

17/05/21  
Monday

## Chapter-3 [LET US PLAY]

(1)

Leisure: The free time when we relax is called leisure.

example: Watching TV, listening to music reading books or newspapers and playing different games etc.

### Changing Nature Of Leisure:

#### In the Past:

\* children used to play outdoors

\* Elders go for a <sup>long</sup> walk

→ listen to <sup>the</sup> radio

→ Read books

Nowadays: watching television is a popular pastime. Elders and children both watch television together.

Pasttime: An activity that we do for enjoyment rather than work is called pasttime or hobby.

## Benefits of playing game:

- \* playing game exercise our body and mind.
- \* We grow healthy and strong
- \* They teach us to interact with others.

Sports: Games which are competitive in nature are called sports.

## Individual games:

The games in which a player play alone or against another player are called individual games.  
example: Golf, chess and billiards.

## Team Games:

The games in which a group of players play against another group are called team games.  
example: Football, cricket, volleyball

(3)

Team: A group of players form a team

\* The number of players varies from one game to another. Games → No of players →

\* Football, cricket → 11  
hockey

\* Volleyball → 6

\* Basketball → 5

Team leader: The head of the team is called the team leader or captain.

↳ The captain chalks out the strategy means He plans what are the actions to be done.

National Sport:

The most popular sport of a country is called its national sport.

Example: India → National Sport Hockey.

### Mixed doubles :

In the sports where both men and women play jointly as a team is called mixed doubles.

example : Tennis, Badminton.

### Local games :

\* Games which are played only in certain areas are the local games of that place.

\* Unique to a particular place.

\* It reflects the tradition and culture of the particular area.

\* Teacher or gurus train the players.