



# KAMS CONVENT SCHOOL

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## Dear Parent ,

Holidays are the time when you can connect with your child in many ways. As parents are the first and the most important teacher for a child, we can encourage our child in many physical activities at home and promote his\her quest to learn. Working together will not only help your child to build , learn and develop his/her skills but also strengthen your bond with him/her.

### Physical development

1. Take the child with you for morning/ evening walk.
2. Play different games like hide and seek, football, ludo, chess, snakes and ladders, carrom board etc. with your child. This will encourage them to express freely and will make them more responsible.
3. Do not forgot to share a video in group.

Activity 1- Take help by scanning the QR code for the given activity.





# Sport

Read and write the correct sports.



football	handball	volleyball	tennis	basketball	swimming
waterpolo	rowing	baseball	karate	skiing	ice hockey
skating	cycling	boxing	gymnastics	table tennis	running

- \_\_\_\_\_ I use a net and a racket.
- \_\_\_\_\_ I use skis and goggles. I ride down slopes.
- \_\_\_\_\_ I need a table, a small white ball and a small bat.
- \_\_\_\_\_ I use a ball and a goal. I play this sport in a swimming pool.
- \_\_\_\_\_ I use a stick and a puck. I skate on ice.
- \_\_\_\_\_ I ride a boat on lakes. I use oars.
- \_\_\_\_\_ I go across mountains on my bike. I wear a helmet.
- \_\_\_\_\_ I need sneakers. I go around a track and use a stopwatch to measure my time.



Read, fill in the words and connect the sport.



- These are team sports. You \_\_\_\_\_ (not need) rackets, but you \_\_\_\_\_ (need) a ball. You \_\_\_\_\_ (play) it outdoor or indoor and they are not very dangerous. You have to score goals. \_\_\_\_\_
- This is an individual water sport. You \_\_\_\_\_ (jump) in a pool and wear goggles. You \_\_\_\_\_ (race) to be the fastest.
- This sport is sometimes an indoor sport and it is sometimes an outdoor sport. You \_\_\_\_\_ (throw) a ball over a net. You \_\_\_\_\_ (not score) goals. You \_\_\_\_\_ (play) in teams.
- This is a dangerous individual sport. The player \_\_\_\_\_ (use) gloves. If he \_\_\_\_\_ (stay) standing, he \_\_\_\_\_ (win).
- This can be an individual and a team sport. It is a winter sport, but the people \_\_\_\_\_ (not go) fast. They \_\_\_\_\_ (need) skates and music.
- This is an individual sport. It \_\_\_\_\_ (have) bases. It \_\_\_\_\_ (needs) a white ball and a bat. You have to run around all the bases to get one point.

