

CBSE Class 4 EVS

NCERT Solutions

Chapter 10

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**Q.1. when you play Kabaddi, how many players are there in a team?**

**Ans.** Eight.

**Q.2. When Shyamala touched the middle line, how many players got out?**

**Ans.** Eight.

**Q.3. How do you solve your arguments or fights while playing?**

**Ans.** We listen to both and then decide who is right.

**Q.4. Do you have ways to resolve fights, which can be used in various games?**

**Ans.** Yes.

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**The game of Kabaddi (Page 79)**

**Q.1. Try to hold your breath and keep saying Kabaddi-Kabaddi. How many times could you say it.**

**Ans.** 20-25 time.

**Q.2. How many times can you say it, while you are playing Kabaddi? Is there any difference?**

**Ans.** 15-20 times. While playing the number of times of repeating Kabaddi-Kabaddi is reduced.

**Q.3. Make a picture in your notebook to show how Shyamala managed to get the entire opposition team out in one go?**

**Ans.**

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**Q.4. What does it mean to be out in games? When does one get out in Kabaddi?**

**Ans.** Being out in games means the player will not be allowed to continue the game. In kabaddi a player gets out of three ways:

- (1) If he is stopped by the opposition.
- (2) He touches opposition players and could not stop him.
- (3) If he loses breath and cannot say Kabaddi-Kabaddi.

**Q.5. In some games it is very important to touch the player. For example in the game of Kho-Kho, you get turn by someone's touch. Name some games in which it is very important to touch the players.**

**Ans.** Kabaddi, Kho-Kho, Chuupa Chhupi, arm wrestling hide and seek etc.

**Q.6. In Kabaddi, the entire team was out, because Shyamala had touched the line. What are some other games in which, the line is very important?**

**Ans.** Tug of War, badminton, table tennis.

**Q.7. Have you learnt of anyone who has learnt any game from a coach?**

**Ans.** Cricket.

**Q.8. Do you know of anyone who has learnt any game from a coach?**

**Ans.** My friend is learning judo.

**Q.9. In Kabaddi, the entire team 'out' because Shyamala had touched the line. What are some other games in which you have to touch something or colours?**

**Ans.** Touch thing: Kho-Kho

Touch colours: Colour race.