

ST. THOMAS SCHOOL, DHURWA, RANCHI

THIRD TERM

CH- 13, REST AND EXERCISE

SUBJECT – ENVIRONMENTAL STUDIES

CLASS – STD 1

WORK TO BE DONE IN COPY

TEXT BOOK PG. NO. – 86

A. WRITE ‘T’ FOR TRUE AND ‘F’ FOR FALSE

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

ANSWER THE FOLLOWING QUESTIONS-

Q1. Write any two benefits of doing exercises.

Ans: a. Exercises 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 because it refresh and relax our body.

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. Carrom ,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.

TO BE DONE IN BOOK

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