

**ST. THOMAS SCHOOL, DHURWA, RANCHI**

**THIRD TERM**

**CH- 13, REST AND EXERCISE**

**SUBJECT – ENVIRONMENTAL STUDIES**

**CLASS – STD 1**

**WORK TO BE DONE IN COPY**

**A. WRITE TRUE AND FALSE**

1. Carrom and ludo are outdoor games. **False**
2. Watching TV makes our muscles strong. **False**
3. Outdoor games are good for children. **True**
4. Deep breathing makes us relaxed. **True**
5. Rest is as important as an exercise. **True**

**ANSWER THE FOLLOWING QUESTIONS-**

**Q1. Write any two benefits of doing exercise.**

Ans: Two benefits of doing exercise are :

- a. Exercise makes our body fit and flexible.
- b. It makes our muscles strong.

**Q2. Why do we need sleep and rest?**

Ans: We need rest and sleep to get refreshed and relaxed.

**Q3. Name these –**

- a) Any two indoor games – ludo , chess
- b) Any two outdoor games - football, cricket
- c) Any two types of exercises – cycling, swimming

**WORK DO BE DONE IN BOOK ITSELF**

**WORKSHEET- CH – 13 PG. NO. 29 AND 30**

**1. FILL IN THE BLANKS -**

- a. Exercise makes our body **...fit...** .
- b. It makes our muscles **...strong....** .
- c. Exercise helps us in sleeping **...well...** .
- d. Rest and sleep **...refresh....** our body.
- e. Both exercise and rest are **...important.....** for good health.
- f. Yoga exercises make your body **...flexible...** .
- g. Exercises like deep breathing make u feel. **...strong...** .

**2. WRITE 'T' FOR TRUE OR 'F' FOR FALSE –**

- a. Watching TV is also an exercise. **F**
- b. After play and exercise, our body gets tired. **T**
- c. Rest is not important for good health. **F**
- d. Carom ,ludo and lego are outdoor games. **F**
- e. We play indoor games in a park . **F**
- f. Indoor games are good for health because they don't make u tired.

**3. NAME THE OUTDOOR ACTIVITIES/ GAMES IN THE FOLLOWING PICTURES.**

SWINGING

SEA- SAW

FOOTBALL

CYCLING

YOGA

BADMINTON

**4. NAME THE INDOOR GAMES BEING PLAYED IN THE FOLLOWING PICTURES.**

CHESS

LUDO

BUILDING BLOCKS

CARROM

CHINESE CHECKERS

SNAKE AND LADDER

