Play Standard One

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.

The Coordination Committee formed by GR No. Abhyas - 2116/(Pra.Kra.43/16) SD - 4 Dated 25.4.2016 has given approval to prescribe this textbook in its meeting held on 8.5.2018 from the Academic Year 2018-19.

Play, Do, Learn

(Health and Physical Education, Workexperience, Art Education)

Standard One



Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune - 04



The digital textbook can be obtained through DIKSHA App on a smartphone by using the Q. R. Code given on title page of the textbook and useful audio-visual teaching-learning material of the relevant content will be available through the other Q. R. Code given according to the content of this textbook.

First Edition - 2018 **Reprint - 2021**

Maharashtra State Bureou of Textbook Production and Cirriculum Research, Pune 411004 The Maharashtra State Bureau of Textbook Production and Curriculum Research reserves all rights related to the book. No part of this book should be reproduced without the written permission of the Director, Maharashtra State Bureau of Textbook Production and Curriculam Research 'Balbharati' Pune.

Health and Physical Education Committee

1. Shri. Deshpande Mukul Madhavrao

- Smt. Phalke Archana Madhukar 2.
- 3. Shri. Zade Nilesh Balabhau
- 4. Smt. Buchade Jayashree Kisan
- 5. Shri. Naikwade Vijaykant Shivhari
- 6. Smt. Belwale Jyoti Deepak
- 7. Shri. Sangrame Tikaram Gopinath
- Shri. Kulkarni Dnyani Bhalchandra 8.
- 9. Shri. Patil Rangrao Shankar
- 10. Shri. Patil Chandrashekhar Shantaram 10. Shri. Modhave Arvind Bansi
- 11. Smt. Kadarkar Shivkanya Nivruttirao 11. Shri. Sorte Changdev Khushal
- 12. Smt. Nandakhile Ujjwala Laxman
- 13. Smt. Gude Mangala Somnath
- 14. Shri. Shahane Shankar Janardanrao

Workexperience Committee

- Shri.Parkhe Prakash Karbhari
- 2. Shri. Patil Dattatray Dadu
- 3. Smt. Lokhande Pratibha Ishwar
- 4. Shri. Bhagat Jagannath Shrirang
- Smt. Mulik Jaymala Jagdish 5.
- Smt. Mamuilwad Smita Vijay
- 7. Shri. Disle Ranjitsinh Mahadev
- Shri. Bhadane Jitendra Vedu
- 9. Shri. Kinarkar Ashvin Sudhakarrao

- Shri. Tambe Rupesh Bhaguram 13. Smt. Patel Raziya Ghulam Husen
- 14. Shri. Vinit Iyer

6.

Art Education Committee

- Shri. Desai Sunil Hindurao
- 2. Shri. Netake Prakash Bhausaheb
- 3. Smt. Bansod Kalpana Udayraj
- Shri. Patil Hiraman Pundalik 4.
- Smt. Kadam Pratibha Jatin 5.
- Smt. Pohare Sadhana Shrikant 6.
- 7. Shri Mali Pravin Shantaram
- Smt. Chincholikar Anjali Namdevrao 8.
- 9. Smt. Dongre Manali Sandeep
- Shri. Ashfaq Khan Saeed Khan Pinjari
- 11. Shri, Jadhav Amol Bhimrao
- 12. Smt. Ogale Manorama Vishwanath
- 13. Shri. Hande Shivaji Vinayakrao
- 14. Smt. Hargude Nitali Sambhaji
- 15. Shri Gadekar Vishwanath Dattatray
- 16. Shri. Salpe Vishnu Sureshrao

Invitee

Shri. G. R. Patwardhan, Shri. Dyaneshwer Gadage, Smt. Saroj Deskmukh, Shri. Amol Bodhe.

Cover

Shri. Sunil Desai, Smt. Pradnya Kale

Illustration

Shri. Shreemant Honrao

Shri Pratap Jagtap

Smt. Jyoti Kengar

Smt Pallawi Deore

Shri. Bhushan Raje

Shri. Sanjay Bugate

Co-ordinator: Dr. Ajaykumar Lolage

Special Officer, Workexperience

I/C Special Officer, Art Education

I/C Special Officer,

Health and Physical Education

Textbook Bureau, Pune

Translation: Smt. Sujata Pandit

Scrutiny

: Dr. Mary Benson

Typesetting: Textbook Bureau, Pune

Production: Sachchitanand Aphale

Chief Production Officer

Prabhakar Parab, Production Officer

Shashank Kanikdale,

Asst. Production Officer

Paper

: 70 GSM Creamwove

Print Order:

Printer

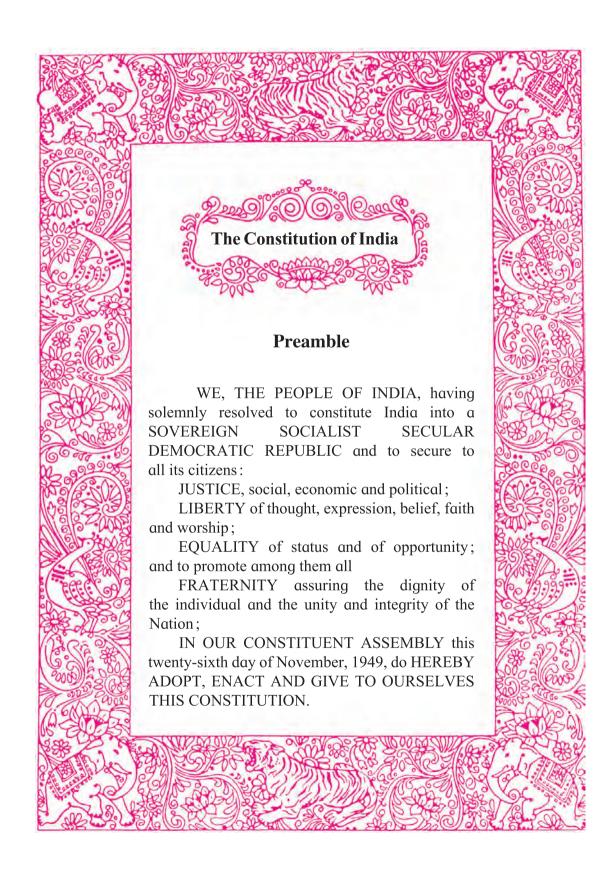
Publisher:

Vivek Uttam Gosavi Controller

Maharashtra State

Textbook Bureau, Prabhadevi.

Mumbai - 400 025.



NATIONAL ANTHEM

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

Panjāba-Sindhu-Gujarāta-Marāthā Drāvida-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 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.

Foreword

Dear Little Friends,

A very warm welcome to standard first. We are happy to present you the book 'Play, Do, Learn'.

Dear little friends, this book has been specially designed for you. You all love to play, learn new things, create beautiful objects, sing lovely songs, isn't it? This book has been written with the same purpose. The book is filled with lovely pictures. The pictures will guide you to play different games, sing songs, play musical instruments, draw pictures and colour them, learn the art of drama, dance etc. You will be able to learn the art of making paper fans, dolls etc. on your own. You will be helped by your teachers, parents and classmates for all these activities.

Physical activities and games make you healthy and strong. You will be able to make everyone around you happy, if you learn a certain skill or develop a certain talent. This book will help you to make small articles all by yourself. You can display all these in your personal exhibition. You can give these articles as gifts to your loved ones. You will be appreciated by everyone for this. Everyone will feel proud of your creativity, talent and your performances.

There is a Q.R. code given at the bottom of certain pages. You will enjoy the information that is given through these Q.R. codes. Your precious feedback about the parts of the book that you like the most and additions that need to be made; would prove to be most valuable to us. Therefore your feedback is most awaited. We are sure you will enjoy every part of this book.

Wish you all the best for your future progress.

Pune

Date: 16 May, 2018

Indian Solar Year: 26 Vaishakh 1940

(Dr. Sunil Magar)
Director

Maharashtra State Bureau of Textbook Production and Curriculum Research Pune.



For Teachers

Dear Teachers,

We present this book which is a combination of Art Education, Workexperience, Health and Physical Education. This triplet is entrusted upon you to bring about an all round development in our children. These three subjects are interconnected and interrelated with each other and accompany us throughout our lives. These subjects make a valuable contribution to our lives. If this contribution begins at the tender age of our lives it will help us in achieving our objective of 'Happy Learning'/ 'Joyful Learning'.

The book is named 'Play, Do, Learn' which establishes a close relation with the readers. At the same time it is not only a combination of three subjects-Health and Physical Education, Workexperience and Art Education; but also complement each other in every respect. At the level of first standard, our children have not mastered the Art Education of reading and writing. Keeping this aspect in mind, this book has laid stress on pictures more than words. It is expected that the teachers make use of these pictures to bring out the expressions of the children and get various activities like drawing, playing, singing done from them.

As this book has been designed entirely from the children's perspective, it does not include the entire syllabus, subjects, objectives, fields, projects, activities, etc. that have been mentioned in the curriculum.

The teacher's handbooks will prove to be helpful to the teachers in this respect. These Marathi handbooks are available at Balbharati's all depots. The text book has given only one activity. The remaining activities have been provided with guidance and demonstration in these handbooks. The actual teaching and learning is expected to be divided according to the allotted periods. Although the book has combined the three subjects -Health and Physical Education, Workexperience and



Art Education it is expected that the three subjects should be studied under separate entities. At the same time it is important to establish a correlation between these three subjects and other academic subjects like Language, Mathematics Environmental Studies etc. It is also necessary to have a subject-wise time-table with proper distribution of periods for every subject. It is important that the teaching-learning process becomes effective with the help of qualitative evaluation. Continuous Comprehensive Evaluation methodology should be used for evaluation. It is important to give a lot of scope and priority to the choice and liking of the children. It is expected that there is maximum participation of children in 'My Activity'. Certain amount of required help can be rendered by parents and teachers, if necessary. Perfection is not expected. The child is expected to enjoy every activity and draw happiness out of his/her personal creativity. There should be a feeling of ease while performing these activities. The material required for these activities should be easily available so that the child takes complete interest. The teacher has the liberty to change the activity if required. Along with 'My Activity' students can be given activities according to their age, liking, aptitude and ease. It is necessary to see that there is individual participation from every student in each and every activity. More opportunities should be given for expression. As far as possible, selection of the activity should be done after considering the required material as well as the geographical conditions. The selected activities should be at par with educational values

'Play, Do, Learn' activities should also be considered to establish a correlation with subjects like Mathematics and Languages. If teachers have and flexibility. developed different activities or material for this subject, the same can be shared with the bureau. New ideas as well as activities are always

We are confident that creative and enthusiastic teachers will always welcomed by us. welcome this textbook.

Art Education, Workexperience, Health and Physical

Textbook Bureau, Pune

Play

Do

Learn

Learning by Playing

Learning by Art Education

Learning by Doing





INDEX

