

**WELLAND GOULDSMITH SCHOOL**

**CLASS - 1**

**SUBJECT: SCIENCE ANSWER KEY**

**TOPIC: REST AND EXERCISE**

Children as you know we use our muscles in doing our work. We feel tired when we do heavy work. Muscles get repaired each time we take some rest or sleep. Rest gives energy to the tired body and also Refreshes the mind.

**Exercise and games**

- \*Makes our body strong
- \*Improve our digestion
- \*Gives us happiness

**Recreation**

We all need some recreation to make the mind feel fresh again. After a day's work we should enjoy music, read stories or play some indoor games.

**Posture**

Posture is the position in which someone holds their body when standing, sitting or walking. We should always sit straight, stand straight and walk upright.

\*\*\*Children please do the following exercise in your science exercise book.

1. Answer the following questions.

1. Why it is necessary to take rest?

Ans: Rest gives energy to the tired body and refreshes the mind.

2. How should we sleep?

Ans: We should not sleep with our face covered.

3. What must we do before going to bed ?

Ans: We must wash our face and brush our teeth before going to bed.

4. Why is exercise necessary?

Ans: Exercise makes our body strong , improve our digestion and brings us a sound sleep.

5. Why is recreation necessary?

Ans: Recreation is necessary to make the mind feel fresh again.

6. Name 3 outdoor?

Ans: basketball, hockey, badminton

7. Name 3 indoor?

Ans: scrabble, ludo, chess

8. What is posture?

Ans: Posture is the position in which someone holds their body when standing , sitting or walking.

9. Name 3 correct posture?

Ans: 1) Always sit straight. 2) Always stand straight 3) Always walk upright.

10. When do our muscles get repaired?

Ans: Our muscles get repaired each time when we take some rest or sleep.

Fill in the blanks:

1. Rest gives **energy** to the tired body and also refreshes the mind.
2. We use our **muscles** while writing.
3. Early to bed and early to rise makes us **healthy**, **wealthy** and **wise**.
4. Good exercise brings us a sound **sleep**.
5. Exercise also improves our **digestion**.
6. After playing, we feel **hungry**.
7. We should always remember, a sound mind is a **sound** body.
8. We should not sleep with our **face** covered.
9. We should get up **early** in the morning.
10. Always sit, stand and **walk** straight.

**3. Unscramble the names of games.**

1. allbtoof - **football**
2. mimwsgin - **swimming**
3. allbketbas - **basketball**
4. belta nintes - **table tennis**
5. dolu - **ludo**
6. hessc - **chess**
7. ketricc - **cricket**
8. keyhoc - **hockey**
9. tonmindab - **badminton**
10. bblearcs - **scrabble**

**4. Match**

- |                             |                                 |
|-----------------------------|---------------------------------|
| 1. We feel tired            | upright <b>(3)</b>              |
| 2. Exercise and play        | of our room open. <b>(4)</b>    |
| 3. We should always walk    | gives us good rest <b>(5)</b> . |
| 4. We must keep the windows | gives us happiness. <b>(2)</b>  |
| 5. Sleep                    | after work and play. <b>(1)</b> |

**5. Write what you understand from the following recreation**



a)

**Playing with friends**



b)

**Watching television with family and friends**



**c) Listening to music**



d)

**Reading a story book**

**6. Stick or draw three pictures of each**

a) Indoor games

b) Outdoor games

c) recreation