

# MOTHER TERESA PUBLIC SCHOOL

**HONGASANDRA , BANGALORE -560068**

## LESSON BASED STUDY MATERIAL / ASSESSMENT (LBA - 2026- 2027)

**CLASS: 4**

**SUBJECT : English**

**PART 2**

**Ref : DEPARTMENT OF STATE RESEARCH & TRAINING CENTRE**

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# 7. FIT BODY, FIT MIND, FIT NATION

## I New Words

1. Mistakes
2. Proudly
3. Rhythm
4. Cheerful
5. Pace
6. Swift

## II Meanings

1. Fitness - Good health
2. Exercise - Physical activity
3. Healthy - Strong and well
4. Nation - Country

## III Jumbled words

1. GAYO - YOGA
2. RETAW - WATER
3. TIFNSES - FITNESS
4. TROPSS- SPORTS

## IV Opposite words

1. Healthy × Unhealthy
2. Strong × Weak
3. Hydrate × Dehydrate
4. Proud × Humble

## V Answer in one sentence

1. Which organ helps us to think ?
Ans: The brain is the organ that helps us to think.

2. What type of food should we eat ?
Ans : We should eat vegetables, fruits, grains and healthy proteins.

3. What should we do daily to stay fit ?
Ans : We should do physical exercise daily to stay fit.

4. What becomes strong when citizens are healthy?
Ans: Nation becomes strong when citizens are healthy.

**VI Answer the following**

**1. Which game does Anant play?**
**Ans: Anant play the game of hockey.**

**2. Which musical instruments are mentioned in the poem?**
**Ans: The musical instruments guitar and sitar are mentioned in the poem.**

**3. Who among the children mentioned in the poem likes moving in rhythm?**
**Ans: Meena likes moving in rhythm.**

**4. Who learns everyday from the mistakes done during skating?**
**Ans : Geeta learns everyday from her mistakes.**

**VII Write about ' Paralympic Games '.**

*** The Paralympic Games are international sports competitions for athletes with disabilities.**
*** They are held after the olympic games in the same city and venues.**
*** Events include wheelchair racing, paraswimming, blind football etc.**

*** These games helps to promote equality talent and courage.**

## 8. THE LAGORI CHAMPIONS

### I New Words

1. Match
2. Stacked
3. Opponent
4. Boundary
5. Referee
6. Dodged
7. Teamwork
8. Warriors
9. Cousin

### II Meanings

1. Stack - An orderly pile of items
2. Dodged - To move quickly
3. Scattered - spread out over a wide area
4. Appreciated - Recognize worth
5. Opponent - Competitor

### III Opposite words

1. Far × Near

**2. Gather × scatter**
**3. Straight × curve**
**4. Laugh × cry**
**5. First × last**

## IV Jumbled words

**1. ROLAGI - LAGORI**
**2. MAET - TEAM**
**3. LBAL - BALL**
**4. NOTESS - STONES**
**5. NPOAHMIC - CHAMPION**

## V Fill in the blanks

**1. Lagori is a traditional outdoor game.**
**2. Teamwork leads to success.**
**3. Players work as a team.**
**4. Sports keep us healthy.**

## VI Answer the following in one sentence

**1. Who joined the group in the end ?**
**Ans : Imran joined the group in the end.**

**2. How many and what kind of stones are used in this game?**

**Ans : Seven flat stones are used in this game.**

**3. In which state of India is the game of lagori is also known as Satoliya ?**

**Ans : In Rajasthan, the game of lagori is also known as Satoliya.**

**4. What is the name of the opponent team of Sundarpur Tigers ?**

**Ans : The opponent team is called the Green warriors.**

**5. Who blew the whistle to start the match ?**

**Ans : The referee blew the whistle to start the match.**

**6. Who took the first shot?**

**Ans : Deepa took the first shot.**

**7. What did Prakash do before the final whistle?**

**Ans : Prakash placed the seventh stone on top just before the final whistle.**

**8. Who shook hands at the end of the match? Why?**

**Ans : The players from both teams shook hands to appreciate each other for a good game.**

**VII Answer the following**

**1. What is Lagori, and how is it played?**

**Ans : lagori is a traditional game played with seven flat stones. The stones are stacked one above the other, and one team tries to knock them down using a ball. The other team then tries to rebuild the stack while avoiding getting hit by the ball thrown by the opponent team.**

**2. What is the name of Deepa's team and who are they competing against?**

**Ans : Deepa's team is called the Sundarpur tiger and they are competing against the green warriors.**

**3. Why is Prakash selected by the captain for playing the lagori match?**

**Ans : Prakash is selected because he is a good runner and quick in action, which is helpful for playing lagori.**

**4. Who told Prakash about lagori and what name does he use for it?**

**Ans : Imran explained the rules of lagori to Prakash, and Prakash said that in Rajasthan, the game is known as Satoliya.**

**5. What did the villagers do after the Sundarpur tigers won the match?**

**Ans : The villagers clapped, cheered and celebrated the match. They appreciated both teams and enjoyed the spirit of teamwork and joy brought by the game.**

**6. How does teamwork help in winning games?**

**Ans : Teamwork helps in winning games by allowing players to support each other, use their individual strengths, and work together to achieve a common goal.**

**VIII <u>Frame sentence on your own</u>**

**1. Sweat - He worked so hard in the sun that sweat was dripping from his forehead.**

**2. Warrior - The players play the game as warriors.**

**3. Teamwork - teamwork wins the game.**

**4. Waved - people waved to the players.**

**5. Stack - they began to rebuild the stack of stones.**

**6. Dodged - Deepa dodged the ball just in time.**

**7. Referee - the referee blew the whistle to start the football match.**

## 9. HEKKO

### I New Words

1. Declared
2. Superiority
3. Disagreement
4. Surrender

### II Meanings

1. Friend - companion
2. Village - a small settlement
3. Farmer - person who grows crops
4. Nature - environment around us

### III Opposite words

1. Fight × surrender

**2. Superior × inferior**
**3. Agreement × disagreement**
**4. Push × pull**
**5. Win × lose**
**6. Angry × calm**

## IV Jumbled words

**1. KOHEK - HEKKO**
**2. GAEVILL - VILLAGE**
**3. MERRAF - FARMER**
**4. REATUN - NATURE**
**5. SDNIFER - FRIENDS**

## V Match the Following

| | |
|---|---|
| **1. Hek** | **surrender (5)** |
| **2. Ko** | **The tiger (4)** |
| **3. Aami** | **Challenge (1)** |
| **4. Aakho** | **The man (3)** |
| **5. Joko** | **tiger (2)** |

## VI Answer in one sentence

**1. How many players are there in each team?**

**Ans : There are 11 players in each team.**

**2. What is the word ' Hekko' mean?**
**Ans : The word ' Hekko ' means "challenging the tiger".**

**3. What are the two teams in the game called?**
**Ans : The two teams in the game are called Aami (the man) and Aakho(the tiger).**

**4. What is the title given to the fastest player of the Aami team?**
**Ans : The fastest player of the Aami team is awarded the title of " Khozuba".**

**5. What is the title given to the strongest player of the Aakho team?**
**Ans : The strongest player of the Aakho team is awarded the title of " Khotiba".**

**VII <u>Answer in 5/6 sentences</u>**

**1. What do the players in the Aami team do inside the circle?**

**Ans : The players in the Aami team form a human chain inside the circle and try to stay within it while defending themselves from being pushed out by the Aakho team. They also try to catch the Aakho players when they enter the circle.**

**2. Why do you think the Aakho team ( Tiger) must say " Joko" when they are caught?**
**Ans: The Aakho team must say " Joko" (which means surrender) when they are caught to acknowledge defeat and be released, allowing the next teammate to enter the game. It symbolizes the acceptance of being overpowered, much like surrendering in a real challenge or battle.**