



Ans- Children are required to give proper guidance, moral education and sufficient nutrition because the future of a nation remain in the hand of today's children. When they become adults, they would shape the fate of the nation.

Q3) Why is keeping our body in sound health a very important duty to be done by everyone?

Ans- Keeping our body in sound health is a very important duty to be done by everyone in life because without good health the charm of life is generally taken to be meaningless.

Q4) What are Indoor Games?

Ans- Games which can be played at our home or in specially constructed Indoor are called indoor Games.

Q5) Give some example of Indoor Games?

Ans- Example of indoor games are hide and Seek, chinese checker, snake and leather, chess and ludo, etc.

Q6) What are outdoor game?

Ans- Games which are played outside in the open field or playground are called outdoor games.

Q7) Give some example of outdoor games?

Ans- Example of outdoor games are lawn tennis, football, volleyball, cricket, kabadi, hockey, basketball, hide and Seek, etc.

Q8) Give some examples of a form of fighting games?

Ans- Boxing, Judo, karate, kung Fu are some form of fighting games.

Q9) What are the important components of games?

Ans- The important components of games are goals, rules, challenge and interaction.

Q10) What are the benefits of games?

Ans- Games help in developing practical skills, serve as a form of exercise or otherwise perform an educational, stimulatory or psychological roles.

Q11) How does rules help in games?

Ans- Rules determine turn order, the right and responsibilities of the players and each player's goal.

Q12) State whether the following statements is true or false:

- a) Children are the future pillars of the nation. **true**
- b) Game which can be played at our home are outdoor games. **false**
- c) Volleyball, cricket, hockey, basketball and football are the example of indoor games. **false**
- d) Enough changes in the rules of the game result in a "new" game. **true**
- e) A nation can be called developed only when sport is taken as one of its prior subject of importance. **true**