

Unit 4: Sports and Wellness

Chapter 10 – Change of Heart

Let us do these activities before we read. (Page 103)

1. Which games or sports do you play?

Answer:

I play cricket.

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?

Answer:

(a) I play chess, basketball and badminton for fun.

(b) I play cricket for competition.

3. How do you feel when you win or lose?

Answer:

Winning makes me happy and lifts my mood, while losing makes me a bit sad.

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 discuss (Page 106)

1. State whether the following is True or False.

Prabhat would accept losing to anyone easily. False

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

Answer:

The last Friday of each month was special because the coach held friendly matches in the games period on that day.

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

Answer:

Prabhat 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?

Answer:

No, Prabhat didn't want to play another match with Surya because he knew Surya could easily defeat him, as he had only won their previous match by cheating, even though he was certain to lose.

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Let us discuss (Page 107)

1. How did Surya feel about playing?

Answer:

Surya played the game for fun and enjoyment, never worrying about winning or losing.

2. What was it about Surya that Prabhat observed?

Answer:

Prabhat observed that Surya excelled at some things and struggled with others, but he always enjoyed them without worrying too much about the results.

Let us think and reflect (Page 108)

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.

Answer:

(a)

(i) Prabhat would play a game only if he was sure of winning.

(ii) Prabhat was really good at playing badminton.

(iii) This behaviour of Prabhat tells us that he was afraid of losing.

(b)

(i) unhappy.

(ii) Prabhat found Surya's behaviour 'surprising' because it was hard for him to believe that Surya remained relaxed even after losing the game and didn't feel bad about it.

(iii) We can say that Surya's reaction to not winning was different from Prabhat's.

2. Answer the following questions.

(a) How did Prabhat's attitude towards winning and losing affect his enjoyment of games in the beginning?

Answer:

Prabhat always wanted to win. He played games only when he was certain he would win and couldn't bear losing. This attitude toward winning and losing prevented him from experiencing the joy of playing the game.

(b) Why do you think Prabhat cheated in the beginning to win the badminton match against Surya?

Answer:

Prabhat cheated at the beginning to win the badminton match against Surya because he was obsessed with winning and didn't want to lose to a newcomer at his school.

(c) How did Surya's attitude differ from Prabhat's?

Answer:

Unlike Prabhat, Surya didn't feel bad about losing the game. He knew that winning and losing are part of the game and never worried about them. To him, enjoying the game and doing his best were the only things that mattered.

(d) Do you think Prabhat's approach to games was healthy? Why or why not?

Answer:

No, Prabhat's approach to games was unhealthy. He was obsessed with winning, only played matches he was sure he could win, and was even willing to cheat to defeat his opponent. This mindset limited his experience, creating unnecessary stress and dissatisfaction.

(e) Why do you think sporting spirit is important?

Answer:

Sporting spirit is important because it promotes joy, fairness, and respect among players. It fosters a positive attitude, encouraging players to cherish every moment of the game and give their best without worrying too much about the outcome.

(f) Explain how the title of the story, 'Change of Heart', is suitable.

Answer:

The title *Change of Heart* is suitable because it reflects Prabhat's transformation from being obsessed with winning and unable to accept defeat to someone who understands the true joy of playing games and cherishing every moment.

Let us learn (Page 109)

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 | | | | | | |
| (c) BASKETBALL | | | | | | |

Now, you can choose words of your own and create your own such puzzles. Share them with your class and try solving others'.

Answer:

| | | | | | | |
|----------------|------|--------|------|-----|------|-----|
| (a) BADMINTON | BAD | ADMIN | MINT | IN | TON | ON |
| (b) PHENOMENON | HE | HEN | NO | MEN | NON | ON |
| (c) BASKETBALL | BASK | BASKET | ASK | KET | BALL | ALL |

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2. Read the following sentences and circle the verbs.

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

Answer:

- (a) Everyone was discussing their game and how Prabhat had played so well.
- (b) He had won the game but he did not feel as happy as he usually did.
- (c) 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**.

Answer:

| S. No. | Column A FIRST ACTION (OLD) | Column B SECOND ACTION (NEW) |
|--------|--------------------------------|---------------------------------|
| 1. | had played | was discussing |
| 2. | had won | did not feel, did |
| 3. | had not felt | was more surprising |

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4. Fill in the blanks with the past perfect form of verbs given within the brackets.

(a) Prabhat had already finished his homework before going to the badminton match. (finish)

(b) Surya had played basketball for years before joining the school's badminton team. (play)

(c) By the time Prabhat arrived, Surya had already won several matches. (win)

(d) The new student, Surya, had never met Prabhat before coming to the school. (never meet)

(e) Before the games period, Prabhat had practiced badminton extensively. (practice)

Let us listen (Page 110)

CHANGE OF HEART

Good morning, everyone. I know you all are excited about the Friday, friendly matches. This Friday we shall have three matches—one for chess, the next for kho-kho and finally one for badminton. I have put up the kho-kho teams' name list on the sports' notice board. Since this is a team game, your class VI-B shall be playing against the VI-D kho-kho team. The kho-kho match refreshments are being sponsored by Xydium Sports Club. Let me clarify, the spelling is X-Y-D-I-U-M, Xydium.

Now the places for the matches—the first one is chess. It'll take place in the 1st floor activity room with Vani as the scorekeeper. Kho-kho will be played in the sport's ground where I myself will be the referee. For badminton, we have chosen the multipurpose hall on the ground floor hall. The net will be put up there.

For the chess match, it has been decided that this match shall be played between Sarita and Nupur. Two matches will be played during the regular games period on Friday but kho-kho will be played in the 2nd and 3rd period. Remember the kho-kho team names are up on the Sports' Notice Board.

Good luck!

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? | |

Answer:

| Questions | Answers |
|--|---|
| 1. How many Friday matches will be played? | Three matches. |
| 2. What was put up on the sports' notice board? | Kho-kho teams' name list. |
| 3. Who will sponsor the kho-kho team's refreshments? | Xydium Sports Club. |
| 4. Who will be the scorekeeper for chess? | Vani. |
| 5. Who will be the referee for kho-kho? | The narrator himself. |
| 6. Which Friday periods are meant for kho-kho? | 2 nd and 3 rd period. |

Let us speak (Page 111)

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

Answer:

1. Could you please take me in your team during games period.
2. Hitesh, please can you help me with the cleaning of the classroom cupboard.
3. I am sorry Nupur, I accidentally spilled water on your desk.
4. Sorry Simran, I forgot to bring your Art file to school.
5. I'm sorry Nupur, I spoke rudely to you.
6. Hitesh, I wish to thank you form the bottom of my heart for helping me practice for the Inner-House speech competition.
7. Simran, I truly appreciate your help with making me understand the chapter taught at school when I was absent. Thank you.
8. Gita, I truly appreciate your help with collecting the notebooks from the staff-room. Thank you.

Let us write (Page 112)

1. 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 do not feel happy about it

I will lose the match

I managed to change the scoreboard

I felt very happy

Everyone congratulated me after my win

Surya did not feel bad

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!

Answer:

Saturday

17 August 20XX

8:00

p.m.

Today, I defeated Surya in a badminton match but (i) I do not feel happy about it. He was playing very well and was getting the points easily. I was sure that (ii) I will lose the match. So, when everyone was laughing at a joke he cracked, (iii) I managed to change the scoreboard. No one noticed the change and (iv) I won the match. What surprised me the most was that he said (v) he had fun playing with me 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) everyone congratulated me after my win , I did not enjoy as I usually do.
It really disturbed me that (vii) Surya did not feel bad 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!

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