



Lesson 7

Never Say 'I can't!'



Which of these games do you like to play?
With whom do you play games?

Let's read:

Wilma Rudolph was a girl of strong will. The little girl had polio at the age of four. She lost the use of her left leg. Though she was a sickly child, she always dreamt of doing something great. One day she went to the coach of the basketball team of her school.

1



Excuse me, Sir. Can I play basketball?

2

A specially abled girl like you can't play basketball. I'm sorry, Wilma.



3

I'm no longer a specially abled girl, Sir. I walk, I play and run just as others do.



4

Just as others do? Really?

5

Yes, Sir. If you don't mind, will you let me try once.



The coach was impressed by her keenness. He allowed her to play basketball and finally, she became a member of the school team.

Wilma Rudolph did not play only basketball. Let's read and find what other games she played:

- Wilma Rudolph was the first American woman to win three gold medals in the track and field competitions in the 1960 Olympic games.
- She won gold medals in the 100 metre dash, 200 metre dash and the 400 metre relay.

ACTIVITIES

1. Let's see how much we have understood:

- a) What happened to Wilma at the age of four?
- b) What did Wilma always dream of?
- c) What impressed the coach?
- d) Which game was Wilma allowed to play?

2. Read the sentences and circle the describing words:

- a) Wilma was a sickly child.
- b) Wilma had a healthy mind.

3. Read as fast as you can:



4. a) Read the words in the football. Some of these words tell us about Wilma Rudolph. Choose and write the words below the picture of Wilma Rudolph:



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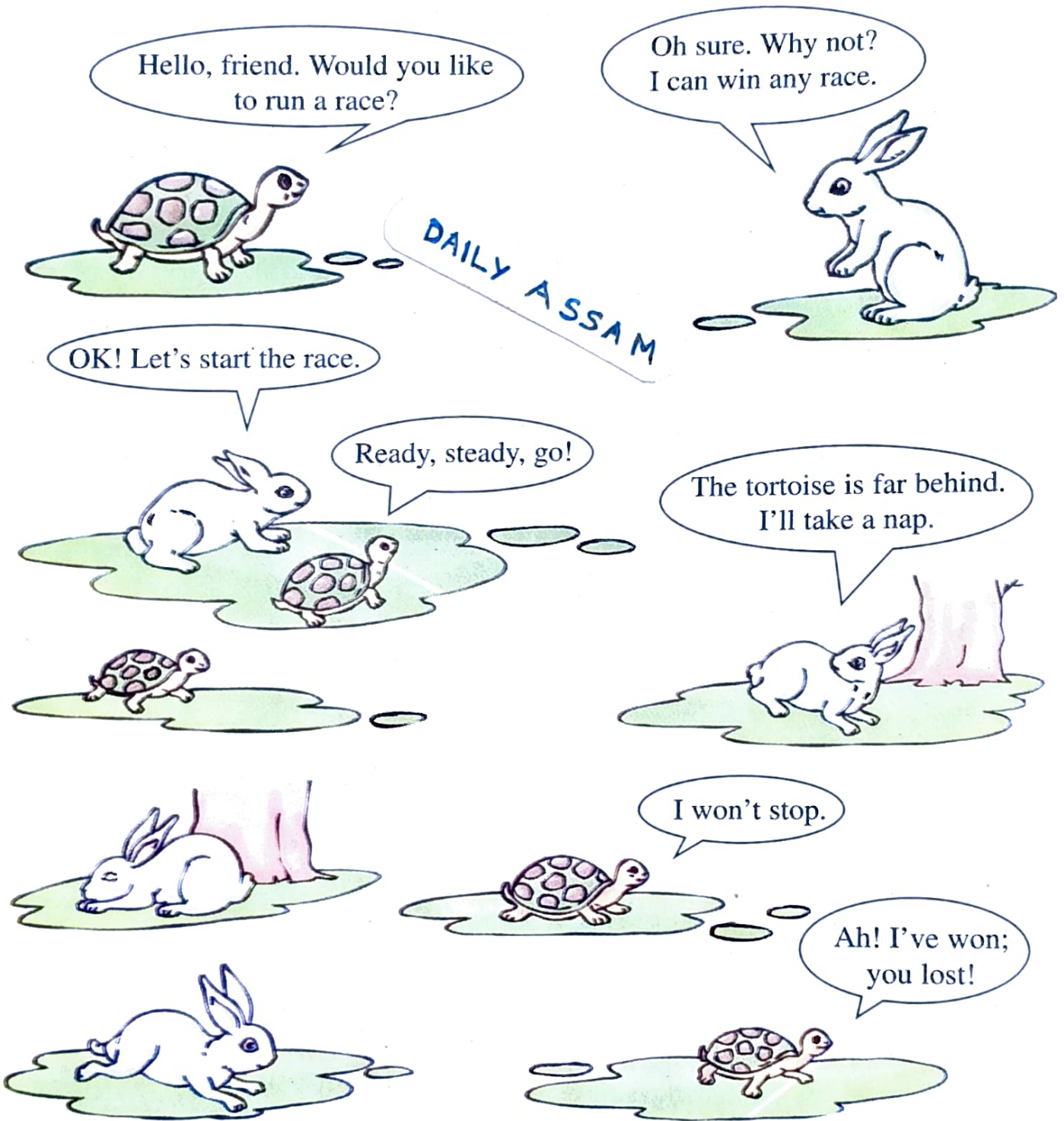
4. b) Now, write a few sentences about Wilma Rudolph using the words.

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5. Read the text again. Now, choose the correct word from the brackets to complete the sentences:

- a) Wilma ____ polio at the age of four. (had/has)
 b) She always _____ of doing something great. (dream/dreamt)
 c) One day she _____ to the coach of the school basketball team. (go/went)
 d) The coach _____ impressed by her keenness in sports. (is/was)

6. a) Let's read and have fun:



6. b) Did you like the story? Give a title to the story.

The teacher can ask learners to play roles.

7. a) Manju, Nita and Gargi took part in the Annual Sports week of their school. They won medals in the 100 metre race. Let's look at the picture and find out who stood first, second and third:



7. b) Now, fill in the gaps with the correct words from the circles.



- a) Gargi stood first. She won the _____ medal.
b) Manju stood second. She won the _____ medal.
c) Nita stood third. She won the _____ medal.

8. Role play:

Who stood first?

Gargi stood first.

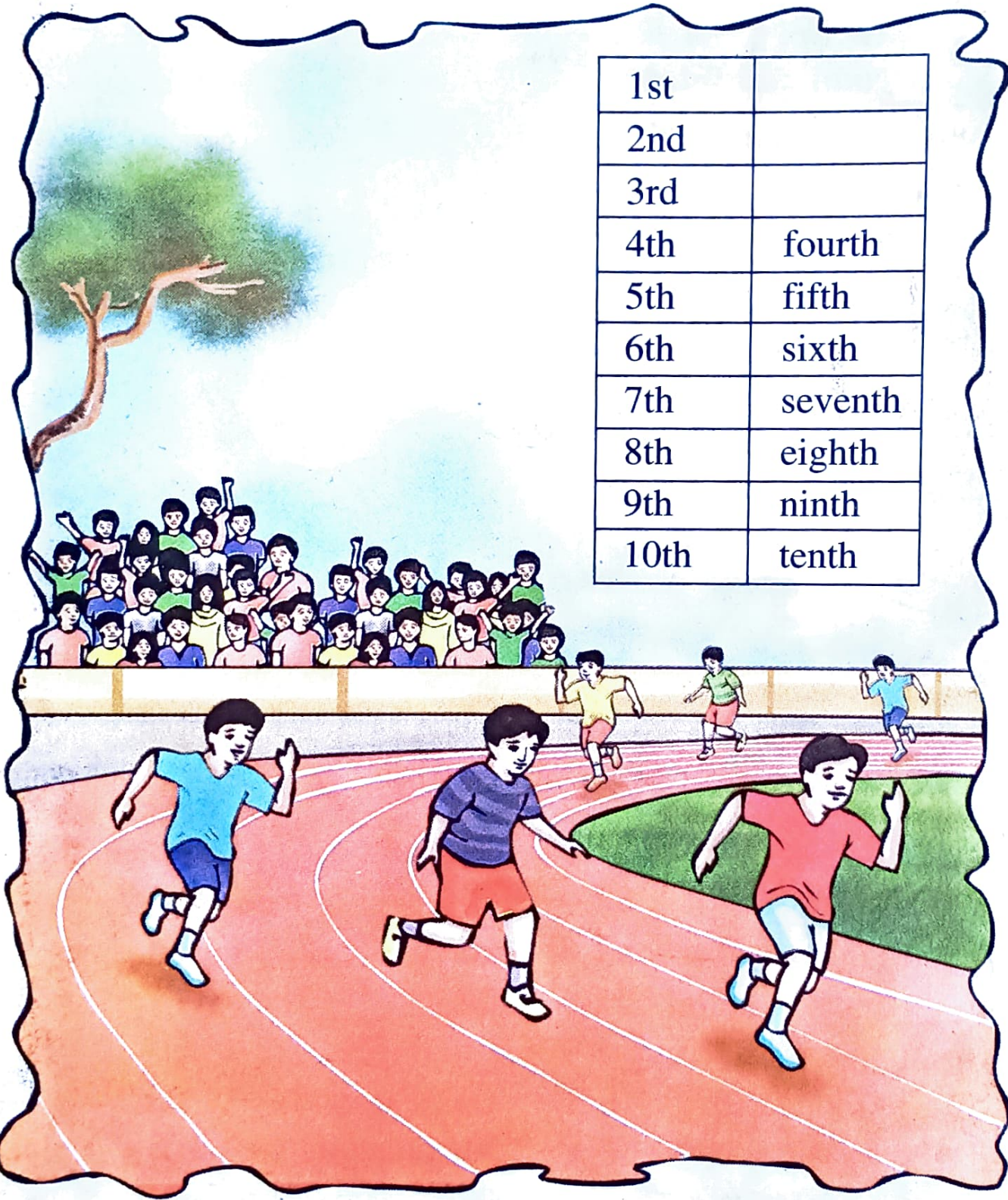
Who stood second?

Manju stood second.

Who stood third?

Nita stood third.

9. Let's read and write. Fill in the blank boxes with the correct words:

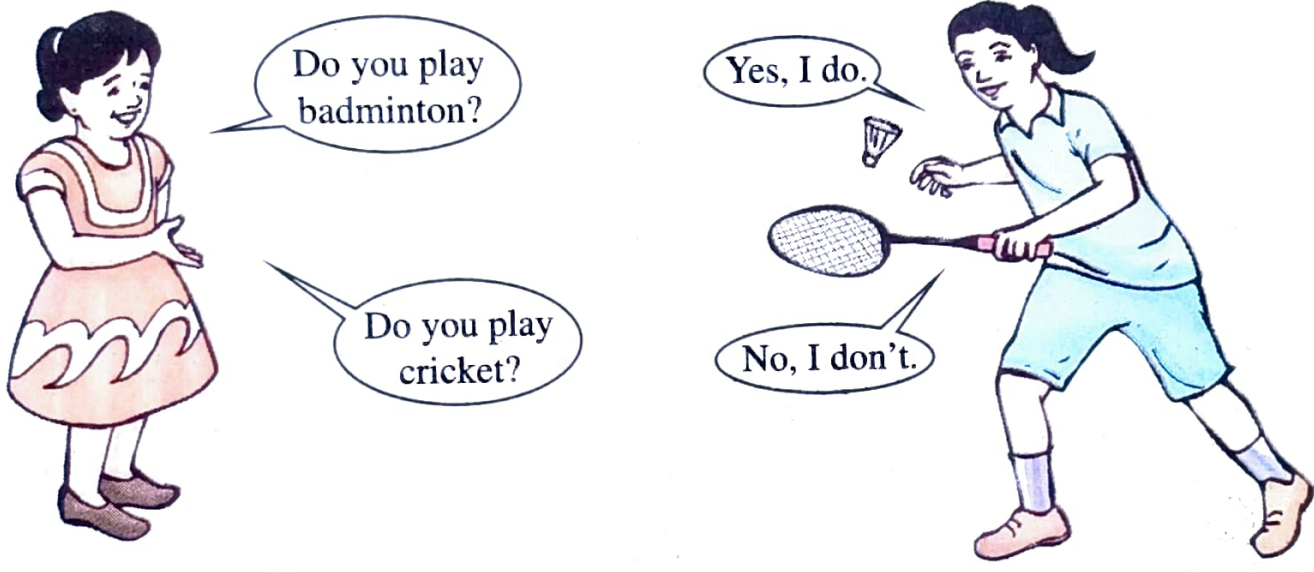


1st	
2nd	
3rd	
4th	fourth
5th	fifth
6th	sixth
7th	seventh
8th	eighth
9th	ninth
10th	tenth

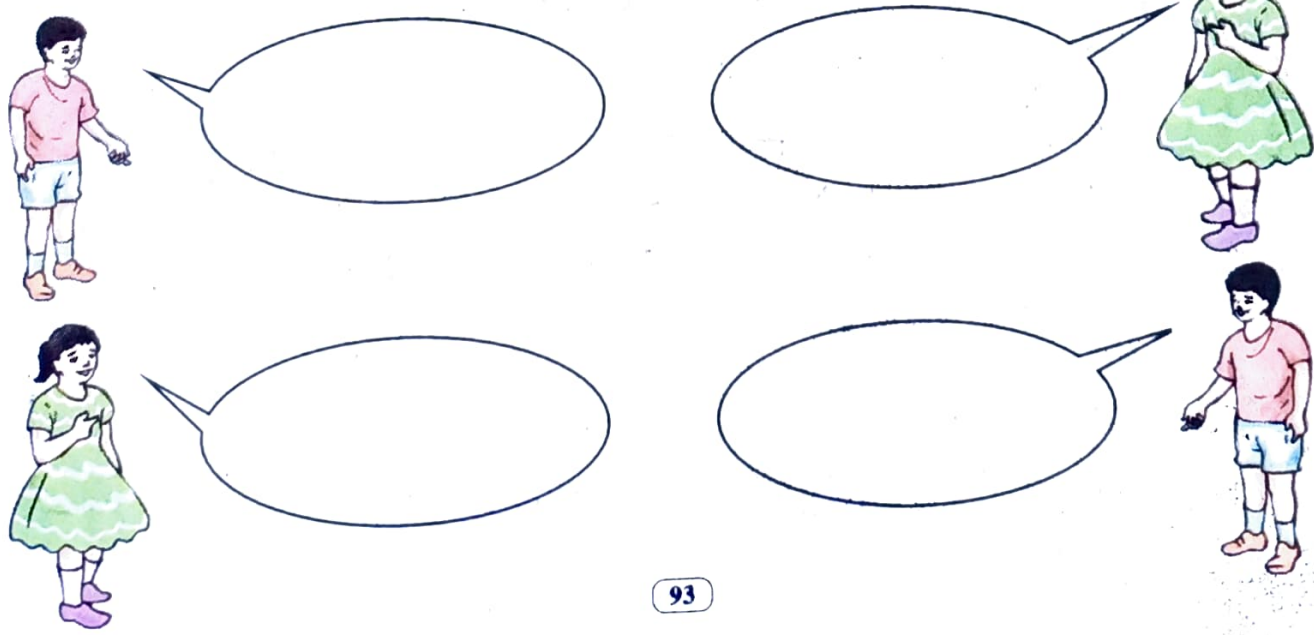
10. These are names of some games that we love to play. Read them:

- cricket
- football
- badminton
- hockey
- carrom
- tennis
- chess
- basketball
- ludo
- volleyball

11. a) Manju and Gargi are telling each other what games they play. Read their conversation and practise:



11. b) Now, add your own sentences:



12. Let's recite:

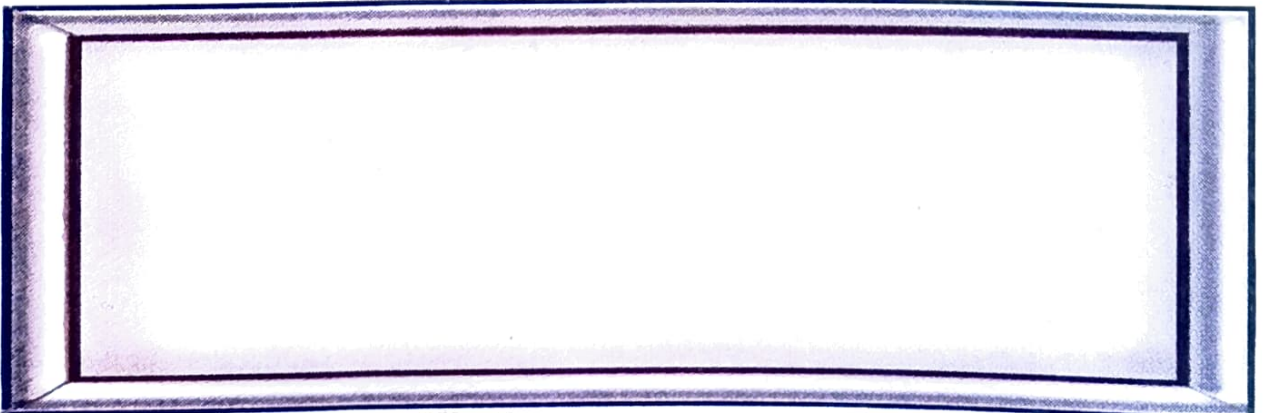
Hop a Little



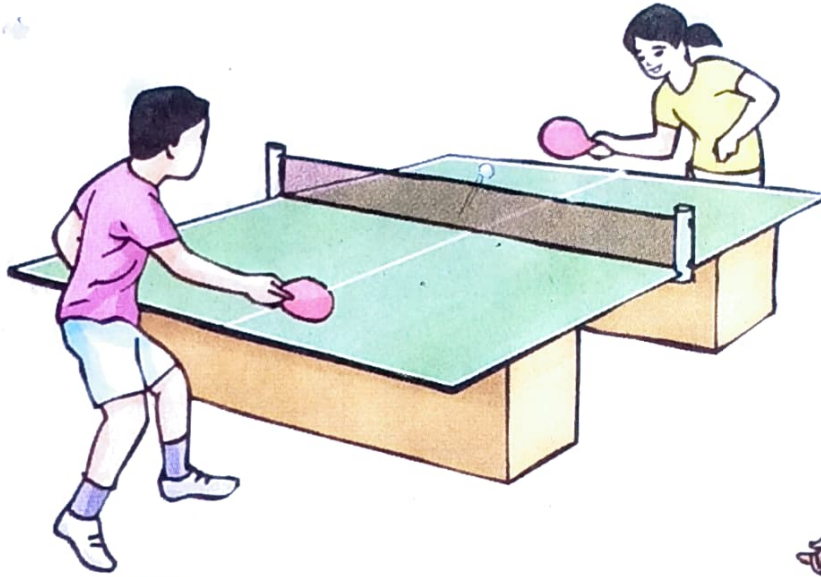
Hop a little, jump a little,
One two three,
Run a little, skip a little,
Tap one knee.
Bend a little, stretch a little,
Nod your head,
Yawn a little, sleep a little,
In your bed.



13. Find the rhyming words in the poem above and write them on this board:



16. a) Practise saying these questions and answers aloud:



What is Manju doing?

She is playing table tennis.



What are the children doing?

They are reading.



16. b) Now, complete these sentences with appropriate words:

- a) What _____ Nita doing? (is/are)
- b) What _____ Manju and Gargi doing? (is/are)
- c) What _____ the children playing? (is/are)



17. Look at the picture:



Now, write a few sentences on it.

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18. Handwriting:

Slow and steady wins the race.