



# Sports Stars

1

Both Ayesha and Madhi enjoy playing games and sports. Let's join them.

Catch this ring! Madhi.

Oops! I missed it...



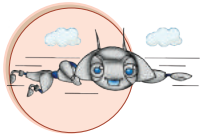


# 1

## Sports Stars

Prose

WARM UP



### MIRRORING

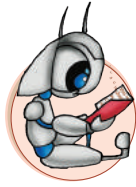
The teacher selects three pairs. The pairs are made to stand facing each other. The teacher whispers a game to each pair. One person makes a movement, the other tries to mirror the movement or copy it exactly. Then they change roles. **When both have played both roles, try to coordinate movements with each other, so that both become player and mirror at the same time.** Then the rest of the class have to find out which sport they are mirroring.

**eg.** Passing the ball, kicks for karate, bowling the ball, batting, etc.,





## READING



## Section I

**Listen to the teacher read a diary account of a school boy and answer the questions.**

Each day is a new beginning. It has so much to unfold and I had the best day at school today.

**C**ricket is something that I love. Today my teacher told us that we would be learning about a cricketer. I thought of Sachin, Virat Kohli and many other male players in the Indian cricket team but she introduced Mithali Dorai Raj, an Indian cricketer and the captain of the Indian women's cricket team in Tests and One Day Internationals [ODIs]. I never thought a woman could play cricket so well. It was why I have never let my little sister play cricket with me. I would tell her, "It is not for you; you had better play with girls." However, I was taken by surprise, when I learnt that Mithali started to play the game at the age of 10, and that she was selected for the Indian team at the age of 17.



**Mithali Dorai Raj**

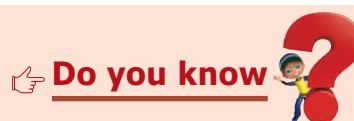
Mithali lives in Hyderabad. I was interested to learn that her mother tongue is Tamil. I felt very proud that she has been widely **recognised** and **acknowledged**. She was the highest run scorer in Women's International Cricket and the only woman cricketer to surpass the 6,000-run mark in ODIs. Mithali is the first player to score seven **consecutive** 50s. In fact, she is nicknamed "Tendulkar of Indian women's cricket" as she is presently the all-time leading run scorer for India in all formats, including Tests, ODIs and T20s. I would love to quote what Mithali had to say about this compliment,

She said, "**On the one hand, being compared to Sachin is an absolute privilege. I do not think I have achieved even half of what he did for the country. On the other, being a woman cricketer, I want people to know me for my own identity. I would rather not be compared to a male cricketer.**"

She indeed is an **inspiration** to all of us. She actually started playing cricket with her brother. When she was young, she used to go with her father to the grounds where he practised. She used to stand outside the ground and returned the ball when it came her way. Though it was a humble start, she managed to secure a name and a place for herself. Many of us think cricket is for men; however, she broke the traditional barriers and proved that women are on par with men in every field. The Government of India in recognition of her contribution to cricket conferred on her the **Padma Shri** Award.



And I forgot to mention about the recent achievement of our Indian women cricket team. Mithali Raj and another woman player Smriti Mandhana hit stylish half centuries and India cruised to a comfortable nine-wicket victory over South Africa in the second women's T20 International on 23 of February 2018. Mithali anchored the innings to perfection with an unbeaten 76.



Women's Cricket World Cup is older than Men's. The Women's World Cup was first held in England, in 1973, two years before the inaugural of Men's Cricket World Cup.

Now that I am inspired by her and my attitude has changed, I certainly will be happy when my little sister follows her **passion**...

**Put a (✓) for the correct and (x) for the incorrect statements.**

1. A school-going girl writes the diary account. ☐
2. The boy was so inspired by Mithali that he was happy for his sister to play cricket. ☐
3. Mithali Raj is happy to be recognised as Tendulkar of Indian Women's Cricket. ☐
4. Women should not be compared with men in cricket, says Mithali. ☐
5. Mithali Raj was not encouraged to play cricket by her family members. ☐
6. Mithali is one of the women players to score seven consecutive 50s. ☐
7. Mithali's mother tongue is Telugu. ☐

## GLOSSARY

Recognised	- Known
Acknowledged	- Accepted
Privilege	- Honour
Consecutive	- One after another
Identity	- Who/What a person is or how a person is known
Inspiration	- Here, a person one looks up to
Passion	- Desire





## Section II

Read the report on Usha Rani and answer the questions asked below.



**Usha Rani**, cop-cum- **KABADDI** champion rose from **shanty town** of Subedarpalaya in Yeshwanthpur near Bengaluru, in Karnataka. Armed with her mother's **unfulfilled** dream to become an athlete, she became **determined** and practised kabaddi at the Kanteerava Stadium every morning rain or shine. As a school child, she grew up watching Kabaddi at a club in front of her house and soon joined the club and started playing kabaddi at National level in sub-junior category.

Whenever she was not playing, she was the source of support to her parents and others at home. She used to sell flowers for her daily living and she had to struggle all through her life until she got a job in the Karnataka State Police Force. She was selected as a police person for her excellence in sports and was the youngest in the Karnataka State Police women Kabaddi team.



India has won all six Women's Kabaddi World cups played from 2012-2017.

She was just 29 years old when she won a **Gold Medal** in kabaddi. She is much acclaimed for her raiding skills in kabaddi. E. S. Sumanth, sports officer at Karnataka State Police Sports Promotion Board says,

**"Despite a well-paid job, Usha participated in national events every year without a miss. She is an expert in giving leads, raiding opponents and consistently playing a prominent role in the Indian kabaddi team."**

Usha Rani is now working hard and practising every day to win the Gold medal at the Asian Games in 2018. She has also become a role model to her brothers and sisters at home and other fellow sports persons.

Answer the following briefly.

1. When did Usha Rani start playing Kabaddi?
2. What did she sell to support her family?
3. Find out the idiom that relates to 'whatever the circumstances', from the first paragraph.

### GLOSSARY

Shanty town	-	A poor area
Unfulfilled	-	Unrealised
Prominent	-	Noticeable
Determined	-	Will powered



Identify and write the sport's name respectively.

1. \_\_\_\_\_

3. \_\_\_\_\_

2. \_\_\_\_\_

4. \_\_\_\_\_





Every person who achieves success in life has to work hard with dedication and determination. One can always learn something from another person's story. No opponent is too big to defeat. So believe in yourself and follow your passion.





## Section III

**Read the biography of P. V. Sindhu and answer the following questions.**

The word **Badminton** will instantly bring P.V. Sindhu in everyone's mind. Pusarla Venkata Sindhu is one of the two Indian badminton players to ever win a



**P.V. Sindhu**

silver medal in 2016 Olympics – the other being Saina Nehwal who has won a bronze medal in 2012 Olympics. Sindhu came to international attention when she broke into the top 20 of the BWF (Badminton World Federation) in September 2012 at the age of 17. She is one of the top five shuttlers in the women's singles category.

She started playing badminton at the age of eight. Though her parents were professional volleyball players, Sindhu chose badminton over volleyball because she drew inspiration from the success of Pullela Gopichand, the 2001 All England Open Badminton Champion.

Sindhu first learned the basics of the sport with the guidance of Mehboob Ali. She then joined Pullela Gopichand's 'Gopichand Badminton Academy.'

While profiling Sindhu's career, a **correspondent** with *The Hindu* wrote:

**"The fact that she reports on time at the coaching camps daily, travelling a distance of 56 km from her residence, is perhaps a reflection of her willingness to fulfil her desire to be a good badminton player with the required hard work and commitment."**

Gopichand seconded this opinion,

**"The most striking feature in Sindhu's game is her attitude and the never-say-die spirit."**

Despite P.V Sindhu being busy with her training schedules and International tournaments, she managed to attend regular school until class 9, after which all her classes were through correspondence. She did balance both her passion as well as her academics and she holds a Bachelor's degree in Commerce (**B.Com**).





After joining Gopichand's badminton academy, Sindhu won several titles.

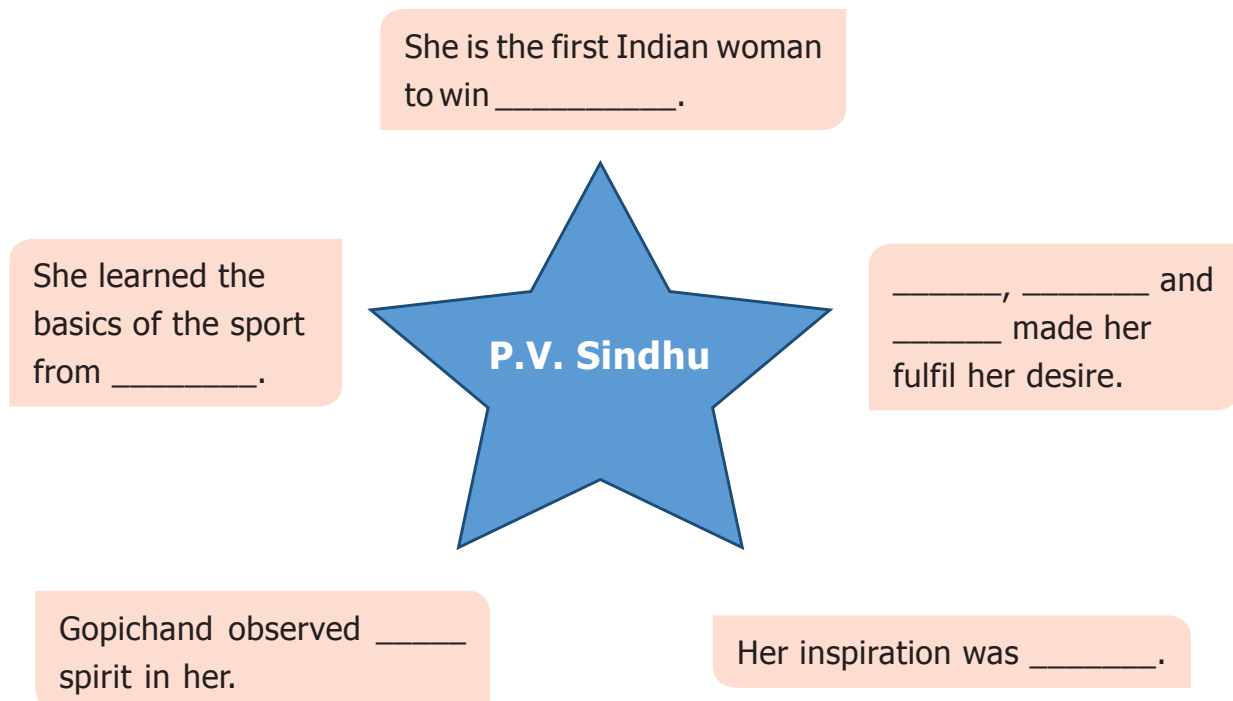
She has won many awards as well as cash grants for her contribution and among them, these three awards were conferred on her by the Indian government:

- Rajiv Gandhi Khel Ratna award, the highest sporting honour of India (2016).
- Padma Shri, the fourth highest **civilian** award of India (2015).
- Arjuna Award (2013).



The second most popular sport in the world is Badminton. Do you know the first popular one? It is Football.

**Complete the mind map given below.**



## GLOSSARY

Correspondent	- Reporter
Commitment	- Dedication
Never-say-die	- Don't stop trying
Civilian	- Ordinary people



## READ AND UNDERSTAND

**I. Identify the sports and the sports personalities from the lesson and fill in the table.**

Sports	Name of the player & Field of sports	Awards
		
		
		

**II. Read the questions related to the three sports stars you have read about and tick the appropriate boxes.**



- Who won the Olympic 2016 silver medal in badminton?
- Who is the role model for her siblings?
- Whose mother tongue is Tamil?
- Whose attitude is 'never-say-die spirit'?
- Which player works in the Police Department?
- Which player holds the record for the highest individual score in cricket?

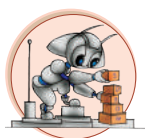
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**III. Think and answer.**

- Women/ Men can achieve anything, provided they put their heart and soul into it. Discuss in the class. Do you think being a man or a woman makes a difference?
- How can you balance your academic goals and your passion for sports or arts?



## VOCABULARY



### A. Match the sport and the equipment.

eg. Cricket – Bat

1. Football - Bow and Arrow
2. Tennis - Club
3. Golf - Net
4. Volleyball - Racquets
5. Archery - Helmet

### B. Find the names of twelve sports and games from the grid.

A	K	A	B	A	D	D	I	T
S	I	V	W	O	I	M	C	A
D	T	E	N	N	I	S	E	B
F	E	C	H	E	S	S	S	L
G	F	A	O	R	I	W	K	E
O	L	R	C	E	U	I	A	T
L	Y	R	K	L	T	M	T	E
F	I	O	E	A	W	M	I	N
P	N	M	Y	Y	D	I	N	N
P	G	P	J	R	T	N	G	I
Y	T	S	U	M	O	G	R	S

### C. Tick the meaning of the italicised word.

1. Being compared to Sachin is an absolute *privilege*.  
 a. Honour      b. Right      c. Favour      d. Disadvantage
2. The boy was taken by *surprise* when he learnt about Mithali Dorai Raj.  
 a. Affected      b. Moved      c. Amazed      d. Upset
3. Usha Rani had to *struggle* all through her life.  
 a. Fight      b. Duel      c. Fun      d. Work hard
4. Usha Rani is an *expert* at giving leads.  
 a. Clumsy      b. Sharp      c. Skilled      d. Bad
5. No *opponent* is too big to defeat.  
 a. Competitor      b. Rival      c. Helper      d. Enemy

**D. Fill in the blanks with the opposites of the words given in brackets.**

1. We should learn from our \_\_\_\_\_ (success).
2. Children don't like to read \_\_\_\_\_ (interesting) books.
3. Be \_\_\_\_\_ (general) when you are telling us what you need.
4. The teacher asked the children to \_\_\_\_\_ (start) talking.
5. The new boss decided to \_\_\_\_\_ (appoint) the lazy workers.

**LISTENING**



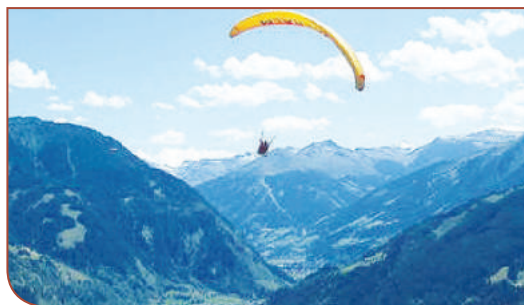
**E. Listen to your teacher and number the pictures accordingly.**



a. \_\_\_\_.



b. \_\_\_\_.



c. \_\_\_\_.



d. \_\_\_\_.

**Write 'T' if the statement is True and 'F' if the statement is False.**

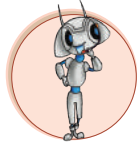
1. Himachal Pradesh is an ideal place for paragliding.
2. Skiing offers opportunities to delve into oceans.
3. Paragliding is also a recreational adventure sport.
4. Scuba Diving has a huge following all over the world.
5. The most suitable period for Skiing is from March to June.

**\* Text for listening is in page number : 139**



## SPEAKING



**F. Look at these images of different kinds of sports. Identify and name as many as you can with your partner.**



**Describe any one of them to your partner.**

- Name of the sport.
- What equipment is used to play the sport?
- What kind of area/ground/field it is played in?
- How is it played?

**Present your sport to the class in four to five sentences.**

**These phrases will help you.**

- ◆ I like to play\_\_\_\_\_.
- ◆ I play\_\_\_\_\_ regularly with my friends.
- ◆ \_\_\_\_\_ is an indoor / outdoor game.
- ◆ \_\_\_\_\_ game requires \_\_\_\_\_ players.
- ◆ \_\_\_\_\_ has \_\_\_\_\_ these equipments.
- ◆ \_\_\_\_\_ generally played in a court/ground.
- ◆ I enjoy playing \_\_\_\_\_ game.

## PICTO GRAMMAR



Hot tea



Beautiful flower



Two dice



Bald head



Young graduate



Tired man

An adjective is a word that describes a noun.

## USE GRAMMAR



**G. Look at the picture and fill in the blanks with suitable words.**

1. There is a \_\_\_\_\_ ground in my school.



2. The \_\_\_\_\_ sky looks beautiful at night.

3. The tray has \_\_\_\_\_ vegetables.



4. It is a \_\_\_\_\_ day.

5. The girl gave her friend a \_\_\_\_\_ smile.







**When there are two or more adjectives together, they appear in the following order.**

Quantity	- One	Five	Nine
Quality or Opinion	- Brave	Great	Amazing
Size	- Small	Tall	big
Age	- Old	Young	Adult
Colour	- Purple	Dark	Green

**H. Put the words in correct order and rewrite each sentence.**

1. They have a post-box. (Red, Small, Rectangular)

---

2. I have sticks. (Long, Two, Brown)

---

3. Find me brushes. (New, Five, Yellow)

---

4. Mahesh is a boy. (Thin, Tall, Clever)

---

5. It is a plate. (Round, Pink, Small)

---

**I. Refer to a dictionary for the meanings and circle the odd one.**

1. Tiny - Small, Enormous, Little, Puny.
2. Ample - Great, Plentiful, Generous, Restricted.
3. Kind - Harsh, Concerned, Charitable, Gentle.
4. Honest - Reliable, Trusty, Sincere, Deceitful.
5. Cheerful - Bright, Low, Gay, Contented.





## WRITING



**J. Imagine that you are the School Pupil Leader. Write a formal letter inviting the chief guest for the school's Annual Day. Give details of the time and place of the event.**

School Name

Address

February 15, 2018

Name of the Chief Guest

Designation

Address

Respected Madam,

I am writing this letter on behalf of \_\_\_ school. Our school is going to conduct its Annual Day on 20<sup>th</sup> of February. In this connection, we cordially invite you to our 23<sup>rd</sup> Annual Day to be the chief guest and address the gathering. We are sure the students will benefit from your ideas and words. We will be privileged to have you in our school on this special day.

We look forward to receiving your acceptance.

Yours Sincerely,

Signature

\_\_\_\_\_

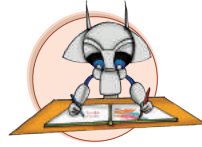
School Pupil Leader

**Imagine that you are the sports captain of your school. Write a formal letter to the sports captain of another school inviting her/ his team for a friendly match. You may choose any sport. Give details of time and place.**

**( Note: Follow the format of the letter given above.)**



## CREATIVE WRITING



### K. Make a diary entry on the impact of a sports personality who is an inspiration to you.

#### Note:

- Date your entry.
- Write naturally and truthfully.
- Use first person. (I read about Mithali, I like her playing style, etc.,)
- Make your entry informal and expressive.
- Use words that express feelings and write what you feel about it.

## LANGUAGE CHECK POINT



✗ Kovai is **further** from Chennai than Trichy.

✗ Sheeba is **more stronger** than Sinduja.

✗ My elder sister is six feet **high**.



✓ Kovai is **farther** from Chennai than Trichy.

✓ Sheeba is **stronger than** Sinduja.

✓ My elder sister is six feet **tall**.



? **Further** means 'additional'.  
**Farther** is used to talk about distance.

? Avoid double comparatives. Adjectives of one syllable usually form their comparatives by adding **-er** to the positive. Adjectives with more than two syllables take **'more'**.

? We generally use **tall** with people, and it's the opposite of **short**.

Use **high** when referring to trees, buildings, mountains, and it's the opposite of **low**.

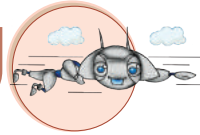




## Poem

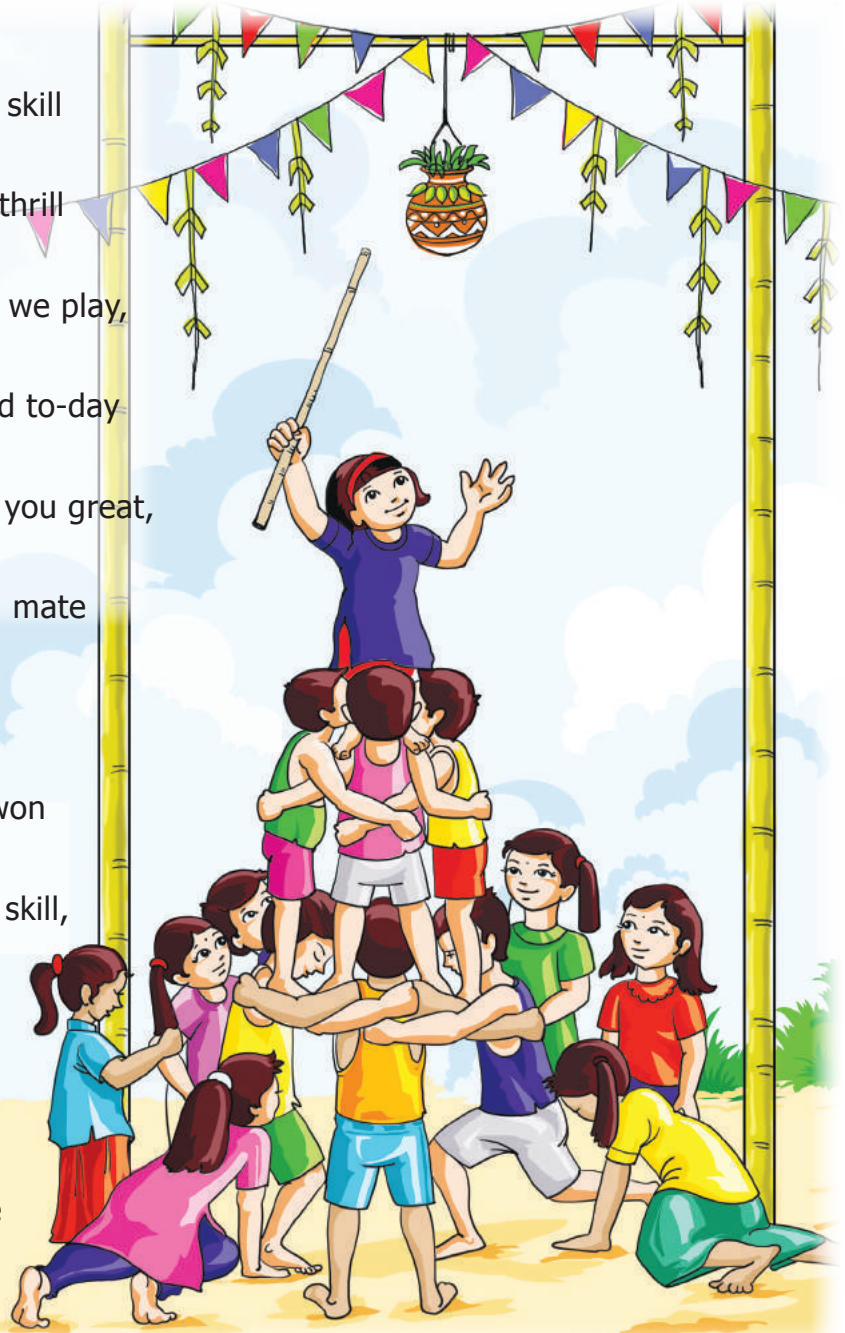
# Team Work

### WARM UP



**What is the most essential quality required to win the game given below?**

It's all very well to have courage and skill  
And it's fine to be counted a star,  
But the single deed with its touch of thrill  
Doesn't tell the man you are;  
For there's no lone hand in the game we play,  
We must work to a bigger scheme,  
And the thing that counts in the world to-day  
Is, How do you pull with the team?  
They may sound your praise and call you great,  
They may single you out for fame,  
But you must work with your running mate  
Or you'll never win the game;  
Oh, never the work of life is done  
By the man with a selfish dream,  
For the battle is lost or the battle is won  
By the spirit of the team.  
You may think it fine to be praised for skill,  
But a greater thing to do  
Is to set your mind and set your will  
On the goal that's just in view;  
It's helping your fellowman to score  
When his chances hopeless seem;  
It's forgetting self till the game is o're  
And fighting for the team.



**- Edgar A. Guest (1881-1959)**



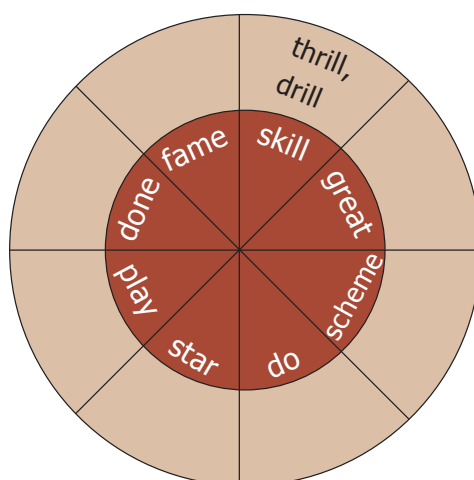
### About the Author.

**Edgar Albert Guest** began his illustrious career in 1895 at the age of fourteen when his work first appeared in the Detroit Free Press. His column was syndicated in over 300 newspapers, and he came to be known as **"The Poet of the People"**. Guest was made **Poet Laureate of Michigan**, the only poet to have been awarded the title. His poems often had an inspirational and optimistic view of everyday life.

### GLOSSARY

Deed	- Act; Achievement
Scheme	- Plan
Fame	- Glory
Mate	- Companion; Partner
Spirit	- Will; Determination
O're	- A(poetic)abbreviation for 'over'

**A. Read the poem aloud and fill in the wheel with its rhyming pair. Also try giving your own rhyming word. One is done for you.**



### B. Fill in the table.

**Contraction** is a shortened form of a word or group of words, with the omitted letters often replaced in written English by an apostrophe (').

It's	It is
Doesn't	
There's	
	You will
That's	
	I have
He'd	
Aren't	
	He has
Won't	
	Can not



### C. Answer the following questions.

1. What qualities are needed to play a game?
2. What helps one win the game?
3. How is team spirit created?

### D. Read the lines and answer the questions given below.

1. *It's helping your fellowman to score  
When his chances hopeless seem;  
Its forgetting self till the game is o're  
And fighting for the team.*

- a) What does 'it' stand for here?
- b) Write the rhyme scheme for the above lines.

2. *They may sound your praise and call you great,  
They may single you out for fame,  
But you must work with your running mate  
Or you'll never win the game;*

- a) Whom does 'they' refer to?
- b) Which line talks about team spirit?
- c) Pick out the rhyming words from the given lines.



### E. Pair work. Discuss with your partner and list out any five team games.

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.







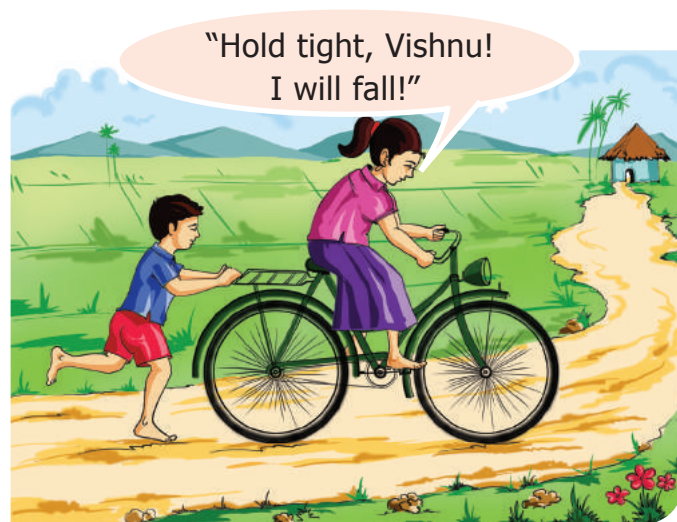
## Supplementary

### Think To Win

The bicycle **wobbled** as ten-year-old Rucha leaned forward in the seat and pumped the pedals. "Hold tight, Vishnu! I will fall!" she shouted to the boy who ran behind, steadying the bicycle. For the past two weeks he had been teaching her to ride. "Don't worry, Ruchaji, you are doing well," he puffed. For a few moments he let go off his hold and Rucha was on her own. Of course, she did not know it and rode along smoothly. "Vishnu, stop the cycle. I want to get off," Rucha called. "Use the brake!" Vishnu called out. His voice came from some distance away and, Rucha realised that he was not holding the bicycle any more.



**"I WILL FALL! I WILL FALL!"** she **wailed**. And, before Vishnu could reach her, the bicycle wobbled, tilted to one side



and Rucha was deposited into a bush. Shaken but unhurt, Rucha cried **angrily**, "I told you to hold tight. I told you I would fall!" she glared at Vishnu. "But, Ruchaji, you were riding quite well and anyway you have to learn riding without someone holding the cycle, isn't it?" Vishnu explained. "See I fell, didn't I?" Rucha would not be pacified.

She **stormed** into the house to complain. "You fell. Doesn't matter," said her mother calmly. "We all do when we are learning to ride a cycle. At least you are not hurt." "The bicycle is too big for me," Rucha complained. "When I am in the seat, my toes **barely** touch the ground." Her mother explained to her that she found nothing wrong with it. Riding a cycle of that height was right for her. After all, she was growing up! "Mummy, may I ride the bicycle?" asked Seema, Rucha's sister, younger to her by three years.

"No, Seema, you cannot," Rucha cut in before her mother could answer. "When it is so high for me, how can you sit? You are much shorter." No amount of pleading helped.



There was a considerable contrast between the two sisters. Rucha was very protective of her younger sister. She was overprotective with her. Rucha herself had been overprotected. She seldom did things **rashly**. Even in running and playing, she would be conscious of her movements. Seema, on the other hand, was bold and prone to taking risks.

Next week, inter-house badminton matches were to be held in the school. Rucha was in the senior team. She gave up other activities and practised with her friends. "Rucha, **hit harder**," they told her on the day of the match.

Aruna, a very good player of their house, was expected to win. And she did. Rucha and her opponent were almost evenly matched and Rucha lost the game by a couple of points.

Their house stood second in the overall tally. "I can't seem to win," said Rucha remorsefully. "You played all right," Aruna consoled her. "The time when your opponent was at the net, if you had hit just a little harder over her head, you could have won that point."

"I know, I know," replied Rucha, "but somehow I always make such mistakes."

"You must practice more. That is all," Aruna told her.

"I suppose so," Rucha replied **gloomily**.

"Cheer up now," Aruna told her. "At least you tried. I say, the inter-school sports meet is coming up. You are in the school's relay team, aren't you?"

"I will probably make everyone lose the race," Rucha said, still gloomy.

"Don't think that way," Aruna pleaded with her. "You run fast. We need you."

Rucha finally agreed to stand in if no better person could be found. Meanwhile, she would train with the rest of them under the new PT instructor, Prakash Sir.

He was very **enthusiastic** about sports and drove the children hard—praising, scolding, correcting but mostly encouraging them.

"Rucha, you are nimble and light. You can do better than that," he told her often.

"How can I do that?" Rucha confided to Aruna. "I will most probably fall."

"Don't be silly. We are all trying to better ourselves. You must try too," Aruna told her.

"**Springfields** have a very **FAST RUNNER** in their team." Shabnam, their teammate informed them. "Has anyone heard about her? It seems they call her P.T. Usha!"





Prakash Sir overheard this conversation. He took a quick decision. "The girls' relay team, gather here in five minutes," he called out. All the girls came together. "Girls, I have been watching you all. You need some more practice, more time on the field. You are not doing enough," he told them. **VOCIFEROUS** protests greeted this. "All right, all right, girls, calm down," he held up his hands, placating them. "Tell me, what is your goal. To **WIN** the race, isn't it? Not just to make an attempt. To win! Are we agreed?"

The girls murmured their assent.

"I know you have been training. You just need to give a little extra push to your efforts to win. I know all of you have it in you," he told them.

"Right, let us start with these exercises." He showed them exercises that would allow their legs to stretch more, stride faster. Then he trained them in the skill of passing the baton without losing speed. "Don't slow down when you near your next team member,"

Prakash Sir said, "Maintain your **speed** while passing your **baton**. Only when the baton has left your hand, you slow down. Do you understand? And you, who are going to receive the baton, also keep in motion, jogging. All right enough for today. Report to me same time tomorrow again." Then turning to Rucha, he said, "I want a word with you. You are apt to slow down after starting well," said Prakash Sir. "Don't do that. Maintain your speed," he advised her.

"Sir, I am not very good," Rucha said dolefully.

"No self-doubts, Rucha! This is exactly what I have been wanting to tell you. You must have a **POSITIVE ATTITUDE**. Don't even think of losing. See yourself winning! Think to win! Only to win! You can do it, I can feel it." Rucha went home with Prakash Sir's words ringing in her ears.

The next few days he saw the girls training extra hard. Prakash Sir was never far, even as he trained other children.

The day of the sports meet **DAWNED** and the children piled into buses to reach the venue. There was laughter and a great deal of joviality as Prakash Sir had seen





to it that they were fit and relaxed as well. The stadium, where the meet was being held, bustled with great activity. Children from several schools were moving around checking out the different venues where particular events were to be held. Prakash Sir collected the schedule and gave the girls **appropriate** instructions. The Principal of the host school inaugurated the meet with a short speech and also introduced the participating schools. Then the events started. Rucha and most of the other children of their school easily got through the heats to enter the finals scheduled for the following day. The next morning, after a few individual events, it was time for the girls' relay race. Four schools had entered the finals. Rucha, Aruna, Shabnam and Neelam were Team B.

Prakash Sir gave them final words of encouragement.

"Girls, you are a good team. You can win! Go ahead and show your **mettle!** Good luck."

Shabnam, a tall girl, was their first runner. She would pass the baton to Neelam, Neelam would pass it to Aruna, and Aruna to Rucha, who would be finishing the race for them. The **whistle** blew and the first runners were off. With her long strides, Shabnam gave the team a marginal lead. But by the time Neelam had passed the baton to Aruna, both Team A and D had drawn level with her. Then, the runner of Team D fumbled and dropped the baton. Aruna ran for all she was worth, just managing to keep abreast of the runner of the Team A.



Finally, the baton was in Rucha's hand. She had already noted with dismay that she was pitted against 'P.T. Usha' of Team A.

**'Just my luck!'** the thought had flashed through her mind. She had quickly put that thought aside, and when the baton was passed to her, she was more than ready. She heard the shouts of her schoolmates, "Rucha, come on! Ru...cha! Ru...cha!" Out of the corner of her eye, Rucha saw 'P.T. Usha' trying to overtake her.

**FLEETLY**, she thought, 'Not again!' Then Prakash Sir's words came to her: 'Think to win!' The next

moment, Rucha was conscious of nothing except the tape at the finishing line which she had to reach. Totally absorbed, she ran, she lost track of time and distance.

She ran on, not conscious of the fact that the race was over till Aruna called out to

her, **"Rucha, you have won!"**

**"We have won!"** And she was hugging and kissing her. Prakash Sir was beaming at her and everyone was applauding her. Even 'P.T. Usha' came over to shake her hand.

"I thought I was fast, but you were simply **superb!**" she shook hands with her. It is always a proud moment for the winner of a medal when she is called to the victory stand, but for Rucha, it had a double meaning. She had overcome her hesitations and denials. She could win whenever she chose to!

**-LATA KAKU**



**A. Choose the correct answer.**

- "Girls, you are a good team."  
Which team do the girls belong to?  
a. Badminton    b. Hockey    c. Relay    d. Volleyball
- Springfields is the name of a \_\_\_\_\_.  
a. team    b. house    c. company    d. school
- The inter-school sports meet refers to competitions among the \_\_\_\_\_.  
a. teams of the same school    b. schools in the locality  
c. schools in neighborhood    d. schools from other districts
- Seema is Rucha's \_\_\_\_\_.  
a. friend    b. teammate    c. younger sister    d. opponent
- Order the names of the members in Team B relay event. Shabnum was followed by  
a. Neelam, Aruna, Rucha    b. Aruna, Rucha, Neelam  
c. Neelam, Rucha, Aruna    d. Aruna, Neelam, Rucha



**B. Answer the Following.**

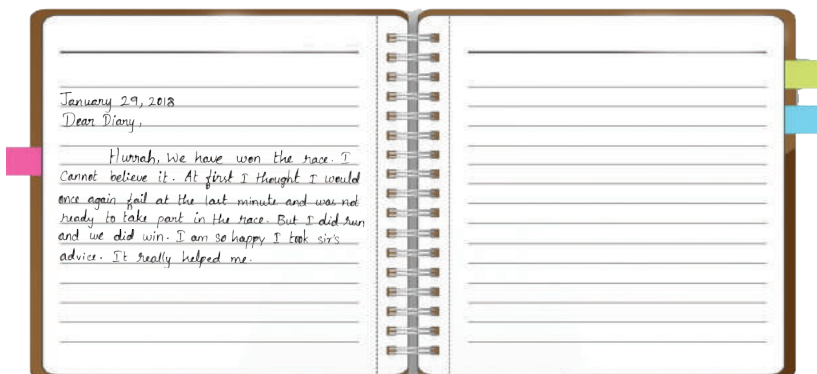
- How does Rucha differ from her sister?
- 'Springfields has a runner and they call her P.T. Usha'. Why did they call her so?
- Describe the qualities of the new P.T. Instructor Mr. Prakash.
- What words were ringing in Rucha's ears when she was running in the relay?
- What did Rucha finally realise about herself?

### C. Read the given lines and answer the questions.

1. *His voice came from some distance away and, Rucha realized that he was not holding the bicycle any more. "I will fall! I will fall!" she wailed.*
  - a. What was she afraid of?
  - b. Was the boy closely following her?
2. *For the past two weeks he had been teaching her to ride.*
  - a. Who was teaching whom?
  - b. What was he teaching?
3. *Even 'P.T. Usha' came to shake her hand. "I thought I was fast, but you were simply superb!" she shook hands with her.*
  - a. Who does the word 'you' refer to?
  - b. What quality of the speaker is revealed?

### D. Think and answer.

Imagine you are Rucha and make a diary entry on your feelings about the day's happening and your victory. The start is given. Complete the diary.



### E. Discuss in class.

- How did Rucha overcome her self-doubts? How can shyness and fear be overcome?

### F. Role play.

- Work in groups and enact the story.

Select the character you are going to impersonate.

- Read the story carefully.
- Prepare your dialogue.

- Co-ordinate with your group.
- Present your skit to the class.

## PROJECT



### G. Prepare a collage on different sports and present it in the class.



## CONNECTING TO SELF



### Together Everyone Achieves More (TEAM).

#### KEY TRAITS FOR WORKING IN A TEAM



##### Positivity

Believe in yourself.

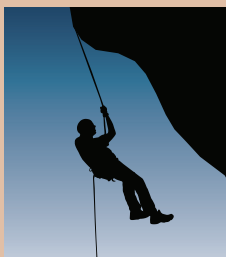
Take part in competitions, prayer activities, etc.,

1

##### Communication

2

Interact with your classmates, team mates, and teachers at the right time.



##### Dedication

Put your heart and soul into whatever you do, to turn your dreams into reality.

3

##### Willing

4

Never let an opportunity slip by.

Take part in scholastic and co- scholastic activities willingly.



##### Adaptability

Adapt yourself to the changing needs.

Make use of the technology available for learning.

5

**Discuss:** Have you ever employed any of these qualities in your daily life?  
Share your experience.

## STEPS TO SUCCESS

Identify the sport name from the given wuzzles. One is done for you.

AT LET ✓✓✓✓✓✓ <input type="text" value="ATHLETICS"/>	SSSSSSSSS MATCH <input type="text"/>	SKATING             <input type="text"/>
COUNTRY COUNTRY <input type="text"/>	BALL <input type="text"/>	ATHALON ATHALON ATHALON <input type="text"/>

Find the odd one out.

eg. Weight lifting, Boxing, Silambam, Fencing

1. Hide and Seek, Kho-Kho, Tennikoit, Kabaddi
2. Badminton, Cycling, Tennis, Squash
3. Trapeze, Throw Ball, Bowling, Goalball
4. Snooker, Polo, Five Pins, Carrom Board
5. Cricket, Base Ball, Hockey, Basket Ball

## LEARNING LINKS AND REFERENCES

E-links	1.	<a href="https://www.kheloindia.gov.in">https://www.kheloindia.gov.in</a>
	2.	<a href="https://www.india.gov.in/topics/youth-sports/games">https://www.india.gov.in/topics/youth-sports/games</a>
	3.	<a href="https://www.womeninsport.org">https://www.womeninsport.org</a>
	4.	<a href="https://www.olympic.org/women-in-sport-commission">https://www.olympic.org/women-in-sport-commission</a>
	5.	<a href="https://www.independent.co.uk/sport/the-50-most-influential-women-in-sport-the-full-list">https://www.independent.co.uk/sport/the-50-most-influential-women-in-sport-the-full-list</a>
	6.	<a href="https://www.womenssportsfoundation.org">https://www.womenssportsfoundation.org</a>
	7.	<a href="https://ngwsd.org">https://ngwsd.org</a>
Books	1.	Ranji's Wonderful Bat & Other Stories - Ruskin Bond
	2.	Sports Magazines

# Pioneers in Sports

## National School Games 2017-2018



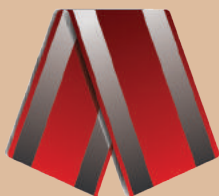
### Taekwondo



V. Ishwarya  
N.L.C.G.Hr. Sec. School  
Neyveli.  
under 17, above 68 kg



V.S. Ajeitha Sri  
N.L.C.G. Hr. Sec. School  
Neyveli.  
under 17, above 49-52 kg



S. Rajamanickam  
Govt. Hr. Sec. School  
Perambalur.  
under 19, above 40-42 kg



G. Sneha  
Govt. Hr. Sec. School  
Selam.  
under 19, above 42-44 kg



### Lawn Tennis



Gold Medal  
Under 14



### Volleyball



Gold Medal  
Under 19



# ICT CORNER

## Sport Stars

Experience the thrill of playing sports word quiz game.

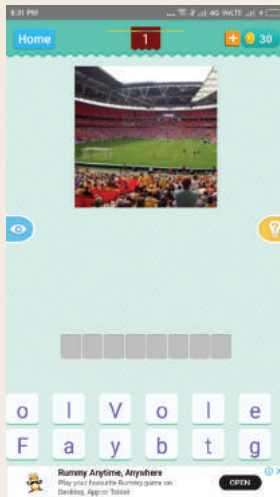
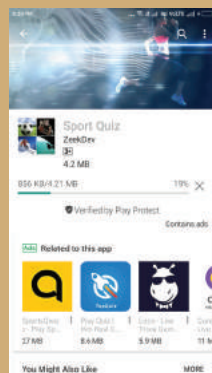


Figure 1: Screen shot of the 'sports quiz' game

### Procedure:

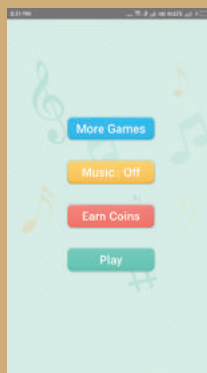
- Step-1 : Scan the QR code and install the game from Android play store.
- Step-2 : Open the game and click play to start.
- Step-3 : Look at the picture clue. Drag and drop the letters to coin the name of the sport.

### Steps to install the game from play store



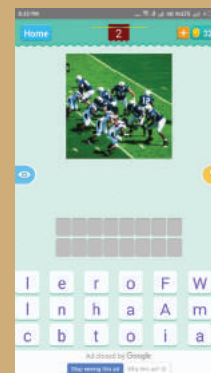
#### Step 1

Figure 2: Type the word, 'sports quiz' in the search bar of the Android play store



#### Step 2

Figure 3: Install the game and click play to start playing



#### Step 3

Figure 4: Drag and drop the letters according to the picture

### Language Activity:

- Collect the names of different sports by playing this quiz.
- Talk about your favorite sport in the class.

### Learning Objectives:

1. To know different sports.
2. To develop speaking skill.

### URL:

<https://play.google.com/store/apps/details?id=com.zeek.sportquiz>



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