NCERT Solutions for Class 6 English (Poorvi)

Chapter 4 – Sports and Wellness

Change of Heart:

Let us do these activities before we read.(Pg 103)

1. **Which games or sports do you play?**

Ans. I play football.

2. **Read the questions given below. Talk about them and make a list.**

(a) Which games or sports do you play for fun?

(b) Which games or sports do you play for competition?

Ans(a). I play carrom, badminton, and cricket for fun.

(b) I play football and basketball for competition.

3. **How do you feel when you win or lose?**

Ans. I feel happy when I win and sad when I lose. However, winning and losing is part of the game and I try to cheer myself up when I win.

4. **Work in pairs. Tick the correct meaning of the following:**

(a) friendly matches:

(i) matches played to win a trophy

(ii) matches played without competition

Ans: (ii) Matches played without competition

(b) opponent

(i) someone who you compete with

(ii) someone you want to be a partner with

Ans: (ii) someone who you compete with

c) (c) tally of marks

(i) final marks on a report card

(ii) record of points in a game/match

Ans: final marks on a report card

(d) sporting spirit

(i) following all the rules in a game

(ii) being fair and respecting each player in a game

Ans: (ii) being fair and respecting each player in a game

Let Us Discuss(Pg 106)

1. **State whether the following is True or False.**

Prabhat would accept losing to anyone easily

Ans: False

2. What was special about the last Friday of each month?

Ans: The last Friday of each month was very special as there used to be a match held by the coach himself.

3. Who was responsible for maintaining the score for the match?

Ans: Prabhat was given the responsibility of keeping score for the match.

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

Ans: Prabhat would not have wanted to play another match with Surya as he had won the first match only by cheating. This meant that he would have lost the next match.

Let Us Think and Reflect

1. **1. Read the lines given below and answer the questions.**

(a) 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 good at, like badminton. (i) Complete the sentence suitably. Prabhat would play a game only if _____.

Ans: Prabhat would only play a game if he was sure of winning.

(ii) Which game was Prabhat good at playing?

Ans: Prabhat was good at playing badminton

(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

Ans: Sure to win

(b)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

Ans: Unhappy

(ii) Why does Prabhat find Surya's behaviour 'surprising'?

Ans: Surya is the complete opposite of Prabhat. Prabhat is extremely competitive and is not sportive while on the other hand, Surya likes to play for fun and is not worried about winning or losing. This behaviour feels 'surprising' to Prabhat.

(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.

Ans: different from

2. Answer the following questions.

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

Ans: Prabhat was a very competitive and always wanted to win. He hated and feared losing and always wanted to win if it was even a small game like marbles for just one minute. This was Prabhat's attitude towards winning and losing and the way it affected his enjoyment in the beginning.

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

Ans: Prabhat could never accept defeat. He did not want to lose to Surya, which is why he cheated out of fear.

c. How did Surya's attitude differ from Prabhat's?

Ans: Surya was a more casual, easygoing player than Prabhat. He did not worry much about winning or losing and did not feel very upset even if he lost. Prabhat, on the other hand, was extremely competitive and hated losing. This is how his attitude was different from that of Prabhat.

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

Ans: Prabhat's approach to games was not very healthy. He was always keen on winning and never wanted to lose. He absolutely despised and feared losing to others and even cheated to keep him from losing. This attitude of Prabhat's was not healthy.

e. Why do you think sporting spirit is important?

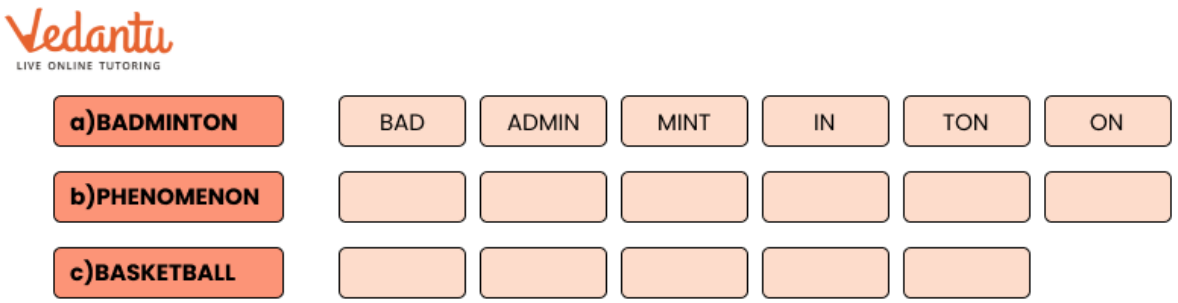
Ans: Sportsmanship is important because you should enjoy playing the game and focus on doing your best to win. Sometimes, you might lose if the other team is stronger, but in those moments, it's important not to feel jealous. Instead, work harder to win next time. Always show respect by shaking hands with the winner after the game.

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

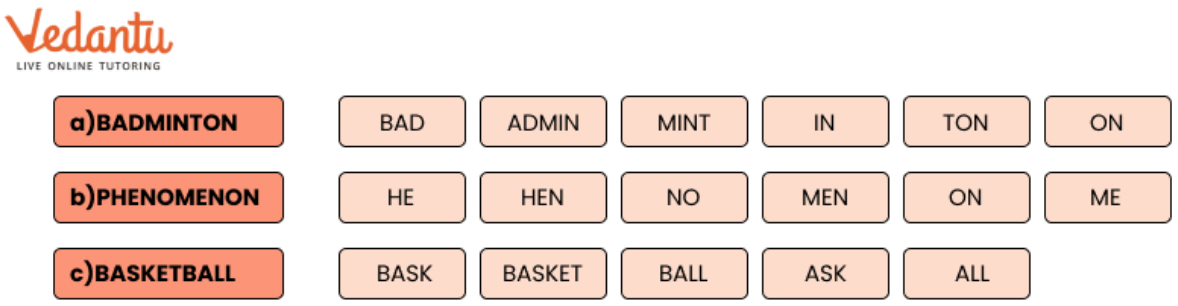
Ans: "Change of Heart" is an appropriate title for the story because it reflects Prabhat's transformation in thinking. Initially, he is focused only on winning, but later he realizes the joy of playing games, regardless of the outcome. This shift in Prabhat's attitude represents the meaning of "Change of Heart," as he begins to see things in a new and different way.

Let us learn (Page 109)

1. **Make as many words as possible using consecutive letters, without changing the order of the letters, from the words in the boxes. One has been done for you.**



Ans:



Now, you can choose words of your own and create your own such puzzles. Share them with your class and try solving others'.

2. Read the following sentences and circle the verbs.

(a) Everyone was discussing their game and how Prabhat had played so well.

(b) He had won the game but he did not feel as happy as he usually did.

(c) What was more surprising was that Surya had not felt bad about losing.

Ans:

a. discussing, played

b. Won, feel

c. Felt, losing

3. Arrange the circled verbs as the first action (old action) or second action (new action). One has been done for you.

S. No.	Column A FIRST ACTION (OLD)	Column B SECOND ACTION (NEW)
1.	had played	was discussing
2.		
3.		

Ans:

S. No.	Column A FIRST ACTION (OLD)	Column B SECOND ACTION (NEW)
1.	had played	was discussing
2.	on feel	did
3.	had	felt

4. Fill in the blanks with the past perfect form of verbs given withinthe brackets.

The verbs in column A that refer to the first action or the old action are past perfect.

(a) Prabhat _____ already _____ his homework before going to the badminton match. (finish)

(b) Surya _____ basketball for years before joining the school's badminton team. (play)

(c) By the time Prabhat arrived, Surya _____ already _____ several matches. (win)

(d) The new student, Surya, _____ Prabhat before coming to the school. (never meet)

(e) Before the games period, Prabhat _____ badminton extensively. (practice)

Ans:

a. Had finished
b. Had played
c. Had won
d. Had never met
e. Had practiced

Let Us Listen (Pg 110)

You will listen to an announcement. As you listen, circle the pair that was chosen to play chess.

Good morning, everyone. I know you all are excited about the Friday, friendly matches. This Friday we shall have three matches—one for chess, the next for kho-kho and finally one for badminton. I have put up the kho-kho teams' name list on the sports notice board. Since this is a team game, your class VI-B shall be playing against the VI-D kho-kho team. The kho-kho match refreshments are being sponsored by Xydium Sports Club. Let me clarify, the spelling is X-Y-D-I-U-M, Xydium.

Now the place for the matches—the first one is chess. It'll take place in the 1st-floor activity room with Vani as the scorekeeper. Kho-kho will be played on the sport's ground where I will be the referee. For badminton, we have chosen the multipurpose hall on the ground floor hall. The net will be put up there.

For the chess match, it has been decided that this match shall be played between Sarita and Nupur. Two matches will be played during the regular games period on Friday but khokho will be played in the 2nd and 3rd periods. Remember the kho-kho team names are up on the Sports' Notice Board.

Good luck!

Rima - Dhiraj | Gita - Hitesh | Sarita - Nupur

Ans: Sarita and Nupur

2. You will once again listen to the announcement. As you listen, fill in the notes with important details.

Questions	Answers
1. How many Friday matches will be played?	
2. What was put up on the sports' notice board?	
3. Who will sponsor the kho-kho team's refreshments?	
4. Who will be the scorekeeper for chess?	
5. Who will be the referee for kho-kho?	
6. Which Friday periods are meant for kho-kho?	

Ans:

Questions	Answers
1. How many Friday matches will be played?	**Three matches will be played on Friday**
2. What was put up on the sports' notice board?	**Kho-Kho teams are put up on the Notice Board.**
3. Who will sponsor the kho-kho team's refreshments?	**Xydium Sports Club**
4. Who will be the scorekeeper for chess?	**Vani**
5. Who will be the referee for kho-kho?	**The narrator himself (P.T. Teacher)**
6. Which Friday periods are meant for kho-kho?	**2nd and 3rd Periods**

Let Us Speak (Pg 111)

Look at the situations given below. In pairs, take turns using the three magic words – 'please', 'thank you', and 'sorry' – for the situations given below. Use the prompts given in the table to learn how to thank and apologize properly.

1. **You are Vani— You want to request your friends to take you in their team during games period.**

Ans: Could you kindly take me with your team during the games period, please?

2. **You are Somiwon – You want to tell Hitesh to help you with the cleaning of the classroom cupboard.**

Ans: Hitesh, could you please help me with clean the classroom cupboard?.

3. **You are Sumit – You accidentally spilled water on Nupur's desk**

Ans: Nupur, I am extremely sorry for spilling water on your desk.

4. **You are Hitesh – You forgot to get Simran's Art file to school.**

Ans: Simran, I am extremely sorry as I forgot to bring your art file.

5. **You are Kriti – You spoke rudely to Nupur.**

Ans: Nupur, I am very sorry, I spoke rudely to you. I humbly apologize.

6. **You are Mohan – You wish to thank Hitesh for helping you practice for the Inter-House speech competition.**

Ans: Dear Hitesh, thank you for helping me practice for the Inter-House speech competition. It means a lot to me.

7. **You are Meher – You are grateful that Simran helped you understand a chapter taught at school when you were absent.**

Ans: Dear Simran, thank you so much for helping me understand the chapter that was taught at school while I was absent. I truly appreciate it from the bottom of my heart.

8. You are Rima – You are thankful to Gita for helping you collect the notebooks from the staffroom.

Request	
• Could you please ...	
• Please can you help me with ...	
• Kindly _____, please.	
For rude behaviour	**For a mistake**
• I'm very sorry for the way I behaved. • I apologise. I was out of line.	• I'm sorry, that was my fault.
For being grateful/thankful	
• Thank you. It means so much to me that you ...	
• I truly appreciate your help with ... Thank you.	
• I wish to thank you from the bottom of my heart because you ...	

Ans:

Dear Gita, thank you so much for helping me collect the notebooks from the staff room. I truly appreciate it from the bottom of my heart.

Let Us Write (Pg 112)

Prabhat managed to change the scoreboard while Surya was looking elsewhere. Yet, he did not feel so happy that night. Unable to sleep, he decided to write down his feelings in his diary. Given below is the page where he wrote his feelings that night. Complete it with the help of the phrases given in the box below.

I won the match	*I do not feel happy about it*
I will lose the match	*I managed to change the scoreboard*
I felt very happy	*Everyone congratulated me after my win*
Surya did not feel bad	*He had fun playing with me*

Saturday
17 August 20XX 8:00 p.m.

Today, I defeated Surya in a badminton match but (i) _____. He was playing very well and was getting the points easily. I was sure that (ii) _____. So, when everyone was laughing at a joke he cracked, (iii) _____. No one noticed the change and (iv) _____. What surprised me the most was that he said (v) _____ and we should play again. How could he be so relaxed after losing a match? He should have been sad if not crying over his loss!

Though (vi) _____, I did not enjoy as I usually do. It really disturbed me that (vii) _____ about losing the match. It is still bothering me. Is it because I changed the score? I do not understand myself.

Let me sleep now. I feel that it may make me feel better.

Goodnight!

Ans:

(i) I do not feel happy about it

(ii) I would lose the match

(iii) I managed to change the scoreboard

(iv) I won the match

(v) He had fun playing with me

(vi) I felt very happy

(vii) Surya did not feel bad

The Winner

Let us do these activities before we read. (Page 115)

1. Look at this picture.



(a) What are these children doing?

(b) Where do you think they are?

(c) What is the time of the day?

Ans:

a. The children are playing.

b. They are in a playground

c. It is evening.

2. Discuss the given questions with your classmates and teacher. You may begin your sentences with—

I go to …

I play with ...

The place I go to for playing ...

I like playing ...

Sometimes I come back …

(a) When do you go to play after school?

(b) Who do you play with?

(c) Where do you go to play in the evening?

(d) Which games do you like playing?

(e) When do you come back home?

Ans:

a. I go to play in the evenings.

b. I play with my friends.

c. I go to the ground to play.

d. I like playing football and cricket.

e. I come back after playing for 2 hours.

1. Read the given lines from the poem. Write the meaning of the lines by identifying the words/expressions in them

S.No.	Lines from the poem	Meaning
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?	

Ans:

S.No.	Lines from the poem	Meaning
1.	*next to the creek* Clue: a small body of water.	The children are playing near a small body of water
2.	*I can't even catch my breath* Clue: the child has been running.	The child is so tired that he cannot breathe as easily and is tired from the running
3.	*When blue dark turns to black* Clue: the colour of the sky changes from blue to black. What does it mean?	This line describes the change in time of the day and thus the sky as it turns from day to night
4.	*trees creep close* Clue: it is evening time. Why do you think the trees seem close?	Trees seem close due to the nighttime and the dark shadows along with the low light

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2. 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.

Ans:

The children play ***ball*** in the ***evening*** 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 ***ache***, now that it is cold. Finally, they stop ***playing*** and go home as it is night.

Let us Think and Reflect

Read the given lines and answer the questions that follow.

(a) 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

Ans: running fast results in being breathless(c)

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

Ans: The speaker is not alone as they have used the term 'We', which refers to more than one person.

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

Ans: The lines convey a sense of urgency or excitement. The repeated action ("We run so fast") highlights the speed and intensity of their movement.

b) 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.

Ans: The grass is cold as it is nighttime and the temperature of the environment is comparatively low.

(ii) Complete the sentence suitably.

The children's feet are aching because_____.

Ans: Ans: The children's feet are aching because *they have been running and playing barefoot on the cold grass.*

(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

Ans: time for play has ended(a)

Let Us Learn

1. **Read the information given in the table and see what the poet has done in the poem 'The Winner'.**

Lines from the poem	What the poet has done	Other examples
I can't even catch my breath	This tells us that the children are really out of breath. The pattern is used to highlight them being out of breath.	The leaves are falling, falling, falling.
Night wins!	The poet has used human qualities for inanimate things. Here, **night** has been shown as winning. This is called **personification**.	The sun played hide-and-seek with the clouds.

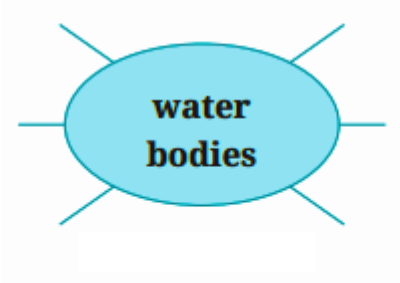
2. The poet has talked about a creek in the poem.

You now know that creek is a water body.

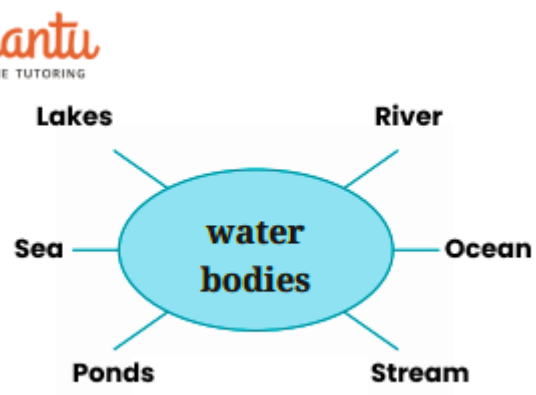
Complete the word web given below by writing

which other water bodies you can think of.

Discuss with your teacher.



Ans:



Let Us Listen (Pg 119)

Listen to the riddles and write which sport is being referred to in the table below.

Riddle	1	2	3	4
Sport				

Riddle 1:

Run and pass, run and pass Kick a black and white ball Kick it straight into the goal Watch for mud—don't fall What sport am I?

Riddle 2:

Hold your breath, say Hu-tu-tu, till you touch one or two. Take care to keep a distance wide As you run back to your team's side. Which sport am I?

Riddle 3:

In the water, hold your breath, The water is very cool, Arms turn, legs kick In the blue pool. Which sport am I?

Riddle 4:

Breathe in, breathe out! Practice every day just right, You will be healthy and fit Get energy and grow in might. What am I?

Ans:

Riddle	1	2	3	4
Sport	Football	Tag	Swimming	Yoga

Yoga - A Way of Life

1. What do you know about yoga? Discuss in pairs and share with the whole class.

Ans: Yoga is a practice that combines physical postures, breathing exercises, and meditation to enhance physical health and mental well-being. It promotes flexibility, strength, and relaxation. Regular practice can lead to improved focus, reduced stress, and overall balance in life.

2. What is 21st June known for? What do we do on this day?

Ans: June 21st is known as International Yoga Day. On this day, people around the world celebrate and practice yoga to promote physical and mental health.

3. List as many words you know related to yoga. Share them with your classmates.

Ans: Asana,Pranayama,Meditation,Flexibility,Balance,Mindfulness,Chakra,Yoga mat

Let Us Discuss (Pg 126)

1. 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 (i) _____ and leads to a healthier (ii) _____. It involves a series of asanas, which increase muscular (iii) _____. Practicing yoga also leads to a better body and mind (iv) _____ and reduces body pain such as the lower back. Moreover, the focus on breathing techniques and meditation makes the mind (v) _____, lessens (vi) _____, and improves the quality of (vii) _____. This helps to adopt a more positive lifestyle

Ans:

(i) Health

(ii) Lifestyle

(iii) Strength

(iv) Balance

(v) Calm

(vi)Stress

(vii)Sleep

Let us Think and Reflect (Pg 125)

1. What is the aim of yoga?

Ans: Yoga seeks to connect the mind and body, align thoughts with actions, and create harmony between people and nature, which leads to improved health and well-being.

2. Explain the idea of unity in yoga

Ans: The term Yoga comes from the Sanskrit word 'yuj', which means 'to unite'. Yoga practice focuses on bringing together the body, mind, and spirit through three main techniques: postures, breathing exercises, and meditation.

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

Ans: The mYoga app helps people stay active and healthy by encouraging regular Yoga practice. It's a useful tool for all ages to incorporate physical activity into daily life and achieve better health. The app, launched by WHO, also highlights that Yoga is recognized worldwide.

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

Ans: Over time, people who practice yoga often experience reduced stress and increased happiness and well-being. This is because focusing on the postures and breathing serves as a type of meditation.

Let us learn(Pg 125)

1. **Let us play the game of Antakshari. The first word is 'yoga'. The next word must then begin with the letter 'a'. This activity will go on and the whole class will participate and will write the words on the blackboard. How many new words have you learned?**

Ans: Do it yourself

2. **Make as many words as you can using the letters shown. Use the letter 'A' in all the words that you make.**



Ans: Yarn, Earn, Oar, Near, Age, Rage, Goan.

Let Us Listen (Pg 125)

You will listen to a girl talk about practicing yoga. As you listen, select four true statements from the sentences given in the table.

Namaste everyone!

I wish to share with you all that I do simple yoga exercises with my grandfather. He has been practicing yoga since he was 16 years old. My grandfather is fi and strong even at the age of 65. I am sure that this is the result of many good habits. I know that eating a balanced diet regularly and making yoga a part of his life has been one hundred percent effective. When I accompany my grandfather to the park, I see so many people–young and old–doing yogic breathing exercises.

I like doing these exercises. Whenever I'm a little worried about an Inter-House competition, I always remember to do some of these exercises early morning that day. It relaxes me and makes me feel focused and calm. I plan on learning some asanas from my grandfather during the summer vacations.

Wish me luck!

Statements	T / F
1. The girl sees people at the park doing breathing exercises.	
2. Her grandfather began practising yoga sixteen years ago. 3. The girl practises some easy yoga exercises with her grandfather.	
4. The girl practises breathing exercises to relax.	
5. Her grandfather is fit even though he has untimely meals.	
6. Her grandfather's regular yoga practice has kept him strong.	
7. The girl wishes to learn *asanas* over the weekend.	

Ans:

Statements	T / F
1. The girl sees people at the park doing breathing exercises.	True
2. Her grandfather began practising yoga sixteen years ago.	False
3. The girl practises some easy yoga exercises with her grandfather.	True
4. The girl practises breathing exercises to relax.	True
5. Her grandfather is fit even though he has untimely meals.	False
6. Her grandfather's regular yoga practice has kept him strong.	True
7. The girl wishes to learn *asanas* over the weekend.	False

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Let Us Write (Pg 127)

Write a short paragraph on 'The Benefits of Yoga'. You may use the following sentence starters along with your own ideas to create the paragraph.

Opening line	Yoga is important because ...
Supporting ideas	• One benefit of yoga that interests me is ... • Practicing yoga can help people ... • A popular yoga pose is _____ because ... • Yoga is not just physical exercise; it also ...
Concluding line	Finally, yoga can be a great way to ...

Ans: Yoga is important because it supports both physical and mental well-being. One benefit of yoga that interests me is how it helps to relieve stress and boost concentration. Practicing yoga can help people improve flexibility, strengthen muscles, and enhance emotional balance. A popular yoga pose is the *Downward Dog* because it stretches the body and improves posture. Yoga is not just physical exercise; it also encourages mindfulness, helping to calm the mind and reduce anxiety. By focusing on postures and breathing, yoga promotes a holistic sense of health. Finally, yoga can be a great way to stay fit, feel more relaxed, and achieve a balanced life.