be/-srjwsP8yd8>

Kalaripayattu

https://youtu.be/K25M8vq_spk

Q/A round

Q. Name a few martial arts that are still popular in India ?

Ans: Silambam, Vajramushti, kalaripayattu and Thang-ta are a few martial art that are still popular in India.

DAY-4

❖ Points to remember

- Captainship
- Team spirit
- The team that has a good captain and supportive players is a good team.
- Women in sports themselves in various sports.

Short notes

- **Captainship** - The ability of the captain to command is called his captainship.
- **Team spirit** – Players playing for the team and supporting others selflessly is called team spirit.

Activity

Who was Mary Kom and what is her contribution towards Indian sports? Find out about Mary Kom and write in a sheet paper nicely and paste her picture.

DAY-5

❖ Points to remember

- Importance of games.
- Television and computer games.

Q/A round :

Q: Mention five benefits of playing games.

Ans: Playing games helps us to strengthen our social well being. Let us look at some of the benefits:

1. Games help us to make new friends.
2. It instil tolerance.
3. It teaches cooperation.
4. It teaches discipline.
5. It teaches sportsmanship.

Q: What are the bad effects of playing computer games for long?

Ans : Playing computer games for long negatively affects the brain, memory and vision.

Challenge:

- What do the rings on the Olympics flag signify?

The five interlaced rings in the centre of the Olympic flag which is blue yellow black green and red represents the five continents of the world.

- Name the Indian shooter who won a gold medal in the 2008 Olympics.

Abhinav bindra India's first individual gold medal in the 2008 summer Olympics Beijing.

Assignment

Students will read about the Olympic rings and draw it in a sheet of paper colour it nicely and write few lines about it.

Weblinks

<https://youtu.be/uSf7-LsmU3Y>

CONCEPT MAP

