Class 6 English | Unit 4: Sports and Wellness

Poorvi Grade 6 | Notes + Har Question ka Jawab | Notes by Abhishek Sir

LESSON 1: Change of Heart (Story)

1. Kahani ka Saar

Prabhat ko jeetna bahut pasand tha aur wo **haar bardaasht nahi kar pata** tha, goli (marbles) me bhi nahi. Agar usko lagta ki wo haar jayega to wo khelta hi nahi tha; wo sirf wahi khel khelta jisme wo pakka jeete, jaise badminton. Ek naya bachcha **Surya** school me aaya jo badminton ka bahut achha khiladi tha. Har mahine ke **aakhri Friday** ko coach **friendly matches** karate the. Prabhat aur Surya ka match tay hua. Prabhat ne seriously taiyaari ki, Surya mazaak karta, hasta raha aur phir bhi acchha khela. Surya ka dhyan hatne par Prabhat ne **scoreboard badal diya (cheating)** aur jeet gaya. Surya ne bas kaha: "Maza aaya, phir khelenge."

Us raat Prabhat ko neend nahi aayi. Jeetkar bhi wo khush nahi tha, aur Surya haar kar bhi dukhi nahi tha! Agle din Surya basketball me bahut kamzor tha par phir bhi muskurata aur maza leta raha. Prabhat ne kai din Surya ko dekha aur samjha: **khel ka maza jeet-haar se nahi, khelne se hota hai.** Prabhat badal gaya - wo hide and seek khelne laga, joke karne laga. Dusre bachche bole: "**Prabhat me sporting spirit hai!**"

Seekh (Moral)

- **Jeetna zaroori nahi, khelne ka maza aur sporting spirit zaroori hai.**
- **Cheating** se mili jeet se khushi nahi milti.
- Haar se seekho, usse mat daro.

Word	Meaning
defeat	haar
on the contrary	iske ulte
significant	mahatvapurn
conducted	karaya (organise kiya)
phenomenon	kamaal ka/ khaas khiladi
hopeless	bilkul kamzor
tally	score ka hisaab
sporting spirit	khel-bhavna

SOLUTIONS - CHANGE OF HEART

Q. Before reading IV

Ans. 1. friendly matches - **(ii) matches played without competition (mazaa ke liye).** 2. opponent - **(i) someone who you compete with.** 3. tally of marks - **(ii) record of points in a game.** 4. sporting spirit - **(ii) being fair and respecting each player.**

Q. Let us discuss (page 106)

Ans. 1. **False** (Prabhat could not bear losing). 2. On the last Friday of each month, **the coach conducted friendly matches** in the games period. 3. **Prabhat** kept the score. 4. **No,** he probably did not want to, because **he had cheated to win** and Surya was a much better player.

Q. Let us discuss (page 107)

Ans. 1. Surya felt **happy and relaxed** about playing; he enjoyed every game, win or lose. 2. Prabhat observed that Surya **enjoyed everything equally** and did not worry about winning or losing.

Let us think and reflect

Q. I-1

Ans. (i) Prabhat would play a game only if **he was sure of winning.** (ii) **Badminton.** (iii) **c. afraid of losing.**

Q. I-2

Ans. (i) **b. unhappy.** (ii) Because Prabhat won but was not happy, while Surya **lost but did not feel bad** and even played another game happily. (iii) Surya's reaction was **different from** Prabhat's.

Q. II-1

Ans. Prabhat **did not enjoy games;** he played only sure-win games and felt terrible on losing, so he never learned to enjoy playing.

Q. II-2

Ans. Because he was **afraid of losing** to Surya who was a better player; he wanted to win at any cost.

Q. II-3

Ans. Surya **played for fun** and did not care about winning; Prabhat **only cared about winning** and could not bear a defeat.

Q. II-4

Ans. No, it was not healthy. It gave him **stress, unhappiness and made him cheat.**

Q. II-5

NOTES BY ABHISHEK SIR

Ans. Sporting spirit teaches **fairness, respect, teamwork** and helps us **enjoy** the game and accept both win and loss.

Q. II-6

Ans. Title "Change of Heart" is suitable because **Prabhat's attitude changed** from only winning to enjoying the game.

Let us learn

Q. I. Words inside words

Ans. BADMINTON: bad, admin, mint, in, ton, on. PHENOMENON: **hen, omen, men, no, non, on.** BASKETBALL: **bask, ask, basket, ball, all, bas.**

Q. II. Verbs circle

Ans. 1. **was discussing, had played.** 2. **had won, did (not) feel, did.** 3. **was, had (not) felt.**

Q. III. First / Second action

Ans. **First (old action, past perfect):** had played; had won; had (not) felt. **Second (new action):** was discussing; did not feel; was (surprising).

Q. IV. Past perfect

Ans. 1. Prabhat **had** already **finished** his homework. 2. Surya **had played** basketball for years. 3. Surya **had** already **won** several matches. 4. Surya **had never met** Prabhat. 5. Prabhat **had practised** badminton extensively. Rule: had + V3.

Q. Let us listen

Ans. I. Chess pair: **Sarita - Nupur.** II. 1. **Three** matches. 2. The **kho-kho team name list.** 3. **Xydium Sports Club.** 4. **Vani.** 5. The **speaker (coach/teacher himself).** 6. **2nd and 3rd periods.**

Q. Let us speak (three magic words)

Ans. Vani: "**Could you please take me in your team?**" Somiwon: "**Kindly help me clean the cupboard, please.**" Sumit: "**I'm sorry, that was my fault.**" Hitesh: "**I'm sorry, I forgot your file.**" Kriti: "**I'm very sorry for the way I behaved.**" Mohan: "**Thank you. It means so much to me that you helped me practise.**" Meher: "**I truly appreciate your help with the chapter.**" Rima: "**Thank you, Gita, for helping me collect the notebooks.**"

Q. Let us write (Diary)

Ans. 1. **I do not feel happy about it.** 2. **I will lose the match.** 3. **I managed to change the scoreboard.** 4. **I won the match.** 5. **He had fun playing with me.** 6. **everyone congratulated me after my win.** 7. **Surya did not feel bad.** (Extra: I felt very happy.)

Q. Let us explore

Ans. **Deepika Kumari** - archer from Jharkhand, poor family, practised with bamboo bow, gold in 2010 Commonwealth Games. **Neeraj Chopra** - javelin thrower from Haryana,

NOTES BY ABHISHEK SIR

Olympic gold, silver in Paris 2024. Seekh: **mehnat aur junoon se garibi bhi badha nahi.**

LESSON 2: The Winner (Poem - Georgia Heard)

Saar: Bachche shaam ko **naale (creek)** ke paas padosi ke khet me ball khelte hain. Itna tez daudte hain ki saans phool jaati hai. Jab aasman **neela se kaala** ho jaata hai, ghaas thandi ho jaati hai aur ped paas aate dikhte hain, khel khatam ho jaata hai. Kavi kehti hai: **"Night wins!"** - raat jeet gayi. **Poetic devices:** shape poem (I/can't/even/catch/my/breath ek ke neeche ek) aur **personification** (Night wins).

SOLUTIONS - THE WINNER

Q. Before reading I

Ans. 1. Children **play a game outside (cricket/football).** 2. In a **park/field.** 3. **Evening.**

Q. Let us discuss I (Meaning)

Ans. 1. next to the creek - **beside a small stream/water body.** 2. can't catch my breath - **very breathless because of running fast.** 3. blue dark turns to black - **evening sky becomes completely dark at night.** 4. trees creep close - **in the dark, trees look nearer/bigger and we cannot see far.**

Q. II. Complete

Ans. The children play **ball** in the **evenings** in the neighbour's **field.** They run so **fast** that they run out of breath. They continue till the blue sky turns **black...** They feel their feet **aching/cold...** Finally they stop **playing** and go home as it is night.

Q. Reflect 1

Ans. (i) **C. running fast results in being breathless.** (ii) **No,** the speaker says "**we** run" and "our feet", so many children are playing together. (iii) The one-word-per-line pattern shows the child is **out of breath and panting.**

Q. Reflect 2

Ans. (i) The grass is cold because **it is evening/night and the sun has gone** (dew). (ii) The children's feet are aching because **they have been running and playing for long on cold grass.** (iii) **A. time for play has ended.**

Q. Let us learn 1

Ans. Pattern examples: **"Run, run, run, run"** (pattern shows speed). Personification: **"The moon smiled at us." "The wind whispered in my ear."**

Q. 2. Water bodies

Ans. **River, lake, pond, sea, ocean, stream, canal, waterfall, well.**

Q. Let us listen (Riddles)

NOTES BY ABHISHEK SIR

Ans. 1. **Football** (black and white ball, goal). 2. **Kho-kho / Kabaddi** ("Hu-tu-tu" = **Kabaddi**). 3. **Swimming**. 4. **Yoga** (breathe in, breathe out). Dhyan do: Hu-tu-tu = Kabaddi. Apni paheli: "I have 11 players, a bat and a ball. Who am I? **Cricket**."

Q. Let us speak

Ans. Situation 1: Parent: "Why are you late?" Child: "Sorry Mummy, we lost track of time." **Situation 2:** Child: "We played kho-kho and my team won!" **Situation 3:** Child: "This is my friend Rohan." Parent: "Welcome, beta!"

Q. Let us write

Ans. Title: My Evening Game

I go out to play at 5 o'clock with my friends. We play cricket and kho-kho. My favourite game is cricket. We learn teamwork and stay fit. We finish playing at 7 and go home.

Q. Let us explore

Ans. Desi khel: **kho-kho, kabaddi, gilli-danda, pitthu, lagori, mallakhamb, kanche**. Kisi ek ke rules apne teacher se seekho aur khelo.

LESSON 3: Yoga - A Way of Life (Essay)

1. Saar

Yoga Bharat me shuru hui **shaaririk, mansik aur aadhyatmik** practice hai. "Yoga" shabd Sanskrit **"yuj"** se bana hai jiska arth hai **jodna** - mann aur sharir, soch aur karm, insaan aur prakriti ka milan. **Sage Patanjali** ne **Yoga Sutras** likhe. Fayde: asanas se muscles mazboot aur flexible; saans ke abhyas aur meditation se **tension aur anxiety kam, neend achhi, concentration zyada**; immune system aur dil majboot; weight control. **WHO ne 20 June 2021 ko mYoga app** launch kiya. Yoga karte waqt **mann bhi sharir ke saath** hona chahiye. 21 June **International Yoga Day** hai (UN ne 11 Dec 2014 ko manzoori di).

Word	Meaning
originated	shuru hui
harmony	santulan
distractions	dhyan bhatkane wali cheezein
endurance	sahan-shakti
anxiety	ghabrahat, chinta
boost	badhana

SOLUTIONS - YOGA

Q. Before reading

Ans. 1. Yoga = body aur mind ke liye exercise. 2. **21 June = International Yoga Day**; hum yoga karte hain. 3. Words: asana, pranayama, meditation, breath, calm, stretch. 4. Antakshari: Yoga - Asana - Air - Relax - Exercise...

Q. Let us discuss (blanks)

Ans. 1. **health**; 2. **lifestyle**; 3. **strength**; 4. **balance**; 5. **calm**; 6. **stress**; 7. **sleep**.

Q. Reflect 1. Aim of yoga

Ans. Yoga ka aim hai **mann aur sharir ko jodna aur mind ko shant aur distractions se door rakhna**.

Q. 2. Unity in yoga

Ans. "Yoga" ka matlab **"to join"** hai: **mind and body, thought and action, human and nature** ka milan.

Q. 3. WHO mYoga app

Ans. It shows yoga is **important and recognised worldwide**; WHO wants everyone to practise it with an **easy and free tool**.

Q. 4. Long-term effect

Ans. Regular yoga makes a person **calm, patient, focused and disciplined** (qualities badhte hain).

Q. Let us learn 1 (practice/practise)

Ans. (i) regular **practice**; (ii) I **practise** yoga; (iii) a lot of **practice**; (iv) **practise** running; (v) I **practise** deep breathing; (vi) a daily **practice**. Rule: practice (c) = noun, practise (s) = verb.

Q. 2. advice / advise

Ans. "My teacher gave me good **advice**." "I will **advise** you to wake up early." "Her **advice** helped me." "Doctors **advise** us to exercise."

Q. II. Words with A

Ans. year, gear, near, organ, orange, anger, range, yoga, ray, nag (letters R, Y, E, A, N, G, O).

Q. Let us listen

Ans. Sahi 4 statements: **1, 3, 4, 6**. Galat: 2 (wo 16 saal ki umra se yoga karte hain), 5 (wo balanced diet aur regular meals lete hain), 7 (wo summer vacation me seekhegi).

Q. Let us speak

Ans. "I practise yoga because **it keeps me calm.**" "My favourite thing about yoga is **pranayama.**" "I feel **relaxed** after a yoga session because **it relaxes my mind.**"

Q. Let us write

NOTES BY ABHISHEK SIR

Ans. The Benefits of Yoga

Yoga is important because it keeps body and mind healthy. One benefit of yoga that interests me is that it improves concentration. Practising yoga can help people reduce stress. A popular yoga pose is **Tadasana** because it improves posture. Yoga is not just physical exercise; it also calms the mind. Finally, yoga can be a great way to live a healthy life.

Q. Let us explore

Ans. Asanas: **Tadasana** (height aur posture), **Vrikshasana** (balance aur focus). Sindhu-Sarasvati seals (2700 BC) batate hain ki yoga bahut purani hai.

Q. Who Am I? (Riddles)

Ans. 1. **Seven** (S hata do to "even"). 2. **Traffic light**. 3. **Shadow**. 4. **Eye**.

— Teacher: Abhishek Sir | Practice: is topic ke 100 MCQs ka CSV zaroor solve karo.

NOTES BY ABHISHEK SIR