



**READ THE TEXT. WRITE ANNOTATION FOR THE TEXT USING THE PLAN BELOW. YOU NEED TO FILL IN THE APPROPRIATE WORDS IN THE GAPS**

## **EXTRA CURRICULAR ACTIVITIES FOR STUDENT'S DEVELOPMENT**

In earlier days, extra curricular activities were the only source of entertainment.

Unfortunately, extra curricular activities for students are increasingly relegated to the backseat nowadays, due to highly sedentary lifestyles. The phenomenon is dangerous since a sedentary lifestyle can have a severe and adverse impact on physical and mental health.

Some of the main factors for lack of interest in extracurricular activities and resultant sedentary lifestyles can be blamed on advances in technology.

Widespread use of smart-phones among students for gaming and entertainment caused by increasing disposable income among working parents.

Easy access to computers and high-speed Internet also for gaming, entertainment and social media networking. Overemphasis upon studies by parents to ensure their children score high marks. The 'mall culture' that encourages students to spend more time at malls and food courts in fruitless pursuits. Availability of round-the-clock TV channels. Inability of working couples to effectively monitor how children utilize free time.

If you wish to develop an active lifestyle and learn several essential skills, it is advisable for you to try out some good co-curricular activities.

### *Extra curricular Activities for Mental Power*

It is very important to memorise what you learn at school or college because that is real knowledge. Instead of cramming your lessons, increase your memory power and score high marks.



## *Chess Clubs*

Improving concentration and focus is possible by playing chess. You can join chess clubs in your neighbourhood and participate in tournaments. Certificates of participation in competitions are a great asset when you apply for jobs.

## *Yoga and Meditation*

After the United Nations declared June 21 as International Yoga Day, a lot of schools are holding classes to teach Yoga and meditation to students. Join these classes because Yoga and meditation are very beneficial for overall mental and physical wellness. Constant exercise improves the concentration of students too as the mind learns to focus and retain better.

## *Extra curricular Activities for Science Skills*

Science and technology witness rapid changes. Therefore, it is very essential to keep yourself abreast of the latest developments in these fields. Engaging in science-based extra curricular activities also enables you to score high marks and qualify for entrance exams for professional studies like engineering. Joining a science club you can conduct experiments and participate in group projects.

## *Astronomy Clubs*

Stargazing can be very interesting. Join an astronomy club to learn the movement of planets and stars, know more about galaxies and see hidden wonders of space.

## *Extra curricular Activities for Sports and Fitness*

You have to include sports along with any of the above extracurricular activities for a successful life as a student and in a career. Above all, sport ensures your physical fitness. You can choose a game sport like football, volleyball or basketball, train professionally and play for clubs with teams for your age.

## Martial Arts

Martial Arts are both a sport and a form of self-defence. Nowadays, it is very essential to defend your loved ones and self from criminals and anti-social elements.

**Write annotation, complete the plan according to the text**

The headline of the text is:  
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The text describes:  
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The author of the text reports that extra curricular activities are aimed:  
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He explains that the lack of activities are due to:  
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Next, the author classifies extra curricular activities into:  
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He says that extra curricular activities for mental power include:  
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which:  
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The author states that extra curricular activities for science skills include:  
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which:  
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He also notes that extra curricular activities for sports and fitness include:  
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which:  
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In conclusion I want to say:  
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