Chapter 4: Sports and Wellness

CONTENTS 14 exercises · 30 questions

4.1	Let us discuss — Change of Heart (Part I)	4 Q
4.2	Let us discuss — Change of Heart (Part II)	2 Q
4.3	Let us think and reflect I — Change of Heart	2 Q
4.4	Let us think and reflect II — Change of Heart	6 Q
4.5	Let us learn — Change of Heart (Grammar: Past Perfect)	3 Q
4.6	Let us explore — Change of Heart (Indian Sportspersons)	1 Q
4.7	Let us discuss I — The Winner (poem)	1 Q
4.8	Let us discuss II — The Winner (poem)	1 Q
4.9	Let us think and reflect — The Winner (poem)	2 Q
4.10	Let us learn — The Winner (poem: Poetic Techniques)	1 Q
4.11	Let us discuss — Yoga: A Way of Life	1 Q
4.12	Let us think and reflect — Yoga: A Way of Life	4 Q
4.13	Let us learn — Yoga: A Way of Life (practice / practise)	1 Q
4.14	Let us explore — Yoga: A Way of Life (Historical Fact)	1 Q

Exercise 4.1 — Let us discuss — Change of Heart (Part I)

Q1 State whether the following is True or False. Prabhat would accept losing to anyone easily.

SOLUTION

False. Prabhat could not bear losing at all — not even at marbles. He would refuse to play any game if he sensed he might lose.

Answer: False. Prabhat hated losing and could not accept defeat in any game.

Q2 What was special about the last Friday of each month?

SOLUTION

On the last Friday of each month, the coach conducted friendly matches during the games period. The teams were decided on Monday of that week.

Answer: The coach organised friendly matches during the games period on the last Friday of each month.

Q3 Who was responsible for maintaining the score for the match?

SOLUTION

Prabhat was given the responsibility of keeping score for the match between himself and Surya.

Answer: Prabhat was responsible for keeping score in the match against Surya.

Q4 Do you think Prabhat wished to play another match with Surya? Why do you think so?

SOLUTION

No, Prabhat most likely did not want to play another match with Surya right away. Surya was clearly a much better badminton player, and Prabhat had won only by cheating. Prabhat would not play a game unless he was sure of winning, so facing Surya again honestly would have made him uncomfortable.

Answer: No, Prabhat probably did not want another match. Surya was a superior player, and Prabhat had won only by cheating. Since Prabhat avoided any game he might lose, he would have been reluctant to face Surya again.

Exercise 4.2 — Let us discuss — Change of Heart (Part II)

Q1 How did Surya feel about playing?

SOLUTION

Surya enjoyed playing for its own sake. He played with a happy smile on his face whether he was winning or losing. He did not care about the score — he just loved the game itself.

Answer: Surya enjoyed playing for its own sake. He was always smiling and happy, regardless of whether he won or lost.

Q2 What was it about Surya that Prabhat observed?

SOLUTION

Prabhat observed that Surya was great at some sports and terrible at others, but he enjoyed every game equally. He did not need a scoreboard or the worry of winning or losing to enjoy playing. His happy smile never left his face, whatever the outcome.

Answer: Prabhat observed that Surya enjoyed every game equally — whether he was good at it or not. Surya's happiness did not depend on winning; he played for the joy of playing.

Exercise 4.3 — Let us think and reflect I — Change of Heart

Q1 Read the lines: 'If Prabhat sensed that he would lose a game, he would not play it. He would take part only when he was sure of winning, even if the game lasted only for a minute. You could not stop him from playing the kind of games he was really good at, like badminton.'
(i) Complete the sentence suitably: Prabhat would play a game only if _____.
(ii) Which game was Prabhat good at playing?
(iii) Select the most suitable option to complete the sentence. This behaviour of Prabhat tells us that he was _____.
A. good at the game B. sure to win C. afraid of losing

SOLUTION

(i) Prabhat would play a game only if he was sure of winning.

(ii) Prabhat was good at badminton.

(iii) C. afraid of losing. Prabhat refused to play any game he might lose, which shows his deep fear of defeat — not just confidence in winning.

Answer: (i) he was sure of winning. (ii) Badminton. (iii) C — afraid of losing.

Q2 Read the lines: 'Surprisingly, Prabhat could not sleep well that night. He had won the game but he did not feel as happy as he usually did. What was surprising was that Surya did not feel bad about losing. What was more surprising was that Prabhat saw Surya playing basketball the next day.'
(i) Select the one option that tells us about the way Prabhat was feeling that night.
A. hurt B. unhappy C. afraid D. focused
(ii) Why does Prabhat find Surya's behaviour 'surprising'?
(iii) Fill in the blank by choosing the most suitable option given in the bracket. We can say that Surya's reaction to not winning was _____ (similar to / as serious as / different from) Prabhat's.

SOLUTION

(i) B. unhappy. Although Prabhat had won, he could not sleep — he felt troubled rather than joyful, which shows he was unhappy inside.

(ii) Prabhat found it surprising because he expected Surya to feel sad or upset after losing, just as Prabhat himself would. Instead, Surya did not feel bad at all

and was back to playing another sport happily the very next day — the opposite of what Prabhat would have done.

(iii) Surya's reaction to not winning was different from Prabhat's. Prabhat could not stand losing, but Surya remained cheerful and moved on easily.

Answer: (i) B — unhappy. (ii) Prabhat expected a loser to feel sad, but Surya showed no disappointment and went on playing happily the next day. (iii) different from.

Exercise 4.4 — Let us think and reflect II — Change of Heart

Q1 How did Prabhat's attitude towards winning and losing affect his enjoyment of games in the beginning?

SOLUTION

In the beginning, Prabhat's obsession with winning made him enjoy only the games he was sure to win. He avoided all other games out of fear of losing. This limited his enjoyment and kept him from discovering new games. He felt terrible after any loss, so his happiness was always at risk.

Answer: Prabhat's fear of losing made him play only games he could win, which greatly limited his enjoyment. He missed out on many games and lived under constant fear of defeat.

Q2 Why do you think Prabhat cheated in the beginning to win the badminton match against Surya?

SOLUTION

Prabhat cheated because he could see that Surya was a better player and that he would lose the match. Since losing was unbearable for him, he took the only way out he could think of — changing the scoreboard when Surya was not looking. His desperate need to win overrode his sense of fairness.

Answer: Prabhat cheated because he realised he was going to lose to Surya. His fear of losing was so strong that he changed the scoreboard to avoid defeat.

Q3 How did Surya's attitude differ from Prabhat's?

SOLUTION

Surya played every game for the fun of it. He was relaxed, joking, and smiling whether he won or lost. Prabhat, on the other hand, played only to win and felt terrible after any defeat. Surya enjoyed even the games he was bad at, while Prabhat avoided any game he might lose.

Answer: Surya played for enjoyment and did not care about winning or losing. Prabhat played only to win and could not accept defeat. Surya was relaxed and cheerful; Prabhat was stressed and competitive.

Q4 Do you think Prabhat's approach to games was healthy? Why or why not?

SOLUTION

No, Prabhat's approach was not healthy. He avoided games he might lose, so he missed out on fun and learning. He also cheated to win, which is dishonest. Winning gave him joy only briefly, while losing made him miserable. A healthy approach should let you enjoy playing regardless of the result.

Answer: No, it was not healthy. Prabhat missed out on many games, cheated to win, and felt miserable when he lost. A healthy approach to games should include fun and fairness, not just winning.

Q5 Why do you think sporting spirit is important?

SOLUTION

Sporting spirit means being fair, respecting all players, and playing honestly whether you win or lose. It is important because it makes games fun for everyone. It also teaches us to handle defeat with grace and to keep trying without giving up. Good sporting spirit builds friendships and character.

Answer: Sporting spirit is important because it makes games fair and enjoyable for everyone. It teaches us to accept both winning and losing gracefully, be honest, and respect other players.

Q6 Explain how the title of the story, 'Change of Heart', is suitable.

SOLUTION

The title is very suitable because the story shows how Prabhat changes from someone who only cared about winning to someone who plays for the joy of the game. By watching Surya, Prabhat's attitude transforms completely — he starts playing hide and seek, jokes while playing badminton, and earns the praise of having great sporting spirit. This inner change is the 'change of heart' the title refers to.

Answer: The title suits the story because Prabhat undergoes a complete change in attitude. He starts as someone who hated losing, but after watching Surya, he learns to enjoy playing for its own sake — a true change of heart.

Exercise 4.5 — Let us learn — Change of Heart (Grammar: Past Perfect)

Q1 Read the following sentences and circle the verbs.

1. Everyone was discussing their game and how Prabhat had played so well.
2. He had won the game but he did not feel as happy as he usually did.
3. What was more surprising that Surya had not felt bad about losing.

SOLUTION

The verbs in each sentence are:

1. was discussing, had played
2. had won, did not feel, did
3. was, had not felt

Answer: 1. was discussing, had played. 2. had won, did not feel, did. 3. was, had not felt.

Q2 Arrange the circled verbs as the first action (old action) or second action (new action).

S.No. | Column A — First Action (Old) | Column B — Second Action (New)
1. | had played | was discussing
2. | ? | ?
3. | ? | ?

SOLUTION

S.No. 1: First action (old) = had played	Second action (new) = was discussing
S.No. 2: First action (old) = had won	Second action (new) = did not feel (did not feel as happy)
S.No. 3: First action (old) = had not felt	Second action (new) = was (What was more surprising)

Answer: 1. had played → was discussing. 2. had won → did not feel. 3. had not felt → was.

Q3 Fill in the blanks with the past perfect form of verbs given within the brackets.

1. Prabhat _____ already _____ his homework before going to the badminton match. (finish)
2. Surya _____ basketball for years before joining the school's badminton team. (play)
3. By the time Prabhat arrived, Surya _____ already _____ several matches. (win)
4. The new student, Surya, _____ Prabhat before coming to the school. (never meet)
5. Before the games period, Prabhat _____ badminton extensively. (practise)

SOLUTION

1. Prabhat had already finished his homework before going to the badminton match.
2. Surya had played basketball for years before joining the school's badminton team.
3. By the time Prabhat arrived, Surya had already won several matches.
4. The new student, Surya, had never met Prabhat before coming to the school.
5. Before the games period, Prabhat had practised badminton extensively.

Answer: 1. had already finished. 2. had played. 3. had already won. 4. had never met. 5. had practised.

Exercise 4.6 — Let us explore — Change of Heart (Indian Sportspersons)

Q1 Read the bio-sketches of Deepika Kumari and Neeraj Chopra. Answer the following:
(a) Where is Deepika Kumari from and what sport does she play?
(b) What achievement did Deepika Kumari win at the 2010 Commonwealth Games?
(c) Where is Neeraj Chopra from?
(d) What made Neeraj Chopra's Olympic gold medal historic?

SOLUTION

(a) Deepika Kumari is from Jharkhand and she is an archer (she plays archery).

(b) Deepika Kumari won a gold medal in archery at the 2010 Commonwealth Games.

(c) Neeraj Chopra is from Khandra village in Haryana.

(d) Neeraj Chopra became the first Asian athlete to win an Olympic gold medal in javelin throw. He was also only the second Indian to win an individual gold medal at the Olympics, and he achieved this at the age of 23. He won a silver medal in the javelin throw at the 2024 Paris Olympics.

Answer: (a) Deepika Kumari is from Jharkhand; she is an archer. (b) She won a gold medal at the 2010 Commonwealth Games. (c) Neeraj Chopra is from Khandra village, Haryana. (d) He was the first Asian to win an Olympic gold in javelin throw and only the second Indian to win an individual Olympic gold medal.

Exercise 4.7 — Let us discuss I — The Winner (poem)

Q1 Read the given lines from the poem and write the meaning of the lines by identifying the words/expressions in them.

1. 'next to the creek' — Clue: a small body of water
2. 'I can't even catch my breath' — Clue: the child has been running
3. 'When blue dark turns to black' — Clue: the colour of the sky changes from blue to black — What does it mean?
4. 'trees creep close' — Clue: it is evening time — Why do you think the trees seem close?

SOLUTION

1. 'next to the creek' means beside a small stream or water body. The children play in the field that is next to this small natural stream.

2. 'I can't even catch my breath' means the speaker is breathless from running so fast. She is so tired from the running that she cannot breathe normally.

3. 'When blue dark turns to black' means when the evening sky, which is a dark blue colour, slowly becomes fully black as night falls. It describes the transition from dusk to night.

4. 'Trees creep close' means the trees seem to come closer in the darkness of evening. As the light fades, the children cannot see clearly, so the trees at the edges of the field look as if they are moving nearer — it is a feeling caused by the growing darkness.

Answer: 1. Beside a small stream/water body. 2. The child is breathless from running fast. 3. The sky turns from dark blue (dusk) to black (night). 4. In the darkening evening the trees are less visible, making them seem to close in — an effect of fading light.

Exercise 4.8 — Let us discuss II — The Winner (poem)

Q1 Read the poem. Complete the following based on the poem.

The children play _____ in the _____ in the neighbour's _____. They run so _____ that they run out of breath. They continue to play till the evening when the blue sky turns _____, and the trees are not clearly visible. They can feel their feet _____, now that it is cold. Finally, they stop _____ and go home as it is night.

SOLUTION

The children play ball in the field next to the creek in the neighbour's field. They run so fast that they run out of breath. They continue to play till the evening when the blue sky turns black, and the trees are not clearly visible. They can feel their feet aching, now that it is cold. Finally, they stop playing and go home as it is night.

Answer: ball / next to the creek / field / fast / black / aching / playing (going home as it is night).

Exercise 4.9 — Let us think and reflect — The Winner (poem)

Q1 Read the given lines and answer the questions:

'We run so fast
I
can't
even
catch
my
breath.'

(i) Complete the sentence given below with the correct option.

The speaker needs to catch her breath because _____.

A. everyone decides to walk B. all the friends wish to go home C. running fast results in being breathless D. they need to do breathing exercises

(ii) Is the speaker alone? Why do you say so?

(iii) What does the pattern in the lines tell us?

SOLUTION

(i) C. running fast results in being breathless. The speaker is running so fast during the game that she becomes out of breath.

(ii) No, the speaker is not alone. The poem uses the word 'we' — 'we play ball', 'we run so fast', 'cold grass aches our feet'. This shows there is a group of children playing together.

(iii) The words 'can't / even / catch / my / breath' are arranged one word per line, spread out vertically. This pattern mimics the act of gasping for breath — just as a breathless person speaks in short bursts, the words are broken into short separate pieces. The layout visually shows the breathlessness of the speaker.

Answer: (i) C — running fast results in being breathless. (ii) No; the poem uses 'we' throughout, showing a group of children playing together. (iii) The words are one per line to visually show the breathlessness — short bursts like someone gasping for air.

Q2 Read the given lines and answer the questions:

'When blue dark turns to black,
cold grass aches our feet,
trees creep close—
game's over.
Night wins!'

(i) Give one reason why the grass is cold.

(ii) Complete the sentence suitably.

The children's feet are aching because_____.

(iii) Why does 'Night' win?

Night wins because the _____.

A. time for play has ended B. children are tired C. time to play at home begins D. night follows day

SOLUTION

(i) The grass is cold because it is evening and the temperature has dropped as the sun sets.

(ii) The children's feet are aching because they have been running and playing on the cold grass for a long time, and now the cold ground is making their feet hurt.

(iii) A. time for play has ended. Night 'wins' because it brings the game to a stop — the darkness ends the children's playtime, just as a winner ends a game.

Answer: (i) It is evening and the temperature has dropped. (ii) they have been running on the cold grass for a long time. (iii) A — the time for play has ended.

Exercise 4.10 — Let us learn — The Winner (poem: Poetic Techniques)

Q1 Read the information in the table about what the poet has done in the poem 'The Winner'. The table shows:
- Lines 'I / can't / even / catch / my / breath': The words are spread one per line to show the children are really out of breath. The pattern highlights breathlessness.
- Lines 'Night wins!': The poet gives human qualities to something that is not human (night). This is called personification.
Using the table, explain:
(a) What is the effect of breaking 'I can't even catch my breath' into separate lines?
(b) What is personification? Give one example from the poem and one of your own.

SOLUTION

(a) Breaking 'I can't even catch my breath' into one word per line slows the reader down and makes them pause at each word — just like a person gasping for breath pauses between words. It makes the reader feel the breathlessness rather than just read about it.

(b) Personification is giving human qualities or actions to something that is not human — like an animal, object, or idea.
Example from the poem: 'Night wins!' — Night is not a person and cannot actually win a game, but the poet treats it as if it is a player who has won.
Own example: 'The sun played hide-and-seek with the clouds.' (as given in the table)

Answer: (a) Breaking the line into single words mimics gasping — it makes the reader feel the breathlessness. (b) Personification = giving human qualities to non-human things. Poem example: 'Night wins!' Own example: 'The sun played hide-and-seek with the clouds.'

Exercise 4.11 — Let us discuss — Yoga: A Way of Life

Q1 Read the passage again and fill in the blanks with words from the box: sleep, lifestyle, health, strength, calm, stress, balance.

Yoga is a practice that not only improves physical flexibility but also improves mental __ and leads to a healthier __. It involves a series of asanas, which increase muscular __. Practising yoga also leads to a better body and mind __ and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind __, lessens __, and improves the quality of __. This helps to adopt a more positive lifestyle.

SOLUTION

Yoga is a practice that not only improves physical flexibility but also improves mental health (1) and leads to a healthier lifestyle (2). It involves a series of asanas, which increase muscular strength (3). Practising yoga also leads to a better body and mind balance (4) and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind calm (5), lessens stress (6), and improves the quality of sleep (7). This helps to adopt a more positive lifestyle.

Answer: 1. health, 2. lifestyle, 3. strength, 4. balance, 5. calm, 6. stress, 7. sleep.

Exercise 4.12 — Let us think and reflect — Yoga: A Way of Life

Q1 What is the aim of yoga?

SOLUTION

According to Sage Patanjali, the aim of yoga is to make the mind quiet and free from all distractions. More broadly, yoga aims to unite the mind and body, and to promote overall health and well-being — physical, mental, and spiritual.

Answer: The aim of yoga is to make the mind quiet and free from distractions, and to unite the mind and body for overall health and well-being.

Q2 Explain the idea of unity in yoga.

SOLUTION

The word 'Yoga' comes from the Sanskrit root 'yuj', meaning 'to join' or 'to unite'. Yoga represents the unity of mind and body, thought and action, and harmony between human beings and nature. This means that when we practise yoga, we must keep the mind focused with the body — every stretch must be coordinated with the breath and awareness.

Answer: Yoga means 'to unite'. It represents the unity of mind and body, thought and action, and harmony between humans and nature. During practice, the mind must stay with the body — every movement is paired with breath and awareness.

Q3 What does the launch of the WHO mYoga app tell us about the importance of yoga?

SOLUTION

The WHO mYoga app was launched by the World Health Organisation on 20 June 2021. It contains videos and audio files to teach and support yoga practice for free to people all over the world. The launch tells us that yoga is internationally recognised as important for health and well-being. A global health body like the WHO promoting yoga shows how widely its benefits are accepted.

Answer: The WHO mYoga app shows that yoga is recognised globally as important for health. A world health organisation creating a free app to teach yoga to everyone confirms how widely valued its benefits are.

Q4 Describe one long-term effect that the practice of yoga can have on a person's qualities.

SOLUTION

One long-term effect of yoga is improved concentration and a calm mind. Regular breathing techniques and meditation calm the mind, reduce stress and anxiety, and improve the quality of sleep. Over time, a person who practises yoga regularly develops better focus and a more positive outlook on life.

Answer: One long-term effect is a calmer, more focused mind. Regular yoga practice reduces stress and anxiety, improves sleep, and builds better concentration over time.

Exercise 4.13 — Let us learn — Yoga: A Way of Life (practice / practise)

Q1 Complete the sentences given below by filling in the blanks with the correct use of 'practice' (noun) or 'practise' (verb).

(i) It is important to have a regular _____ of stretching every morning to stay flexible.

(ii) I _____ Yoga every day to keep my mind and body healthy.

(iii) The teacher said, you can join the school hockey team but it requires a lot of _____ to improve your skills.

(iv) Our athletics coach asked us to _____ running on grass to strengthen our grip while running.

(v) I _____ deep breathing exercises when I feel stressed to calm myself down.

(vi) Developing a good habit of eating fruits and vegetables should be a daily _____.

SOLUTION

(i) It is important to have a regular practice of stretching every morning to stay flexible. [practice = noun]

(ii) I practise Yoga every day to keep my mind and body healthy. [practise = verb]

(iii) The teacher said, you can join the school hockey team but it requires a lot of practice to improve your skills. [practice = noun]

(iv) Our athletics coach asked us to practise running on grass to strengthen our grip while running. [practise = verb]

(v) I practise deep breathing exercises when I feel stressed to calm myself down. [practise = verb]

(vi) Developing a good habit of eating fruits and vegetables should be a daily practice. [practice = noun]

Answer: (i) practice (ii) practise (iii) practice (iv) practise (v) practise (vi) practice.

Exercise 4.14 — Let us explore — Yoga: A Way of Life (Historical Fact)

Q1 Based on the 'Do you know?' box: When was International Yoga Day established, and by whom? What evidence shows yoga is ancient?

SOLUTION

International Yoga Day (21st June) was established on 11th December 2014, when the United Nations General Assembly (UNGA), with 193 member nations, accepted the proposal to celebrate 21st June as International Yoga Day.

Seals from the Sindhu-Sarasvati Civilisation, dating back to 2700 BC, show that yoga was practised in ancient India. This is archaeological evidence that yoga has existed for thousands of years.

Answer: International Yoga Day (21 June) was established by the UN General Assembly on 11 December 2014. Seals from the Sindhu-Sarasvati Civilisation (2700 BC) are evidence that yoga is ancient — practised in India thousands of years ago.