

29/08/19

Ch 12

Games and Martial Arts

Short answer :-

Q-1 = What is a national game?

Ans = Every country ^{has a} have a particular game which is considered to be an important part of their culture we call it national game of that country.

Q-2 = Name two martial arts forms of India.

Ans = The two martial arts of India are :-

① Jyatha martial arts of Punjab. Punjab.

② Kick fighting martial arts of Nagaland.

Q-3 = Name two outdoor game.

Ans = The two outdoor game are :-

① Hockey.

② Cricket.

Q-3 = Name the national game of India.

Ans = The national game of India is Hockey.

Long answer

Q-1- What is team spirit? Why is it important?

Ans- As a part of team it is important to support each other. Cooperation and coordination in a team is their strength.

The The members of team understand and support each other, and know the weakness and strength of their team. They work ^{not} ~~not~~ as an individual, but as a team.

Q-2- Why are games and sports are important us?

Ans- Games and sports are important us because.

- Sports and games relax our mind.
- Sports shapes their body and make it ^{strong}.
- It help to gives us a good exercise.
- It help to make us ~~active~~ active and lead to good health.

HOTS

Q-1- Do you think Ashram system was a good method of teaching-learning? Why?

Ans- In older days student learnt under the Gurur - Shishya parampara, under the strict and direct supervision of their gurus. They stayed with teachers in Ashram. They were given basic training practice of kshatriya types of work. They led a very simple yet disciplined life in their Ashram and learnt respect, love and kindness for others.

Q-2- Sports can also increase patriotism. How?

Ans- We can play any game or sport on international level we represent our country in that case we also want our country to win because we

12/9/19

Ch-13
Spirit of Adventure

- Short answers

Q-1: What is adventure?

Ans: Humans have always been adventurers by nature. They like exciting, risky and bold experiences. It may involve some danger also.

Q-2: Name two institutes which give formal training of mountaineering in India.

Ans: A) Indian Mountaineering Foundation (IMF)
Its apex National Body for organising, supporting and providing base for mountaineering.

(B) Himalayas Mountaineering Institute, Darjeeling.
It also gives practical and theoretical training or how to deal with Hazards.

Q-3: What is mountaineering?

Ans: The word mountaineering indicates travel

snow / mountain to reach a summit.

Through ages people climb mountains for adventure.

Q-4 = What is rappelling?

Ans = Using the rope in special way to climb or to come down in which one climbs and another holds the rope is called rappelling.

Long answer.

Q-5 =