

## 7. Discovering the Joy of Traditional Indian Games

### WORKSHEET 1

#### COMPREHENSION

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

Kho-Kho is one of the oldest traditional sports in India, played widely in villages and schools. It is a fast-paced team game that requires agility, teamwork and quick reflexes. The game is played between two teams of nine players each. The players take turns as chasers and defenders. The aim of the chasers is to tag the defenders while following specific rules. The defenders try to avoid being tagged by dodging and running swiftly within the field.

The game is played on a rectangular court, and the chasers sit in a straight line, facing opposite directions. One player from the chasers is active at a time and runs to catch the defenders. The active chaser can touch another chaser to pass on the chasing role. This unique aspect adds to the game's excitement and strategy.

Kho-Kho is not only fun but also builds fitness, concentration, and coordination. It originated in ancient India, with references found in the 'Mahabharata'. Today, it is recognised as a competitive sport at national and international levels, with governing bodies promoting it worldwide. Playing Kho-Kho fosters a spirit of cooperation and builds strong relationships among players.

#### A. Tick (✓) the correct option.

1. How many players are there in a Kho-Kho team?

- |        |                          |        |                          |
|--------|--------------------------|--------|--------------------------|
| (a) 7  | <input type="checkbox"/> | (b) 9  | <input type="checkbox"/> |
| (c) 11 | <input type="checkbox"/> | (d) 10 | <input type="checkbox"/> |

2. Where is Kho-Kho primarily played?

- |                         |                          |                            |                          |
|-------------------------|--------------------------|----------------------------|--------------------------|
| (a) On a circular field | <input type="checkbox"/> | (b) On an oval track       | <input type="checkbox"/> |
| (c) On a square court   | <input type="checkbox"/> | (d) On a rectangular court | <input type="checkbox"/> |

3. What is the role of the defenders in Kho-Kho?

- |                           |                          |                               |                          |
|---------------------------|--------------------------|-------------------------------|--------------------------|
| (a) To avoid being tagged | <input type="checkbox"/> | (b) To sit in a straight line | <input type="checkbox"/> |
| (c) To tag the chasers    | <input type="checkbox"/> | (d) To referee the game       | <input type="checkbox"/> |

4. What does Kho-Kho help develop in players?

- |                              |                          |                       |                          |
|------------------------------|--------------------------|-----------------------|--------------------------|
| (a) Writing skills           | <input type="checkbox"/> | (b) Painting skills   | <input type="checkbox"/> |
| (c) Fitness and coordination | <input type="checkbox"/> | (d) Singing abilities | <input type="checkbox"/> |

5. In which epic is Kho-Kho mentioned?

(a) The 'Ramayana'

☐

(b) The 'Mahabharata'

☐

(c) The 'Bhagavad Gita'

☐

(d) The 'Upanishads'

☐

**B. Fill in the blanks.**

1. Kho-Kho is played between two teams of \_\_\_\_\_ players each.
2. The court for Kho-Kho is \_\_\_\_\_ in shape.
3. In Kho-Kho, the chasers sit in a \_\_\_\_\_ line, facing opposite directions.
4. Kho-Kho develops \_\_\_\_\_ and coordination among players.

**C. Answer the following questions.**

1. What is the main objective of the chasers in Kho-Kho?
2. How does a chaser pass the chasing role to another chaser?
3. Why is Kho-Kho considered a beneficial game?
4. Which governing bodies promote Kho-Kho internationally?

# WORKSHEET 2

## GRAMMAR

### A. Add suitable adverbs to complete the following sentences.

1. Work was \_\_\_\_\_ heavy at the new school.
2. He got up \_\_\_\_\_ and ran to school.
3. No nonsense was tolerated \_\_\_\_\_.
4. He ran across the field \_\_\_\_\_.
5. The coffee was \_\_\_\_\_ hot.

### B. State the kind of adverbs underlined below.

1. Red and gold flowers bloomed on the gulmohar trees everywhere.
2. Where has Sumeet gone?
3. The teacher looked at Prashant steadily.
4. He will join the cadets tomorrow.
5. He seldom reads the newspaper.

### C. Place the adverbs from the Help Box in the correct place in the following sentences.

1. We have to come on the weekend to school.
2. He will reach the concert in time.
3. Mrs Sharma takes her dog for a walk.
4. The rain came and we were drenched.
5. The tramp snored as he slept.

#### Help Box

loudly  
daily  
rarely  
suddenly  
certainly

### D. Fill in the missing degrees of comparison.

Positive	Comparative	Superlative
1. Fast	_____	_____
2. _____	_____	Most elegant
3. _____	Smarter	_____
4. Well	_____	_____
5. Far	_____	_____

# WORKSHEET 3

## VOCABULARY AND WRITING

### A. Use the following phrases in your own sentences.

1. in front of: \_\_\_\_\_
2. because of: \_\_\_\_\_
3. in order to: \_\_\_\_\_
4. on behalf of: \_\_\_\_\_
5. with a view to: \_\_\_\_\_

### B. Each word below has two meanings. Make two sentences with each, bringing out the different meanings.

1. Suit: (a) \_\_\_\_\_  
(b) \_\_\_\_\_
2. Bright: (a) \_\_\_\_\_  
(b) \_\_\_\_\_
3. Cart: (a) \_\_\_\_\_  
(b) \_\_\_\_\_
4. Start: (a) \_\_\_\_\_  
(b) \_\_\_\_\_
5. Play: (a) \_\_\_\_\_  
(b) \_\_\_\_\_

### C. Write one word for each of the following.

1. Of sound mind: \_\_\_\_\_
2. A journey taken by a group of people with a definite objective: \_\_\_\_\_
3. To walk in a laborious heavy-footed way: \_\_\_\_\_
4. Quick and easy in movement: \_\_\_\_\_
5. To meet someone or something: \_\_\_\_\_