

NCERT Solutions for Class 6 English

Chapter 4 Sports and Wellness

NCERT Solutions for Class 6 English Chapter 4 Sports and Wellness: This chapter “**Sports and Wellness**” from the *Poorvi* book tells us how playing games and keeping our body healthy are important. Students will learn about fairness, enjoying games, yoga, and how good habits help us feel well and happy.

[NCERT Solutions for Class 6 English Chapter 1 Fables and Folk Tales](#)

Class 6 English Chapter 4 Sports and Wellness Sub Topics

Here are the parts of the chapter and what each teaches:

Sub-Topic / Story / Poem	Main Learning / Moral
Change of Heart	Winning isn't everything; being fair and having good sportsmanship matters more.
The Winner (Poem)	Having fun while playing, even when tired, is good.
Yoga – A Way of Life	Simple exercises and healthy habits help both body and mind.

[NCERT Solutions for Class 6 English Chapter 2 Friendship](#)

NCERT Solutions for Class 6 English Chapter 4 Sports and Wellness

Here are detailed [NCERT Solutions](#) of Class 6 English Poorvi Chapter 4 Sports and Wellness to the questions from the official NCERT textbook. Each answer explains the meaning clearly so you can understand and remember well.

Q 1: How did Prabhat feel when he won by cheating against Surya?

Ans: Prabhat felt proud at first because he thought winning was most important. But later, he could not sleep well that night. He realized the win didn't make him happy because he cheated. He learned that winning by unfair means does not bring true joy.

Q 2: What was special about Surya's attitude during games?

Ans: Surya played games for fun. Even when he lost, he kept smiling and enjoying the match. He did not cheat, or worry too much about winning. He played fair and happy. His attitude shows that having a good sport's spirit is more important than always winning.

Q 3: What lesson does "Change of Heart" teach about games?

Ans: The lesson is that games are not just for winning. They are for learning respect, fairness, and joy. Sometimes people who lose with good spirit are happier than those who win but by unfair ways. The story tells us that enjoying and doing our best matters more than the result.

Q 4: In the poem "The Winner", how do the children feel when it becomes dark?

Ans: In the poem, the children play until evening when the sky turns dark and the trees seem close. Their feet become cold, they feel tired, but they are happy. They do not stop playing just because they are tired. They enjoy every moment, even then.

Q 5: What are some benefits of yoga described in the chapter?

Ans: Yoga makes body and mind both healthy. It improves flexibility (so body moves easily), strength, and balance. Yoga breathing helps calm the mind. People feel peaceful and not worried. It also helps improve focus and keeps us fit.

[NCERT Solutions for Class 6 English Chapter 3 Nurturing Nature](#)

Class 6 English Chapter 4 Sports and Wellness Summary

Find below the Class 6 English Chapter 4 Sports and Wellness Summary

Change of Heart

This story is about Prabhat who always wanted to win. But when he cheated to win, he didn't feel good. He saw Surya, who loses sometimes, but still enjoys games. Prabhat started to change. He saw that games are more fun when you play fair and enjoy, not just to win.

The Winner (Poem)

The poem shows children playing in the evening field. They run fast, lose breath, feel cold, but still are happy. It tells us that playing with joy, even when tired, is beautiful.

Yoga – A Way of Life

This part tells how yoga is good for health. It talks about stretching body, breathing right, and making habits like eating well, sleeping well. Yoga helps both body and mind stay calm and strong.

Connecting Note: All parts of this chapter tell the same message: Sports, games, wellness (good health), and yoga are not just about winning. They are about happiness, fairness, good habits, and feeling well. When we play fair, care for our body, and enjoy, we live better and happier.

How to Learn Class 6 English Chapter 4 Sports and Wellness, Easily

To Learn Class 6 English Chapter 4 Sports and Wellness easily you can read the below tips:

- **Read one story/poem at a time:** Focus on “Change of Heart” first, then the poem, then yoga. This makes learning easier.
- **Write the lesson in your words:** After reading each part, write what you learnt. Use simple sentences.
- **Answer questions again and again:** Practice the textbook questions several times. This helps to remember.
- **Talk about stories:** Tell a friend or parent what you read. Talking helps you understand better.
- **Do it in real life:** Play games, practise yoga, eat well, rest well. When you do these, you see how the lessons work in your life.

NCERT Solutions for Class 6 English Chapter 4 Sports and Wellness FAQs

Q1. How many parts are there in Chapter 4 Sports and Wellness?

Ans: There are three parts: the story “Change of Heart”, the poem “The Winner”, and the section “Yoga – A Way of Life”.

Q2. What is the most important lesson of this chapter?

Ans: The most important lesson is that fairness, enjoying games, and good habits are more important than just winning.

Q3. Why is yoga included in this chapter?

Ans: Yoga is included because it shows how taking care of our body and mind helps us stay healthy and happy.

Q4. Which story or poem will help most in exams?

Ans: “All parts are important,” but “Change of Heart” and “Yoga – A Way of Life” usually have more questions. So pay extra attention to them.

Q5. How can sports and wellness help students in daily life?

Ans: They help by giving energy, improving mood, teaching teamwork, making body strong, giving confidence, and helping us handle both win and loss well.