

Tender Heart High School
Sector: 33B, Chandigarh

Class: 5th

Date: 11.11.2024

Subject: General Knowledge

Teacher: Pooja Mohanwal

Unit: 6 (Sports Time)
Chapters: 56, 58, 57

Firstly being introduction of the chapter with the students..

Good Morning students! Today we will learn about the topics related to sports such as -

- (a) Martial Arts
- (b) Sporting Honours
- (c) The water mania

Look at the pictures of some popular martial arts. Can you write their names?



Karate



Kalaripayattu



Kendo



Judo



- a. Kung Fu
- b. Gatka
- c. Karate
- d. Kendo
- e. Judo
- f. Sumo
- g. Taekwondo
- h. Kalaripayattu



Taekwondo



Kung fu



Sumo



Gatka



Write down the sport associated with the cup or trophy.

1. Durand Cup

Football

2. Holkar Trophy

Bridge

3. Arthur Walker Trophy

Billiards

4. America's Cup

Yacht Racing

5. Centennial Cup

Volley ball

6. Walker Cup

Golf

7. Derby Cup

Horse racing

8. Agha Khan Cup

Hockey

9. Corbillon Cup (women)

Table Tennis

10. Ranji Trophy

Cricket

11. Davis Cup

Lawn Tennis

12. Thomas Cup (men)

Badminton



Butterfly : This stroke is the most difficult one! You have to pull and push with both arms at the same time and move your legs up and down like a dolphin!

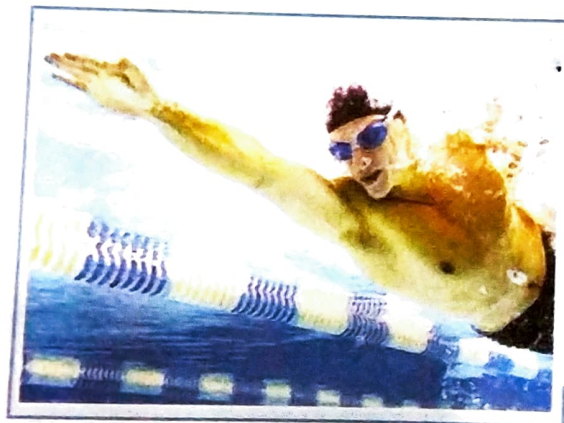


Breaststroke : This is the slowest stroke. You must keep your arms and legs underwater. Move your arms together and make a circle. Move your legs together and kick like a frog!

Backstroke : When you do this stroke, you have to float on your back. Keep your body straight and alternately pull your arms.



Front crawl : Swimmers usually do the front crawl stroke in freestyle races. It's the fastest swimming stroke. While doing this stroke, keep the body straight and move your hands and legs alternately.



Know More

Water polo is a team sport played in water. Two teams have six players each and a goalkeeper. Players pass the ball and try to throw it in a net defended by the goalkeeper of opposition team. The team that scores the maximum number of goals wins.

