



1.2 Cleanliness of the Body

Complete the following table by writing **yes/no**.

I always keep these clean.

Hair	Comb, oil	
Nose	Handkerchief	
Eyes	Water, handkerchief	
Teeth	Toothpaste, tooth brush	
Nails	Nail-cutter	
Skin	Soap, handkerchief	



My Activity

Get to know your friend's daily routine.

- ◆ Get the students to prepare a list of their daily chores, with the help of their parents. Explain the importance of bodily cleanliness. Encourage them to develop the habit of maintaining cleanliness regularly.

1.3 Cleanliness of the Surroundings



Cleanliness of the classroom and the school campus



Cleanliness of the home and the area around home

Activity no.	Activity	Sometimes	Always
	Do you ...		
1	Keep your room neat and tidy?		
2	Keep your things in place properly?		
3	Take care to keep your home clean?		
4	Throw the garbage only in garbage bins?		
5	Keep the surroundings clean?		

◆ Ask students to keep the surroundings of the home and school clean. Explain the importance of cleanliness. Make sure that the surroundings will be regularly cleaned. In the table above, ask them to put (✓) or (✗) marks.



1.4 Diet

Eat fresh and warm food. Include leafy vegetables and fruits in your diet. Wash the vegetables and fruits. That stops germs from going into your stomach. Drink a lot of water during the day.



Make a list of what diet you take throughout the day.



Morning (Breakfast)	Noon (Lunch)	Evening (Snacks)	Night (Supper)



1.5 Rest and Sleep

Go to bed early at night.

Get up early in the morning.

Sleep at least for 7 to 8 hours.

- ◆ Get the students to prepare a list of the whole day's diet. Explain the importance of diet. They should happily eat the food prepared at home every day. Give them instructions about developing the habit of eating all types of leafy vegetables.

1.6 Use of the Toilet

Do not suppress the impulse to pass urine or faeces. Go to the toilet promptly.

Wash hands and feet well after the excretion of urine or faeces.



1.7 Exercise

Exercise regularly.

Exercise keeps the body healthy.

Exercise makes the body flexible.

One should play outdoor games involving a lot of physical activities.



1.8 Avoiding Bad Habits

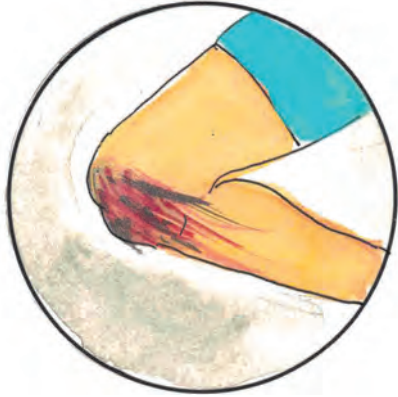
1. Excessive eating of ready eatables from the market has a bad effect on health. One should not buy and eat readymade eatables or cold drinks too often.
2. Excessive use of TV, computer, mobile phone can damage the eyes. One should not watch TV from a close distance.
3. One should not spit, throw garbage or excrete urine or faeces in public places.



◆ Give information about good and bad habits and explain the importance of good habits.

Remember :

- One should keep the playground clean.
- One should wear loose cotton clothes.
- One should wear canvas shoes at the time of playing.
- One should maintain sports equipment properly.
- Do not play in the street.
- Do not play in dark, lonely places.



1.9 First Aid and Bleeding

- Always keep the first aid box handy when playing on the playground.
- If anyone falls down or gets injured on the playground, tell your teacher immediately.
- Ensure that the required materials are available in the first aid box.



1.10 Clothes

For the protection of our body we need to wear clothes according to the season. If we use an umbrella or a raincoat in the rainy season, we do not get wet. We are protected from the cold in winter, if we wear a warm woollen shawl, sweater or cap. It is necessary to wear, a large handkerchief cap or scarf on the head in summer to protect ourselves from the sun. It is also beneficial to wear dark glasses to protect the eyes.



2. Various Movements

2.1 Various Movements



Walking along different paths



Leaping



Running, catching, chasing



Keeping your balance while leaning against a wall.

- ◆ Get the students to perform the various movements. Pay attention to their safety when you make them twirl or jump. Ask them to participate in games and races which involve these movements.

2.2 Imitative Movements (Jumps)



Arch jump



Tuck jump



Star jump

My Activity

Perform the jumps and animal movements learnt in the previous class.

- ◆ Give a proper demonstration of jumps and gaits. Individual or group competitions of these jumps and gaits can be held.
- ◆ Give instructions about proper posture.

2.3 Movements to be Performed using Equipment with Companions



Skipping Rope (Individual)



Skipping Rope (Team)



Lagori (Seven Stones)



Tipcat

My Activity

Make a list of the games you play with your friends and the equipment needed for it.

- ◆ Try to develop in the students the habit of helping their companions. Encourage them to develop better skills with practice. Organise short games and races with the help of these movements. Congratulate the winners by clapping.

2.4 Proper Posture



Standing



Walking



Reading



Writing



Lifting a weight



Having a meal

My Activity

To check if the students' physical postures while performing the actions shown in the pictures is proper or improper, and to correct it if it is improper.

- ◆ Give instructions about proper posture. Make sure that their posture is correct while writing, reading, sitting on the bench.

3. Games and Races

3.1 Recreational Games



Tug of war



Fire on the mountain, run-run-run



Musical chairs



Passing the ball over the head-relay



Ring-and-ball-race



Ball-between-the-knees race

- ◆ Conduct various recreational games. Make sure that all students take an active part.
- ◆ Pay attention to the playground, equipment and other matters from the point of view of safety. There should also be games appropriate for the students with special needs and the students who are not well.

3.2 Sedentary Games



Chess



Carrom

3.3 Local and Traditional Games



Touching (Catching)



Soorparambya

- ◆ Make arrangements for table top games when it is not possible to have games on the playground. Find out alternative games and encourage the students to play various games.
- ◆ Make a note of the local and traditional games that students play.

3.4 Small Area Games



Passing the ball between the legs



Hitting a target



Tossing the ball



Dog and the bone

My Activity

Get information about games like touching the shadow, tiger-n-goat, *rapparappi*, catching the ring / tenniquoits and play them with your friends.

- ◆ Through games, speed, balance, muscle power and strength and flexibility of the body are developed. Explain that all of these qualities will be of help to gain proficiency in some game, in the future.
- ◆ Through these games, teach them to follow rules.

3.5 Various Races



Hopping on one leg race



Potato race



Lemon and spoon race



Balancing the stick race

My Activity

Get information about races like running backwards and stealing the treasure from your friends, and play them with your friends.

- ◆ Arrange various group-versus-group and individual-versus-individual races. Decide upon the start line and the finish line beforehand.
- ◆ Make absolutely sure that during the race, students do not break rules. Congratulate the winning students and groups by word and by clapping.
- ◆ Congratulate the students who have lost, too, for their participation.
- ◆ Make students with special needs also participate in games and races as per their capacity.

4. Skill-oriented Activities

4.1 Gymnastics

Cartwheels



4.2 Athletics



High jump

Remember :

Practise the above skills, under guidance, keeping in mind your own ability. Get scientific information about every skill. Avoid being over enthusiastic and do not hurry. You are expected only to get information about high jump. (Practise jumping at a low height.)

- ◆ Before the above activities, conduct warm-up exercises. Make students practise somersault forward and backward before they do somersaults. Pay attention to the proper position of hands and feet. Ensure safety while conducting long and high jump.

4.3 Basic Sports Skills



Kabaddi (Hututu)



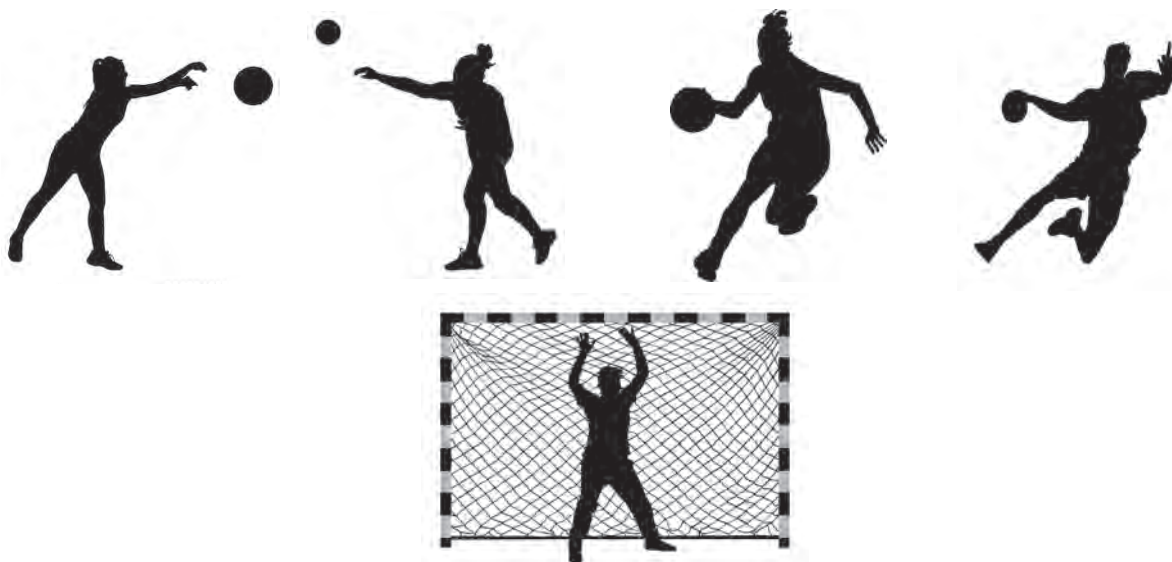
Karate

My Activity

Make a collection of pictures of kabaddi and karate from newspapers and magazines.

- ◆ Introduce the skills of kabaddi and karate. For example, **Kabaddi**- holding the breath, tagging and tackling, **Karate**- bow, punch, stance, kick, block etc.

Handball

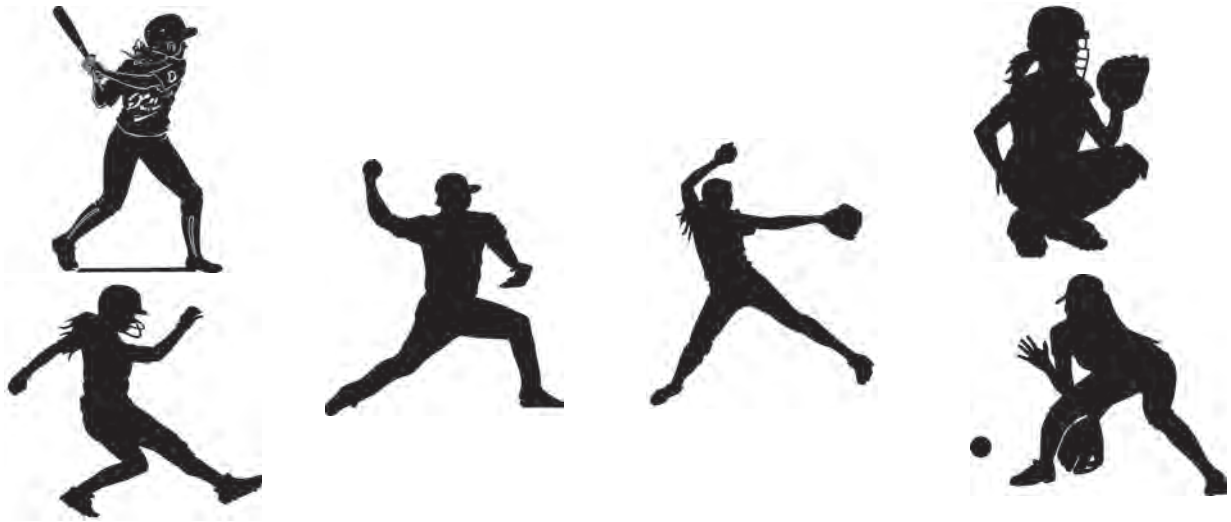


My Activity

Practising with a handball or any other ball of the same size that you can hold in your hand.

- ◆ Get the students to perform the actions of the basic skills of the above games. Tell them the rules of the game. Assess their skills and get them to practice accordingly. For example, bouncing the ball, dribbling, running while dribbling, catching the ball, throwing the ball, defending or saving a goal, etc.

Softball



My Activity

Try to perform precisely the actions of the basic skills of softball.

- ◆ Teach with the help of a rubber ball. Pay attention to the development of the basic skills and abilities. Pay attention also to proper posture and safety while batting, fielding, throwing, pitching, catching, base running, etc.

4.4 Human Pyramids

A pyramid is an attractive structure, made by placing things one on top of the other. This structure is made either of objects or humans. When humans are made to stand one on top of the other, it is called a 'human pyramid'.



My Activity

Try to form the pyramids with the guidance of grown ups.

- ◆ Make the structure of the pyramid keeping in mind the students' age, ability, their wishes, etc. Firstly, show a picture or a photo and give the information about the layers of pyramids. Explain the proper posture. Take the necessary safety precautions.
- ◆ Make a presentation of pyramids at the time of a special event. Conduct the required practice for it. If possible, set the presentation to the beat of music to make it attractive.

4.5 Well-known Indian Sportspersons



Sachin Tendulkar
Cricket



P.T. Usha
Running



P.V. Sindhu
Badminton



Khashaba Jadhav
Wrestling

My Activity

Collect information about the sportspersons in your area and tell it to the class. Make a collection of photographs of sports and sportspersons published in magazines or newspapers.

- ◆ Teach with the help of videos. Ask the class information about known sportspersons. Give them information about sportspersons unknown to them.

4.7 Grounds of Various Sports



Cricket



Kho-kho



Tennis



Volleyball

My Activity

Observe the fields and courts of various sports.

- ◆ Explain the difference between the grounds of various sports. Take the students to observe them when students of higher classes are playing.

My favourite sports/ games

.....

.....

.....

.....

.....

.....

.....

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.....

.....

Picture/Photo

◆ Ask students to write the names of the sports they liked and draw pictures of the equipment of those sports. Ask them why they like that sport.

5. Exercises

5.1 Warm-up exercises

Before playing any game, one has to prepare the body. One needs to build up enthusiasm for playing. The exercises required for that are called ‘warm-up exercises’.

The following are some easy warm-up exercises -

1. After coming to the playground, running for some distance slowly and then running fast for some distance.
2. Going up and down the steps or a staircase at a brisk pace.
3. Doing *suryanamaskar* at a brisk pace.
4. Hopping fast on one leg.
5. Imitating the gait of various animals.

Some warm-up exercises



1



2

My Activity

To practise warm-up exercises, for example stretching, bending, turning, twisting, turning the joints, etc.

- ◆ Choose the exercises keeping in mind the physical ability of the students. Do not exhaust them doing these exercises. The exercises should be enjoyable. Practice of the warm-up exercises learnt in the previous class should also be included.

5.2 Suryanamaskar

9



1



2



8



3



10



7



4



Basic
position

5



6



5.3 Rhythmic Exercises



Basic position

Type 1: Sitting drill

1. Sit cross-legged on the floor. Both hands should be on the sides, not resting on the floor, lifted a little.
2. Lift both the arms so that they touch the ears and the palms touch each other.
3. Bend the elbows and bring the hands, palms still touching each other, down on the head.
4. Raise the hands over the head again. Then, as in (2). Come back to position (1).



◆ Tell the students that the initial position in every type is as in figure 1. Appoint different students turn by turn as group leaders and get all the different types of exercises done.

Type 2: Standing Drill



Basic
position



1



2



3



4

If children hold colourful bunches of flowers or feathers, colourful scarves or balls in their hands, the drill will look attractive.



Basic position



1



2



3



4

- ◆ Some samples of rhythmic exercise/drill are given in the above pictures. Get various types done as per your convenience.
- ◆ You can also use your creativity and teach new types, and use them for presentation.

Balloon Drill



Basic position



1



2



3



4

Stick Drill



Basic position



1



2



3



4

Handkerchief Drill



Basic position



1



2



3



4

My Activity

Practise the drills learnt in the previous class.

- ◆ Some samples of types of rhythmic exercise/drill are given in the above pictures. Get various types done as per your convenience.
- ◆ You can use your creativity and teach new types, and use them for presentation also.

5.4 Yoga

1 Preparation for Pranayama

1.1 Filling the chest, breathing in and out

1. Sit comfortably.
2. Filling your chest, breathe in through your nose.
3. Breathe out slowly.
4. Putting one hand on your chest, see that the chest goes back to its original state.



1.2 Filling the stomach, breathing in and out

1. Sit comfortably.
2. Filling the stomach slowly, breathe in through the nose.
3. Breathe out slowly.
4. Putting one hand on your stomach, see that the stomach goes back to its original state.



1.3 Letting out a forceful puff of air

1. Sit comfortably.
2. Breathe in.
3. Forcefully let out the biggest possible puff of air in the shortest possible time.



1.4 Sitting quietly

1. Sit comfortably.
2. Close your eyes.
3. Breathing normally, sit quietly for two to three minutes.



2. Preparation for *Asanas*

Asanas are certain types of body postures. *Asanas* make it possible to live a healthy life. In *Yogabhyasa*, various *asanas* are given.

In order to do *asanas* well, make movements like animals, birds and trees in nature.



2.1 Movement like a butterfly

1. Sit on the floor as shown in the picture.
2. Hold the soles of both feet together with both hands.
3. Move both knees up and down.



2.2 Body position like a snake

1. Lie face down.
2. Place the palms of both hands on the floor near the chest.
3. Lift the body from the waist up. Keep the head straight up.



2.3 Moving like a blade of grass

1. Stand up and lift your arms.
2. Move the body from the waist up and the arms to the left and to the right.



2.4 Body position like a mountain

1. Bend forward and place both hands on the floor, palms down. The palms of the hands should rest on the floor. (See picture.)
2. Try to lift the waist as much as possible.
3. Bring the head in through the gap between the arms.

Various Body Postures



- ◆ Various samples of body postures are shown in the above pictures. Get students to practice various types of postures such as those done standing, sitting, lying on the back, lying on the stomach, as per your convenience. Ask students to do them as per their physical ability.