

Speaking to Virdhawal Khade

Question 1:

Indian and Foreign Games

Form pairs, discuss and complete the following

Foreign Games	Indian Games
cricket	kabaddi

Answer:

Foreign Games	Indian Games
cricket	kabaddi
tennis	langadi
baseball	lagori
football	gilli-danda
polo	kho-kho

Question 2:

Form pairs and find out to which sport these sport-personalities belong. Complete the following table.

Sports personality	Sports
Sania Mirza	Lawn Tennis
Vishwanathan Anand	
Chris Gayle	
Saina Nehwal	
Tejaswini Sawant	
Dhyanchand	
Sushil Kumar	
Mohammad Ali	
Michael Schumacher	

Passage 1

उतारा १

मराठी भाषांतर:

आशियाई क्रीडास्पर्धेतील कांस्यपदक विजेते

वीरधवल खाडे यांच्याशी संवाद

मुलाखत: लावण्या श्रीनिवासन / प्रकाशित: २९ डिसेंबर

२०१०.

वीरधवल खाडे याने त्याच्या वयोगटात संपूर्ण जगातील सर्वात वेगवान जलतरणपटू असा सन्मान मिळवला आहे. या वर्षी ग्वाँझो येथे झालेल्या आशियाई क्रीडास्पर्धात त्याने भारताला मागील २४ वर्षांतील जलतरणातील पहिले पदक मिळवून देऊन देशाची प्रतिष्ठा वाढवली आहे.

आशियाई क्रीडास्पर्धेत पुरुषांच्या ५० मीटर बटरफ्लाय जलतरण स्पर्धेत वीरधवल खाडेने कांस्यपदक मिळवून इतिहास रचला आहे. १९८६ सालच्या आशियाई क्रीडास्पर्धेत खजान सिंगने जिंकलेल्या रौप्यपदकानंतर या स्पर्धेत पदक जिंकणारा वीरधवल हा पहिला भारतीय आणि सर्वात तरुण स्पर्धक ठरला आहे. त्याने ५० मी, १०० मी, २०० मी आणि ४०० मी फ्री स्टाइल (मुक्त शैली) जलतरण स्पर्धांत तसेच, ५०मीटर बटरफ्लाय स्पर्धेत अनेक विक्रम प्रस्थापित केले आहेत. ऑलिंपिक क्रीडास्पर्धांत पात्रता मिळवणारा तो आतापर्यंतचा सर्वात तरुण भारतीय जलतरणपटू ठरला आहे. २००८ मधील बीजिंग ऑलिंपिकच्या १०० मीटर फ्री स्टाइल (मुक्त शैली) जलतरण स्पर्धेच्या उपांत्य फेरीसाठी तो पात्र ठरला नसला, तरी त्याने त्याच्या गटस्पर्धेत ती फेरी पहिल्या क्रमांकाने पूर्ण केली आणि ५०.०७ सेकंद हा सर्वोत्कृष्ट वैयक्तिक विक्रम प्रस्थापित केला; ज्यामुळे एकूण स्पर्धकांत त्याने ४२ वे स्थान पटकावले.

वीरधवल खाडेने कॉमनवेल्थ (राष्ट्रकुल) क्रीडास्पर्धेतही प्रभावशाली कामगिरी केली आणि ५० मीटर बटरफ्लाय जलतरण स्पर्धेच्या उपांत्य फेरीत सहावे मानांकन मिळवले. मूळ कोल्हापूरचा असलेल्या खाडेने वयाच्या दहाव्या वर्षापासून पोहायला सुरुवात केली आणि तेव्हापासून त्याने खूप लांबचा पल्ला गाठला आहे. या सहा फूट उंच, धिप्पाड मुलाला निहार अमीन यांनी पोहण्याचे प्रशिक्षण दिले आहे आणि सध्या तो बंगळूरु येथे प्रशिक्षण घेत आहे. Mybangalore.com सोबत झालेल्या मुलाखतीत खाडे, ग्वाँझो येथील आशियाई क्रीडास्पर्धेत पटकावलेले कांस्यपदक, भविष्यातील ध्येय आणि योजना यांच्याविषयी बोलत आहे. त्या मुलाखतीमधील हा निवडक भाग.

Factual Reading

Question 1:

Read the passage in about five minutes and complete the following statements by choosing the words from the passage.

- i. Viradhawal Khade made India proud by winning _____.
- ii. Khajan Singh won _____ at the 1986 games. **[July 15]**
- iii. Khade set a new personal best of _____ placing him 42nd overall.
- iv. Khade started swimming _____.
- v. Khade was coached by _____.

Answer:

- i. the first swimming medal for India in 24 years at the Asian Games in Guangzhou
- ii. the silver medal
- iii. 50.07 seconds
- iv. at the age of ten
- v. Nihar Ameen

Question 2:

Fill in the blanks with the correct option given below. **[July 15]**

- i. He was the first _____ aquatics.
 - a. Indian
 - b. Chinese
 - c. British
 - d. Japanese

Answer:

- a. Indian

- ii. Viradhawal Khade holds _____ records.
 - a. several
 - b. many
 - c. a few
 - d. a lot of

Answer:

- a. several

- iii. Khade did not qualify for the .
 - a. quarter final
 - b. semifinals
 - c. final event
 - d. qualifying

Answer:

- b. semifinals

Choose the correct alternative with reference to the passage.

i. Virdhawal Khade holds the distinction of being among the fastest _____ in the world in his age group.

- a. shooter
- b. runner
- c. swimmer

Answer:

- c. swimmer

ii. Virdhawal Khade was the first Indian to win a medal in aquatics at the _____

- a. Olympics
- b. Asian Games .
- c. Commonwealth Games

Answer:

- b. Asian Games

iii. Khade also put up an impressive performance at the _____ and was rated sixth place in the 50m butterfly semis.

- a. Inter-state games
- b. Commonwealth Games
- c. Olympics

Answer:

- b. Commonwealth Games

iv. Virdhawal Khade is being trained in _____ city.

- a. Bangalore
- b. Mumbai
- c. Patna

Answer:

- a. Bangalore

Read the passage from line (1 to 21) on page (145) of your textbook and answer the following questions.

[Virdhawal Khade holds _____
_____ future goals and plans.]

A2. Understanding the Passage

Question 1:

Go through the text and find out the following things. [July 15]

i. The events in which Virdhawal made records.

Answer:

50m, 100m, 200m and 400m Freestyle events and 50m Butterfly event

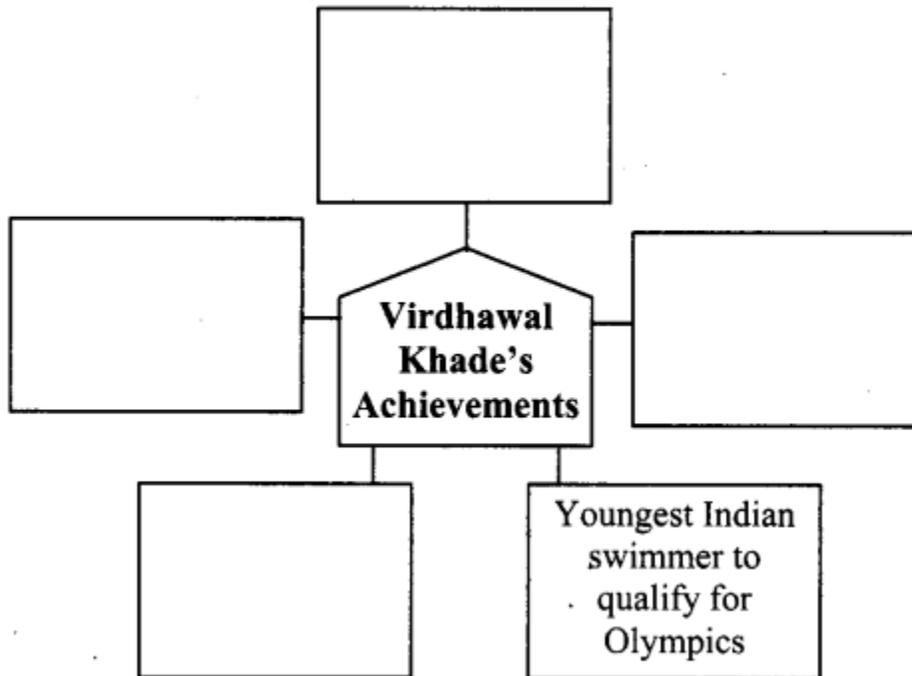
ii. The year and city where Virdhawal participated in the 100m freestyle.

Answer:

2008, Beijing

Question 2:

Complete the web.



Answer:

i. Bronze medal in Men's 50m Butterfly event at Asian Games

ii. First Indian to win a medal in aquatics at Asian Games

iii. Holds several records in 50m, 100m, 200, 400m Freestyle events

iv. Youngest Indian swimmer to qualify for Olympics

v. Sixth place in 50m butterfly semis at Commonwealth Games

Meaning from the Text

Question 1:

Arrange the following words in correct alphabetical order. [A8, pg. 148]
distinction, clinching, aquatics, freestyle, butterfly, Olympics, commonwealth, games

Answer:

- i. aquatics
- ii. butterfly
- iii. clinching
- iv. commonwealth
- v. distinction
- vi. freestyle
- vii. games
- viii. Olympics

Find out the opposites of the following. [A9, pg. 148] [A9, pg. 148]

- i. slowest
- ii. losing
- iii. few
- iv. start

Answer:

- i. fastest
- ii. winning
- iii. several
- iv. finish

Question 2:

Glance through the passage and match the phrases with their meanings. [All, pg. 148]

	A		B
i.	make someone proud	a.	display one's skills for everyone to see
ii.	hold a record	b.	by doing something well to satisfy others
iii.	Put up a performance	c.	to have achieved a lot over time
iv.	come a long way	d.	the best achievement so far in a particular field

Answer:

(i – b), (ii – d), (iii – a), (iv – c)

Question 3:

Arrange the following words in the correct alphabetical order.

Swimmer, Several, Semifinal, Second.

Answer:

- i. Second

- ii. Semifinal
- iii. Several
- iv. Swimmer

Question 5:

Write from the passage words that mean the following.

- i. succeed in achieving something like victory
- ii. related with water
- iii. to become eligible for the next round in sports or games
- iv. trained someone to become better at a task

Answer:

- i. clinching
- ii. aquatic
- iii. qualify
- iv. coached

A4. Language Study
Do as Directed.

Question 1:

Vir dhawal was the first Indian to win a medal in aquatics at the Asian Games.
(Rewrite as a negative sentence)

Answer:

No other Indian besides Vir dhawal had ever won a medal in aquatics at the Asian Games.

Question 2:

He is the youngest Indian swimmer. (Choose the correct positive degree)

- i. No other Indian swimmer is as young as he.
- ii. No other Indian swimmer is as younger as he.
- iii. Very few Indian swimmers are as young as he.
- iv. No other Indian swimmer was as young as he. [July 15]

Answer:

- i. No other Indian swimmer is as young as he.

Question 3:

He did not qualify for the semifinals. (Rewrite as an affirmative sentence)

Answer: He failed to qualify for the semifinals.

Question 4:

Although he did not qualify for the semifinals, he did finish first in his heat. (Use 'but' at the proper place and rewrite the sentence) [July 15]

Answer: He did not qualify for the semifinals, but he did finish first in his heat.

Question 5:

Khade was rated sixth place in the 50 m butterfly semis. (Add a question tag)

Answer: Khade was rated sixth place in the 50 m Butterfly semis, wasn't he?

Question 6:

This strapping six-footer is coached by Nihar Ameen. (Change the voice)

Answer:

Nihar Ameen coaches this strapping six-footer.

Question 7:

Khade talks about winning bronze at Asian Games. (Frame a 'Wh' question to get the underlined part as an answer)

Answer:

What does Khade talk about?

A5. Personal Response

Question 1:

What do you think are the different challenges in swimming competitions? [A4 – III (2), pg. 147]

Answer:

I think that there are numerous challenges in swimming competitions. Setting new targets and goals, working under constant pressure, maintaining speed, not losing energy and focus, staying calm, etc. are a few challenges that the participants need to face while competing with other swimmers.

Question 2:

Why, do you think, could Virdhawal Khade make history? [July 15]

Answer:

According to me, Virdhawal Khade could make history because he was hardworking and dedicated. Perseverance also played a very important role in his success. He had a positive attitude and he wasn't afraid of chasing his dreams.

Question 3:

How does the physical built / structure of a swimmer help him / her?

Answer:

Generally, swimmers are tall and thin with long arms, long legs, long feet and long hands. The size of their hands gives them 'water grasp' and only a very small hand movement keeps them afloat. They also have great strength, endurance and insulation against heat loss while in the water below body temperature.

Passage 2

उतारा २

मराठी भाषांतर:

सर्वप्रथम आशियाई क्रीडास्पर्धेत कांस्यपदक जिंकल्याबद्दल तुझे अभिनंदन. त्याबद्दल तुझ्या मनात कोणते विचार येतात आणि तुला कसे वाटते?

तुमचा खूप खूप आभारी आहे. तो एक विलक्षण अनुभव होता आणि आशियाई स्पर्धातले गेल्या २४ वर्षांमधील भारताचे हे पहिलेच पदक असल्याने मी भारावून गेलो होतो. असे असले, तरी माझ्या काही चुकांमुळे मला अजून दोन पदकांना मुकावे लागले, म्हणून मी थोडा निराशही झालो होतो. आशा आहे, की मी माझ्या खेळात अधिक सुधारणा करू शकेन आणि पुढील काळात होणाऱ्या सामन्यांत अधिक चांगली वेळ नोंदवण्याचा प्रयत्न करीन.

५० मीटर बटरफ्लाय जलतरण स्पर्धेत तू उत्तम यश मिळवलेस, तुझा वैयक्तिक आवडीचा प्रकार कोणता?

मजेची गोष्ट म्हणजे माझा आवडता जलतरण प्रकार दरवर्षी बदलत राहतो. या वर्षी ५० मीटर फ्री स्टाइल (मुक्त शैली) आणि बटरफ्लाय स्पर्धा माझ्या आवडीचे प्रकार होते. २०११ च्या स्पर्धेकरता, मी २०० मीटर आणि ४०० मीटर फ्री स्टाइल (मुक्त शैली) क्रीडास्पर्धेवर अधिक लक्ष केंद्रित केले आहे.

तुझ्यासाठी यश म्हणजे काय? त्यासाठी कोणत्या गोष्टींचे योगदान मिळाले आहे?

माझ्या मते मेहनत आणि चिकाटी यांच्यामुळेच यश प्राप्त होत असते. त्यासाठी रात्रंदिवस तुम्हांला तुमचे १००% प्रयत्न द्यावे लागतात. त्यात आत्मसमाधानाला मुळीच जागा नसते. तुम्हांला जर उत्तम वेळ नोंदवायची असेल आणि पटकवायची असतील, तर तुम्हांला अधिक परिश्रम करावेच लागतात.

प्रशिक्षक निहार अमीन यांच्या मार्गदर्शनाखाली प्रशिक्षण घेण्याचा तुझा अनुभव कसा आहे?

निहार सरांच्या हाताखाली प्रशिक्षण घेणे खूप मजेशीर आहे. आम्ही आमच्या प्रशिक्षण काळाचा पुरेपूर आनंद घेत आहोत, याची ते नेहमी खात्री करून घेतात आणि आम्हांला सतत स्वतःचीच आव्हाने स्वीकारायला लावतात.

तू आहाराची काही विशेष पथ्ये पाळतोस का?

अशा प्रकारचे कोणतेही विशिष्ट निर्बंध नाहीत; पण मला आरोग्यदायक अन्नपदार्थ खायला आवडतात आणि जास्त कर्बोदके (कार्बोहाइड्रेट्स) असलेल्या पदार्थांचा मी माझ्या आहारात समावेश करतो.

तू कार्यप्रवृत्त (उत्साही) कसा राहतोस?

मी यशाचा खूप भुकेला आहे. भारतासाठी ऑलिंपिक पदक जिंकणे, हे माझे स्वप्न आहे आणि हे स्वप्न मला प्रत्येक दिवशी प्रेरणा देत असते.

तणावाच्या वेळी तू शांत आणि एकाग्र कसा राहतोस?

एक व्यावसायिक खेळाडू म्हणून, तुम्ही तणावाला तोंड देण्यास शिकताच. तुम्ही स्वतःच्या फायद्यासाठी त्याचा उपयोग करून घ्यायला शिकता. मला स्वतःला तणाव आवडतो आणि जेव्हा जोखीम जास्त असते, तेव्हा मी अधिक चांगली कामगिरी करतो.

आम्हांला तुझ्या भावी ध्येयांविषयी आणि योजनांविषयी सांग.

पुढील वर्षी मी मध्यम अंतराच्या जलतरण स्पर्धांवर अधिक लक्ष केंद्रित करणार आहे आणि नंतर तेथून निघून २०१२ मध्ये होणाऱ्या ऑलिंपिक स्पर्धांकरता माझ्या नेहमीच्या, कमी अंतराच्या वेगवान स्पर्धांकडे वळणार आहे.

तू इतर जलतरणपटूंपेक्षा वेगळा कसा ठरतोस?

प्रत्येक जलतरणपटूची एक वैशिष्ट्यपूर्ण शैली आणि तंत्र असते. मला वाटते जास्त वेगाने पोहण्यासाठी तणावाचा उपयोग करून घेण्याची आणि सामान्य कामगिरीतून पुन्हा यशास्वी होण्याची क्षमता माझ्यात आहे.

भारतातील जलतरण खेळांच्या सद्य स्थितीविषयी तुला काय वाटते?

मागील दोन-तीन वर्षांत खूपच प्रगती झाली आहे आणि भविष्य उज्ज्वल दिसत आहे.

बंगळुरुविषयी तुला सर्वाधिक आवडणारी गोष्ट कोणती?

तुला घराची आठवण येते का?

बंगळुरु मला आता घरासारखेच वाटते. येथे माझे खूप चांगले मित्र झाले आहेत आणि माझी प्रेयसीसुद्धा येथेच असते. मला वडिलांप्रमाणे असलेल्या निहार सरांचा मी आभारी आहे. त्यांच्यामुळे मला खरोखरच घराची तेवढी आठवण येत नाही. असे असले तरी, मी जेव्हा सुट्टीसाठी घरी जातो, तेव्हा तेथील प्रत्येक मिनिटाचा मी आनंद घेतो.

तू तुझ्या मोकळ्या वेळेत काय करतोस?

मला चित्रपट आणि दूरचित्रवाणीवरील 'Two and Half Men' आणि 'The Big Bang Theory' यांसारखे विनोदी कार्यक्रम पाहायला आवडतात. मी माझ्या संगणकावरही खूप खेळ खेळतो.

भविष्यात परदेशात जाऊन प्रशिक्षण घेण्याची तुझी काही योजना आहे का?

खरे म्हणजे, मला परदेशात जाऊन प्रशिक्षण घ्यावेसे वाटत नाही. निहार सर हे जागतिक दर्जाचे प्रशिक्षक आहेत आणि आता भारतातच अनेक सुविधा उपलब्ध झाल्या आहेत. योजल्याप्रमाणे सर्व घडले, तर मला ऑलिंपिक स्पर्धेत पदक मिळवण्याची आशा आहे.

A1. Factual Reading

State whether the following sentences are True or False. Correct the false sentences.

Question 1:

Virbhawal was happy because he made a couple of mistakes that cost him another two medals in swimming at the Asian Games.

ii. Virbhawal's diet consists of healthy food including a lot of proteins and vitamins.

Answer:

i. False. Virbhawal was disappointed because he made a couple of mistakes that cost him another two medals in swimming at the Asian Games,

ii. False. Virbhawal's diet consists of healthy food including a lot of carbohydrates.

Question 2:

Fill in the blanks to complete the sentences.

- i. There is no room for _____.
- ii. If you want to set the best times and grab the medals, then you have to put in _____.
- iii. It was great fun to train under _____.
- iv. _____ for India is what I dream of and it motivates me every day.

Answer:

- i. complacency
- ii. the extra effort
- iii. Nihar sir
- iv. Winning an Olympic medal

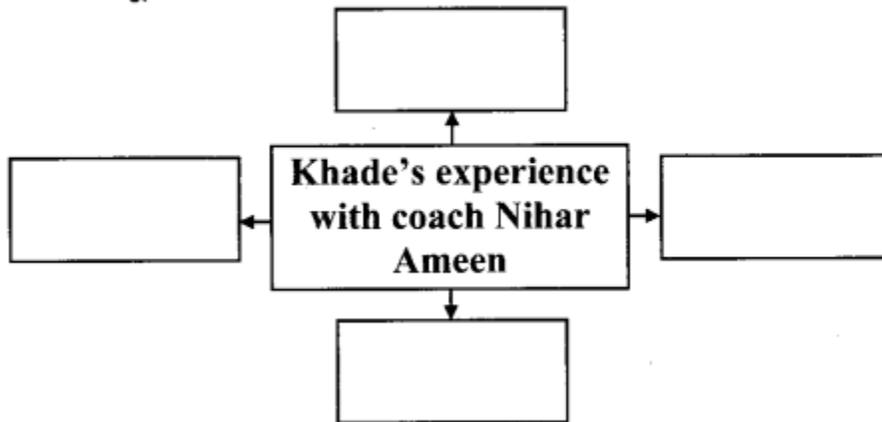
Read the passage from line (21 to 63) on page (145, 146) of your textbook and answer the following questions.

**[Excerpts from the _____
_____ get an Olympic medal.]**

A2. Understanding the Passage

Question 1:

Make a web to show Khade's experience of getting trained under his coach, Nihar Ameen.



Answer:

- i. Khade has great fun while training under Nihar Ameen
- ii. Nihar Ameen makes sure that Khade enjoys the training sessions
- iii. Nihar Ameen constantly makes Khade challenge himself
- iv. Nihar Ameen is a father figure for Khade

Question 2:

Complete the table with the help of the passage.

Qualities required to achieve success	Qualities that set Khade apart from others

Answer:

Qualities required to achieve success	Qualities that set Khade apart from others
Hard work	Ability to use pressure to swim faster
Perseverance	Ability to bounce back from average performances

A3. Meaning from the Text

Question 1:

Arrange the following words in correct alphabetical order.
interview, perseverance, complacency, medal, distance, events.

Answer:

- i. complacency
- ii. distance
- iii. events
- iv. interview
- v. medal
- vi. perseverance

Question 2:

Find out the opposites of the following.

- i. believable [A9, pg. 148]
- ii. failure
- iii. worse [A9, pg. 148]
- iv. demotivate

Answer:

- i. unbelievable
- ii. success
- iii. best
- iv. motivate

Question 3:

Glance through the passage and match the phrases with their meanings. [All, pg. 148]

	A		B
i.	day in and day out	a.	thinking that something will happen in the near future
ii.	to cope with	b.	to be successful again after a difficult period
iii.	to bounce back	c.	to deal successfully with a difficult situation
iv.	just a matter of time	d.	doing things every day for a longer period of time

Answer:

(i – d), (ii – c), (iii – b), (iv – a)

Question 4:

Write from the passage words that mean

- i. quality of continuing to try to achieve a particular aim
- ii. having limitations
- iii. inspired to do something
- iv. humorous programmes on television that are aired regularly

Answer:

- i. perseverance
- ii. restrictions
- iii. motivated
- iv. sitcom

A4. Language Study

Do as directed.

Question 1:

I am thrilled. (Rewrite as an exclamatory sentence)

Answer:

How thrilled I am!s

Question 2:

He always makes sure we enjoy our training sessions. (Rewrite in Present Perfect Tense)

Answer:

He has always made sure we enjoy our training sessions.

Question 3:

Every swimmer has a unique style. (Frame a 'Wh' question to get the underlined part as an answer)

Answer:

What does every swimmer have?

Question 4:

I enjoy every minute of it. (Add a question tag)

Answer:

I enjoy every minute of it, don't I?

Question 5:

I love watching movies. (Rewrite using infinitive form of the underlined word)

Answer:

I love to watch movies.

A5. Personal Response

Question 1:

'Pressure is essential to perform better.' Explain through examples. [A4-III (1), pg. 147]

Answer:

Professional athletes learn to cope with pressure. They learn to use it to their advantage. Viradhwal has come to love the pressure and he performs much better when there is a lot at stake. Another example is of the Indian cricket team, which plays better under pressure, which brings out the best in them.

Question 2:

What are the techniques required for participating in swimming competitions? [A4 – III (3), pg. 147]

OR

Mention the techniques needed by a swimmer to participate in swimming competitions.

Answer:

A swimmer should know about the proper stroke mechanics. Also, one should have great concentration power. A mix of technique and fitness work brings out the best in a swimmer. He / she must learn to handle pressure and use it to his / her advantage.

Additional Questions for Practice

Question 1:

Read the interview again and after discussing with your partner answer the following questions. [A4 -1 & II, pg. 147]

i. Answer in one sentence.

a. Where did Viradhwal Khade win the Bronze Medal? (Place)

Answer:

Viradhawal Khade won the Bronze Medal at the Asian Games in Guangzhou.

b. How tall is Viradhawal Khade? (height)

Answer:

Viradhawal Khade is six feet tall.

c. Which place does Viradhawal Khade belong to? (Place)

Answer:

Viradhawal Khade belongs to Kolhapur.

d. How does Viradhawal enjoy his free time?

Answer:

Viradhawal enjoys watching movies and sitcoms like 'Two and a Half Men' and 'The Big Bang Theory' during his free time and also likes to play a lot of games on his computer.

ii. Answer in two to three sentences.

a. How did Viradhawal create history at the Asian Games?

Answer:

Viradhawal made history at the Asian Games in Guangzhou by clinching the Bronze Medal in the Men's 50 m Butterfly event. Viradhawal was the first Indian to win a medal in aquatics at the Asian Games, since Khajan Singh's Silver at the 1986 Games, and was also the youngest ever to do so.

b. What motivates Viradhawal to achieve this feat?

Answer:

Viradhawal's motivation is his hunger for success. His dream of winning an Olympic Medal for India, motivates him every day.

c. What is the opinion of Viradhawal about his coach?

Answer:

Viradhawal has great respect for his coach Nihar Ameen. He is like a father to him. According to him, he is a world class coach and under his training, it is just a matter of time before he gets an Olympic medal.

Question 2:

Knowing the text

Form pairs and after discussing with your partner answer the following questions. Select the right one from the alternatives given below. [A5, pg. 147]

i. What type of text is it? How do you decide?

a. a play

- b. a story
- c. an interview

Answer:

The text is an interview. The questions asked by the interviewer and the answers given by Virdhawal Khade helped me to decide that this is an interview.

ii. What is the message of the text? Quote the appropriate relevant lines.

- a. hard work and perseverance
- b. saving the environment
- c. swimming good for health

Answer:

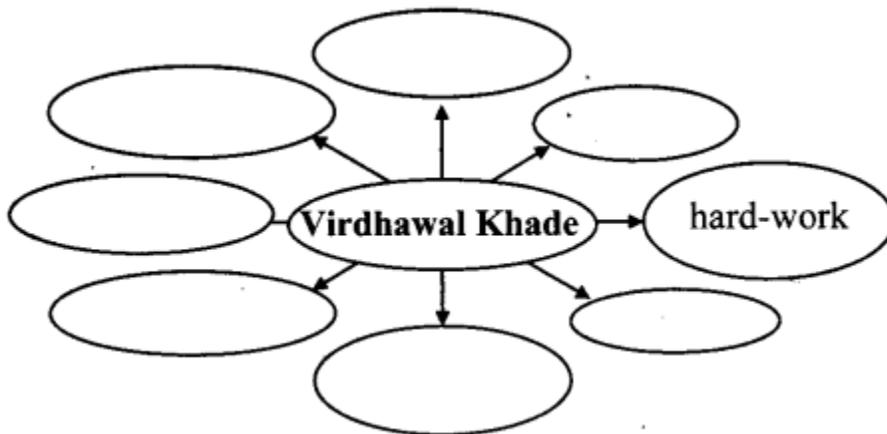
The message of the text is that hard work and perseverance is a must to achieve success in life. Relevant line from the text is – “I believe success is due to hard work and perseverance.

You have to give it your 100 % day in and day out.”

Question 3:

Finding Qualities

Go through the text again and find out the phrases and sentences that display various qualities of Virdhawal Khade. Fill the web- diagram with appropriate answers from the text.



Answer:

- i. Self evaluation: However, I was a bit disappointed that I made a couple of mistakes that perhaps cost me another two medals.
- ii. Optimistic: Hopefully, I can continue to improve and set better times in the tournaments to come.
- iii. Hard-work: I believe success is due to hard work and perseverance.
- iv. Healthy eating habits: I just like to eat healthy and include a lot of carbohydrates in my diet.
- v. Motivated: Winning an Olympic Medal for India is what I dream of and it motivates me every day.
- vi. Calm and focused: As a professional athlete, you learn to cope with the pressure.

You learn to use it to your advantage.

vii. Ability to work under pressure: Personally, I have come to love the pressure and I perform much better when there is a lot at stake.

viii. Setting future goals: Next year I want to concentrate more on middle distance events, and then taper down from there to my usual sprint events for the 2012 Olympics.

Question 4:

Suffix

Look at the following sentence and the underlined word, discuss the following questions with your partner. Note your observations and responses. [A7, pg. 148]

'There has been a lot of improvement over the past 2-3 years and the future looks bright.'

Discuss:

i. What is the root word of the underlined one?

Answer:

The root word of the underlined one is 'improve'.

ii. What is added to form this word?

Answer:

The suffix '-ment' is added to form the word, 'improvement'.

iii. What other words are formed by adding '-ment'?

Answer:

Other words formed by adding '-ment' are:

govern – government,
encourage – encouragement,
appoint – appointment,
content – contentment,
develop – development, '
assess – assessment, etc

iv. Why are they called 'suffix'?

Answer:

They are just a group of letters that make no sense on their own. But, they make sense when added to other words. When such an addition is made, the form of the root word gets changed. Such group of letters, when added at the end of another word is known as a suffix.

v. Make a list of words that are formed with suffix '-ment'.

Answer:

List of words formed using suffix '-ment' are:

excite – excitement,
commit – commitment,
improve – improvement,
confine – confinement,

manage – management,
achieve – achievement, etc.

Question 5:

Pronunciation

Look at the following sentences. [A10, pg. 148]

- i. Virdhawal Khade started swimming at the age of ten.
- ii. Rajesh was sitting on the edge of the cliff.

Look at the above sentences. The underlined words ‘age’ and ‘edge’ have some similarity. Consider the pronunciation of each word in the brackets and their meanings.

- i. The _____ (ear / year) 2012 is very crucial for Virdhawal Khade.
- ii. Virdhawal Khade achieved _____ (great / grate) success.
- iii. _____ (Their / There) are sufficient facilities provided to the sports personalities in India.
- iv. The _____ (except / excerpts) of the new movie are shown daily on TV.
- v. Please put the chits of papers in the dust _____ (bin / been).
- vi. Mai _____ (letter / later) donated her child to the trust.

Answer:

- i. year
- ii. great
- iii. There
- iv. excerpts
- v. bin
- vi. later

Question 6:

Referring to a dictionary

i. Read the following sentences that appear in the text and observe the underlined words. Reading carefully the dictionary entry find out the meaning of the underlined words. [A12, pg. 149]

a. Khade also put up an impressive performance at the Commonwealth Games.

b. If you want to set the best times and grab the medals, then you have to put in the extra effort.

put ‘up sth 1. to show a particular level of skill, determination, etc. in a fight or contest: They surrendered without putting up much of a fight. The team put up a great performance (= played very well).

put-down noun (informal) a remark or criticism that is intended to make sb look or feel stupid

put-in noun (in RUGBY) the act of putting the ball into SCRUM

put-on (noun) [usually sing.] (Name) something that is done to trick or cheat people

Answer:

- a. To show a particular level of skill, determination, etc. in a fight or contest,
- b. To spend a lot of time or effort in doing something.

ii. Look at the dictionary entry again and after discussing with your friend, fill in the blanks of the following sentences by selecting proper words from the dictionary entry.

a. Sachin and Yuvraj had _____ a miraculous performance to win the World Cup.

Answer:

put up

b. If I _____ a regular practice and drilling, I can win the tournament.

Answer:

put in

Question 7:

Asking questions

i. Look at the questions given below, some of the questions are from the text. Form pairs and discuss with your partner how these questions are formed. [A13, pg. 149,150]

- a. What is success to you?
- b. How is it to train under Coach Nihar Ameen?
- c. Where is Guangzhou?
- d. When did you start taking swimming lessons?
- e. Who is your role model?

Discuss

- Are all the questions similar?

Answer:

No, all the questions are not similar.

- Do they have similar response?

Answer:

No, they do not have similar response.

- What do the various questions indicate?

Answer:

The questions indicate a variety of responses / information depending on the type of 'Wh' question asked.

Type of Question asked	Indicates
What	Information asked
How	Manner
Where	Time/Period
Who	Name of the person

ii. Form pairs and match the statements with the correct Wh-form. Read the underlined part carefully to get your answer. And

frame 'Wh' questions:

	Sentence		Wh-form
i.	Khade won the bronze medal.	a.	What
ii.	Khade won the medal in Guangzhou.	b.	Who
iii.	Khade won the medal by hard work and perseverance.	c.	When
iv.	Khade learnt swimming at the age of ten.	d.	What
v.	Khade likes watching movies and sitcoms.	e.	How

Answer:

(i – a), (ii – b), (iii – e), (iv – c), (v – d)

ii. After matching the sentences with the correct Wh-form, frame Wh-questions with correct verb forms.

- What _____
- Who _____
- When _____
- What _____
- How _____

Answer:

- What does Khade like?
- Who won the medal in Guangzhou?
- When did Khade learn swimming?
- What did Khade win?
- How did Khade win the medal?

iv. Look at the questions given in column A. Form pairs and match them with their answers in column B.

	Column 'A'		Column 'B'
i.	Where were the 2008 Olympics held?	a.	Hard work and perseverance
ii.	How does Khade keep himself healthy?	b.	Silver medalist in Asian Games
iii.	Who is Khajan Singh?	c.	at the 2008 Olympics
iv.	When did Khade set a new personal best?	d.	by eating healthy diet
v.	What are the special qualities of Khade?	e.	Beijing

Ans:

(i – e), (ii – d), (iii – b), (iv – c), (v – a)

v. Form Wh-questions from the following statements to get underlined part as an answer.

- Khade is young and aspiring swimmer.
- Khade brought laurels to India by his outstanding achievements.
- Swimming is the sport mentioned in the text.

- d. Khade lives in Bangalore.
- e. Youngsters can achieve success by toiling hard day and night. –
- f. I was absent at school due to illness.
- g. Manoj likes adventurous sports more than the indoor sports.

Answer:

- a. Who is a young and aspiring swimmer?
- b. How did Khade bring laurels to India?
- c. Which sport is mentioned in the text?
- d. Where does Khade live?
- e. How can youngsters achieve success?
- f. Why was I absent at school?

Question 8:

More questions

Work in pairs and convert the following statements into questions. One is done for you.
[A14, pg. 150]

- e. g. Virdhawal Khade made India proud, (who)

Answer:

Who made India proud?

- i. Virdhawal Khade believes success is due to hard work and perseverance, (what)

Answer:

What does Virdhawal Khade believe?

- ii. Virdhawal Khade started swimming at the age of ten. (when)

Answer:

When did Virdhawal Khade start swimming?

- iii. Virdhawal Khade is coached by Nihar Ameen. (who)

Answer:

Who is Virdhawal Khade coached by?

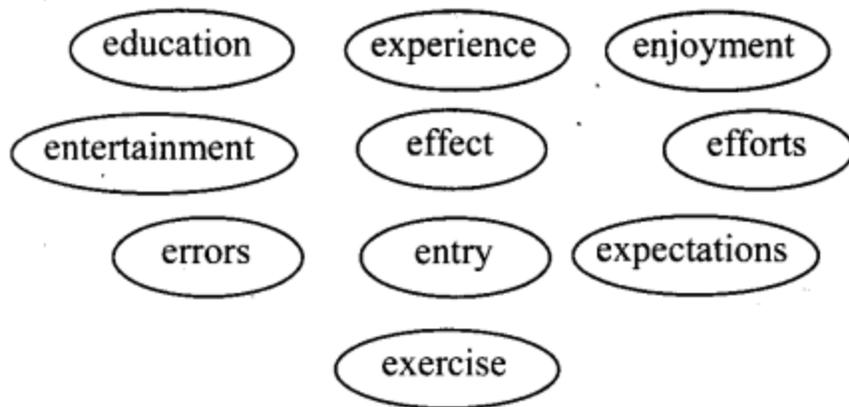
- iv. Virdhawal Khade put up an impressive performance at the Commonwealth Games, (where)

Answer:

Where did Virdhawal Khade put up an impressive performance?

Question 9:

Interviewing Virdhawal Khade Virdhawal Khade is invited by your school. You are given the responsibility of conducting his interview. Discuss with your partner and frame 10 'Wh-type' questions so as to know the following. [A15, pg. 150]



Answer:

- i. What are your educational qualifications?
- ii. How many years of experience do you have in swimming?
- iii. Is swimming a part of your enjoyment? Why?
- iv. What is your favourite source of entertainment?
- v. What effect does swimming have on your personality?
- vi. What efforts do you take to maintain good health?
- vii. What errors have you made? How do you rectify them?
- viii. How did you make an entry into this sport?
- ix. What are your expectations with respect to your performance?
- x. How much time do you spend on exercise everyday?

Question 10:

Do's and Don'ts

While swimming in a pool you have to be careful about certain things. Discuss with your partner the problems and complete the following table. Develop a short paragraph using the information developed in the table. You may be good in swimming or you must have decided to learn swimming.

Tips	Do's	Dont's
entering the pool	You should enter with a life guard or life saving devices.	You should not enter alone in a pool if you are not a good swimmer.
swimming apparel		
misbehaving		
diving or jumping		
wearing a life jacket		
bath, wash		
suffering disease		

Answer:

Tips	Do's	Dont's
entering the pool	You should enter with a life guard or life saving devices.	You should not enter alone in a pool if you are not a good swimmer.
swimming apparel	You should wear proper swimming apparel.	You should not enter the pool without proper swimming apparel.
misbehaving	You should behave properly in the pool with other swimmers.	You should not misbehave in the pool with other swimmer.
diving or jumping	You should avoid diving or jumping into the pool.	You should not dive or jump into the pool.
wearing a lifejacket	You should wear a life jacket if you are a beginner in swimming.	You should not enter the pool without wearing a life jacket, if you are in the initial stages of learning.
bath, wash	You should have a bath before entering the pool.	You should not enter the pool without having a bath.
suffering disease	You should stay away from the pool if you are suffering from any contagious disease.	You should not enter the pool if you are suffering from any contagious disease.

I have been swimming for the last ten years. When I was a beginner, I was told to enter the pool only with a life jacket on. I was asked not to enter alone into the pool. It is mandatory that every swimmer should enter the pool with proper swimming apparel. Every swimmer must behave properly in the pool with others. Any mischief on his / her part could invite trouble. Another important lesson that I learnt as a beginner was that I should not dive or jump into the pool without wearing a life jacket. Every swimmer should have a bath before entering the pool and he/she must stay away from the pool if he / she is suffering from any contagious disease.

Question 11:
Speaking skill

You have studied deeply and thoroughly about Viradhawal Khade and swimming, now form pairs and select a game of your choice and speak in front of the class. Make use of the points in the boxes

Where is it played?

How is it played?

Who are the famous players?

What about the popularity?

What are the rules?

What is the history of the game?

Answer:

Hockey

Respected teacher and my dear friends, a very good morning to all of you. I, Meghna Pant, would like to speak a little about India's national sport, hockey.

Hockey is played all over our country. India was the world champion in hockey for many years. In the game, there are two halves which are 20-25 minutes long, each with a 5-minute half time. There are 11 players on each team, including the goalie. The ball must be dribbled or passed down the field with the flat side of the stick. The players can be seen running in the field when the game is in progress. Every minute there is a new move made by the players, which may change the course of the game. Hence, everyone is alert throughout the match. The goal keeper, the centre forwards, the right and left backs are all important in the game. It is team-work that leads to success.

Our country has produced a number of world class players, like Dhanraj Pillai, Dhyan Chand, Leslie Claudius, Ajit Pal Singh and Udham Singh. The following trophies are associated with the game of hockey (i) Dhyan Chand Trophy (ii) Lady Ratan Trophy (for women) (iii) Nehru Trophy (iv) Scindia Gold Cup and (v) Ragaswamy Cup. Non-stop action, hits, moves and goals make the game interesting to watch and a popular sport to follow.

Thank you.