

04/11/2024

Tender Heart High School  
Sector: 33B, Chandigarh

Class: 5<sup>th</sup>

Subject: General Knowledge Teacher: Pooja Morwal

Chapters: 53, 54, 55  
Unit: 6 (Sports Time)

Firstly Brief Introduction of the Chapters for the students  
Good Morning/ Afternoon Students!

In these Chapters we will learn about the sports related information such as: names, their stadium features and yoga for the better health. So let's start it.

## NAME THE GAME

Your school is organising the Annual Sports Meet. The field is prepared and the walls enclosing the field have been painted with various sports symbols, also known as pictograms. Can you identify the sports represented by these symbols.



1 Hockey



2 Rowing



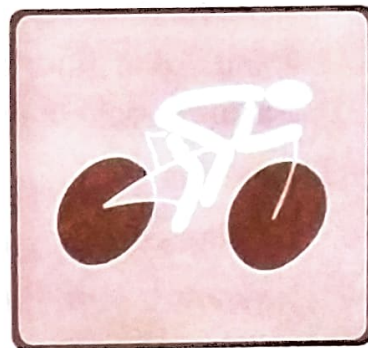
3 Badminton



4 Javelin Throw



5 Wrestling



6 Cycling



7 Shooting



8 Swimming



9 Football





Name the stadiums which are situated in the cities and towns mentioned below.

1. Famous stadium of Kanpur Green Park Stadium
2. New Delhi's famous indoor stadium with a seating capacity of 25000. Indira Gandhi Indoor Stadium
3. Kolkata's famous indoor stadium is named after Netaji Subhash Chandra Bose
4. If a day and night cricket match was organised in Cuttack (Odisha) then in which stadium would it be played? Borabati Stadium
5. If India vs Pakistan cricket match was to be organised in Delhi, then in which stadium would the match be held? Arun Jaitley Stadium
6. The Narendra Modi Stadium is an international cricket stadium in Ahmedabad, Gujarat, India. It is the largest cricket stadium in the world, with a seating capacity of 132,000 spectators
7. If India and Australia were playing a one-day cricket match in Chennai, in which stadium would they be playing? Chennai Stadium
8. Pune has Nehru stadium.
9. Jamshedpur has Jawahar stadium.
10. Lucknow's famous stadium named after a well-known hockey player. K. D. Singh Babu
11. As a young boy, Sachin practiced in the nets of the Wankhede stadium in Mumbai.
12. Famous stadium of Kolkata. Eden Gardens



'Yoga' is a science, evolved over thousands of years dealing with mental, spiritual, moral and physical well-being of human beings. The 'Yoga Sutra' written by Patanjali was the first book to systematize this practice.

Write the names of the following Yogasanas.



This asana provides strong compression to the entire back. It preserves the mobility of vertebrae.

1 Dhanurasana



This asana enhances the health of the spinal cord. It also improves digestion and arm muscles.

2 Trikonasana



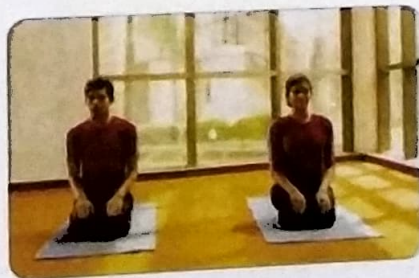
This asana strengthens the brain and head glands and brings smoothness to the face.

3 Shirshasana



This asana alleviates throat, nose, ears and mouth issues and enhances one's voice.

4 Simhasana



This asana aids in stabilizing the nervous system. It is an excellent posture for deep thinking.

5 Virasana



This asana enhances the efficiency of the digestive system. It is useful as a posture after meal.

6 Vajrasana

## Know More

- ❑ In the Bhagavad Gita, yoga has been explained as a system to relieve pain and sorrow.
- ❑ It is advised not to do yoga after eating heavy meals and in strong wind.



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|----------------|----------------|
| a. Shirshasana | b. Vajrasana   |
| c. Dhanurasana | d. Simhasana   |
| e. Virasana    | f. Trikonasana |