

Exercises

(Page no. 104)

A. Answer in brief.

1. What did little Dipa love to do?

Ans. Dipa loved to jump, climb trees, run and play with her sister.

2. When did Dipa start learning gymnastics?

Ans. At the age of five Dipa started learning gymnastics.

3. Why was Dipa scared when she started to learn gymnastics?

Ans. Because Dipa knew that it is very difficult sport and one wrong step can hurt her legs and back.

4. What awards did Dipa win?

Ans. Dipa won the Khel Ratna and the Padma shri award.

B. Read these lines and answer the questions. Page no. 104

1. This often made her moody and hungry.

a. Who is being spoken about here?

Ans. Dipa

b. Why was she moody and hungry?

Ans. At the end of the day, after practice, her bones and muscles hurt. This often made her moody and hungry.

2. Dipa did it!

a. What did Dipa do?

Ans. Dipa did Produnova vault.

b. What was special about what she did?

Ans. It was very difficult and only four other women in the world had been able to do it successfully.

C. Answer in detail. (Page no. 105)

1. Why is gymnastics not an easy sport?

Ans. Because gymnasts have to make quick movements and twists and turns. They need to know about balance and need to do lot of practice because one wrong step can injured them.

2. Giving two examples, say how Dipa worked hard.

Ans. Dipa did many things so here are two examples

1. She used parts of cars and other vehicles to make practice on.
2. She used to jump.

Tick (✓) the correct answer: (Page no. 106)

1. We played in the grass and got muddy stains all (Over✓/above) our clothes.
2. Are you looking for your books? I have kept them (in/on✓) the table.
3. We watched a film (at✓/in) night.
4. It is Kavita's birthday tomorrow. Let us call her (in✓ / on) the morning and wish her.
5. How far is the post office (from✓/ to) your house?
6. Akshay lives in the flat (above✓/on) mine.

Complete these sentences with the correct words from the box.

[Over / at / in / from / on / to]

1. The train goes from Trivandrum to Chennai.
2. We will leave the market at 8 p.m.
3. The child spilt the milk all over the floor.
4. Please don't forget to clear the table and put the food in the fridge.
5. Grandma will be visiting us on Friday.

Vocabulary (Page no. 107)

Complete these sentences with the correct words from the box.

[Limp / wriggle / flap / leap / sway / pounce]

1. The little child wriggled through the gap in the fence and entered the garden.
2. The baby birds are trying to flap their wings.

3. Why are you limping? Did you hurt your leg while running?
4. The breeze was so strong that even the branches of the trees began to sway.
5. After it rained, the children enjoyed leaping in and out of the puddles.
6. My kitten loves to play. It hides behind the chair and pounces on our feet when we walk by.

