

SPORTS AND WELLNESS



0673CH04



CHANGE OF HEART

Let us do these activities before we read.

1. Which games or sports do you play?
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?
3. How do you feel when you win or lose?
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
 - (b) opponent
 - (i) someone who you compete with
 - (ii) someone you want to be a partner with
 - (c) tally of marks
 - (i) final marks on a report card
 - (ii) record of points in a game/match
 - (d) sporting spirit
 - (i) following all the rules in a game
 - (ii) being fair and respecting each player in a game



Let us read

I

Prabhat always wanted to win. His parents, teachers, and friends said that he did not know how to accept **defeat**. The fact was that he could not bear losing, not even at marbles. He felt so good when he won that he never wanted to give up that feeling. **On the contrary**, losing made him feel **terrible**. He thought that losing was the worst thing that could happen to anyone.

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 really good at, like badminton.

A new student joined Prabhat's school, and his name was Surya. Surya was an excellent badminton player. Prabhat waited for the last Friday of the month. Last Friday was **significant**. This was when the coach **conducted** friendly matches in the games period. The teams were decided on Monday and it was no surprise when Prabhat and Surya were chosen to play a round against each other. Prabhat was given the responsibility of keeping score for their match. On one hand, Prabhat prepared for the match with great seriousness. Surya, on the other hand, seemed relaxed, not taking the things seriously at all. He walked about the

defeat: loss

on the contrary:
just the opposite

terrible:
unhappy

sensed: had
known

significant:
important

conducted:
organised

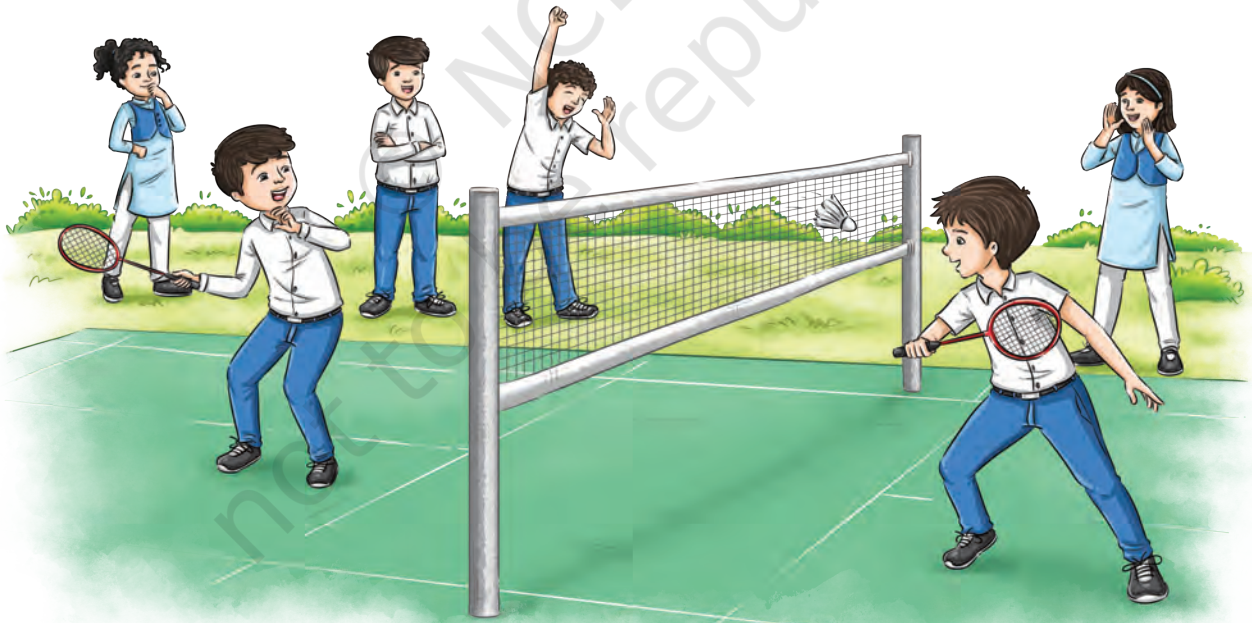


whole time, smiling and cracking jokes about all sorts of things. But on Friday, at the badminton court, Surya was a real **phenomenon**. He won points again and again, laughing and joking all the time. However, Surya was paying so little attention to the match that Prabhat managed to change the scoreboard while his opponent was looking elsewhere.

Prabhat managed to win by cheating. He made a big thing of his win, but it did not matter to Surya.

“It’s been fun. We should play again some other time,” said Surya.

phenomenon:
someone who
has special
qualities



Let us discuss

1. State whether the following is True or False.

Prabhat would accept losing to anyone easily.

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

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

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

II

On that day, everyone was discussing their game and how Prabhat had played so well. 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. Surya was so **hopeless** at it that he could not score a basket for ten minutes. Yet, he enjoyed playing the game. His happy smile never left his face.

Prabhat **kept a close watch on** Surya for some days. He was great at some things, terrible at others but what was common was the enjoyment. He enjoyed everything equally. As Prabhat went on with his observation, he realised that to enjoy a game, you did not need a scoreboard to keep a tally of your scores. Neither did you have to worry about winning and losing. You needed to enjoy the game for its own sake. What matters is trying to do well, and enjoying every moment of it.

Prabhat learnt something through the observations every day, soon realising the change in himself. He had even begun playing hide and seek, and felt sad whenever it was about to end. He also started joking while playing badminton. Soon, the other students started talking amongst themselves, “Good fun playing with Prabhat, that fellow definitely has a great sporting spirit.”

hopeless:
having no skill
in something

**kept a close
watch on:**
observed

Let us discuss

1. How did Surya feel about playing?
2. What was it about Surya that Prabhat observed?





Let us think and reflect

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 really good at, like badminton.*

(i) Complete the sentence suitably.

Prabhat would play a game only if _____.

(ii) Which game was Prabhat good at playing?

(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

(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

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

(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.



2. Answer the following questions.

- How did Prabhat's attitude towards winning and losing affect his enjoyment of games in the beginning?
- Why do you think Prabhat cheated in the beginning to win the badminton match against Surya?
- How did Surya's attitude differ from Prabhat's?
- Do you think Prabhat's approach to games was healthy? Why or why not?
- Why do you think sporting spirit is important?
- Explain how the title of the story, 'Change of Heart', is suitable.



Let us learn

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.

(a) **BADMINTON**

BAD

ADMIN

MINT

IN

TON

ON

(b) **PHENOMENON**

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(c) **BASKETBALL**

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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.

- Everyone was discussing their game and how Prabhat had played so well.
- He had won the game but he did not feel as happy as he usually did.
- What was more surprising was that Surya had not felt bad about 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.		

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

4. Fill in the blanks with the past perfect form of verbs given within the brackets.
- Prabhat _____ already _____ his homework before going to the badminton match. (finish)
 - Surya _____ basketball for years before joining the school's badminton team. (play)
 - By the time Prabhat arrived, Surya _____ already _____ several matches. (win)
 - The new student, Surya, _____ Prabhat before coming to the school. (never meet)
 - Before the games period, Prabhat _____ badminton extensively. (practice)



Let us listen

1. You will listen to an announcement. As you listen, circle the pair that was chosen to play chess. (refer to page 128 for transcript)

Rima - Dhiraj

Gita - Hitesh

Sarita - 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?	



Let us speak

Look at the situations given below. In pairs, take turns to use 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 apologise properly.

1. You are Vani— You want to request your friends to take you in their team during games period.
2. You are Somiwon— You want to tell Hitesh to help you with the cleaning of the classroom cupboard.
3. You are Sumit— You accidentally spilled water on Nupur's desk.
4. You are Hitesh— You forgot to get Simran's Art file to school.
5. You are Kriti— You spoke rudely to Nupur.
6. You are Mohan— You wish to thank Hitesh for helping you practice for the Inter-House speech competition.



7. You are Meher— You are grateful that Simran helped you understand a chapter taught at school when you were absent.
8. You are Rima— You are thankful to Gita for helping you collect the notebooks from the staff-room.

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'm sorry, that was my fault.
• I apologise. I was out of line.	
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 ...	



Let us write

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 will lose the match

I felt very happy

Surya did not feel bad

I do not feel happy about it

I managed to change the scoreboard

Everyone congratulated me after my win

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!



Let us explore

1. Read the brief bio-sketches of sportspersons from India.

Deepika Kumari

- Archer from Jharkhand
- Father, an auto-rickshaw driver and mother, a nurse
- Practised archery while aiming for mangoes with stones
- Practised archery with homemade bamboo bows and arrows
- Joined Tata Archery Academy
- Won a gold medal in the 2010 Commonwealth Games



Deepika Kumari



Neeraj Chopra

- Young athlete from Khandra village in Haryana
- Family largely involved in agriculture
- First Asian athlete to win an Olympic gold medal in javelin throw
- Worked hard for several years to achieve his passion
- At the age of 23, he became the second Indian to win an individual gold medal in Olympics



Neeraj Chopra

2. Visit the given link to know more about other Indian sportspersons.

https://yas.nic.in/sites/default/files/LIST%20OF%20ARJUNA%20AWARDEES.docx%2061%20-%202017_0_0.pdf

Arjuna Awardees January 2024

<https://pib.gov.in/PressReleaseIframePage.aspx?PRID=1988607>