

## UNIT4 : Sports and Fitness

Recreation through sports and games is a part of our lives. They not only help us to be fit and agile but also enhance our emotional well-being, social skills and cultivate the spirit of sportsmanship. Participation in sports activities in school is always great fun. The Annual Sports Day is usually an event which is celebrated with great vigour and fanfare.

I feel quite energized after sometime in the field. It's refreshing.



Oh yes! And some of their posters are also quite attractive. Let me show you one of them.



I agree. Great for fitness too. No wonder schools organise Sports Day. Such a lovely way to showcase skills, team spirit and fitness.



## Section 4.1. Sports Day

Study the poster and answer the questions that follow:



Source: <https://astreanetherwood.org/sports-day-2018/>

(1) Tick whether True or False, with reference to the poster given above:

		True	False
A.	The school has a Sports Day for different levels of the school.		
B.	Every student has to participate in at least one event.		
C.	Students of different sections of different years will compete against each other		
D.	The school will provide meals to the students on the Sports Day.		

(2) Fill in the blanks with reference to the information given in the poster.

- i) The sports played using a ball are \_\_\_\_\_ and \_\_\_\_\_.
- ii) The athletic event which requires strength along with teamwork is \_\_\_\_\_.
- iii) An event that requires a baton to be passed on, is \_\_\_\_\_.
- iv) An event that needs both balance and speed is the \_\_\_\_\_.



## Section 4.2 Indigenous Sports

**Fit India to launch special films promoting 10 indigenous sports of India under Ek Bharat, Shreshtha Bharat**

05-06-2020 | 7:33 pm



The Sports Ministry's flagship programme, Fit India is joining hands with the Department of School Education and Literacy to launch a series of special films promoting 10 indigenous sports of India under the Ek Bharat, Shreshtha Bharat initiative.

The series is aimed at creating awareness about not just the indigenous games but also the culture and heritage of the states to which they belong.

Ek Bharat, Shreshtha Bharat aims to create awareness among youngsters about the culture and heritage of states across India. This initiative aims to further that effort.

These special films have been customized for school-going children to make them aware of the history and heritage of the state from which a game emanates, the particular sport as well as how it is played. The 10 episodes can be watched from Monday to Friday, June 8 to June 19, at 11am on the Fit India YouTube page and Ministry of Human Resource Development digital platforms.

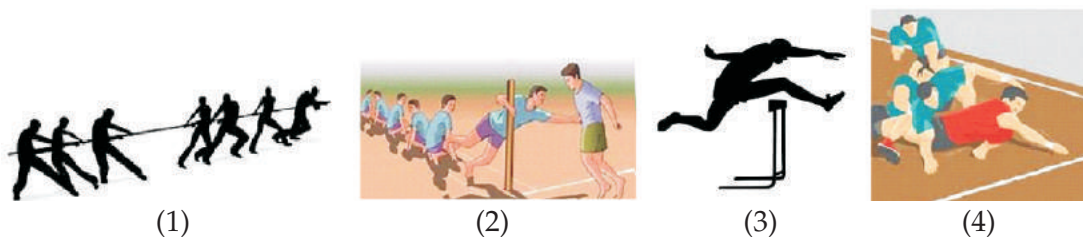
The short films have been curated in a manner to highlight and bring forth the origin, progress and other key aspects of each sport.

The 10 sports to be covered in the series are Kho-kho, Gatka, Kalaripayattu, Malkhamb, Thang-Ta, Sqay, Kabaddi, Roll Ball, Tug of War and Shooting Ball.

The indigenous sports of India cover a mix of very old sports, for example, Kalaripayattu, and some as recent as Roll Ball which has gained a lot of popularity and is now played in at least 50 countries spread over 5 continents.

Source--<http://ddnews.gov.in/business/fit-india-launch-special-films-promoting-10-indigenous-sports-india-under-ek-bharat>

(1) Choose the option that is NOT a part of the games covered by Fit India in its programme.



- A. Option (1)
- B. Option (2)
- C. Option (3)
- D. Option (4)

(2) The whole idea behind this programme launched by Fit India is to :

- A. motivate people to indulge in physical activities.
- B. create awareness about the diversity of various sports across the country.
- C. let people know the importance of outdoor activities.
- D. encourage schools to include Indian sports in their curriculum.

(3) Four students came up with a slogan related to the special film series in a Slogan Writing Competition.

Select the most appropriate slogan.

Student 1	Student 2	Student 3	Student 4
Winning is a habit but success is a choice.	Play like a champion today!	Failure is a step to success.	The more variety, the better society.

- A. Student 1
- B. Student 2
- C. Student 3
- D. Student 4

(4) Select the INCORRECT statement about the special film series, according to the given extract.

The special film series' programme

- A. is to be launched by the fitness industry in collaboration with Department of School Education and Literacy.
- B. targets culture, heritage and history of India with respect to sports.
- C. can be viewed on different digital platforms.
- D. share information about the emergence of a particular sport in that state.



- (5) Complete the fact sheet given below by filling in the blanks about the series launched by Fit India.

### Fit India Programme

Name of the series: \_\_\_\_\_

Timing: \_\_\_\_\_

Days: \_\_\_\_\_

Dates: \_\_\_\_\_

Total number of episodes: \_\_\_\_\_

Available on: \_\_\_\_\_  
\_\_\_\_\_

### Did you know?

Fit India movement launched on 29 August, 2019 (National Sports Day) is a nation-wide movement in the country to encourage people to remain healthy and fit by including physical activities and sports in their daily lives.



Fit India rocks!  
Must be nation-wide  
participation and  
promotion, right?

True. However,  
my sister was  
complaining, regarding  
participation in the  
local sports club. She  
feels that she isn't  
allowed to play  
certain sports  
because she's  
a girl.



That's unfortunate. There is so much  
being done to bring awareness of gender  
parity. Our country is proud of sports  
women like Mary Kom, Harmanpreet  
Kaur, P.V. Sindhu and others.  
I remember this specific cartoon.  
What a great creative way to share  
this very thought. Let's have a look!

### Section 4.3 Cutting Through the Bias



Source: <https://www.bostonglobe.com/opinion/2019/07/05/like-girl/UPw2S46NTIIHHjxgatskCP/story.html>

- (1) The boy's comment, "You play like a girl", is supposed to be
- A. a gender specific compliment.
  - B. an insulting comment for female athletes.
  - C. a prejudiced belief that everyone has.
  - D. an admiration for sports women.
- (2) Select the CORRECT option out of the one given below to complete the following sentence.  
The expression and body language of the male player in the cartoon above, reflects his \_\_\_\_\_
- A. shock and disbelief.
  - B. anger and contempt.
  - C. disappointment and sadness.
  - D. hopelessness and misery.
- (3) Select the appropriate words from the clue-box to fill in the blanks for the paragraph given below:

upset	abilities	believes	brave	winners
questions	appearance	calm	insulting	

The girl remained (i)\_\_\_\_\_ even though the boy passed a/an (ii)\_\_\_\_\_ comment about her (iii) \_\_\_\_\_. She responded wittily, saying that girls are (iv)\_\_\_\_\_ and since the boy (v)\_\_\_\_\_ she plays like a girl, she'll win like one too!

Wonderful! You know, I feel that discrimination is also towards the differently-abled in the field of sports.



Really? I don't think so, We have the paralympics for the differently-abled. It's an admirable event.



Oh ye of course! I recall the athlete, Deepa Malik and the gold medalist Devendra Jhajharia!



Correct. I bet you don't know about India's first Paralympic gold medalist, though. Come on, read & find out.



## Section 4.4 India's First Paralympic Gold Medallist

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From jaws of death to Olympics: Story of India's first Paralympic gold medallist Murlikant Petkar

Petkar is India's first Paralympic gold medallist, winning the 50-metre freestyle swimming event at the Summer Paralympics held at Heidelberg, Germany, in August 1972.

Published: 25th March 2018 01:22 PM | Last Updated: 25th March 2018 01:22 PM



NEW DELHI: As he walked the ceremonial red carpet, his chest swollen with pride, at the Rashtrapati Bhavan's Durbar Hall, to be conferred the Padma Shri by President Ram Nath Kovind, a trail of memories flowed through the mind of the retired Indian Army subedar.

But Murlikant Rajaram Petkar, 71, quickly shook off the flashback and stood upright in front of the President, greeting him in military style. The crutches tied to his forearms prevented him from offering a cracking salute to the Supreme Commander of the Indian Armed Forces.

Indeed, March 21, 2018, was a far cry from the day way back in 1982 when the government rejected Petkar's claim for an Arjuna Award. Petkar is India's first Paralympic gold medallist, winning the 50-metre freestyle swimming event at the Summer Paralympics held at Heidelberg, Germany, in August 1972.

Earlier, at the 3rd Commonwealth Paraplegic Games at Edinburgh, Scotland, in 1970, Petkar had bagged a gold in the 50-metre freestyle swimming, a silver in javelin-throw and a bronze in shot-put.

"I have put all that behind me. I am glad that the government finally recognised my achievements. I did feel disheartened when I was denied an Arjuna Award on the grounds that I was a disabled person," shared Petkar soon after he was conferred the Padma Shri.

"I made a bundle of all my certificates and medals and stashed them away, resolving never to submit an application for any award again. Then, on January 25 this year, I got a call from the government that I had been shortlisted for the Padma Shri," he said.

The story behind his disability begs to be told. It is a tale of the man's grit and determination. And what deserves rousing accolades and greater appreciation -- more than his sporting achievements -- is the man's spirit and resolve to beat the odds life had thrown at him.

Petkar doesn't recall the exact day. It was sometime in September 1965 and Petkar was with his unit somewhere in the Sialkot sector when, around 4 pm they were attacked.

He took nine bullets -- one still remains lodged in his backbone -- and was bedridden for over two years. He also lost his memory for some time.

"All I remember now is that we were just resting after having our lunch. Suddenly the Havaladar Major came shouting. Some of us, half asleep as we were, thought we were being called for tea. I remember there was some confusion and some jawans just went outside and were killed," Petkar said.

A long hospital-stay followed. When he recovered, he found himself disabled below the waist. An ordinary soul would normally have taken years to recover from the trauma but not the sportsman in Petkar, a recipient of the Raksha Medal in 1965.

Before he was discharged from service in 1969, he had participated in the Maharashtra State Athletic Meet in 1967 and became state champion in shot-put, javelin-throw, discuss-throw, table tennis and archery.

In the early 1970s, the Tatas came forward to rehabilitate injured soldiers. But Petkar refused monetary help and instead asked for work.

"They were very happy and I was given a job at Telco in Pune where I worked for 30 years," Petkar said with a tinge of well-deserved pride.

Born on November 1, 1947, at Peth Islampur in Sangli district of what is now Maharashtra, Petkar has been a sportsman from childhood. Even before the debilitating encounter in the 1965 war, he would participate in sports. He was selected to represent India in boxing at the International Services Sports Meet at Tokyo in 1964.

Petkar was conferred with Maharashtra's highest sporting award -- the Shiv Chhatrapati Award - by the state government in 1975. But the man has never rested on his laurels and has always striven to better his previous records.



"I had never thought I would get a Padma. I don't know who nominated me for this honour. But I do believe that this award would inspire other para-athletes," said Petkar, who is mostly wheelchair bound.

(1) Four people describe Petkar based on their reading of the above extract. Select the most appropriate option out of the ones given below.

Person 1	Person 2	Person 3	Person 4
Petkar was stubborn, as far as I can make out.	According to me, he symbolizes motivation and zeal.	I think he was forgiving and forgetful in nature.	I guess Petkar was a patient athlete who waited long enough to heal.

A. Option 1

B. Option 2

C. Option 3

D. Option 4

(2) Select the option that uses the word 'debilitating' correctly.

A. Niyati had been debilitating over the same mathematical question since morning.

B. I was scolded by my mother for debilitating in the house alone.

C. The company was suffering from huge debts debilitating their finances.

D. The teacher was debilitating the slow learners individually.

(3) Select the option that is TRUE from the ones given below.

A. Petkar is the first Paralympic gold medallist at the Summer Paralympics held in Asia.

B. Petkar was awarded Padma Shri by the Prime Minister of India.

C. Petkar also served as one of the compatriots in the Indian Air Force.

D. Petkar's request for the Arjuna Award was not accepted by the Indian government.

(4) The message that can be extracted from the passage is that

A. win people's hearts, not rewards and awards.

B. never give up because great things take time.

C. you can't claim for things that are not yours.

D. sports are beneficial when made competitive.

(5) The words '*discharged*' and '*disheartened*' use a certain prefix. Choose the option listing the words that can be used with the same prefix.

1. similar

2. crucial

3. respect

4. quiet

5. match

A. 1, 2, 4

B. 2, 3, 5

C. 1, 3, 4

D. 2, 4, 5

(6) Select the example that correctly uses the phrase, “beat the odds”.

i) Nobody thought my grandfather would be able to complete the lemon and spoon race along with his walking stick, but he beat the odds and won!

ii) Mother warned me about the mosquitoes in the neighbourhood, but I beat the odds and ignored her warning.

iii) Sunita asked her friend to beat the odds as she was finding it difficult to understand the H.W. questions.

iv) I tried to convince my brother to beat the odds and continue to look for his lost pencil-box.

A. Example (i)

B. Example (ii)

C. Example (iii)

D. Example (iv)

### Did You Know?

Visually-impaired chess player, Darpan Inani, shows that he is no pawn to be shuffled around – he has represented India four times in the World Blind Chess Championship.

There are biographies and autobiographies of many Indian sportspersons. Some of them are here in the box below. You will enjoy matching them with the sportsperson on whose life these are based.

Biographies/Auto Biographies	Sportsperson
A. The Race of My Life	i. Sania Mirza
B. Unbreakable	ii. Sachin Tendulkar
C. Ace against Odds	iii. Vishwanathan Anand
D. Playing it My Way	iv. Milkha Singh
E. Unguarded	v. M.C. Mary Kom
F. Mind Master	vi. Mithali Raj

So inspiring!  
I'm going to walk an extra kilometer or take up cycling perhaps.



I love sports movies. My dad's acquaintance wrote a review on one of my all-time favorite sports movie. I'll show you. It's nicely written.



You must.  
Fitness is the key to good health, and sports helps greatly. A lot of our movies are about sports to inspire people.



## Section 4.5 Reviewing a Sports Movie



### Iqbal (2005) User Reviews

+ Review this title

★ 9/10

#### Remarkable, Outstanding, Astonishing and Unpretentious

EngineerSahab 11 August 2019

Iqbal is an inspiring and thought-provoking tale of a specially-abled lad's passion for realizing his dream of being part of the national cricket team. Iqbal is of the feel-good brand of cinema, one of the finest you would ever come across. Indeed, Nagesh Kukunoor deserves a big round of applause for this spectacle, a feat that he successfully achieves in his next project (Dor) as well.

Anybody among us can dream big, but those who realize those dreams are the special ones, right! And what would you call a person written of achieving what he had always dreamt of? EXCEPTIONAL; maybe it is an understatement.

As they say, behind every successful man, there is a woman, and well, Iqbal (a very challenging role portrayed with ease and grace by Shreyas Talpade) had two backing him in his endeavour. His mother and his ever-supportive and caring little sister, Khadija (a character brilliantly portrayed by Sweta Basu). Family support is suitable for a morale boost. Still, it just isn't going to be enough without a well-experienced coach. Nasseruddin Shah's portrayal of this character is undoubtedly going to have a lasting impact. He lightened the screen every time with his presence. Pure brilliance!

For all those who question their choice of watching this movie because you are not sure if you would understand cricket, then let me tell you – You don't need to understand cricket at all to enjoy this because becoming a national cricket player is used as a synonym in this movie for a dream that is just too big in the eyes of the society for a lad like him.

I watched this movie when I was a teenager, and I admit that this movie forever changed my perception of cinema. So, if you are feeling low, discouraged, hopeless or having any such kind of thoughts about quitting on your dreams, I urge you to watch this remarkable piece of work.

You would never want to quit on to something that gives meaning to your life.

16 out of 17 found this helpful. Was this review helpful? Yes No

Adapted from-- <https://www.imdb.com/title/tt0453729/reviews>

(1) Going by the IMDB rating, it can be said that the the movie is

- A. a success.
- B. unappreciated.
- C. a slow-starter.
- D. a flop.

(2) Select an appropriate subtitle for the movie based on the picture quotes given below.



(i)

let your  
dreams  
be your  
wings

(ii)



(iii)



(iv)

- A. Option (i)
- B. Option (ii)
- C. Option (iii)
- D. Option (iv)

(3) The reviewer lauds Nagesh Kukunoor's 'Iqbal' for

- A. the choice of a popular sport in the movie.
- B. his accomplishment at creating a wonderful feel-good movie.
- C. the similar idea in the next film 'Dor'.
- D. his own dream-fulfilment about making such a film.

(4) Read the concluding message of the review: "So if you are feeling low . . . meaning to your life." Based on the concluding message in the review, select the person who you think needs this message the most.

Prerna: I am feeling so tired. I've been at my desk this whole time studying. Hope I do well.

Saksham: I know right? It's been a tough week for me because I have been rather unwell.

Gurpreet: All this work... just makes me want to give up on my aspiration of becoming an IAS officer.

Raheem: My goodness! I'm glad I was on vacation the past week.

- A. Prerna
- B. Saksham
- C. Gurpreet
- D. Raheem

(5) Fill in the blanks to complete the following sentence.

The movie comes across as \_\_\_\_\_.

- A. comical
- B. mysterious
- C. motivational
- D. practical



## Did you know?

India participated in the Olympic games for the first time in 1900.



I completely agree with the opinion expressed in the review. I have to confess, I like biopics. I loved the one on Milkha Singh and Dhoni.

I'd like to watch a movie with a top celebrity playing the role of Dhyan Chand. You see, I love hockey and he's my hero.



I don't know much about him. Do you have some ready information?

Oh sure! Look at this infographic on him. It'll tell you a lot.



## Section 4.6 The Unforgettable Dhyan Chand

**1905**

BORN ON AUGUST 29, 1905 IN PRAYAG, ALLAHABAD

Did not take to hockey until 14, as he was more interested in wrestling

**AT 16**

AT 16 WAS INDUCTED INTO THE PUNJAB REGIMENT AS A SPOY IN 1922



Scored three goals in the final of the Punjab Infantry Tournament in Jhelum

**10 GOALS**

ON FIRST INTERNATIONAL TOUR TO NEW ZEALAND SCORED 10 GOALS OUT OF 20 IN ONE MATCH



IN HONOUR OF HOCKEY LEGEND  
**DHYAN CHAND**  
ON HIS BIRTHDAY



Dhyan Chand won three Olympic gold medals; in 1928 at Amsterdam, in 1932 at Los Angeles and in 1936 at Berlin; and was honoured with the Padma Bhushan in 1956.

**1948**

HE PLAYED HOCKEY UNTIL 1948. AT WHICH TIME HE WAS 42



At 1936 Olympics, he took the ticket barefoot the second half the final against Germany and helped India win 8-1

**1932**

OLYMPICS, HE SCORED 12 GOALS IN TWO MATCHES AS INDIA AGAIN WON GOLD



At 1928 Olympics, he scored 2 of 3 goals in the final as India clinched gold

**1927**

SCORED 36 OF 72 INDIAN GOALS IN 10 MATCHES AT THE LONDON FOLKESTONE FESTIVAL I 1927

Source: <https://timesofindia.indiatimes.com/sports/more-sports/others/infographic-remembering-dhyan-chand-on-national-sports-day/articleshow/48718653.cms>

Study the infographic and answer the following questions:

**(1) Fill in the blanks with correct information.**

- i. The legendary sportsman, Dhyan Chand's birthday is celebrated as the National Sports Day on \_\_\_\_\_
- ii. As a young boy Dhyan Chand preferred \_\_\_\_\_ over \_\_\_\_\_.
- iii. Dhyan Chand started playing hockey from the age of \_\_\_\_\_ and continued playing till he was \_\_\_\_\_ years old.

**(2) In his first overseas tournament, Dhyan Chand scored \_\_\_\_\_ percent of the total goals.**

- A. 55
- B. 45
- C. 50
- D. 40

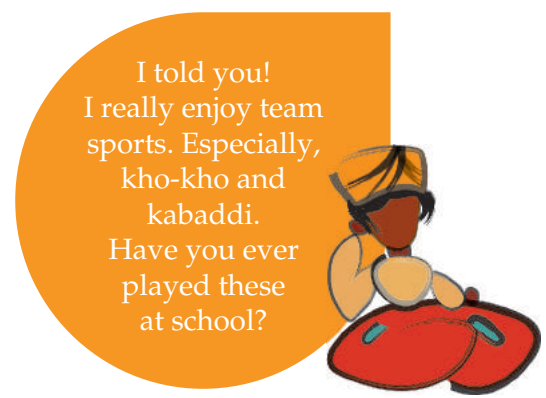
**(3) Select the statement that is NOT true out of the ones given below.**

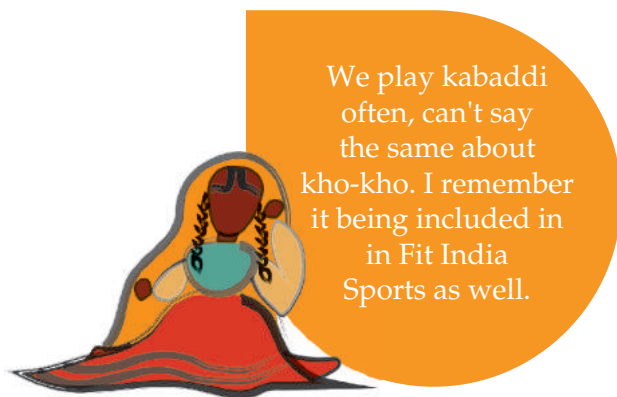
- A. Dhyan Chand was born in Northern part of India.
- B. All the gold medals won by Dhyan Chand were in foreign countries.
- C. Dhyan Chand scored three goals in the Punjab semi-finals.
- D. He was a teenager when he was admitted as a sepoy in 1922.

**(4) What was unusual about the manner in which Dhyan Chand played the match in which India beat Germany by 7 goals? (Answer in 15-20 words)**

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## Section 4.7 The Famous Tag Game of India

Kho-Kho is one of the most popular traditional tag games, of India. The other one is Kabaddi. The word "kho-kho" has been derived from the Sanskrit verb root 'syu', which means to get up and go. The origin of this game is still very uncertain; but some historians believe that during ancient times, kho-kho was played in 'Raths' or chariots and was known as 'Rathera'. The Deccan Gymkhana Club of Pune in Maharashtra, which was initiated by the great Indian leader Lokmanya Tilak and Bhai Narorkar first sketched the rules and regulations of the kho-kho game.

### Important rules of Kho-Kho

After lots of modifications, the rules of kho-kho game have been standardized. These are as follows:

1. Duration:
  - (a) Each side consists of 9 players.
  - (b) An innings will consist of chasing and running turns which will be of 7 minutes duration each. Every match will consist of two innings.
  - (c) An interval of 5 minutes is allowed after an inning and 2 minutes break is allowed between two turns.
2. The side of the chasers scores one point for putting out each runner.
3. The chaser or the runner has the option to end the turn before the expiry of the allotted time.
4. The captain of the team which wins the toss will have the choice of chasing or running.
5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.
6. The runners will fix and coordinate their entry serially with the scorer.
7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before "kho" is given. If a runner fails to enter the field, he/she is given out.
8. A runner goes out of the game by the following means:
  - (a) If touched by a chaser.
  - (b) If she/he fails to enter the field when a runner is given out.
  - (c) If she/he touches the seated chasers twice or after receiving a warning for similar infringement.

## 9. Rules for the chasers:

- (a) "Kho" is to be given from behind a sitting chaser and it is to be said loudly.
- (b) The seated chaser shall not get up without getting "kho".
- (c) An active chaser shall not recede to give "kho".
- (d) An active chaser shall sit down immediately after giving "kho".
- (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
- (f) An active chaser is not to cross the centre line.
- (g) She/He is to take the direction that was initially taken by her/him to the posts.
- (h) When an active chaser leaves a post, he/she shall go in the direction of other post remaining on the side of the centre line which he/she was facing before leaving the post.
- (i) Chasers are not to obstruct runners while being seated.
- (j) The face (shoulder line) of an active chaser must be in a direction he/she has taken. He/She shall not turn his/her face. He/she is only allowed to turn his/her face parallel to the centre line.
- (k) If a foul is committed by an active chaser, she/he will be directed to go in the opposite direction of her/his chaser as indicated by the umpire and if a runner is put out by this act, she/he will not be given out.
- (l) When an active chaser lets go his/her hold of the post or goes beyond the rectangles he/she is known as leaving the post.

## Scoring in Kho-Kho

The side of the chasers scores 1 point for putting out each runner. If one team scores 9 points more than the other team, the winning team may ask the losers to chase without losing their option to chase afterwards. A substitute shall be allowed to replace an injured player at the discretion of the referee.

## Officials in Kho-Kho

The officials in the kho-kho game are the ones who manage the entire game so that it proceeds according to the rules. They are:

**Two Umpires:** They supervise the game in their respective halves, divided by the centre line. A foul is indicated by continuous short whistles till the foul is corrected. An "out" is declared by a short whistle.

**Referee:** The referee helps the umpires and gives the final decision in case of any difference between them and amongst the players.

**Time-keeper:** The time-keeper keeps the record of time and hands it over to the scorer at the end of an innings. The turn is usually started by blowing the time-keeper's whistle: one long and one short. The end of the turn is indicated by a long whistle.

**Scorer:** The scorer keeps a record of runners who are out and makes them sit.

**Assistant Scorer:** The assistant scorer helps the scorer in carrying out all the functions.

Source-- [https://www.indianetzone.com/58/rules\\_kho\\_kho.htm](https://www.indianetzone.com/58/rules_kho_kho.htm)



(1) Select the option listing the rules of kho-kho that are INCORRECT from the ones mentioned below:

1. The total duration of the game would be fourteen minutes.
2. The break between the two innings is two minutes long.
3. Players cannot rest in between the game at all.
4. The team of players in Kho-Kho should have nine people only.

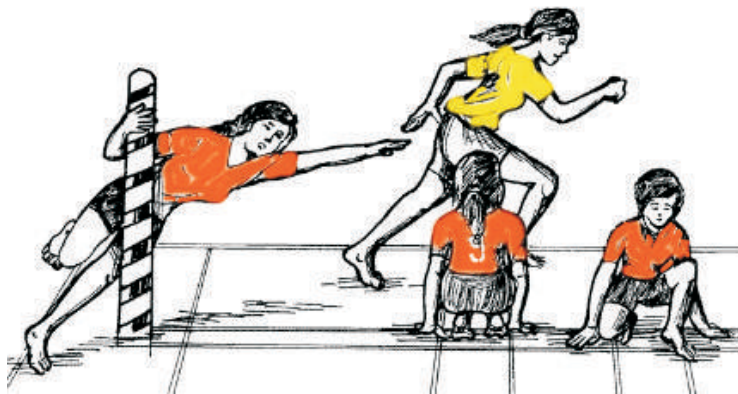
- A. 1,2  
B. 2,3  
C. 3,4  
D. 1,4

(2) Select the option that lists the correct order of playing the game of kho-kho.

1. The runners will be coordinating with the scorer to fix their entry.
2. The eight players sit in each square in opposite directions to each other.
3. Squares are made for each player to sit in.
4. The ninth player stands at either end of the line.

- A. 4,3,1,2  
B. 3,2,4,1  
C. 2,3,4,1  
D. 1,4,3,2

(3) Choose the scenario which is TRUE for the picture given below.



- A. The runner is considered out because she has overstepped the field.  
B. The chaser is considered out because she is holding the pole.  
C. The runner is not considered out because she has escaped the runner's touch.  
D. The chaser is not considered out because she is still holding the pole.

- (4) Select the option that correctly states the difference between the rules for the Runner and the chaser.

Runner	Chaser
- has no option to give up before the allotted time	- has an option to quit before the time ends

Option (1)

Runner	Chaser
- is considered out only if the other runners join in	- should not distract runners while they are sitting

Option (2)

Runner	Chaser
- runners cannot sit in the same direction	- chasers can sit in the same direction also

Option (3)

Runner	Chaser
- is considered out on being touched by the chaser	- scores a point when the runner is out

Option (4)

- A. Option 1  
B. Option 2  
C. Option 3  
D. Option 4

- (5) Match the following officials with their correct duties :

Officials	Duties
1. Umpire	A. Keeps a record of the runners who have been given an out
2. Referee	B. Administers the game
3. Time-Keeper	C. Final decision taker
4. Scorer	D. Maintains a record of time

- A. 1-B, 2-C, 3-D, 4-A  
B. 1-C, 2-D, 3-A, 4-B  
C. 1-D, 2-A, 3-B, 4-C  
D. 1-A, 2-B, 3-C, 4-D

I am sure you are all set to play Kho-Kho now.



I think, I can manage. I wish I could click a photo as a souvenir for my first game of Kho-Kho.



Ha! that's  
a good idea.  
You know,  
sports' souvenirs  
are quite  
popular.



Yes! My brother  
and mother have  
amazing caps and  
T-shirts from all  
the kabaddi  
games they  
have gone  
to watch!



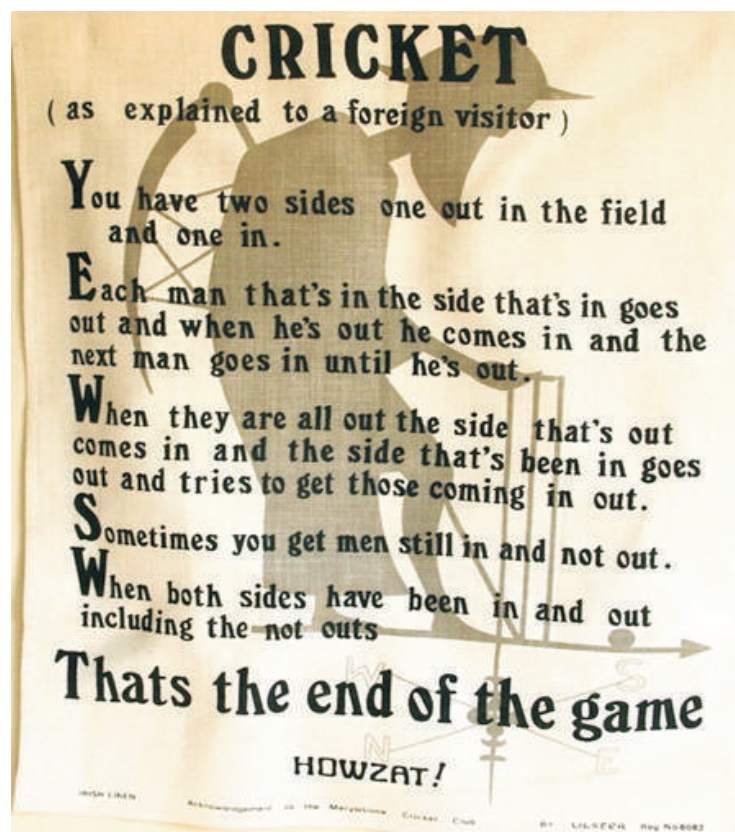
That's great!  
I have one  
enjoyable souvenir  
to share. Let  
me show you



## Section 4.8 Souvenirs

Enjoy the poem given below, which has been written on one such souvenir – the tea towel.

As seen on a Cricket Club Tea Towel



- (1) **The poet is talking about**
- a batsman and a bowler.
  - a person on the field and audience.
  - the two teams that are playing.
  - the wicketkeeper and the bowler.
- (2) **"Each man that's in the side that's in goes out..." Select the sentence that makes use of the word OUT as in the line above.**
- She would pretend to be out whenever her neighbour called.
  - Her grandma lived in an old cottage right out in the middle of nowhere.
  - He was in trouble and was looking for an out.
  - Her uncle landed home out of the blue.
- (3) **Choose the kind of person for whom this poem is intended.**
- A person who doesn't play cricket at all.
  - A person that's completely unaware about sports.
  - A person who has never seen the cricket field.
  - A person who has come from abroad.
- (4) **Four people list out certain facts as they understood from the poem. Select the option stating the correct explanation of the poem.**

Person 1	Person 2	Person 3	Person 4
The game is dual: in and out of the field.	Every player gets an equal chance to be inside and outside of the field.	All the players go out of the field and come in at the same time.	Whosoever remains out of the field is considered not-out.

- Person 1
- Person 2
- Person 3
- Person 4

Play comes naturally to all of us and we all have our favourite game or sports. You may have passion for an outdoor game or activity like hockey, football or kabaddi or prefer an indoor game like table-tennis, carrom or chess. Play certainly breaks the monotony and is so much fun. It is important for our mental growth and well-being too.