

A. Fill in the blanks.

1. The **desire** to achieve could be stronger in some of us.
2. The desire to achieve is related to **recognition**.
3. Many Olympic winners have worked hard **imagining** themselves on the victory stand.
4. People do not **progress** if they don't learn from their past mistakes.
5. Just as good company always influences us **positively** bad friends affect us **negatively**.

B. Answer the following question.

1. Why do some people reach higher destination?

Ans- Some people reach higher destination because they set a goal and try to visualise it.

2. Why should we be willing to take a little risk?

Ans- We are prepared to stretch a little risk, we will not be as successful as we can be .whenever we come across an obstacle in life, make an extra effort to achieve our goals.

3. How does setting a goal help us do better in life?

Ans- Setting goals gives you long term vision and short term motivation. It focuses your acquisition of knowledge and helps you to organize your time and your resources so that you can make the most of your life.

4. Suggest three ways to handle anxiety?

Ans- Three ways to handle anxiety are as follow :-

1. Take 10 to 15 deep breaths to help you relax
2. Tell yourself that things will go in a positive direction and this will get you your confidence back.
3. Keep up with the task – don't give up even if things scare you.

5. Why is it important to make good friends?

Ans- because good company always influences us positively and bad friends affect us negatively. So Make sure that you are in the company of friends who are motivating, helpful and honest.

Chapter – 7 Importance of sports and sportsmanship

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A. What games do/did the following celebrities play?

- | | |
|--|-------------------|
| 1. Kiran Bedi | Tennis |
| 2. Shah Rukh Khan | Cricket, Football |
| 3. Ronald Reagan, former president of US | Football |
| 4. George Clooney , actor | Basketball |

B. Answer the following questions.

1. Mention some activities which are not productive. Why?

Ans- Just lazing around, gossiping with friends or watching too much of TV are not productive activities. These activities are not improve physical fitness and they do not help us to relax

2. Why do we need to relax?

Ans- As students, we are loaded with studies, homework, tuitions, exams, assignments, etc. This can generate a lot of stress and monotony for anyone. So we do need to de-stress and relax a little during our free time.

3. Why were sports and games devised?

Ans- Games and sports were devised and promoted by mankind to cleverly utilise time, develop a competitive spirit and also derive pleasure out of it.

4. How do sports make us mentally tough?

Ans- Sports makes us physically and mentally tough as it infuse the fighting spirit in us and prepare us to face life.

