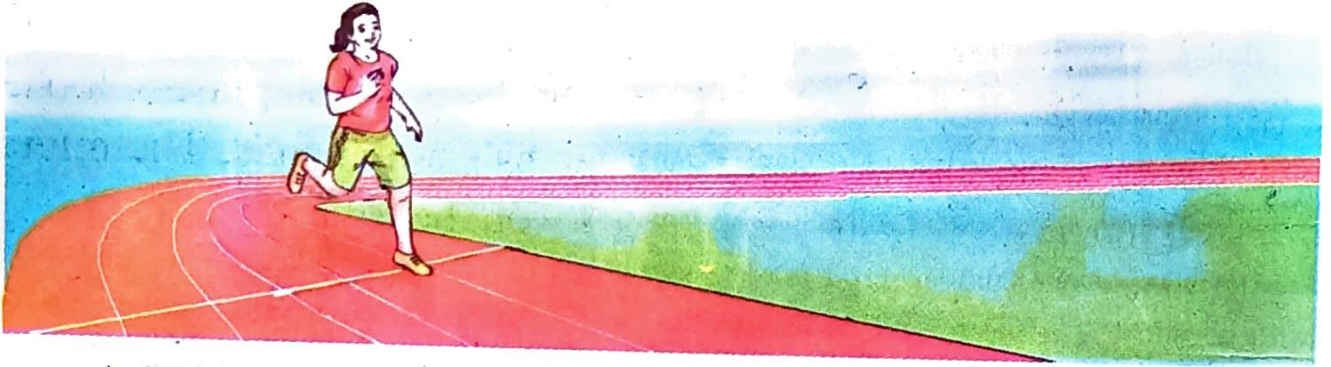


## Lesson 6

# The Joy of Living

**Read the following:**

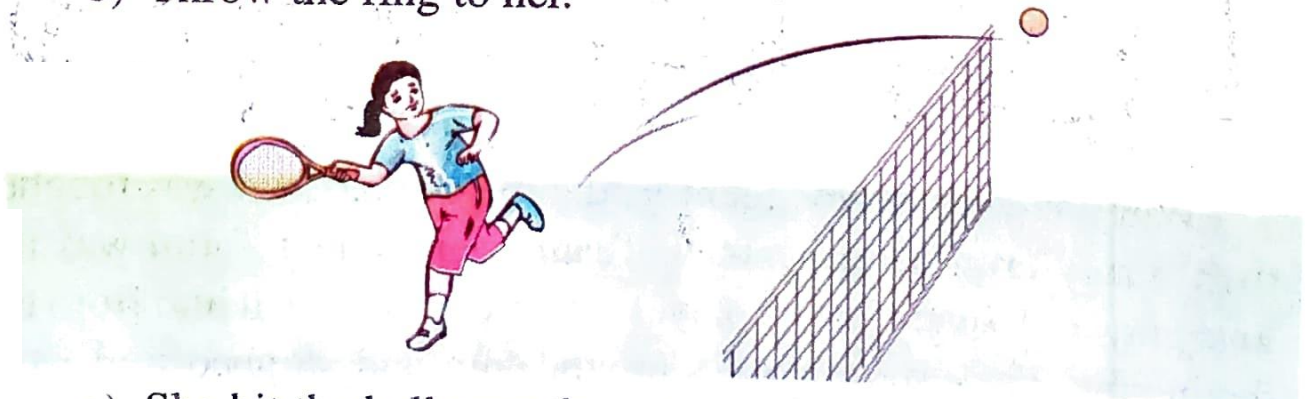
We all love games and sports. We watch them in the field, in the tracks and in the television sports programmes. These are some of the expressions that you may have heard.



a) With the last bit of strength, Smita ran to the finish line.



b) Throw the ring to her.



c) She hit the ball over the net.

**Read the following story about a boy named Tarun:**

Tarun slowly took his football boots off. He was thinking of the next day's match. The inter-school matches were going on. Tarun's team had practised well. He was going to make sure he played well. He would be playing for Team A against Team B of the neighbouring school. He thought, "Tomorrow's match will be the most important one for Team A".

On the following day at 3 p.m., Tarun and his team went to the football ground. Team B was already there. Their players looked confident. The players of the two teams shook hands. The referee tossed a one-rupee coin and Team B won the toss.



With the kick off by Team B, the match started. It was tougher than what Tarun had imagined. Team B knew that Tarun was the best player of Team A. The players of Team B targeted him from the beginning. They were always around him and stopped him from kicking the ball by force. He was pushed to the ground several times.





The game was getting rough. In the second half, the referee had a tough time controlling Team B. Tarun thought, "I must act fast to score a goal. Time is running out. If this continues we shall lose the match."

He ran very fast and reached the ball. The field was clear now. It was going to be a sure shot. But suddenly Tarun stopped. He did not kick the ball. Both the teams were surprised.

Tarun saw that the referee had not noticed the goalkeeper of Team B lying injured near the goal-post. Tarun signalled to the referee. The referee blew the whistle and stopped the game. Tarun's team members were angry. Why didn't Tarun kick the ball? It was going to be a sure goal. But the referee told the boys, "What Tarun did was quite right."

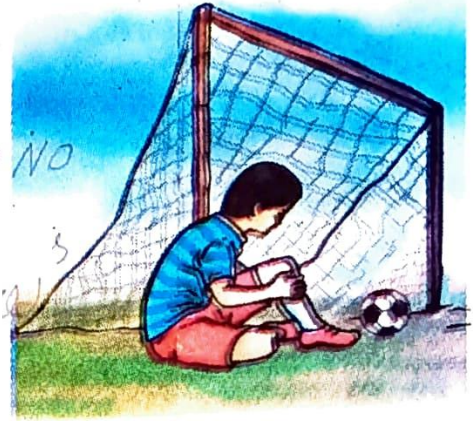
Tarun's action seemed to touch the hearts of Team B. In the remaining matches, the players of Team B were very polite to him. Everyone realized that football is not only about scoring goals. There is much more to it that provides the joy of living.



## ACTIVITIES

### 1. a) Give brief answers to the following questions:

- i) For which team did Tarun play?
- ii) How did Team B behave with Tarun at the beginning?
- iii) Did Tarun score a goal in the match?
- iv) Why didn't Tarun kick the ball?
- v) What did the referee say about Tarun's action?



### 1. b) Say whether the statements are true or false:

- a) Tarun was the best player of Team B. ☐
- b) The match was played in the morning. ☐
- c) Tarun did not kick the ball because he felt sick. ☐
- d) The goalkeeper of Team B was injured. ☐
- e) Tarun's opposite team (Team B) is from a different town. ☐

### 2. Complete the sentences by choosing the correct word from the choices given:

- a) I shall come tomorrow morning. (shall come/have come/came)
- b) Tarun is a good player. He will score at least one goal. (had scored/will score/scored)
- c) We must hurry. Time is running out. (was running/is running/will be running)
- d) We will see the match tomorrow. (saw/will see/have seen)
- e) Tarun saw the goal keeper lying injured. (saw/ seen)

**3. Read the following sentences:**

- a) It was 'going to' be a sure goal.
- b) I am going to see you tomorrow.

**We use 'going to' to express future time.**

**We can also rewrite these sentences using 'shall' / 'will' to express future time.**

- a) It will be a sure goal.
- b) I shall see you tomorrow.



**Now, rewrite the sentences below using 'going to':**

- a) If this continues, we shall lose the match.
- b) Tomorrow's match will be the most important.
- c) Tarun and his team will win the match.
- d) The referee will control the players of the match.

**4. Make a few more sentences using the following as examples:**

- a) take off : He took off his shoes before entering the room.
- b) going on : Our exams are going on.
- c) run out : We ran out of money.
- d) act fast : We must act fast to avoid the danger.
- e) touch the hearts : Her words touched the hearts of the audience.

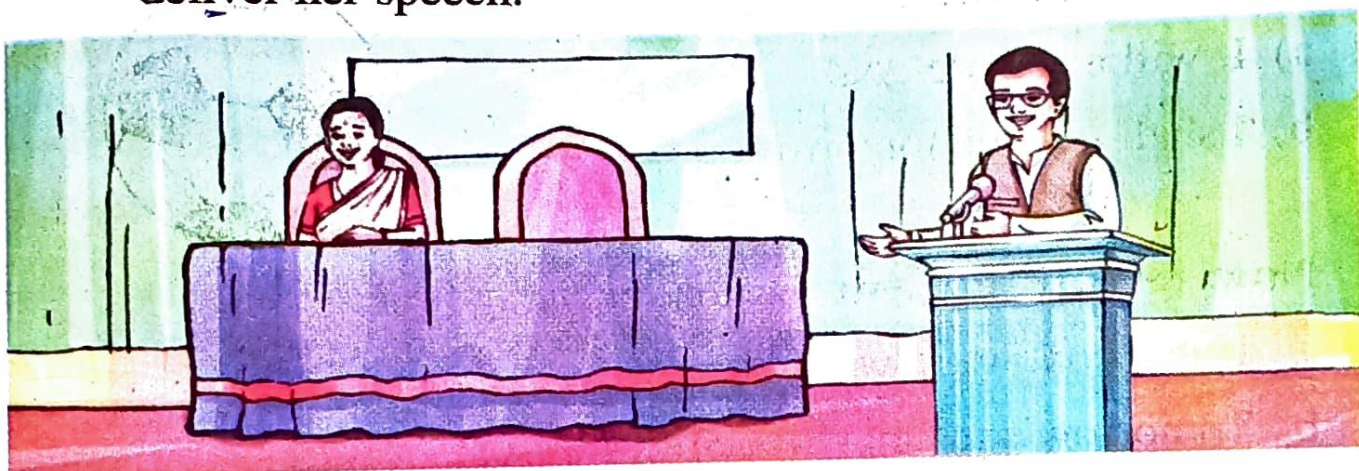


**5. Read the following two speeches:**

**a) *The Principal's speech:***

Good morning, everyone!

We have with us today Dr. Adity Goswami. We have invited her to talk to you students on drug abuse. Give her a round of applause (everyone claps). Now, I request Dr. Goswami to deliver her speech.



**5. b) *Dr. Adity Goswami's speech:***

Respected Principal, staff and students.

I must thank the Principal of the school for inviting me to speak to you on such an important topic. Students! Do you know what a drug is? You must have seen shop signs with the word 'Drug Store'. A drug store is another word for a pharmacy. So 'drug' means 'medicine'. Doctors prescribe drugs for us to buy from a drug store. They also advise us on the quantity of medicine we have to use. Many people use pain killers, high blood pressure pills, sleeping tablets and so on. If they use more than what doctors prescribe, they are using the drug wrongly. Abuse means the wrong use of something. Improper use of drugs is called 'drug abuse'.





There are some types of drugs that doctors don't prescribe. These are sold illegally at very high prices. They cause great harm to us. We must not use them. Let me tell you what happens when someone uses illegal drugs.

- i) They become a problem to the family.
- ii) If they are students, they lose interest in studies, games and sports and spoil their health.

Therefore, students, remember to keep yourself away from illegal drugs.

**6. Read the statements below and state whether each one is true or false. If it is true, circle the 'T' and if it is false, circle 'F':**

- a) People who use drugs spoil their health. (T/F)
- b) Drug abuse results in good health. (T/F)
- c) Drug abuse is a wrong habit that we must always avoid. (T/F)
- d) Students who take drugs lose interest in their studies. (T/F)



**7. Answer the following questions:**

- a) What is the topic of Dr. Adity Goswami's speech?
- b) Name two medicines that can be bought at a drug store.
- c) Give another word for the word 'drug'.
- d) Give the meaning of 'abuse' in the expression 'drug abuse'.

**8. Work in groups. Make a chart showing at least three bad effects of drug abuse. You can draw or paste pictures to make your chart look attractive.**

**9. Role play.**

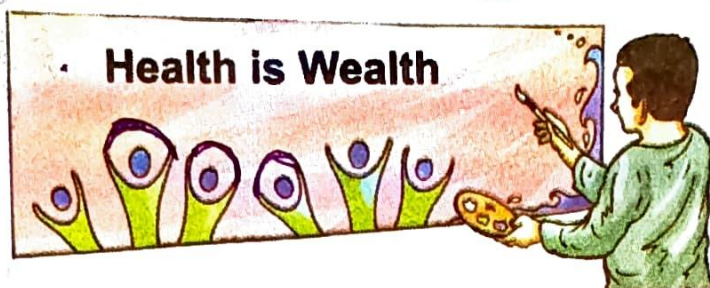
**Imagine Dr. Adity Goswami has given a speech on cleanliness in your school during World Health Day.**

**Two students will play the roles of the Principal and Dr. Adity Goswami. Others will ask questions about cleanliness to the Principal and Dr. Goswami.**





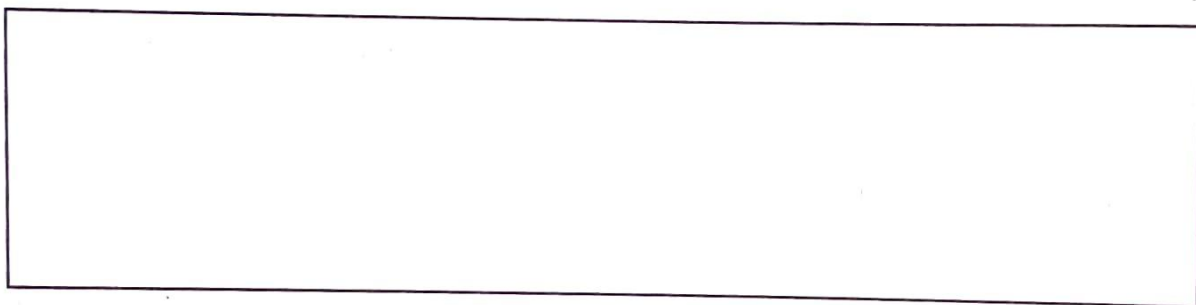
10. a) On the way to school Arun saw an artist drawing a poster on drug abuse. Let's read the slogan on the poster:



10. b) Work in groups. Rearrange the words and write a slogan:

drugs of improper use result may in death

Now, draw the poster:



11. Sometimes two words of the same spelling may have different meanings. One is done for you:

store { a large shop that sells different types of foods.  
to put something somewhere and keep it there to use later.

Now, write a word whose meaning is given below. Choose from the options given.

..... { a sports event where people or teams compete against each other.  
when two things are similar we say this word.

game

match

play



**12. Let's learn to talk. While someone is getting ready for school, we may say:**

Wear your uniform.

Button your shirt.

Wear your shorts.

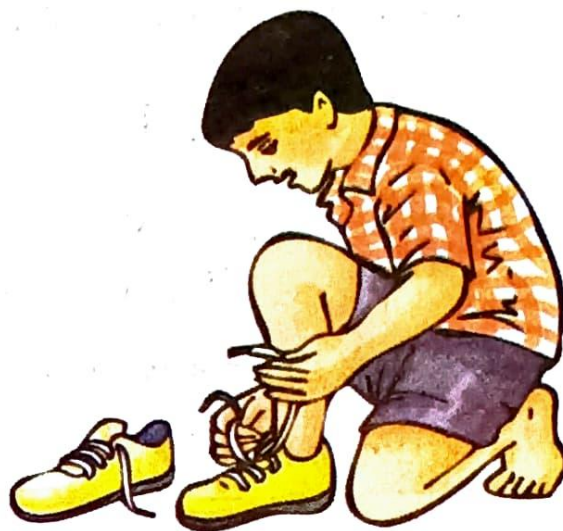
Wear your skirt.

Now tuck your shirt in.

Wear your socks.

Now wear your shoes.

Tie your shoelaces



**After someone comes back from school, we may say:**

Take off your uniform.

Undo the buttons of your shirt.

Take off your shirt.

Take off your shoes.

Now take off your socks.



**Now, make sentences using the following:**

wear.....

tuck .....

undo .....

take off .....

tie .....

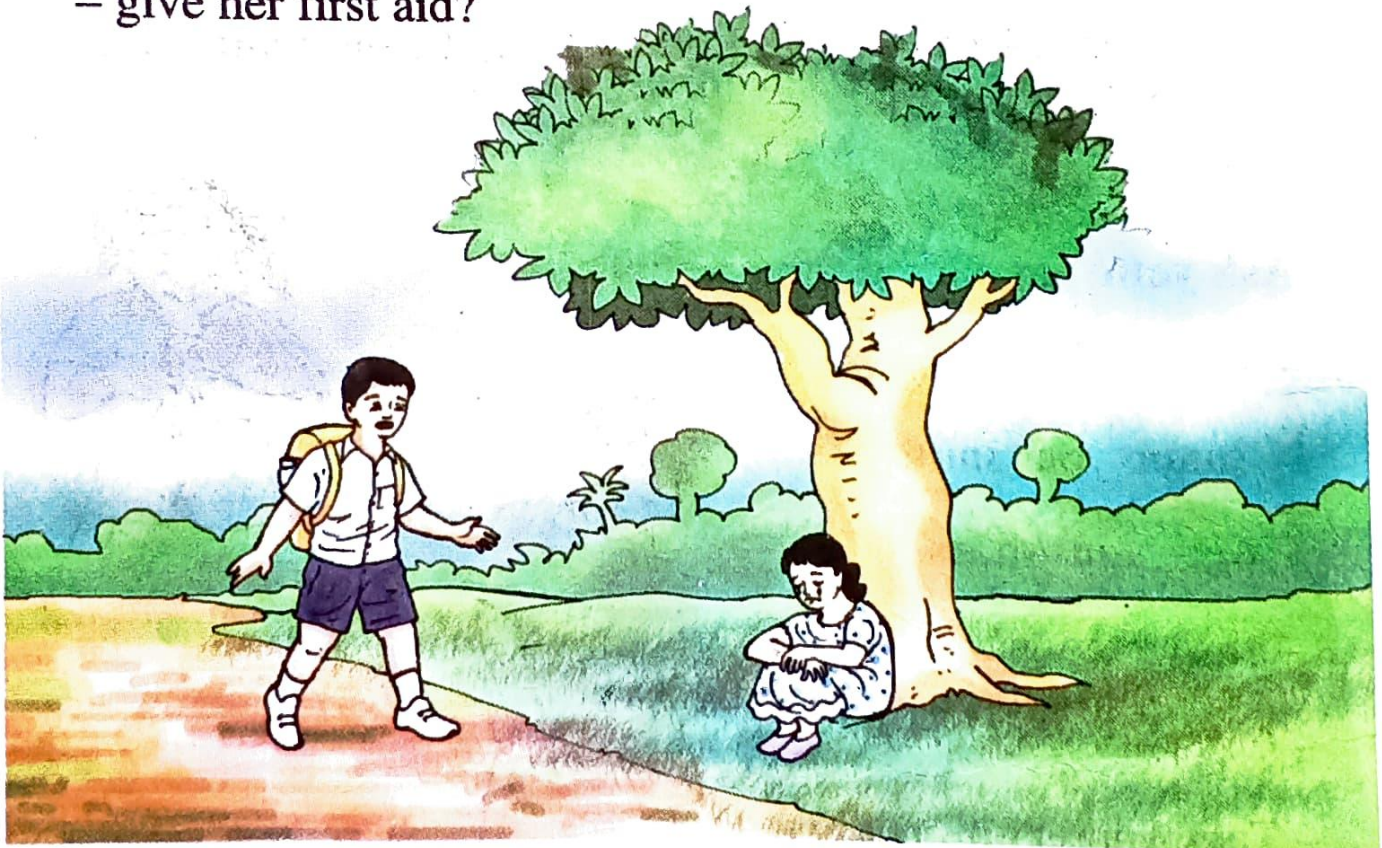
button .....



**13. Arun is walking home from school. He hears a small girl crying. He looks here and there and finds her sitting near a big tree. Her arm is bleeding. Arun puts his fingers on her wrist. It is beating fast.**

What should Arun do? Should he:

- take the girl home?
- call an adult and ask him or her to help out?
- leave the girl alone and walk away?
- nurse the girl and take her home?
- give her first aid?



**Work with your friend and share your ideas.**

- Are you always ready to help others?
- How do you feel after helping someone?



**14. Put your thumb on your wrist. Can you feel your pulse?**



**Feel your partner's pulse and find out how many times it beats in one minute.**

**15. Pair work.**

**Ask your partner to show actions:**

- Wear your socks.
- Button your shirt.
- Wear your shoes.
- Throw the ball.
- Catch the ball.
- Tuck your shirt in.
- Wear your shorts.



*\* The teacher will demonstrate how to take someone's pulse by using the thumb.*

**16. These are some health tips to keep us fit. Read them:**

– Exercise regularly.



– Drink plenty of water.



– Beware of animal bites.



– Always keep a first aid box ready.



– Avoid having roadside food.



– Wash your hands before eating.



– Use a handkerchief when you sneeze and cough.



– Keep your food covered.

