

## Let us answer (ch-3)

C. Answer these questions.

(1) What is the difference between individual games and team games?

Ans. The games in which a single player plays alone or against another player are called individual games. Golf, chess and billiards are some examples of individual games.

\* The games in which a group of players plays against another group are called team games. Football, cricket, volleyball and hockey are some examples of team games.

(2) What is team spirit? Why is it important?

Ans. The feeling of belonging together in a team is called team spirit. Every team needs team spirit to win. A good team spirit in a team ensures cooperation and unity in the team.

(3) What does a captain of a team do?

Ans. The captain of a team directs all the players. She/he chalks out the plan.

(4) List some local games played in India?

Ans. Vallamkali, teerandazi, patangbazi, malkhamb, Kabaddi are some of the local games played in India.

(5) Describe the process of breathing.

Ans - Breathing involves two processes - inhalation and exhalation. The process by which we breathe in air is called inhalation. During inhalation, our lungs expand. The air we breathe in has oxygen.

\* The process by which we breathe out air is called exhalation. During exhalation, our lungs contract. The air we breathe out has carbon dioxide.