



Class- V

Subject: EVS

Chapter:4 TEAM GAMES- YOUR HEROES

KEY NOTES:

- A game is a contest with rules to determine a winner.
- Games and sports not only give recreation of human mind but also are immensely beneficial for the mental and physical health.
- Team games are played in groups. Each side/ group competing with another group/ side is called a team.
- Most important factor to win a team match
 - Each member has to support another one, coordinate and play together (team spirit).
- In some games like lawn tennis, badminton and table tennis, we find lady and gentleman playing together.

QUESTIONS AND ANSWERS

Textual Questions:

Q1. Which is your favourite team game/sport?

Ans: Football.

Q2. Who are your favourite sportspersons/heroes of your favourite game or sport? Name five.

Ans: 1. Lionel Messi
2. Cristiano Ronaldo
3. Neymar
4. Sergio Ramos
5. Luka Modric

Q3. Do you know any National level player from Manipur? Make a list along with the name of the sports and the club which they represent.

Ans:

Player	Game/ Sport	Club
1. Bala Devi	Football	Scottish Giant Rangers FC
2. Tingonleima Chanu	Hockey	Indian National Hockey Team
3. Jackson Singh	Football	Kerala Blaster
4. Renedy Singh	Football	Indian National Football Team
5. Dheeraj Singh	Football	Atletico de Kolkata (ATK)

Extra Questions:

Q1. What is a game?

Ans: A game is a contest with rules to determine a winner.

Q2. What are the benefits of games and sports?

Ans: Games and sports gives recreation of human mind. They are also beneficial for our mental and physical health.

Q3. What are the factors for a team to win?

Ans: The factors for a team to win are:

- i) Every member in a team has to be physically fit.
- ii) Every member has to possess an average level of skill-set.
- iii) Every member has to play in their specific positions.

Q4. What is the most important factor for a team to win?

Ans: The most important factor for a team to win is to have a team spirit, where each member has to support one another, coordinate and play together.

Q5. Name some games where boys and girls play together. In what event of these games where they play together.

Ans: Badminton, lawn tennis and table tennis.

They play together in events called mixed-doubles.

Q6. What are the benefits of co-ed (mixed boys and girls) sports teams?

Ans: Benefits of co-ed sports team are:

- i) Boys and girls who participated in sports together are less likely to form thoughts of gender inequality throughout childhood and adulthood.
- ii) Interacting with the opposite sex in early age helps children to develop sensitivity towards the other sex.
- iii) Sports, especially, give children the opportunity to witness the physical and mental capabilities of each sex.

