## Team Spirit

Working together with energy and passion towards the common goal is called team spirit. Team spirit is the feeling of pride and loyalty that exists among the members of the team and that makes their team to do well or to be the best. Each team is led by the head of the team called captain. Captain of the team plays a major role in the development and encouragement of a team. He/she makes sure that all the members of the team give their best performances. It is very important for all the team members to respect their captain and give their wholehearted support to him/her.

### Qualities of a Team Captain

The captain of the team must possess the following qualities :

- He/she needs to have an ability to inspire all the team members.
- He/she should have fair attitude towards all the team members.
- He/she should have an ability to settle disputes or other situations calmly.
- He/she should be passionate, dedicated and focused.
- It is very important that a team leader or captain can recognise and acknowledge the contributions and ideas of his/her team members.



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## National Team

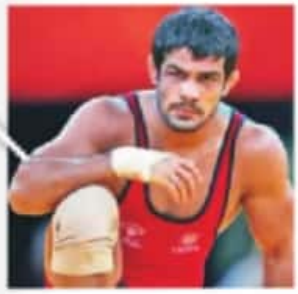
A national team is defined as a team which represents a nation. The national team consists of players from all parts of the country. Though, they belong to different castes and religions, but when they go out to play for their country, they have only one identity, and that is their nationality.

When a national team gives an impressive performance in an international event, the whole country cheers the team and celebrates its victory. Thus, the performances of national teams unite the people of a country.

## Eminent Players

### Eminent Players of the World

Many players of different games have earned their names throughout the world. They are popular for their tremendous records and skills. Some popular players of the world are Chris Gayle, Lieke Martens, Lionel Messi, Christiano Ronaldo etc.



### Eminent Players of India

Many players of India are known internationally for their expertise in the games. Some of them are : Sushil Kumar, Saina Nehwal, Vishwanathan Anand, Virat Kohli etc.

**Find out three eminent national players of the following sports :**

1. Hockey _____ _____ _____
2. Football _____ _____ _____
3. Cricket _____ _____ _____

## Equal Opportunities for Men and Women

Earlier, opportunities were limited for women in the field of games and sports. Moreover, they were not allowed to participate in games and sports. Since the time has changed, a lot of changes have taken place, which include equal facilities and opportunities for women in sports. In some games and sports, women have proved to be better than men. Dipa Karmakar in artistic gymnastics, Mithali Raj in cricket, Sakshi Malik in wrestling, Sania Mirza in tennis and



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Dipika Pallikal in squash have brought fame to our country through their talent.

There are separate teams for men and women for all sports played at national and international level. However, in certain sports like tennis and badminton, both men and women may jointly play as a team. They play under the category called mixed doubles.

## Let's Do It

Collect some information on the national games held in year 2019 and write it on a chart paper.

## Put Your Heads Together

Should games for boys and girls be different? What is your opinion?

## Tip the scales

**Suppose you are the captain of your team. Think and tick (✓) what quality you must possess :**

You must have unfair attitude towards all team members. ☐

You must have an ability to inspire your team members. ☐

## Vocabulary Cards

| Team Games | Captain | Team Spirit | National Team |
|---|---|---|---|
| the games that are played in groups or teams | the head of a team | working together with energy and passion towards the common goal | the team that represents a nation and consists of players from all parts of the country |

## Rack Your Brain !

**A. Tick (✓) the correct option :**

1. A game in which a team of players play against another team is called :
   (a) individual game ☐ (b) team game ☐ (c) none ☐
2. It is an individual game :
   (a) hockey ☐ (b) skating ☐ (c) cricket ☐



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3. It is a team game :

(a) cycling ☐ (b) swimming ☐ (c) soccer ☐

4. When both men and women play jointly, it is called :

(a) singles ☐ (b) doubles ☐ (c) mixed doubles ☐

5. The game that can be played both as an individual event and team event :

(a) badminton ☐ (b) football ☐ (c) both ☐

**B. Fill in the blanks :**

1. Games and sports help us in _____ and _____ growth.
2. The _____ of the team should have fair attitude towards all the team members.
3. The national team consists of players from all parts of the _____.
4. Sports bring the spirit of _____ and _____ among children.
5. The victory in individual games depends on the _____ of the participant.

**C. Write True or False :**

1. Sports increase our mental stress. _____
2. Competition in sports helps us in strengthening our dedication. _____
3. Games in which two teams compete each other are called individual games. _____
4. Some games can be played both as an individual event and team event. _____
5. Men and women cannot play together in any game. _____

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