

## 6. Swimming to Win

### WORKSHEET

# 1

#### COMPREHENSION

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

Games and sports play a very important role in our lives. They keep our body fit and our mind fresh. Playing sports helps in building strength, increasing stamina and improving coordination. It also makes us more active and energetic.

Sports teach us many valuable life lessons. They help in developing discipline, teamwork, patience, and leadership skills. Playing games with others teaches us cooperation and sportsmanship. We learn to accept both victory and defeat with a positive attitude. This helps in handling success and failure in real life.

Apart from physical health, sports are also good for our mental well-being. They reduce stress and anxiety and make us feel happy. Outdoor games like football, cricket and hockey help in making new friends. Indoor games like chess and table tennis improve focus and thinking skills. Some sports, like running and yoga, do not need any equipment and can be done anywhere.

Games and sports also bring people together. Big tournaments like the Olympics and the Cricket World Cup unite nations. In schools, sports help students develop confidence and a competitive spirit. Playing regularly makes students more disciplined and responsible.

Winning is always exciting, but the most important thing is participation. Sports teach us to work hard and never give up. They make us stronger, happier and better individuals.

**A. Tick (✓) the correct option.**

1. One important benefit of playing sports is

(a) it makes us lazy.

☐

(b) it keeps us fit and healthy

☐

(c) it increases stress.

☐

(d) it wastes time.

☐

2. Which sport does not require any equipment?

(a) Badminton

☐

(b) Football

☐

(c) Cricket

☐

(d) Running

☐

3. Sports help students in their studies by

(a) improving concentration and focus.

☐

(b) making them tired.

☐

(c) wasting time. ☐

(d) increasing stress. ☐

4. What do sports teach about winning and losing?

(a) Winning is the only goal. ☐ (b) Losing is the worst thing. ☐

(c) Accept both with a smile. ☐ (d) Always be sad when you lose. ☐

5. Which of the following is a famous international sports event?

(a) Science Fair ☐ (b) Quiz Competition ☐

(c) Olympics ☐ (d) Book Exhibition ☐

**B. Fill in the blanks with appropriate words from the passage.**

1. Sports help us stay \_\_\_\_\_ and strong.

2. Playing outside is better than sitting \_\_\_\_\_ all day.

3. The most important thing in sports is \_\_\_\_\_.

4. Sports bring people \_\_\_\_\_.

**C. Give the antonyms of the following words from the passage.**

1. Healthy \_\_\_\_\_ 2. Victory \_\_\_\_\_

3. Friendship \_\_\_\_\_ 4. Strong \_\_\_\_\_

**D. Answer the following questions.**

1. Why are sports important?

\_\_\_\_\_

2. How do sports help students in their studies?

\_\_\_\_\_

3. What is more important than winning?

\_\_\_\_\_

4. Name two sports that do not need any equipment.

\_\_\_\_\_

## WORKSHEET 2

### GRAMMAR

**A. Underline the gerunds and circle the participles in the following sentences.**

1. Walking every morning is very enjoyable.
2. I have spent my waking hours preparing for the interview.
3. My mother loves gardening.
4. We will be on a cycling tour of Kerala this September.
5. Have you ever tried writing a story?
6. That wilted plant was planted only yesterday.

**B. Select finite and non-finite verbs from the brackets to fill the blanks.**

1. In the forest there \_\_\_\_\_ a large herd of elephants. [to live/lived/living]
2. \_\_\_\_\_ clay pots in her spare time is her hobby. [making/made/to make]
3. Mr Handa loves \_\_\_\_\_ to his parrot all day. [talked/talking/to talk]
4. Benny has a load of homework \_\_\_\_\_. [finishing/to finish/finished]
5. Kala gave lessons in \_\_\_\_\_ to her little brother. [to swim/swimming/swam]

**C. Complete the following sentences using an infinitive with or without 'to'.**

1. I asked Mili \_\_\_\_\_
2. Have you \_\_\_\_\_
3. Someone told me \_\_\_\_\_
4. Bhanu is \_\_\_\_\_

# WORKSHEET 3

## VOCABULARY AND WRITING

- A. Writing a paragraph of eight sentences on any amusing incident in your class or home.**

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- B. Use the phrases given in the box to complete the following sentences.**

stand by   kept back   went over   looked up   saw through

1. I \_\_\_\_\_ the word in the dictionary.
2. He \_\_\_\_\_ the truth about Ashok from me.
3. The teacher \_\_\_\_\_ our papers carefully.
4. She \_\_\_\_\_ his deception quickly.
5. We must \_\_\_\_\_ our parents when they are old.

- C. Complete the following lines of poetry by adding suitable words given in the box.**

warm and gay   for   while   I'm told   well again   silver light

1. The sunshine is as rich as gold, but I've to stay home, \_\_\_\_\_
2. When you see the flowers smile, you want to go, play \_\_\_\_\_
3. The moon walks the sky at night, shedding its \_\_\_\_\_
4. An old lady I helped today; It made my heart feel \_\_\_\_\_
5. I don't like a puppy in pain; I want to make it \_\_\_\_\_