

NCERT Solutions for Class 6 English (Poorvi)

Unit - 4 Sports And Wellness : Chapter 10 - Change of Heart

Let us do these activities before we read.(Pg 103)

I. Which games or sports do you play?

Ans. I play football.

II. Read the questions given below. Talk about them and make a list.

1. Which games or sports do you play for fun?

2. Which games or sports do you play for competition?

Ans 1. I play carrom, badminton, and cricket for fun.

2. I play football and basketball for competition.

III. How do you feel when you win or lose?

Ans. I feel happy when I win and sad when I lose. However, winning and losing is part of the game and I try to cheer myself up when I win.

IV. Work in pairs. Tick the correct meaning of the following:

1. friendly matches:

(i) matches played to win a trophy

(ii) matches played without competition

Ans: (ii) matches played without competition

2. opponent

(i) someone who you compete with

(ii) someone you want to be a partner with

Ans: (ii) someone who you compete with

3. tally of marks

(i) final marks on a report card

(ii) record of points in a game/match

Ans: (i) final marks on a report card

4. sporting spirit

(i) following all the rules in a game

(ii) being fair and respecting each player in a game

Ans: (ii) being fair and respecting each player in a game

Let Us Discuss(Pg 106)

**1. State whether the following is True or False.
Prabhat would accept losing to anyone easily**

Ans: False

2. What was special about the last Friday of each month?

Ans: The last Friday of each month was very special as there used to be a match held by the coach himself.

3. Who was responsible for maintaining the score for the match?

Ans: Prabhat was given the responsibility of keeping score for the match.

4. Do you think Prabhat wished to play another match with Surya? Why do you think so?

Ans: Prabhat would not have wanted to play another match with Surya as he had won the first match only by cheating. This meant that he would have lost the next match.

5. How did Surya feel about playing?

Ans: Surya felt that one should play with joy and fun. He enjoyed playing the game. His happy smile never left his face.

6. What was it about Surya that Prabhat observed?

Ans: Prabhat observed that Surya did not feel bad about losing the game as he did. In the next match, Prabhat observed that Surya never felt bad even though he hadn't scored a basket for ten minutes.

Let Us Think and Reflect

I. Read the lines given below and answer the questions.

1. If Prabhat sensed that he would lose a game, he would not play it. He would take part only when he was sure of winning, even if the game lasted only for a minute. You could not stop him from playing the kind of games he was good at, like badminton.

(i) Complete the sentence suitably. Prabhat would play a game only if .

Ans: Prabhat would only play a game if he was sure of winning.

(ii) Which game was Prabhat good at playing?

Ans: Prabhat was good at playing badminton

(iii) Select the most suitable option to complete the sentence.

This behaviour of Prabhat tells us that he was .

- A. good at the game**
- B. sure to win**
- C. afraid of losing**

Ans: Sure to win

2. Surprisingly, Prabhat could not sleep well that night. He had won the game but he did not feel as happy as he usually did. What was surprising was that Surya did not feel bad about losing. What was more surprising was that Prabhat saw Surya playing basketball the next day.

(i) Select the one option that tells us about the way Prabhat was feeling that night.

- A. hurt**
- B. unhappy**
- C. afraid**
- D. focused**

Ans: Unhappy

(ii) Why does Prabhat find Surya's behaviour 'surprising'?

Ans: The total opposite of Prabhat is Surya. Surya enjoys playing for enjoyment and is not concerned with winning or losing, whereas Prabhat is very competitive and not sporty. Prabhat finds this behaviour "surprising."

(iii) Fill in the blank by choosing the most suitable option given in the bracket. We can say that Surya's reaction to not winning was (similar to/as serious as/different from) Prabhat's.

Ans: different from

II. Answer the following questions.

1. How did Prabhat's attitude towards winning and losing affect his enjoyment of games in the beginning?

Ans: Prabhat had a fierce desire to succeed and was a fierce competitor. Even if it was just a one-minute game of marbles, he always wanted to win because he detested and feared losing. This was Prabhat's perspective on winning and losing, and how it initially impacted his enjoyment.

2. Why do you think Prabhat cheated in the beginning to win the badminton match against Surya?

Ans: Prabhat could never accept defeat. He did not want to lose to Surya, which is why he cheated out of fear.

3. How did Surya's attitude differ from Prabhat's?

Ans: Compared to Prabhat, Surya was a more relaxed and informal player. He didn't give much thought to winning or losing, and he wasn't particularly upset if he lost. Prabhat, on the other hand, detested losing and was fiercely competitive. His attitude differed from Prabhat's in this way.

4. Do you think Prabhat's approach to games was healthy? Why or why not?

Ans: Prabhat had a bad attitude about games. He never wanted to lose and was always eager to win. He detested and feared losing to others so much that he even cheated to avoid losing. Prabhat's attitude was unhealthy.

5. Why do you think sporting spirit is essential?

Ans: Because you should enjoy the game and concentrate on giving it your all to win, sportsmanship is crucial. If the opposing team is stronger, you may lose occasionally, but it's crucial to avoid getting envious during those times. Instead, put in more effort to succeed the next time. After the game, always shake hands with the winner to demonstrate respect.

6. Explain how the title of the story, 'Change of Heart', is suitable.

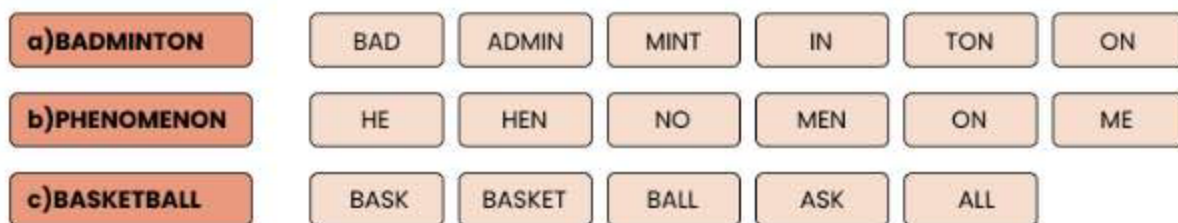
Ans: The story's title, "Change of Heart," is fitting since it captures Prabhat's shift in perspective. At first, his only concern is winning, but as time goes on, he comes to appreciate the fun of games regardless of the result. Prabhat's attitude change embodies the concept of "Change of Heart," as he starts to view the world from a fresh perspective.

Let us learn (Page 109)

Make as many words as possible using consecutive letters, without changing the order of the letters, from the words in the boxes. One has been done for you.

1. BADMINTON	BAD	ADMIN	MINT	IN	TON	ON
2. PHENOMENON	☐	☐	☐	☐	☐	☐
3. BASKETBALL	☐	☐	☐	☐	☐	

Ans:



Now, you can choose words of your own and create your own such puzzles. Share them with your class and try solving others'.

II. Read the following sentences and circle the verbs.

1. Everyone was discussing their game and how Prabhat had played so well.
2. He had won the game but he did not feel as happy as he usually did.
3. What was more surprising was that Surya had not felt bad about losing.

Ans:

1. discussing, played
2. Won, feel
3. Felt, losing

III. Arrange the circled verbs as the first action (old action) or second action (new action). One has been done for you.

S. No.	Column A FIRST ACTION (OLD)	Column B SECOND ACTION (NEW)
1.	had played	was discussing
2.		
3.		

Ans:

S. No.	Column A FIRST ACTION (OLD)	Column B SECOND ACTION (NEW)
1.	had played	was discussing
2.	on feel	did
3.	had	felt

IV. Fill in the blanks with the past perfect form of verbs given within the brackets.

The verbs in column A that refer to the first action or the old action are past perfect.

1. Prabhat _____ already _____ his homework before going to the badminton match. (finish)

2. Surya _____ basketball for years before joining the school's badminton team. (play)

3. By the time Prabhat arrived, Surya _____ already _____ several matches. (win)

4. The new student, Surya, _____ Prabhat before coming to the school. (never meet)

5. Before the games period, Prabhat _____ badminton extensively. (practice)

Ans:

1. Had finished

2. Had played

3. Had won

4. Had never met

5. Had practiced

Let Us Listen (Pg 110)

I. You will listen to an announcement. As you listen, circle the pair that was chosen to play chess.

Good morning, everyone. I know you all are excited about the Friday, friendly matches. This Friday we shall have three matches-one for chess, the next for khokho and finally one for badminton. I have put up the kho-kho teams' name list on the sports notice board. Since this is a team game, your class VI-B shall be playing against the VI-D kho-kho team. The kho-kho match refreshments are being sponsored by Xydium Sports Club. Let me clarify, the spelling is X-Y-D-I-U-M, Xydium.

Now the place for the matches-the first one is chess. It'll take place in the 1st-floor activity room with Vani as the scorekeeper. Kho-kho will be played on the sport's ground where I will be the referee. For badminton, we have chosen the multipurpose hall on the ground floor hall. The net will be put up there.

For the chess match, it has been decided that this match shall be played between Sarita and Nupur. Two matches will be played during the regular games period on Friday but khokho will be played in the 2nd and 3rd periods. Remember the kho-kho team names are up on the Sports' Notice Board.

Good luck!

Rima - Dhiraj

Gita - Hitesh

Sarita - Nupur

Ans: Sarita and Nupur

II. You will once again listen to the announcement. As you listen, fill in the notes with important details.

Questions	Answers
1. How many Friday matches will be played?	

2. What was put up on the sports' notice board?	
3. Who will sponsor the kho-kho team's refreshments?	
4. Who will be the scorekeeper for chess?	
5. Who will be the referee for kho-kho?	
6. Which Friday periods are meant for kho-kho?	

Ans:

Questions	Answers
1. How many Friday matches will be played?	Three matches will be played on Friday
2. What was put up on the sports' notice board?	Kho-Kho teams are put up on the Notice Board.
3. Who will sponsor the kho-kho team's refreshments?	Xydium Sports Club
4. Who will be the scorekeeper for chess?	Vani

5. Who will be the referee for kho-kho?	The narrator himself (P.T. Teacher)
6. Which Friday periods are meant for kho-kho?	2nd and 3rd Periods

Let Us Speak (Pg 111)

Look at the situations given below. In pairs, take turns using the three magic words 'please', 'thank you', and 'sorry' - for the situations given below. Use the prompts given in the table to learn how to thank and apologize properly.

1. You are Vani- You want to request your friends to take you in their team during games period.

Ans: Could you kindly take me with your team during the games period, please?

2. You are Somiwon - You want to tell Hitesh to help you with the cleaning of the classroom cupboard.

Ans: Hitesh, could you please help me with clean the classroom cupboard?.

3. You are Sumit - You accidentally spilled water on Nupur's desk

Ans: Nupur, I am extremely sorry for spilling water on your desk.

4. You are Hitesh - You forgot to get Simran's Art file to school.

Ans: Simran, I am extremely sorry as I forgot to bring your art file.

5. You are Kriti - You spoke rudely to Nupur.

Ans: Nupur, I am very sorry, I spoke rudely to you. I humbly apologize.

6. You are Mohan - You wish to thank Hitesh for helping you practice for the Inter-House speech competition.

Ans: Dear Hitesh, thank you for helping me practice for the Inter-House speech competition. It means a lot to me.

7. You are Meher - You are grateful that Simran helped you understand a chapter taught at school when you were absent.

Ans: Dear Simran, thank you so much for helping me understand the chapter that was taught at school while I was absent. I truly appreciate it from the bottom of my heart.

8. You are Rima - You are thankful to Gita for helping you collect the notebooks from the staffroom.

Request	
- Could you please ...	
- Please can you help me with ...	
- Kindly , please.	
For rude behaviour	For a mistake
- I'm very sorry for the way I behaved. - I apologise. I was out of line.	- I'm sorry, that was my fault.
For being grateful/thankful	
- Thank you. It means so much to me that you ...	
- I truly appreciate your help with ... Thank you.	
- I wish to thank you from the bottom of my heart because you ...	

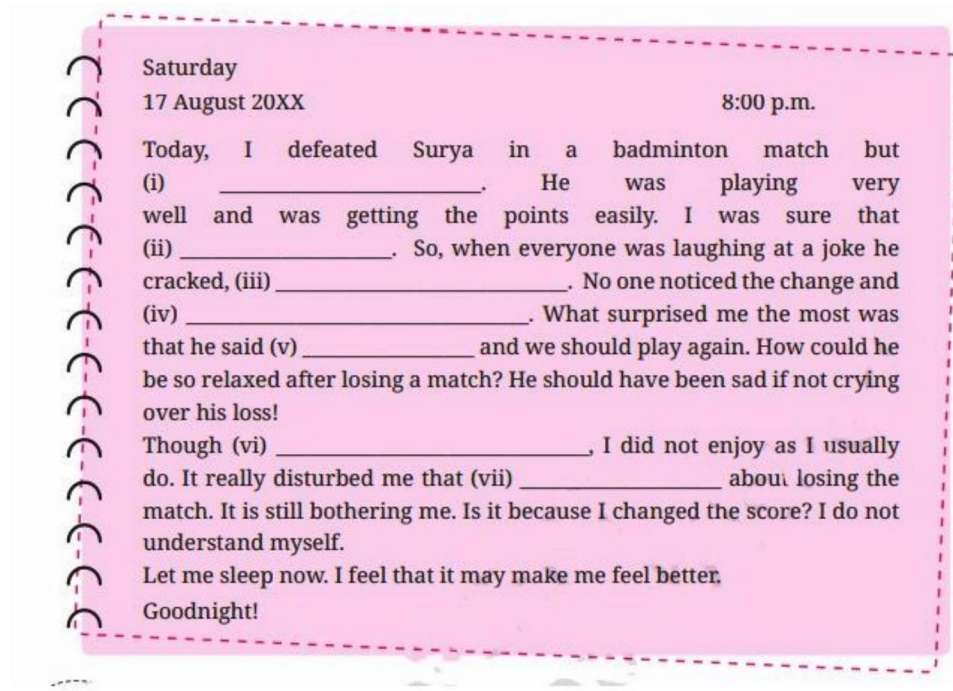
Ans:

Dear Gita, thank you so much for helping me collect the notebooks from the staff room. I truly appreciate it from the bottom of my heart.

Let Us Write (Pg 112)

Prabhat managed to change the scoreboard while Surya was looking elsewhere. Yet, he did not feel so happy that night. Unable to sleep, he decided to write down his feelings in his diary. Given below is the page where he wrote his feelings that night. Complete it with the help of the phrases given in the box below.

I won the match	I do not feel happy about it
I will lose the match	I managed to change the scoreboard
I felt very happy	Everyone congratulated me after my win
Surya did not feel bad	He had fun playing with me



Ans:

- (i) I do not feel happy about it
- (ii) I would lose the match
- (iii) I managed to change the scoreboard
- (iv) I won the match
- (v) He had fun playing with me
- (vi) I felt very happy
- (vii) Surya did not feel bad