

**Chapter – 16**  
**Reaction Time**  
**Worksheet – 1**

**Q.1 Fill in the blanks:**

1. Recreation is to do something for \_\_\_\_\_ and \_\_\_\_\_.
2. \_\_\_\_\_ are activities that help us to relax.
3. Football, hockey are examples of \_\_\_\_\_ games.
4. \_\_\_\_\_ help students to learn the rules of different games.
5. Games can be \_\_\_\_\_ or \_\_\_\_\_.

**Q.2 True false:**

1. We should play with everyone.
2. Sometimes, games lead to misunderstanding and fights while playing.
3. Misunderstandings should be solved peacefully.
4. We should cooperate with players of other team.
5. The best way is to mutually decide the rules of a game in a friendly manner at the start of it.

**Q.3 Subjective questions:**

1. How can one relax and have fun?
2. Differentiate between indoor and outdoor games. Give examples.
3. How can one spend leisure time at home?
4. What is the significance of playing together?
5. How should we deal with misunderstandings while playing?