

# **CHAPTER - 6**

## **LEISURE TIME**

### **CLASS V**

**(27.7.20 TO 31.7.20)**

# INTRODUCTION

---

- *Leisure time activities are not new. The evidence from the excavations of ancient towns of Mohan-Jo-Daro and Harappa tell us that man has enjoyed different types of leisure activities. In earlier times man played marbles, ball and dice for recreation. Leisure of Free time spent away from work for entertainment and relaxation. Fun or Recreation is essential after work. We need time to relax our bodies and refresh our mind . We follows different leisure time activities that give pleasure and keep us busy.*

# LEISURE ACTIVITIES- TRADITIONAL AND MODERN...

- ◎ *Traditional leisure time activities followed in India were dancing, visiting fairs, painting and music. Martial arts, hunting, swimming, chariot racing and wrestling were also popular. Most of the activities are still forward in modern times except hunting, which has been banned by law. Many popular leisure time activities today are- watching television and cinema, video games, working out in gymnasium, badminton, polo etc.*

# **BOARD GAMES...**

- *Different types of board games have entertained many generations of Indians. Some board games , like Shatranj and Chauper , have been a part of Indian history and mythology. They are still played in different parts of our country along with many new board games like chess, Ludo, Scrabble and Pictionary.*

***Adu Huli Aata-*** *the Tiger and Goat game of Karnataka helps to develop strategy and team work.*

***Alugulimane or Pallanguli-*** *is played in Tamil Nadu. It improves the skills of mental calculations and concentration.*



# **BOAT RACES...**

- ◎ *In olden times man had to be a skillful boatman to cross over water bodies. He was also an expert fisherman. He used canoe or rafts and later sail boats. Even today boats are common mode of transport for people and goods. They are used for fishing as well as pleasure. In recent times motorised boats and faster ships have made water transport very popular. River rafting and water skilling are popular sports today.*



# *MARTIAL ARTS...*

- ◉ *Physical strength and agility were necessary for the ancient man in hunting , clearing forests and protecting himself from danger. His thrill at winning over an opponent was the begging Art as a sport.*

*Martial Art is the practice of combat ort self- defense. It needs physical strength, skill and coordination.*

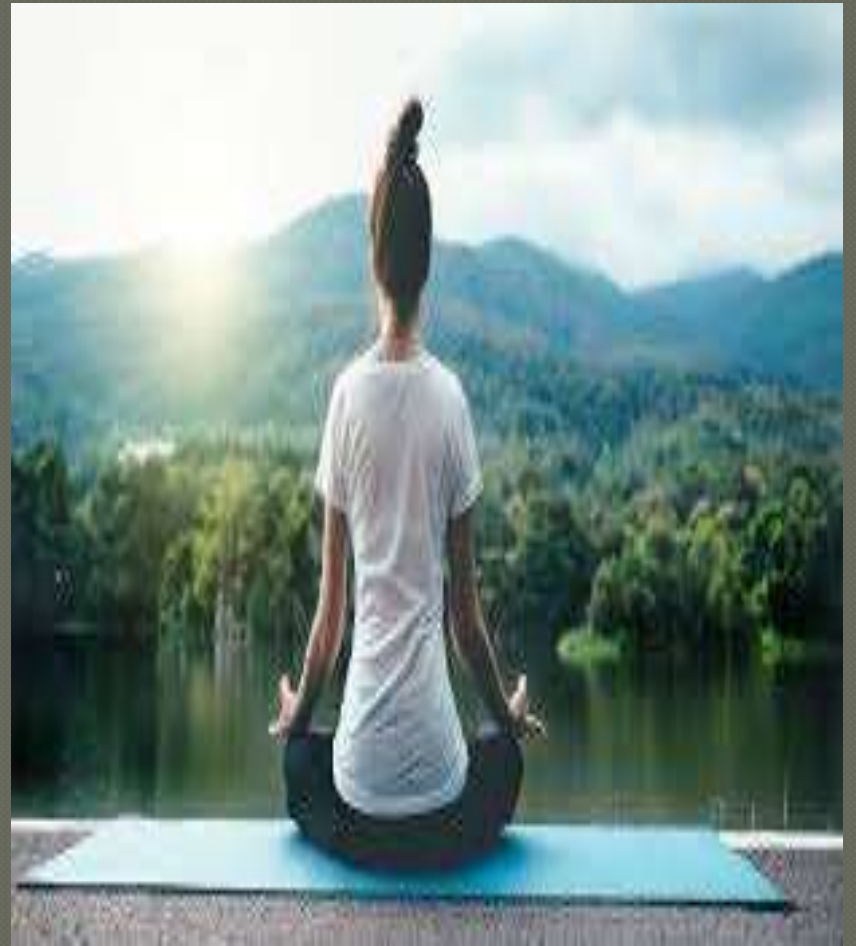
*Different martial art forms have been a part Of India's culture and traditional form of martial art. Now martial arts of judo , karate , Tae Kwon Do and Kung fu are popular sports in India and the world.*





# YOGA- ASANAS AND PRANAYAM...

- *Physical and mental stress makes us sick and tired. Yoga helps us to lead a healthy and stress free life. It also guides us to adopt right eating habits. Yoga is a part of ancient Indian culture It recent times it has become very popular in India and all over the world. Yoga teaches various Asanas to build energy, tone our muscles and keep our body fit. Yoga does not require any expensive equipment or venue. It can be practiced anywhere, at any time of the day. Breathing plays an important role in our physical and mental health. When we inhale , the breath helps our body to absorb oxygen.*



# **THEATRE...**

- *Theatre has been an important source of entertainment for people since olden times, when Nautanki and Jatra were popular. They took up themes from mythology and everyday life to entertain the masses. The dramatisation of Ramleela and Krishanlella attracts thousands of people in both rural and urban areas even today. In modern times theatre has developed into a wonderful art. It created awareness about the challenges about the challenges faced by our society/ country. It also imparts education , ideas , values and information in an effective and creative way.*



# READING...

---

- ◎ *Books are our best friends. They entertain, give important information about any topic and are easily available. Reading is a leisure time activity that is quite popular among children as well as elders. It enhances knowledge and awareness.*

*A person is never alone if he/ she is in the company of books. Reading also helps to develop imagination , expression and vocabulary.*



# **SPORTS AS ENTERTAINMENT...**

- *Cricket, hockey , football , volleyball , polo , badminton , archery , boxing , weightlifting are leisure time activities for both and girls. They are fun to play watch or even listen to the commentary. Some of them are individual game whereas others are them games/ sports. In recent times they have become career options for those who have a keen interest in sports and games. A sports person needs to have enthusiasm ,self-motivation , discipline. Physical stamina , mental , alertness and confidence to face challenges. Team games teach discipline , harmony and team spirit.*



Thank  
You