

11 UNIT

SPORTS AND HEALTH

Student Learning Outcomes

On the completion of this unit, the students will be able to:

- illustrate the use of gerund.
- recognize varying position of adverbs in sentences.
- use conditional sentences, type-3.
- to express personal feelings and emotions.

Pre-reading

- What is your favourite game?
- When and where do you play your favourite game?
- Why playing games is essential for health?



Health is a great blessing of Allah and playing sports is one of the best ways to maintain health. A healthy man can make the best use of his abilities and capabilities. He is always fresh, active and ready to compete. On the

other hand, an unhealthy man is always sad, gloomy and lacks self confidence.

One must take an active part and interest in sports in order to keep himself healthy because sports ensure good health and build fine physique. If someone is bodily fit, he feels capable of enduring **hardships** of life by keeping his chin up. The great advantage of sports is that it combines exercise with thrill, excitement and sensation. Hockey, football, cricket, tennis, badminton, volley ball, wrestling and swimming, etc, not only give exercise to our muscles but also provide a good deal of excitement and entertainment. Besides, the competitive element of sports and games are a source of **thrill** as well. Not only the players but also the **spectators** feel engrossed in a game because of its suspense and unexpected turns.

Taking part in sports benefits not only the body but also the mind. Almost every game requires a certain degree of skill to play which is a mental quality. Vigor alone is not enough in games; your mental approach, skill and determination counts a lot. Sports are also the best way of passing your free time. Apart from studies one has to play certain games or sports of his interest to entertain and refresh him, as it is said, "All work and no play make Jack a dull boy."

Sports also develop and encourage the spirit of healthy competition. The competitive instinct is natural in man. Sports have a wide scope for the competitive instinct. Matches, tournaments and contests are held to test the skills, stamina and endurance of various participants. Medals and other awards are also distributed to encourage the players. This healthy spirit of **rivalry** and competition constantly leads to improvement in the performance and previous records are constantly excelled or surpassed.

We should play games in the true spirit of the games and should be prepared for victory as well as for defeat. They enable us to face the challenges of the world with positive attitude and keep us physically and mentally fit.

Comprehension

Activities

I. Answer the following questions.

- i) Why should we take active part in games and sports?
- ii) How do sports benefit one's mind?
- iii) "All work and no play make Jack a dull boy." Explain.
- iv) What are the outcomes of healthy spirit of rivalry and competition?
- v) Why do we need a healthy body along with the healthy mind?
- vi) How should we react in the wake of defeat or victory?

2. Re-read the lesson and choose the correct option to complete the following sentences.

- i) A healthy man is always _____ active and ready to compete.
(a) dim (b) fresh (c) happy (d) sad
- ii) Taking part in sports benefits not only the _____ but also the mind.
(a) body (b) hands (c) legs (d) shoulders
- iii) Sports also develop and encourage the spirit of _____ competition.
(a) dangerous (b) healthy (c) powerful (d) tough
- iv) Medals and other _____ are also distributed to encourage the players.
(a) awards (b) documents
(c) gifts (d) souvenirs
- v) The healthy spirit of _____ and competition constantly leads to improvement in the performance.
(a) friendship (b) match (c) rivalry (d) rules

3. Write 'T' for true and 'F' for the false statements.

- i) A healthy man can make the best use of his abilities and capabilities.
()
- ii) An unhealthy man is always happy and confident. ()
- iii) Taking part in sports benefits not only the body but also the heart.
()
- iv) Sports also develop and encourage the spirit of healthy competition.
()
- v) We should play games in the true spirit of the games. ()

4. Match the meanings of the following words.

Words	Meanings
• constantly	• the state of being opponent
• hardships	• observer
• rivalry	• to excite, excitement
• spectators	• permanently
• thrill	• problems

Critical thinking

Give your opinion about importance of sports in one's life.

Writing Skills

Write down the causes and consequences of poor health.

Grammar

Gerund:

A gerund is that form of a verb which ends in 'ing' and acts as a noun. It may be used as a subject or object of a verb.

Examples:

As a subject:

- Swimming is excellent exercise.
- Drinking too much tea can make you sick.
- Smoking is injurious to health.

As an object:

- He dislikes doing homework.
- He proposed meeting in a restaurant.
- I am worried about missing my bus.

More examples of gerund.

Gerund	Examples
eating	Eating apples without washing them will make you ill.
thinking	Thinking rationally is a realistic assessment of the situation.
backbiting	Backbiting is not a good habit.

Activities

1. Use gerunds in the following sentences.

1. We spent the whole day in _____. (play)
2. The miser hates _____ money. (spend)
3. _____ is a good hobby. (paint)
4. _____ questions is easier than answering. (ask)
5. He likes _____. (sing)

2. Make ten sentences of your choice by using gerunds.

Conditional Sentences Type 3

Third conditional sentences are used for untrue / imaginary situations in the past.

Structure:

If clause: Past Perfect Tense

Result clause: Would + have + past participle

Examples:

- If I had seen him yesterday, I would have invited him to party.
(Imaginary because I did not see him yesterday)
- If she had asked me, I would have given her money.
- If you had worked hard, you would have passed the exam.

Activities

I. Complete the following sentences.

- If it _____ (rain) yesterday, I would not have come.
- If you had come in time, you _____ (not miss the train.)
- If they _____ (invite) me, I would have _____
(attend) the party.
- If she _____ (cook) well, everyone would _____
(eat.)
- If it had snowed, we _____ (enjoy.)
- If you had informed me, I would have _____ you. (help)
- If Awais had _____ (work) hard, he would have
_____. (succeed)
- If she had taken umbrella, she would not have _____ wet.
(get)

2. Write five third conditional sentences of your own.

i) _____

ii) _____

iii) _____

iv) _____

v) _____

Position of Adverbs in sentences

Adverbs of manner and their position

Adverbs of manner like, heavily, slowly, well, carefully, etc. are generally placed after the verb.

- Example:**
- i) It is raining heavily.
 - ii) She walks slowly.

Adverbs of frequency

Frequency adverbs like always, often, never, rarely, sometimes, usually, generally, etc. are usually placed between the subject and the verb.

- Example:**
- i) His wife always cooks.
 - ii) Sometimes I play football.

If the verb is am / are / is / was, frequency adverbs are used after the verb; as

- i) I am never late for school.
- ii) He is always at home on Sundays.

In the case of auxiliaries "have to" or "used to", frequency adverbs are used before them.

Example:

- i) I often have to go to school on foot.
- ii) I always used to agree with him.

Activity

Insert the given adverbs in their normal position in the following sentences..

- i) Women play an important role in the development of a society. (always)
- ii) I have to get up early. (sometimes)
- iii) My teacher speaks English. (well)
- iv) He has seen a wolf. (never)
- v) The train is going. (slowly)
- vi) He drives. (carefully)
- vii) He writes. (well)
- viii) I am sorry. (terribly)

Oral Communication

Express personal feelings and emotions.

Ali: What is your favourite game?

Mustafa: I like cricket. I watch cricket matches on T.V.

Ali: Which one is your favourite team?

Mustafa: The Australian team.

Ali: Yes, that is my favourite team as well. They are the best. Their team players are quite fit and energetic.

Mustafa: Do you think they will win the coming world cup?

Ali: I hope so, but I think Pakistani and Sri Lankan teams will give them tough time.

Mustafa: Of-course and don't forget about English and Indian teams. Their players are also very competitive.

Ali: I don't think so. Their players are out of form and they won't be able to compete with Pakistani and Australian teams.

Mustafa: Right now we can't predict, let the time come.

Ali: You are right. As people say, "cricket is by chance." Any team that picks up the chances would win.

Mustafa: You are right. Let's go to class, the bell is ringing.

Activity

Arrange a group discussion on 'importance of games in one's life.'