



Play Do Learn



Standard Three



The Constitution of India

Chapter IV A

Fundamental Duties

ARTICLE 51A

Fundamental Duties- It shall be the duty of every citizen of India—

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities, to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.

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Play Do Learn



(Health and Physical Education, Work Experience, Art Education)

Standard Three



**Maharashtra State Bureau of Textbook Production and
Curriculum Research, Pune.**



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The Constitution of India

Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens :

JUSTICE, social, economic and political ;

LIBERTY of thought, expression, belief, faith and worship ;

EQUALITY of status and of opportunity ;
and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation ;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā
Drāvīda-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,
Jaya jaya jaya, jaya hē.

PLEDGE

India is my country. All Indians
are my brothers and sisters.

I love my country, and I am proud
of its rich and varied heritage. I shall
always strive to be worthy of it.

I shall give my parents, teachers
and all elders respect, and treat
everyone with courtesy.

To my country and my people,
I pledge my devotion. In their
well-being and prosperity alone lies
my happiness.

PREFACE

Dear Little Friends,

A hearty welcome to you all in Standard III. You have become familiar with 'Play, Do, Learn' since last year. We are very happy to place this book 'Play, Do, Learn' for Standard III in your hands.

You all love to create beautiful objects, sing lovely songs, listen to stories, and play new games. At the same time you enjoy playing musical instruments, enact plays, draw, colour, paste, invent new games. Isn't it?

All these dreams of yours will be fulfilled through this book. 'Play, Do, Learn' This book has been written with the same purpose. Learning some exciting body movements, new games, inventing new competitions, butterfly, piggy bank, making beautiful articles out of coconut shell, stories, conversations, poems, riddles, colouring activities. sculpture, introducing to musical instruments and many more activities will be performed by you. You are going to enjoy through these activities. You can also have a wonderful exhibition to show case all your creations. You can also gift these objects to others, for which you will be appreciated. You will befriend the Life Skills Education.

Using the principle of 'Equality through Commonality', as a platform, we all will study together with the help of modern technology. This book will prove to be an excellent medium of expression for talented and actively efficient students like you. So let's enjoy the learning process through all these fulfilled activities!

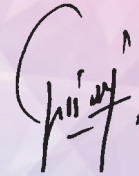
Useful audio-video teaching-learning material given in the text will be available through the Q. R. Code. It will be definitely useful for your studies. We are looking forward to your valuable feedback and suggestions that will help us make value addition to our initiative.

Our Best Wishes to all of you to complete all the activities given in 'Play, Do, Learn' in a successful and enthusiastic manner!

Pune

Date : 21 February 2020

Indian Solar Year :
Phalgun 2, 1941



(Vivek Gosavi)

Director

Maharashtra State Bureau of Textbook
Production and Curriculum Research, Pune.

For Teachers

The book **‘Play, Do, Learn’** has been arranged to correspond to the three subjects viz. **Health and Physical Education, Work Experience, and Art Education**. Teachers are expected to play the role of facilitators and get the activities done by the children through combining their innovative ideas with those given in the book. You will be able to achieve an excellent combination of all the three subjects with each other as well as with Language, Mathematics and Environmental Studies. You can relate these subjects to our day-to-day lives and make the learning process an enjoyable experience. These experiences will be useful to the children throughout their lives. This book is filled with excellent activities which can be executed with the help of expert parents, teachers, sports persons, skilled workers from various industries and artists. You may also use the assistance of modern devices of information technology.

The book **‘Play, Do, Learn’** does not consist only of activities related to **Health and Physical Education, Work Experience and Art Education** but also has a large number of colourful pictures along with clear instructions for teachers, in order to give children various educational experiences. Considering the fact that the reading and writing skills of the children in Standard III are not fully developed, the book gently takes the children towards these skills and will make the learning process more interesting.

‘Play, Do, Learn’ aims to include topics that would complement each other. It includes activities of drawing lines, shapes, pictures, alphabetical curves, collage, clay work, creating attractive articles from available items, water literacy/awareness, introduction to nature and its phenomena through disaster management, occupational production based projects, road safety, introduction to Information Technology, different kinds of physical movements and simple exercises, cleanliness and personal hygiene, games, competitions or races and many other activities that will help the children to maintain their association with education throughout their lives. As this book is made for young children, it does not include syllabus, learning objectives, areas, and all the projects. The teachers should refer to the syllabus and the Teacher’s Handbooks prepared by the Textbook Bureau to better understanding and all these matters.

All the activities given in the book have been consistently framed so as to draw all children into and continue in the main stream through Inclusive education. The special highlights or features of this book are the attractive titles, pictorial presentation, guidelines for parents and teachers, the space given to students for their personal expressions through ‘My Activity’. Every child will get sufficient opportunity according to their preference to master the given skills through independent practice and to participate.

Although three subjects are included in a single textbook, ‘Play, Do, Learn’ the actual teaching projects and evaluation are expected to be organised according to the allotted periods. It is expected that a correlation of the three subjects establish with the academic subjects like Language, Mathematics and Environmental Studies is also established. There should be flexibility to make changes in the classroom arrangement, organisation of field visits, and to make innovative use of Information Technology etc while conducting these classes. In order to make the teaching-learning process effective, objectives and criteria should spelt out and the **Continuous Comprehensive Evaluation** method should be used for evaluation. Take proper care while evaluating the children with special needs. Perfection is not expected from the child while performing the activities. It is expected only that every child will be given opportunities for free expression and active participation.

If teachers have developed some creative activities or teaching aids, for inculcating educational values the same can be shared with the Textbook Bureau through photographs and videos. Such innovation is always welcomed by us. We wish you all the best for conducting all the activities mentioned in the text, in a successful manner.

Play, Do, Learn Subject Committee and Study Group
Textbook Bureau, Pune

Play

Learning by Playing

Do

Learning by Doing

Learn

Learning by Art

Play, Do , Learn - Standard Three - Learning Outcomes

Subject		Units	Learning Outcomes
1	Play	1. Health	<ul style="list-style-type: none"> • Children learn and understand some health related good habits and follow them. • Get information related to playgrounds.
		2. Different kinds of movements and perfect postures	<ul style="list-style-type: none"> • Are able to maintain proper postures and practise different kinds of movements.
		3. Games and Races	<ul style="list-style-type: none"> • Take interest in different types of games. Participate in races.
		4. Skill-based Projects	<ul style="list-style-type: none"> • Practise all the skill-based projects.
		5. Physical Exercises	<ul style="list-style-type: none"> • Activate the joints and muscles by proper physical exercises.
2	Do	1. Need-based Projects	<ul style="list-style-type: none"> • Decorate the class. Speak about some important days. Speak about the different occupations and small industries in the surroundings.
		<ul style="list-style-type: none"> • Water Awareness • Disaster Management 	<ul style="list-style-type: none"> • Are able to speak about the uses of water, sing different songs on water, tell stories related to water. Tell about the different methods of water storage and colour pictures. • Identify pictures of natural calamities like earthquakes, floods, tsunami, forest fires, lightning strikes, etc.
		2. Interest-based Projects	<ul style="list-style-type: none"> • Make use of material available in the surroundings to make articles by creatively using some modern ideas.
		3. Skill-based Projects	<ul style="list-style-type: none"> • Create some things that are related with the needs and the requirements of the society by using their personal skills.
		4. Voluntary Projects Production-based Projects • Food, Clothing and Shelter	<ul style="list-style-type: none"> • Learn basic production-related skills and take part in projects that help in earning some money. • Participate in the activities based on food, shelter and clothing.
		5. Field of Technology, Road Safety	<ul style="list-style-type: none"> • Identify different parts of the computer and handle the external parts of the computer with confidence. • Understand the rules of road safety.
6. Other Fields	<ul style="list-style-type: none"> • Identify different domestic birds and animals and explain their uses. 		
3	Learn	1. Pictures	<ul style="list-style-type: none"> • Draw shapes like squares, triangles and circles and colour them in colours of their liking. • Make simple designs/patterns with the help of various kinds of lines. • Make patterns using the method of stamping. Recognizing colours and can colour pictures. Practises different lines for copy writing.
		2. Sculpture	<ul style="list-style-type: none"> • Make different articles with the help of clay work.
		3. Singing	<ul style="list-style-type: none"> • Sing the rhymes and group songs, in the right tune and rhythm.
		4. Play Instruments	<ul style="list-style-type: none"> • Are introduced to different musical instruments and learn the art of rhythmic clapping.
		5. Dance	<ul style="list-style-type: none"> • Make rhythmic arm and leg movements. • Perform actions according to the rhymes and group songs.
		6. Drama	<ul style="list-style-type: none"> • Learn about acting and drama with the help of various activities. <p>Perform certain physical actions and voice modulations in the form of a presentation.</p>

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