

Chapter - 5

Sports and its benefits

Q1. Complete the following sentences:

1. Sports keep our heart healthy and fit.
2. Sports that are played in open air are called outdoor sports.
3. Badminton is an Outdoor game.
4. Sports helps build stronger muscles.

Q2. Answer the following question:

1. What are sports?

Ans. Sports are physical activities where individuals or teams compete against each other.

2. what are the two kinds of sports ?

Ans. The two kinds of sports are indoor sports and outdoor sports.

3. Write two physical benefits of sports.

Ans.(a) It helps in developing stronger muscles.

(b) It helps us maintain the correct body weight and posture.

4. How does sports helps us in sleep?

Ans. Sports help us to release eork stress and mental relaxation.

5. Name an indoor sports.

Ans. Chess and Ludo is an indoor sports.

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**H.W. PASTE 2 PICTURE OF INDOOR AND
OUTDOOR SPORTS.**