

12. The Happy Man's Shirt

WORKSHEET 1

COMPREHENSION

Read the passage given below and answer the questions that follow.

Physical exercise is very good for the body, mind and spirit. Sports serves as an excellent physical activity and improves general fitness. There are many other benefits of engaging in sports.

Sports activities from a young age not only strengthen bones as well as muscles, but also tone our body. Sports also helps in increasing strength and stamina. Regular participation in sports throughout life helps in maintaining one's weight also.

Sports involves physical activities like running, jumping, moving and stretching, which are effective as a workout for the body. Sports like soccer and cricket involve running, throwing a ball and so on. These strengthen the arms and legs. Swimming is like a full body workout and greatly helps in overall fitness.

Research work indicates that sports activities help improve math skills in children. Playing sports has positive effects on the academic achievement of students. Games like tennis, baseball and badminton help them focus better. Team games improve team spirit and develop leadership qualities among children. They help develop a healthy competitive spirit and teach them how to handle both victory and failure. They expose children to both aspects of life, success and failure.

Children and others participating in sports activities develop good:

1. self-esteem.
2. confidence.
3. strong peer relationships.
4. team spirit.
5. leadership qualities, and so on.

These help them become better persons.

A. Fill in the blanks with appropriate words from the passage.

1. Sports is a good physical exercise and improves _____.
2. Regular participation in sports activities helps us throughout life to _____.
3. _____ is like a full body workout and helps in overall fitness.
4. Games like _____, _____ and badminton help us to _____ better.

5. Playing sports has _____ effects on _____ achievements of students.

B. Answer the following questions.

1. Mention three benefits of engaging in sports activities from a young age.

2. What are the various physical activities that sports involve? (Mention any four)

3. Are playing team games beneficial? How? (Mention any three points)

4. What attributes do sports help in developing? (Mention any three)

WORKSHEET 2

GRAMMAR

A. Add suitable question tags to the following statements and rewrite.

1. He spoke to you.

2. They have gone for a picnic.

3. She is driving to the airport now.

4. I am late for the interview.

5. We are ready to leave for the station.

B. Change the following into indirect/reported speech.

1. He said to me, "Give me the book."

2. The teacher said to the class, "Tomorrow you will have a test on English spellings."

3. "Where have the children gone?" Mary asked Mrs Grace.

4. I said to Manju, "We can eat these mangoes."

C. Change the following into direct speech.

1. The old lady asked Peter if he could help her carry that heavy basket.

2. Mr Sharma told Mr Inder that it was time for them to leave for the station.

3. Lalaji told his assistant to put away the sweets into the counter immediately.

4. Mukta told Renu that she knew a place where they could get very pretty clips.

5. The vendor said that balloon was the last one he had that day.

VOCABULARY AND WRITING

A. Match the doctors with the organs they specialise in.

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|------------------|-------------|
| 1. Cardiologist | (a) skin |
| 2. Nephrologist | (b) lungs |
| 3. Pulmonologist | (c) kidneys |
| 4. Neurologist | (d) heart |
| 5. Dermatologist | (e) nerves |

B. Write the benefits of exercising every day in five lines.
