

1. Health

1.1 My Daily Routine

Picture Reading



- ◆ Getting up early in the morning
- ◆ Morning ablutions
- ◆ Brushing teeth
- ◆ *Yogasanas*,
Suryanamaskaras
- ◆ Bathing
- ◆ Dressing up
- ◆ Having breakfast
- ◆ Going to school



- ◆ Studying
- ◆ Keeping the house clean
- ◆ Playing outdoors
- ◆ Helping mother
- ◆ Obeying elders
- ◆ Completing school homework
- ◆ Having dinner
- ◆ Going early to bed

- ◆ Tell the importance of daily routine. Initiate discussion about the importance of going early to bed, personal hygiene, balanced diet, sports and exercise in one's life. Ask the students to prepare an areawise chart of their daily routine.



Serial No.	Time	Activities
1.	6.00 a.m.	Getting up in the morning
	10.00 p.m.	Going to bed

1.2 Personal / Physical Hygiene



Write ✓ Proper or ✗ Improper.



- ◆ Brush your teeth after a meal.
- ◆ Wash your hands and feet after defecation.
- ◆ Don't wash your hands before a meal.
- ◆ Early to bed and early to rise.
- ◆ Clean all the body parts while bathing.
- ◆ Clip your nails and remove any dirt with the help of elders.
- ◆ Don't oil and comb your hair.
- ◆ No need to clean eyes, nose and tongue.

Cleanliness of the surrounding



Write ✓ Proper or ✗ Improper.

- ◆ Keep the surrounding of your home clean.
- ◆ Spit anywhere.
- ◆ Throw garbage in public places.
- ◆ Put wet garbage in a blue dustbin and dry garbage in a green dustbin.

1.3 Diet



Avoid excess use of salt.



Eat fresh food.



Drink a lot of water.



Diet

Include all types of fruits, vegetables, leafy vegetables, pulses, millets and oilseeds in your diet.



Avoid eating uncovered food.

1.4 Rest and Sleep



A tired body needs rest after heavy physical work. Sleeping for 7-8 hours daily keeps our body fresh.



- ◆ Give advise/instructions about finishing home-made food and all the vegetables served, so as to inculcate it as a habit. Initiate discussion about the importance of diet, rest and sleep.

1.5 Using Toilets



At home, there are bathrooms for bathing and toilets for urination and defecation. Toilets and bathrooms are also available in public places.

Never hold back the urge to urinate or defecate. Do not urinate or defecate along roadsides, on grounds or in open spaces. Doing so in the open can spread various contagious diseases. After defecation, use enough water to clean body parts and wash hands and feet with soap and water. It is our responsibility to keep the toilets clean. We should clean the toilet with enough water after we use it.



1.6 Avoiding Bad Habits



Habits that are harmful for our health are called bad habits. We should identify our bad habits and correct them.

My Activity : 1. Make a note of your good habits.
2. Listed below are some habits. Discuss and decide which of them are good habits.

I eat all sorts of vegetables, sprouts and salads.	I eat home-made food items.	
I always eat packed food.	I like eating variety of fruits.	
I often drink cold drinks available in the market.	I use the computer for studying.	
I do <i>suryanamaskar</i> every day.	I like exercising.	
I eat <i>vada pav</i> , burger, <i>bhel</i> and noodles frequently.	I play mobile games the whole day.	
I play outdoor games.	I spend much time watching TV.	

◆ Tell the students about good and bad habits and that they should imbibe all the good habits.

1.7 Common Ailments



Common fever : A fever is a temporary increase in our body temperature which makes the body feel warm to the touch. Sponging the forehead and the body with cold water is a commonly recommended remedy for common fever. It's good to take doctor's advice.



Bodyache : A painful feeling at any part of the body is an ache. When you have headache, toothache, backache or stomach ache you should report it to your parents or your teachers immediately.

It's good to take doctor's advice.



Cold and cough : When you have a runny nose or cough, you should take utmost care. You should avoid contact with others and wear a mask. See a doctor for advice.



Muscle pain : Injury on impact due to a fall while playing causes muscle pain. Although the injury may not be visible, the pain affects the body. In such a case, you should make minimum movements of the injured body part and consult a doctor immediately.

1.8 First Aid



First aid is the first and immediate assistance given to a person who has met with an accident or suffering either from an accident or is injured, even before a doctor's help can be obtained.



Bruises : Wash the affected part with clean water, wipe it with a clean, dry cloth. Apply an antiseptic ointment. Inform an elder person.



Bleeding : Put direct pressure of your palm on the bleeding part until bleeding stops. When bleeding is stopped, then clean the wound or the cut with water and apply antiseptic. Put a gauze, tie a tight/firm bandage and take the patient immediately to the doctor.



Bone fracture : A fracture occurs when you break or crack your bone when your bone is hit.

Support the bone by tying with a splint. Take the patient immediately to the doctor. A doctor will use a cast to prevent any movement of the fractured bone.



Burns : Cool the burn gently with cold, running tap water. Apply ointment used for burns. Take doctor's advice.

My Activity : Take any empty box to make your own First Aid Box. Put the things needed for first aid, available at your home. Get information about those things.

1.9 Clothing



There is different clothing suitable for different seasons. Cotton clothing in light colours especially with a *pancha* or a cap on the head is suitable for summers, whereas in winter, woollen clothes, a sweater, jerkin, muffler, monkey cap, hand gloves, socks are used. Long raincoats, caps and gum boots are used in the rainy season for protection from rain.

Clothes worn at different times or occasions are called costumes, like uniforms for school, special clothes for a wedding ceremony and clothing according to occupation.

A variety of clothing is available for sports and exercises. Sportspersons wear different types of clothing according to the sports they play.



My Activity : Paste pictures of clothing used for different sports, in your scrapbook.

2. Different Movements

2.1 Different Movements



Identify the different movements in the picture and perform them accordingly.



Bending



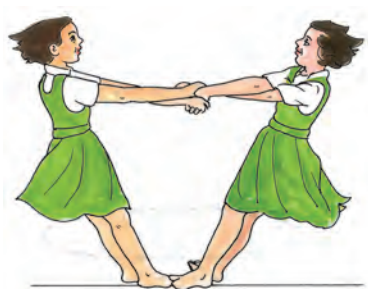
Walking



Jumping



Twisting



Fugadi



Wheelbarrow



Balancing while walking on bricks

My Activity :

- Identify the types of movements and number them. See if some of the movements can be given 2/3 numbers. Discuss.

1. Movements on the spot. 2. Movements changing the spot.

3. Movements with props. 4. Movements in pairs/groups.

Turning at the waist

Cartwheel

To carry on back

Hopscotch

Throwing/Catching a ball

Throwing the ring

Tug of war

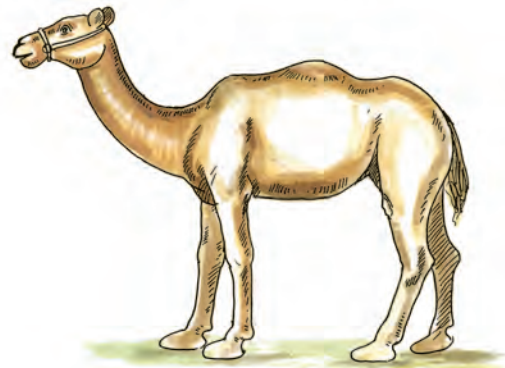
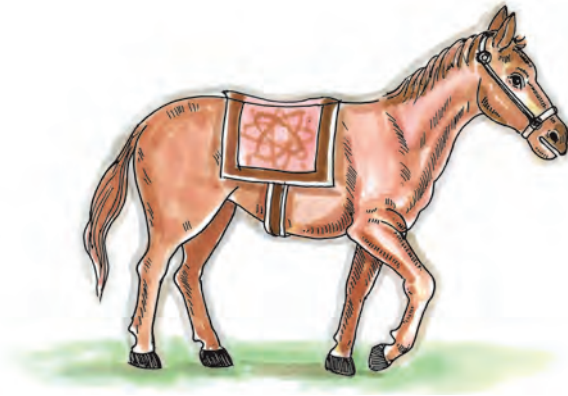
Walking on heels in a circle

- Make a list of various movements, organize games and competitions based on those movements. Tell the rules of the games and competitions and ask the students to follow them.

2.2 Imitative Movements



Observing the movements of different animals and birds and trying to do the same are imitative movements.



My Activity : Walk like any of the animals and ask your friends to identify the animal.

- ◆ Ask students to imitate the walks, leaps or other movements of different animals. Organize competitions of these movements.

2.3. Movements with friends using props



Colourful world of balls



Volleyball



Throwball



Football



Dodgeball



Netball



Basketball



Cricket ball



Tennis ball



Hockey ball



Softball

Some movements with balls

Dribbling

Hitting

Fielding

Shooting

Stopping

Kicking

Catching

Scooping

Heading

Throwing

Batting

Passing

- ◆ Teach different movements and basic skills using balls. Organize games, competitions of these skills.

2.4 Proper Body Postures



It is very important to maintain the right posture while performing different tasks. Work done in the right posture is done well and with less strain on the body.

Performing tasks in a wrong posture, affects muscles and joints adversely. If one works continuously in a wrong posture, that posture becomes a habit.

2.5 March Past

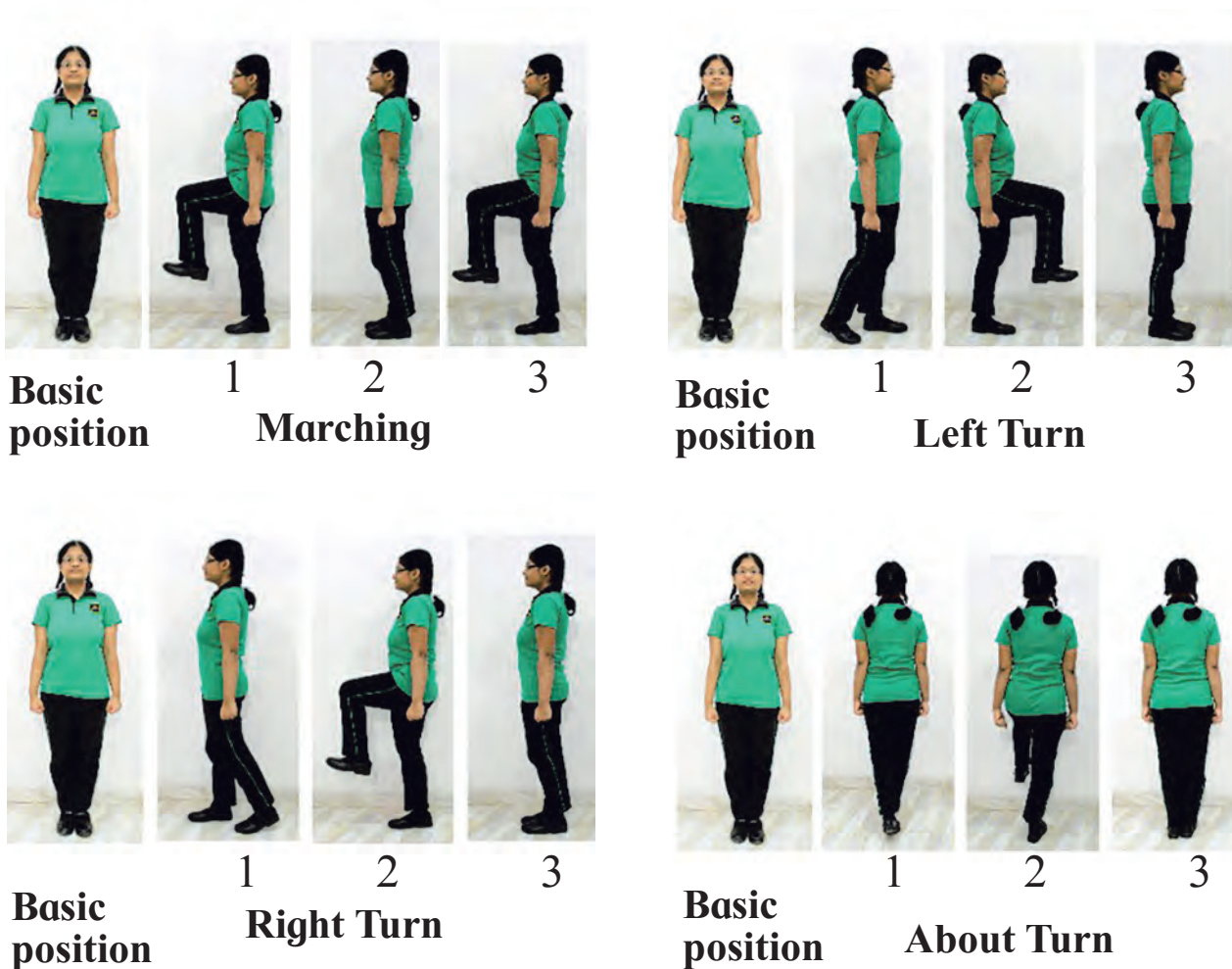


In the Defence Forces, March Pasts are always disciplined. There, every movement is done with different actions of marching. It develops virtues like discipline, unity and obedience.

- ◆ Discuss about body postures, tell about right postures and motivate the students to maintain the right posture always.
- ◆ Discuss about 'March Past' in the defence forces.

Some types of drill commands

1. **Marching** : In marching, we move forward starting with the left foot. The movement is rhythmic and uniform. The order 'Squad Halt' is given to stop the troop.
2. **Right Turn** : This command is given to turn the troop to their right.
3. **Left Turn** : This command is given to the turn the troop to their left.
4. **About Turn** : This command is given to turn the troop in the opposite direction.



My Activity : Participate in a March Past.

- ◆ Give practice of different drills and have the children learn prior to the March Past. Observe if the positions like 'attention' and 'stand-at-ease' are properly maintained.

3. Games and Competitions

3.1 Small Area Games



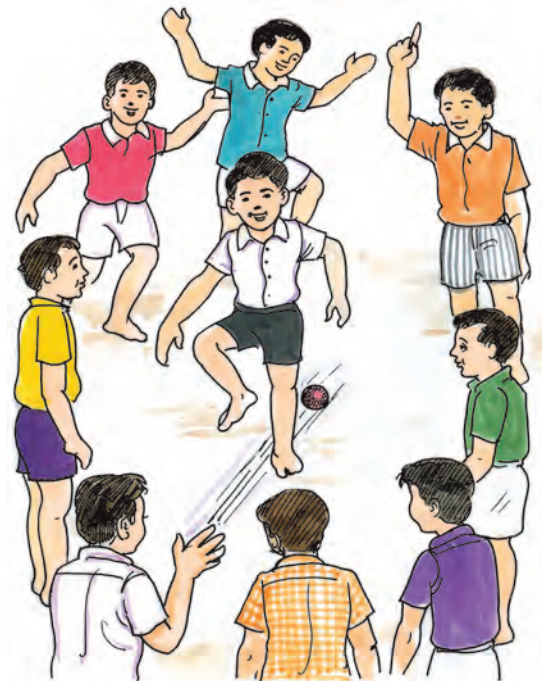
Jumping in and jumping out
(*Talyat-Malyat*)



Tug of War



Langdi / Hopping on one leg



Dodgeball
(Dismiss the player by hitting the ball.)



Dog and the bone

- ◆ Ensure and take care that the children will not fall while playing. (The ground should be clean.) Observe the pictures depicting the games carefully. Demonstrate different games.

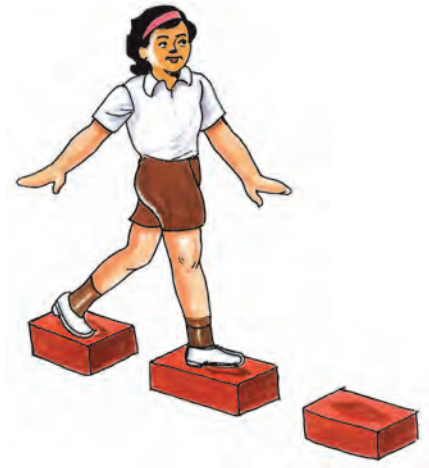
3.2 Competitions



Zigzag running



Skipping



Walking on bricks

My Activity :

- Describe the competition that you have participated in.
.....
.....
.....
.....
- What competition would you like to participate in? Why?
.....
.....
.....
.....
- Sort out the competitions according to their types given below.
 1. Competitions between pairs
 2. Competition with friends' help
 3. Competition using props
 4. Competition in groups

◆ All safety precautions should be taken while organizing competitions. Explain all rules and give all instructions before the competition starts.

3.3 Local and Traditional Games



Tipcat



Marbles



Spinning a Top



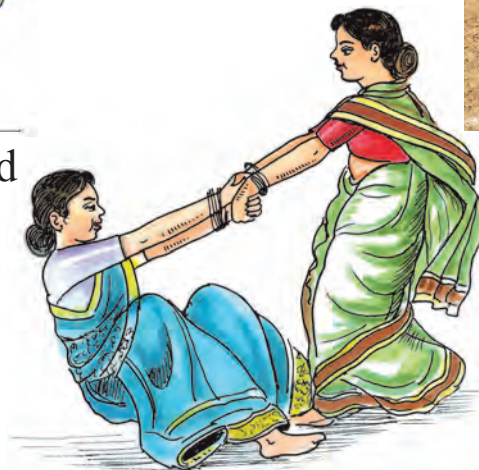
Rolling the tyre



Fugadi with one hand



Simple *Fugadi*



Grinding Stone *Fugadi*

- ◆ Make a list of local and traditional games. Explain how to play newly introduced games.

3.4 Entertaining Games and Actions



Games entertain us and make us happy. Our body and mind become cheerful through different enjoyable actions. It helps to get rid of fatigue and generates enthusiasm to study and concentrate well.

Some enjoyable actions

Clapping in various rhythms.

Imitating the gestures, actions of others.

Sitting calmly with eyes closed for a minute.

Imitating the sounds of various animals and birds.

Some enjoyable games

- 
1. Identifying a food item from its description.
 2. Treasure Hunt.
 3. Pushing the table tennis ball straight.
 4. Dropping the Matchbox
 5. Throwing the ball in a ring.
 6. Memory Games
 7. Filling the glass using cupped palms.
 8. Performing actions, movements in a specified time.
 9. Making others laugh
 10. Identifying sounds.
 11. Identifying things in a box.
 12. Identifying things by their smell.
 13. Throwing the ball to hit a player.
 14. Shooting
 15. Identifying friends
 16. Throwing the balls into a bucket.

My Activity :

- Tell your favourite game.
- Which of the games in the list did you like?
- Tell the class about a new game that you know.

- ◆ Make a list of various enjoyable games and organize them after ensuring availability of the required equipment. Ask information about different sedentary games. Initiate a discussion about the rules and skills needed for these games.

3.5 Sedentary Games



The games that are played sitting inside are called indoor or sedentary games, for example, Dumb Charades, Musical Parcel, Snakes and Ladders, Ludo, Carrom. These games entertain us. These games increase concentration, help in decision making and build confidence. They are also good pastimes.



Musical Parcel



Dumb Charades



Ludo



Chess



Snakes and
Ladders

My Activity :

- Tell the name of your favourite sedentary game.
- Which of the above mentioned games do you like?
- Tell your friends about any new sedentary game that you know of.

- ◆ Ask information about various sedentary games. Explain the rules and other particulars of the games. Emphasise the need to follow the rules.
- ◆ Organize sedentary games if playground or outdoor facility is not available
- ◆ Ensure active participation of the students while they play sedentary games.

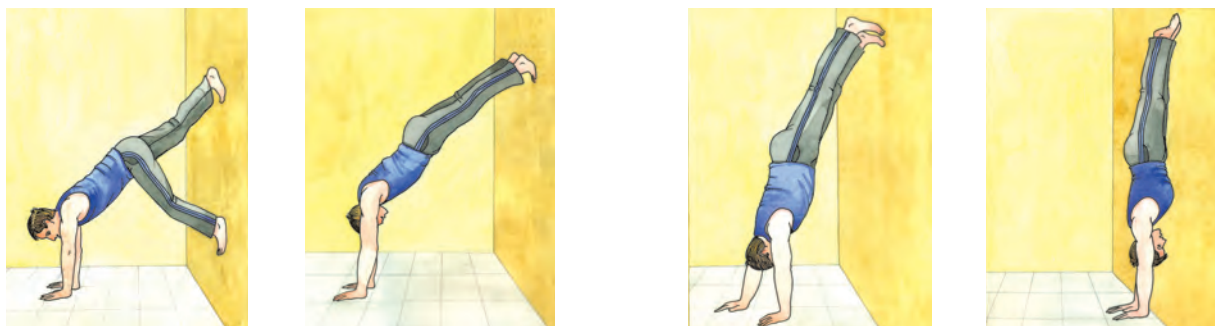
4. Skilful Activities

4.1 Gymnastics



Gymnastics consists of an exercise that develop or display physical agility and coordination. They are physical movements which require flexibility of body.

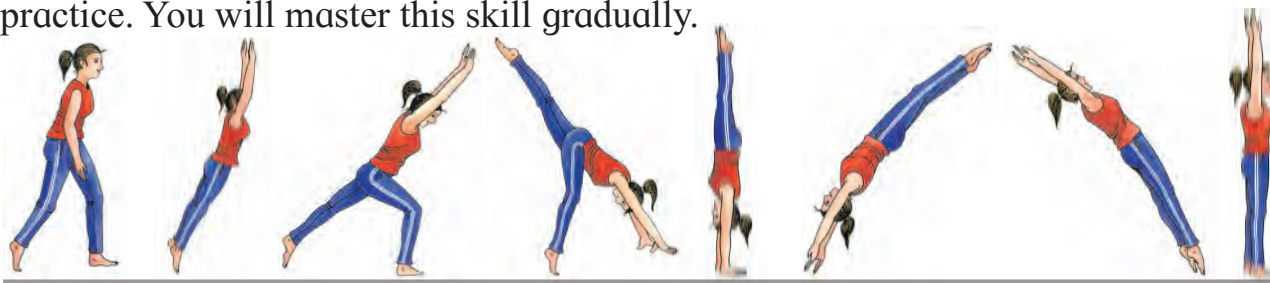
Warm up exercises are required to be done before doing the following activities.



‘Handstand with support’ is balancing the weight of the whole body on the palms, while using the wall with your feet/toes for support.



Handspring is a gymnastic feat in which you are to start from a standing position and leap forward or backward into a handstand and then onto your feet. A handspring should be performed on a mat or a cushion. When you perform this feat, your instructor would support your back to help you initially. Ensure that there are no any pointed or sharp-edged things around you could cause injury when you practice. You will master this skill gradually.



- ◆ If possible, show a video clip. Use a gymnastic mat or a cushion for the handspring.
- ◆ Initially, give support to the waist, back and feet for proper posture while doing a handstand and a handspring.

4.2 Athletics



Various sporting events conducted on the running tracks and on the field are together called athletics. They include competitive running, jumping, throwing events.

The 100m and 200m sprint/dash.



My Activity :

- Observe the photographs given below.
- What is the boy in the photograph doing?
- Does his activity fall in the category of athletics?



- ◆ Organize competitions of running fast for short distances, throwing various big and small balls, high and long jump on the spot, high and long jumps etc. Ensure all safety measures. Invite people to see the competitions. ◆ Show videos clips of different athletics competitions.

4.3 Basic Sports Skills



It is necessary to acquire basic sports skills needed to play different games. Each sport has its own basic skills. It is important to practice them all.

Sports and sport skills

Kabaddi

- ◆ Holding one's breath.
- ◆ Running hand touch.
- ◆ Running toe touch.
- ◆ Thigh hold.
- ◆ Ankle hold.



Kho-Kho

- ◆ Stand in a straight line when you get kho.
- ◆ Give kho in speed.
- ◆ Chase the player to dismiss him.
- ◆ Run zigzag.
- ◆ To dodge by feinting.

Handball

Dribbling : Dribbling the ball, running while dribbling the ball.

Throwing/Passing : To throw the ball to the playmate.

Catching : To catch the ball with both hands.

Shooting : Jump and throw the ball into the goal.

Goalkeeping : To prevent or stop the ball from going into the goal.



- ◆ Explain to the students the meaning of sports skills. Discuss the different sport skills, if possible show video clips.

4.4 Human Pyramids



A human pyramid is a multi-tiered formation made by some people climbing and supporting themselves on the backs, shoulders, etc. of others in the lower tiers. Human pyramids help to develop bodily balance and coordination. Practice of human pyramids should be done at a place covered with a mat or a cushion. **This activity should be performed under the guidance and supervision of teachers and elders.**



My Activity : Perform pyramids on the occasion of a cultural programme to the rhythm of music.

- ◆ Consider students' age, ability and willingness before deciding the composition of the pyramids. Show the students photographs or pictures of the pyramids to inform them about the number of tiers in them well in advance. Explain the actual situation. Ensure that all the safety measures are taken.
- ◆ Organize the performance of the pyramids on special occasions. Ensure adequate practice for it. Demonstrate them to the rhythm of music to make it more attractive.

4.5 Playgrounds – Sports Equipment



We should know what equipment is needed to play certain game/sports. Let's prepare a list of the equipment required for.

Can you tell what games are played on the grounds or courts shown below? Let's learn something about them and the equipment needed for those sports/games.



Tennikoits



Hockey



Tennis



Ball Badminton



Basketball



Atya Patya

Name of the game and the equipment needed



Softball



Hockey
Stick



Football



Spikes



Boxing
Gloves

My Activity : Play a game of matching the sport to its equipment.

- ◆ Tell the students about playgrounds and the equipment needed to play certain games/sports. Innovate to make alternative equipment available if school does not have the equipment needed for above mentioned games. Tell the students about the sport skills necessary to play them.
- ◆ Organize a game played between two groups where one group tells the name of a sport/game and the other group tells the equipment required for that and vice versa.

5. Exercises

5.1 Warming up Exercises

A warm up is any activity that helps to prepare the body for the demands of the chosen sport. It helps to move our muscles and joints more freely so that our body is prepared to exercises play and move faster. It enables us to avoid injuries while playing.

The method of warming up : The traditional method of warming up consists of physical movements of the various body parts carried out sequentially from the head to the toes like stretching, bending, turning, squeezing, twisting, etc. Lastly one can run on the spot in various ways. Warming up activities can also be done through speedy movements like climbing up and down the stairs fast, jumping speedily and games involving fast body movements. Have you realized that our breathing and heartrate increase as we perform warming up activities?



Turning your trunk at the waist right and left, without moving the feet



Rotating the neck



Bending forward and backward with keeping hand on waist



Rotating elbows with fingers on the shoulders



- ◆ Speak about warming up exercises and their benefits. Motivate the students to do warming up activities every day. Tell them also to learn and add some more new exercises also.

5.2 Suryanamaskar



Suryanamaskar is a type of exercise that can be performed in a limited space and needs no equipment. It gives exercise to our whole body. It is beneficial when *suryanamaskar* is done at the break of dawn when the sun rises or in the evening at sunset. The place where you perform *suryanamaskar* should be clean and safe.

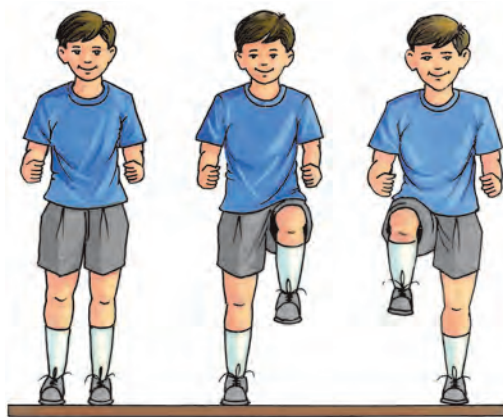


- ◆ Ensure that the posture at every step is right. Motivate the students to perform *suryanamaskars* every day. Organize group programmes of *suryanamaskars* on the occasion of *Suryanamaskar* Day.

5.3 Aerobics



Fast physical movements performed to the rhythm of music is called aerobics. Some common moves in aerobics.



Basic
position

1

2



Basic
position

1

2

3

4



Basic
position

1

2

3

4

5

6

7

8

◆ Explain what is meant by aerobic exercises. Explain the benefits of aerobics. If possible, show video clips.

5.4 Rhythmic Exercises



The physical exercises performed to the rhythm of music are called rhythmic exercises. They can be performed with or without any props or equipment.

Various exercises can be done using dumbbells, balls, clubs, handkerchiefs and balloons. Which rhythmic exercises can you do? Perform some new exercises with your friends.

Some rhythmic exercises



Basic position



1



2



3



4



Basic position



1



2



3



4



Basic position



1



2



3



4



Basic position



1



2



3



4



Basic position



1



2



3



4



Basic position



1



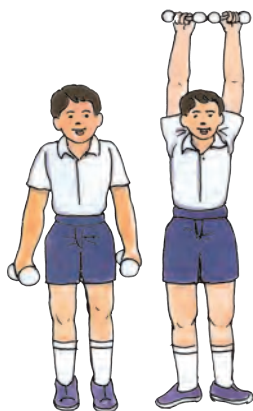
2



3



4



Basic position



1



2



3



4



Basic position



1



2



3



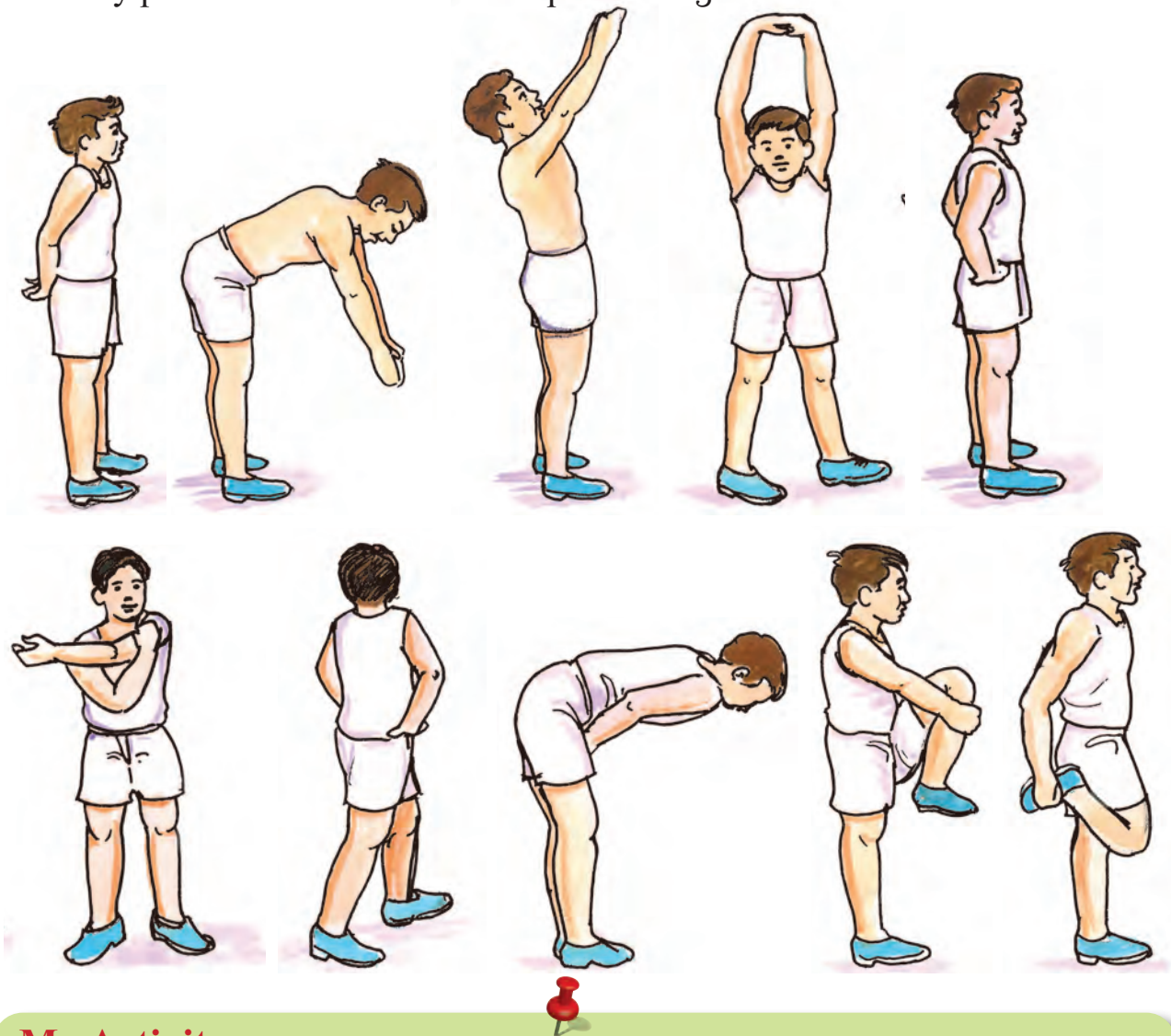
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- ◆ Pictures given above show some examples of different rhythmic exercises. Organize them as per your convenience. ◆ You can even innovate to teach your own variations. Organize a performance on the occasion of Republic Day as well.

5.5 Preparation for *Asanas*



A body posture held is an *asana*. We are to prepare ourselves for performing these *asanas*. Different body postures can be done while standing, sitting, lying on the back or on the stomach. They help to increase flexibility in the back, waist, muscles and joints. You will soon realize that regular practice will help your balance, strength and other capacity. It is necessary to warm up before performing the *yogasanas*. Warming up activities should not be done in haste or with speed. You should do *asanas* only after making limb movements, moving your joints, bending, turning, twisting and stretching so that your joints, muscles and body parts can bear the strain of performing the *asanas*.



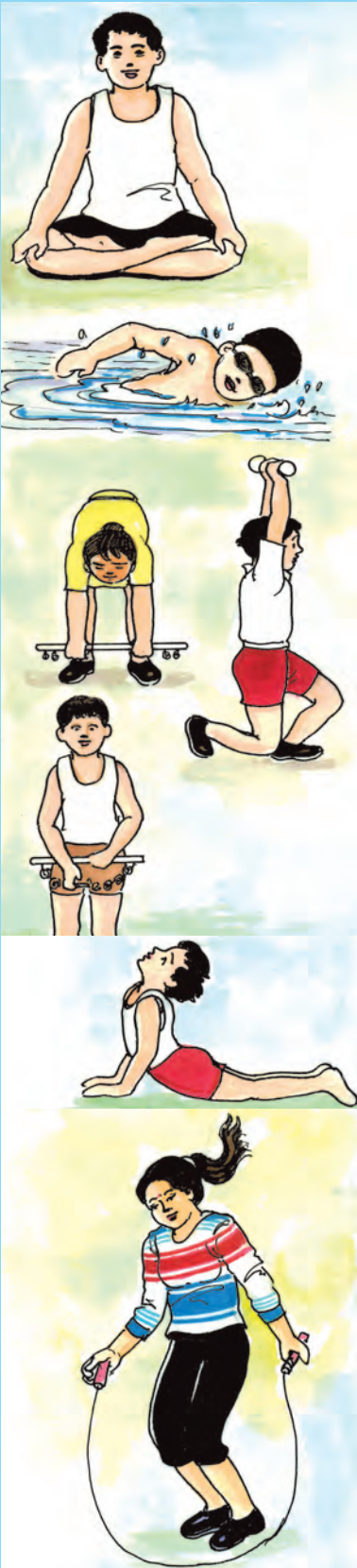
My Activity :

- Which of the body postures did you learn? Which of the body postures you could not perform?



- ◆ Some body postures are shown in the pictures given above. Get students to perform taking into consideration the facilities available and the liking and abilities of the students.
- ◆ Give practice of breathing exercises and different *mudras*. Choose the body postures suitable to the students' physical abilities.

5.6 Varieties of exercises



Let's exercise, Come, let's exercise

Take a morning walk or run on the ground
Do Yogasana, Pranayama or Suryanamaskar
For a healthy life let's exercise daily
Let's exercise, Come, let's exercise

Use a skipping rope or cycle daily
Do swimming, dancing or hill climbing
For a fit body do whatever you can
Let's exercise, Come let's exercise

In a gym let's do some aerobics
Climb stairs and enjoy some fun races
On the ground let's play some team sports
Having fun, Come, let's exercise

Using props like lezium, dumbbell, lathi and sticks

Get training and learn a variety of games

Improve speed, coordination, flexibility and agility

Let's exercise, Come, let's exercise

All for a healthy body dear friend

Let's exercise, Come, let's exercise