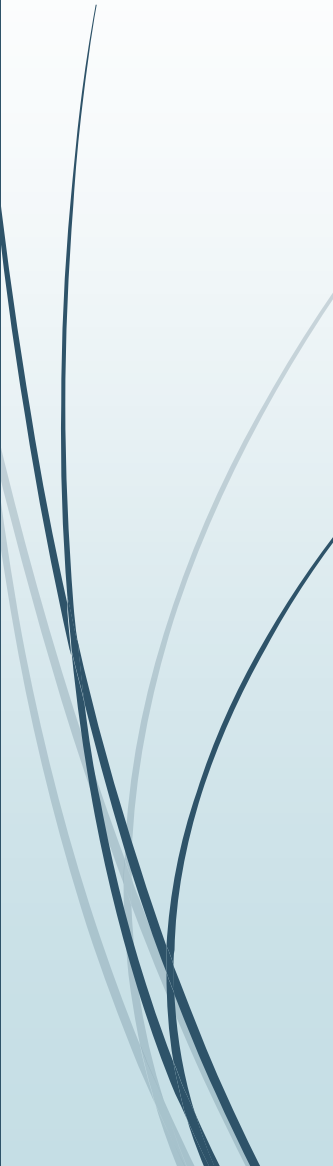




LEISURE TIME

It is true that all work and no play can make anyone dull! How can we study, work in the office at home all the time? We need time to relax refresh our body and mind. The time that we spend away from of our routine work is known as leisure time .

Each person enjoy different leisure time activities . It may be sports , game , music , dance, reading , stitching , embroidery , pottery , gardening etc .



VENUS

Leisure time is the time for refreshing and relaxation



People enjoy various leisure activities since ancient time . Some activities were enjoyed individually and some in group . The favourite leisure time activities in olden time were ball games , chariot racing , playing with marbles or painting the walls of their caves .

People also enjoyed hunting, swimming , boating , boxing, horse riding etc .

Many traditional leisure time activities like archery , boxing ,swimming are still popular and competed at international level today.

Pictures of some olden times leisure activities



Sports and games can be played indoor or outdoors. Both have different advantages but the purpose is same – enjoy ,relax , refresh . The choice of game / sports depends on our personal interest , convenience and capacity . All games and sport help us to keep fit and enjoy ourselves .



INDOOR GAMES

Some popular indoor games are chess, ludo, carrom, marbles, monopoly, scrabble , chinese checkers, boxing , ice hockey , karate , table tennis , squash etc.

ADVANTAGES :-

- ▶ Played throughout the year.
- ▶ Seasonal change do not affect them .
- ▶ Very popular where space limited , weather is unreliable or area is polluted .
- ▶ It helps the elders and children play together and bond in a fun filled way as well as compete with opponents .
- ▶ Some indoor games like table tennis , squash, billiard , and snooker require special equipment and a hall . They are played and watched by thousands of people .
- ▶ Games like badminton volley ball and basket ball can be played indoors as well as outdoors.
- ▶ Some people enjoy reading books , painting or follow hobbies like video games , solving sudoku or crossword.

OUTDOOR GAMES

We cannot ignore the importance of outdoor games . After spending long hours inside the classroom you want to play in fresh air in the open play ground . Similarly the older people also look forward to some outdoor activity. It supplies fresh air to the lungs, refreshes the mind in a natural environment and keeps the body fit.


Outdoor games involve large number of people and hence develop the qualities of team spirit , cooperation , tolerance and leadership .



OUTDOOR GAMES

Outdoor activities have greater mass appeal. Without a doubt Cricket is the most popular game in India. Indians enjoy all format of the game whether Test, One day, Twenty – twenty. Cricket is played, watched in stadiums or even on television by thousands of people. The national game of India is hockey . At one time we were world champion . Foot ball , lawn tennis , polo horse riding et . Kabaddi and kho- kho has been popular since olden time . kabaddi has become most popular game. Both the games are very good for physical fitness, quickness of movement , mental alertness and team spirit . Moreover they do not require any expensive equipment and can be played anywhere .

Many people enjoy cycling , skating , walking , or jogging. Yoga classes also attract people . Old and young practice Parayanama (breathing techniques) and Asanas (body postures).

- 
- Earlier same games were played only by boys and some girls. Most boys played cricket or hockey and girls were expected to play kho-kho, badminton etc. But now the situation is changed. Girls / Women are playing all kinds of games for fun and as professionals like cricket, football, hockey. Both boys and girls get equal opportunities in National game, Asian games, Olympics etc.
 - Most people enjoy watching a cricket match at Eden Garden, Tennis match at Wimbledon with enthusiasm and excitement. Children enjoying visiting a zoo, circus or water park or fly kites in their leisure time. Young or old everyone looks forward to leisure time to relax enjoy and refresh the mind.

Quiz questionnaire

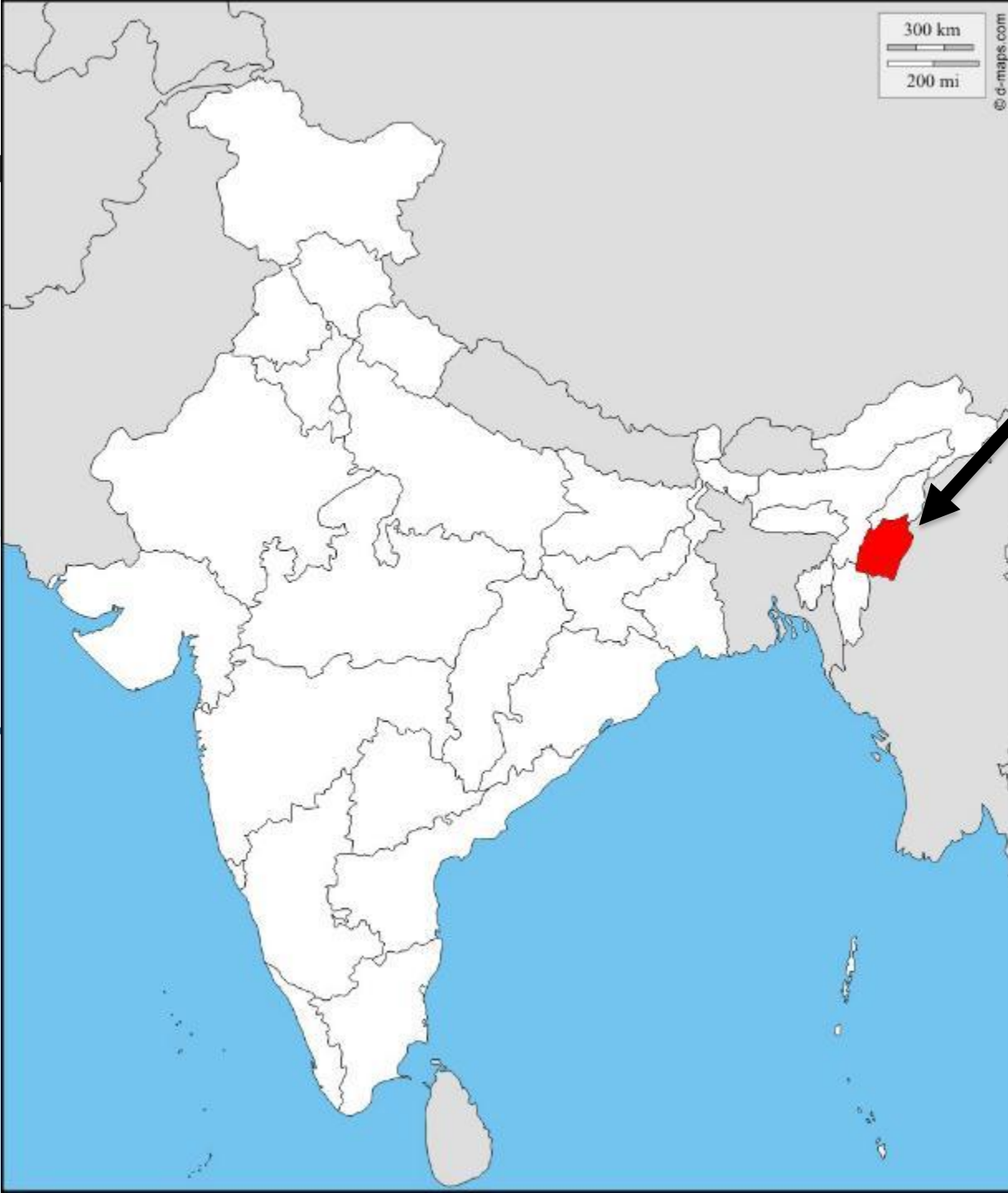
► Answer the correct one from the given options

- Outdoor activities supply oxygen to our
a) Lungs b) Kidney c) Stomach
- India's national game is
a) Cricket b) Ice hockey c) Hockey
- Indoor games are popular in areas where space is
a) Limited b) Big c) Huge
- Eden garden is in
a) Kolkata b) Bengaluru c) Mumbai
- In which year India won the first cricket World Cup?
a) 1992 b) 1982 c) 1983
- In which country were the first Olympic Games held?
a) India b) China c) Greece
- In which stadium Sachin Tendulkar completed his 100th century
a) Eden Garden b) Shere Bangla Stadium c) Firoz Shah Kotla



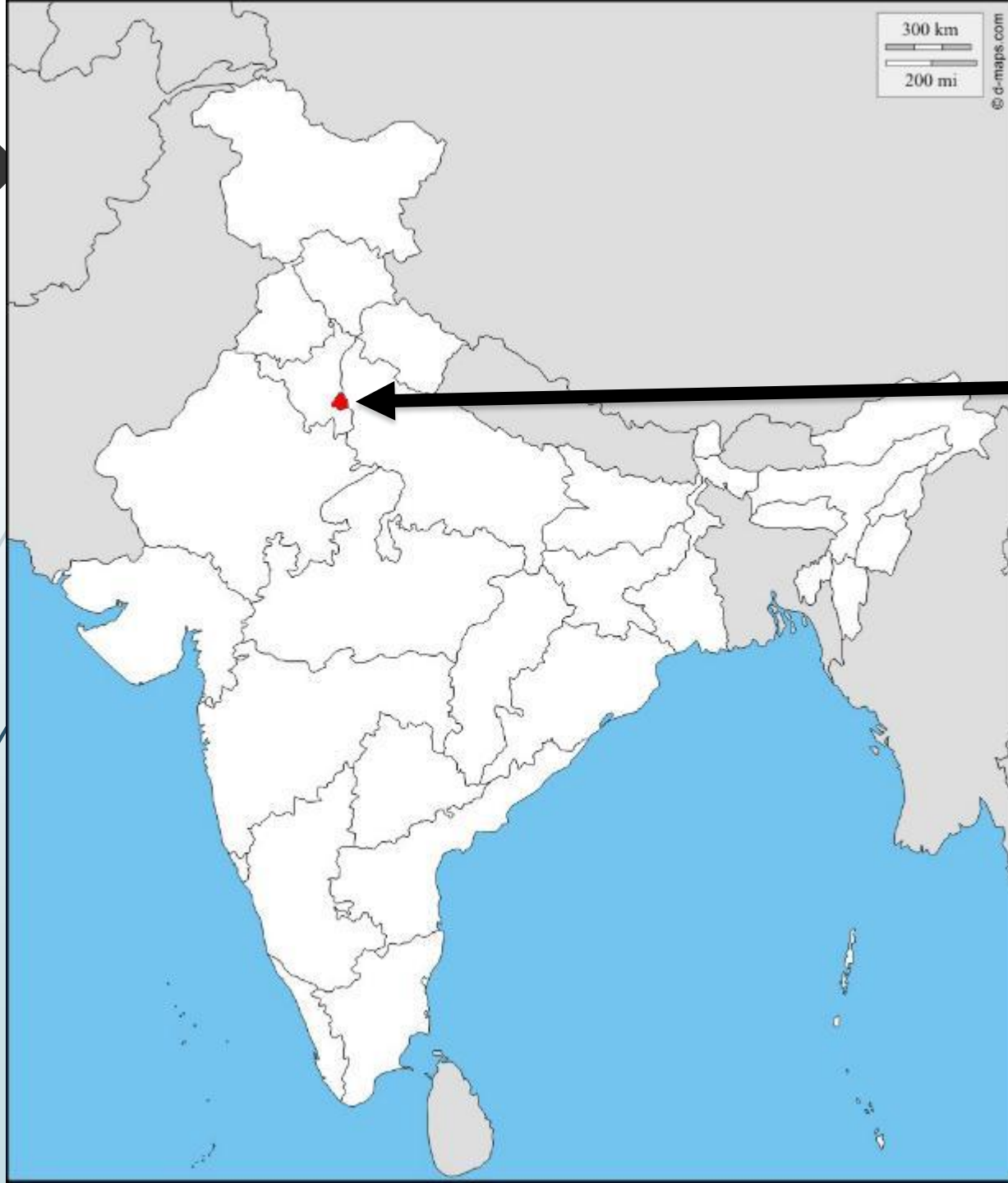
Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



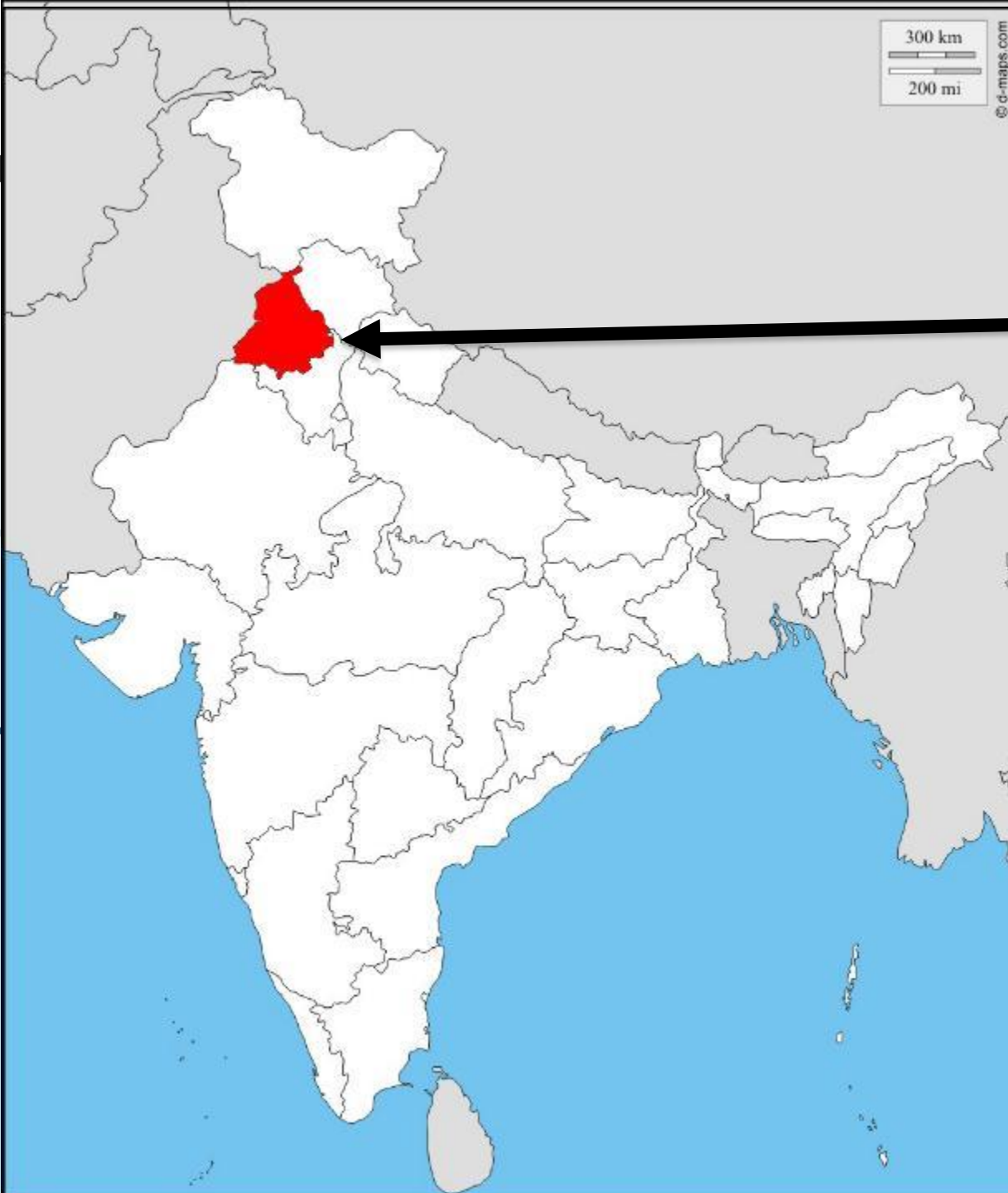
Mark the States that the following sports person belong to :

1. **Mary Kom** **Manipur**
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



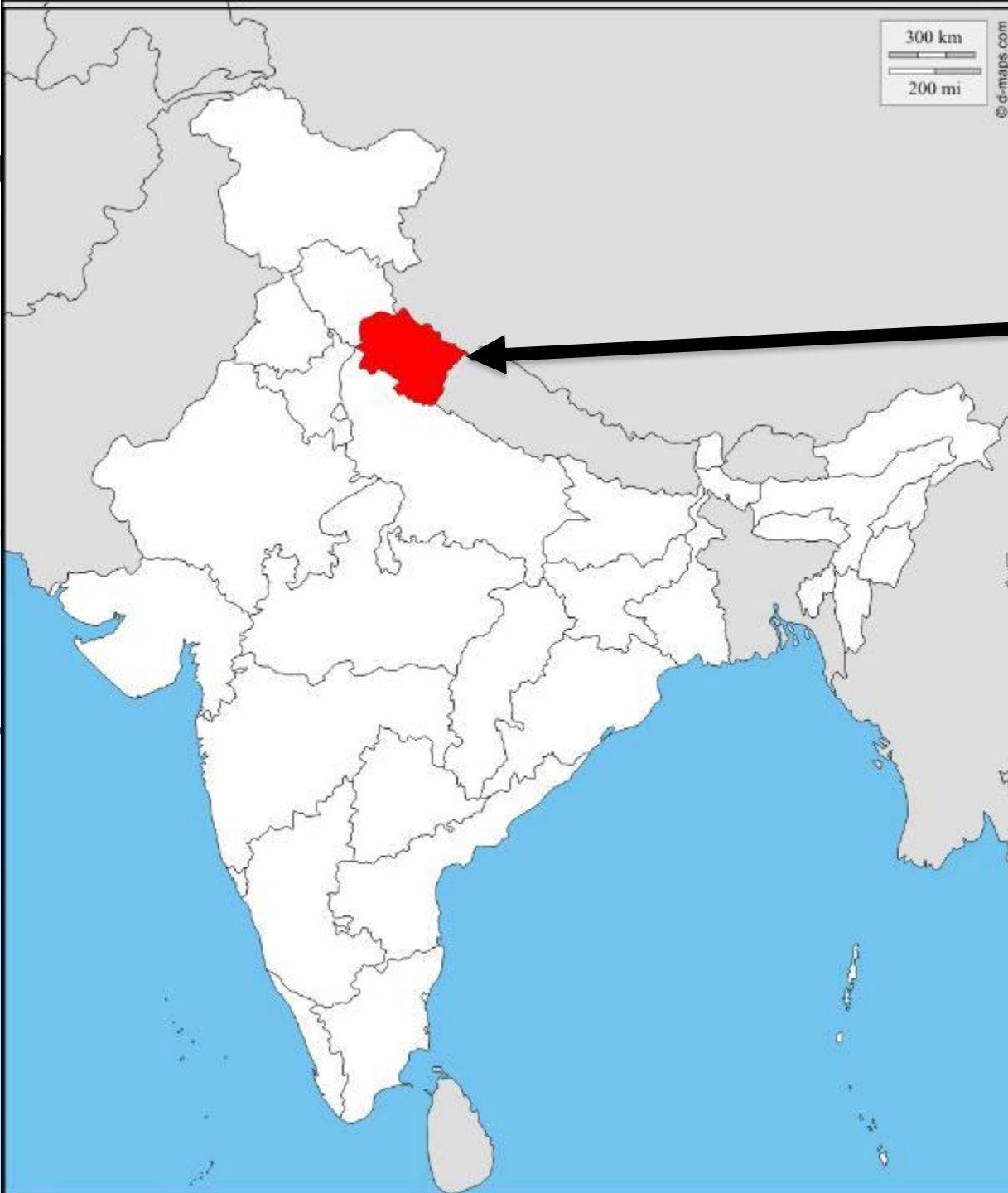
Mark the States that the following sports person belong to :

1. Mary Kom
2. **Virat Kohli** **Delhi**
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
- 3. Milkha Singh Punjab**
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



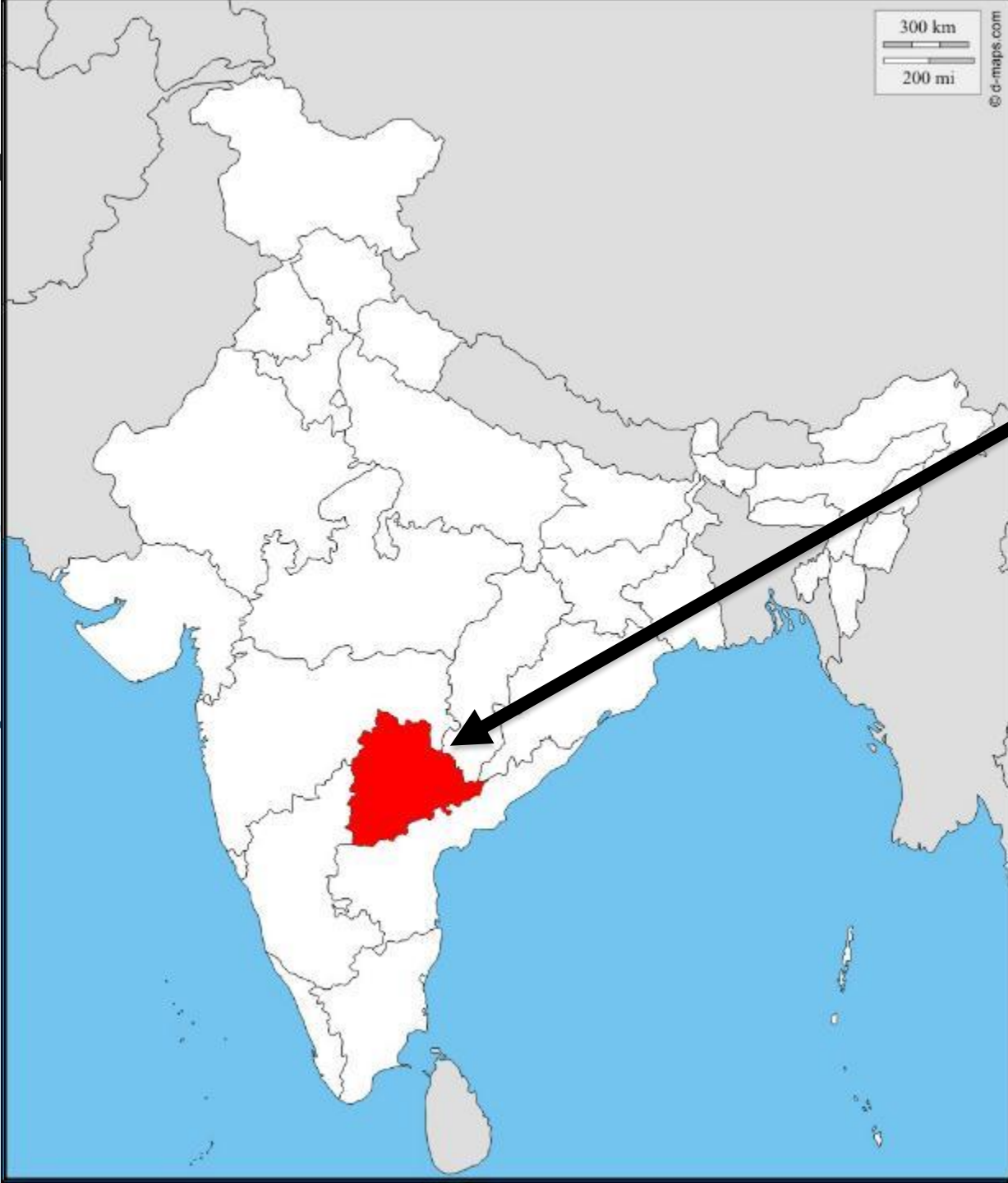
Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. **Abhinav Bindra** **Uttarakhand**
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. **P.T.Usha** **Kerala**
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



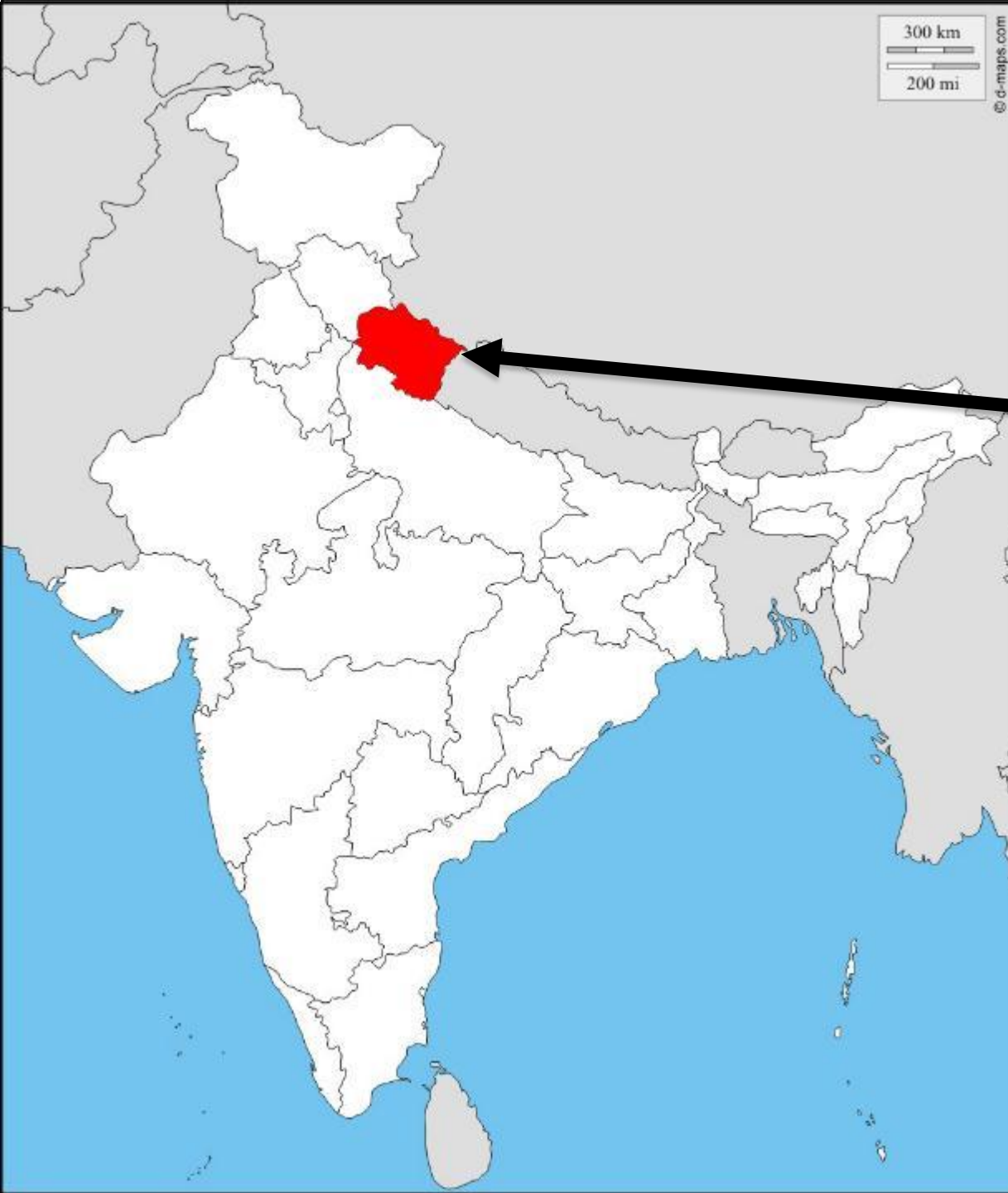
Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. **Sania Mirza** **Telangana**
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. **Mahendra Singh Dhoni** **Jharkhand**
8. Jaspal Rana
9. Jeje Lalpekula
10. Dola Banerjee



Mark the States that the following sports person belong to :

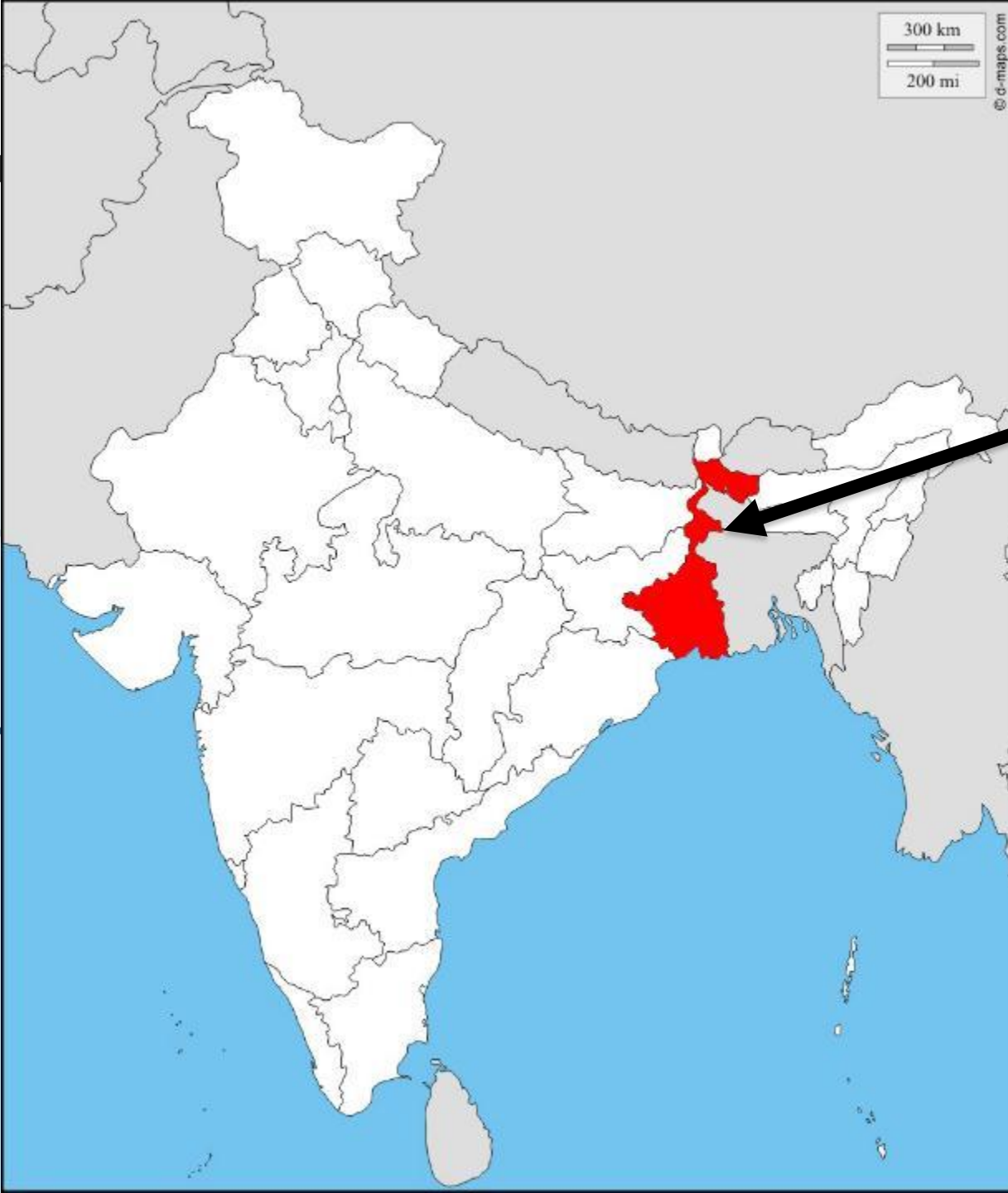
1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
- 8. Jaspal Rana Uttarakhand**
9. Jeje Lalpekula
10. Dola Banerjee



Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. **Jeje Lalpekula**
10. Dola Banerjee

Mizoram



Mark the States that the following sports person belong to :

1. Mary Kom
2. Virat Kohli
3. Milkha Singh
4. Abhinav Bindra
5. P.T.Usha
6. Sania Mirza
7. Mahendra Singh Dhoni
8. Jaspal Rana
9. Jeje Lalpekula
- 10. Dola Banerjee West Bengal**

Something to do: work, study , leisure.

► Steps

1. Identify activities of work , study, leisure.
2. You have to reflect on the last two days and list everything you did on these days on a sheet of paper
3. Rewrite in appropriate heading by coding the following :
 - My work , study , leisure .
4. One person's work can be another's leisure like cooking , gardening
5. swimming, running also requires lot of work

Enjoy doing this activity