## 1. Health

## 1.1 My Daily Routine



Wake up before sunrise



**Morning Processes** 



**Brush my teeth** 



Take a bath



Comb my hair



Have my food





Wear clean clothes



Go to school



Play games on the playgraoud



Study



Help with household work

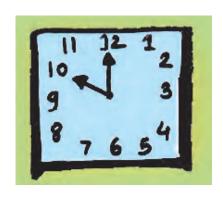


Sleep

## My Activity















Ask children to observe the pictures and describe them in their own words. They should be informed about the importance of healthy habits. They should incorporate these habits in their day to day life.

#### **1.2 Diet**









Tell the children to finish all the food that is served in the plate. Tell them not to spill while they eat. Ask them to avoid food items that are left open. Tell them to drink sufficient water. Tell them to wash hands before eating. Tell them about the importance of eating all types of vegetables. Tell them to eat seasonal fruits. Inform them about wrong food combinations.

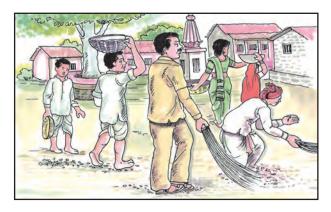
#### 1.3 Cleanliness



My House



My School Surrounding



My Surrounding



My Classroom

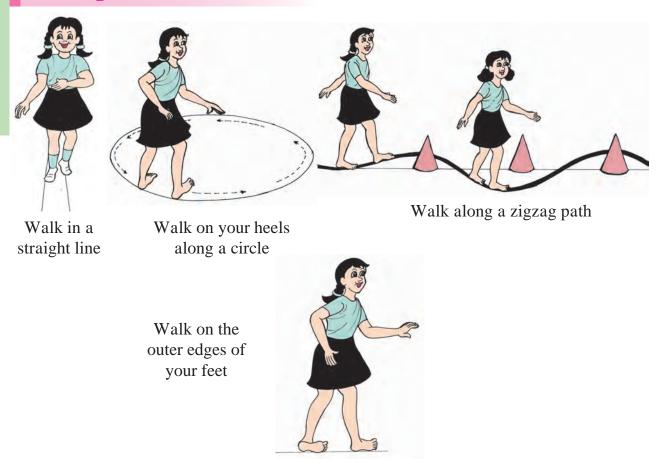
## My Activity

- Keep your room clean and tidy.
- Keep your things in their proper places.
- Take care of the cleanliness in your house.
- Keep your surrounding clean.
- Throw garbage in the garbage bins and not on roads.

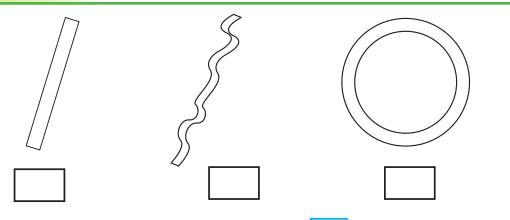
Make the students observe the pictures. Discuss about their experiences. Make the children perform the activities shown in the picture. Pay attention towards their cleanliness habits regularly.

#### 2. Different types of movements and Appropriate Body Postures

#### 2.1 Leg Movements

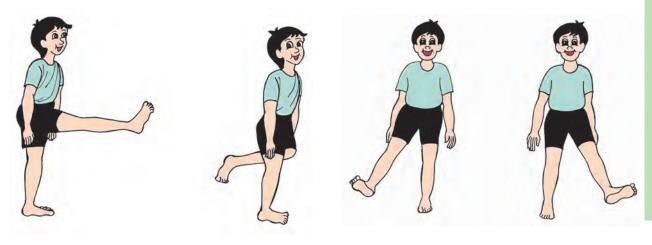


## My Activity



● Which leg movement did you like the most? Put a in the box below the picture.

Ask the children to observe the pictures carefully. Instruct them to walk according to the movements shown in the pictures. Introduce some new styles of walking. Caution the children and instruct them to maintain their balance. Teachers can organize groups and conduct competitions.



Kick Forward

Kick Backwards

Kick towards the right

Kick towards the left

## My Activity

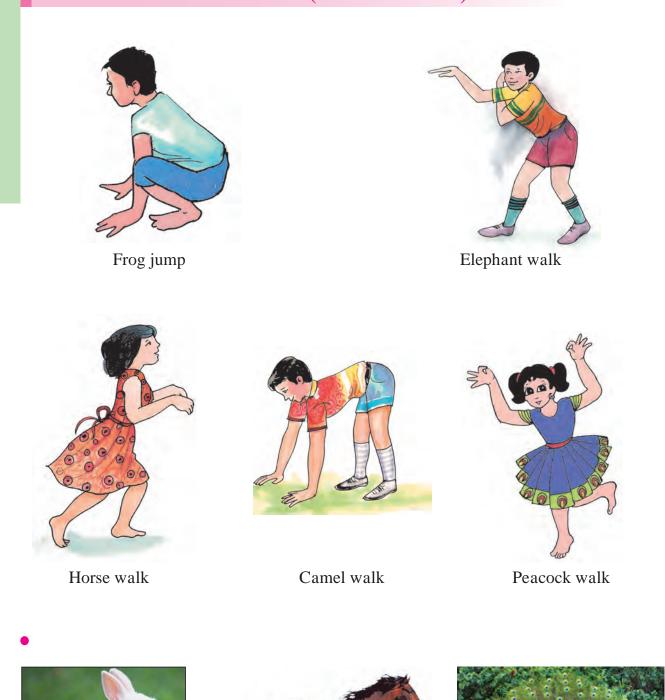
Colour the picture



Ask children to observe the pictures and perform the movements. Ask them about their favourite movement. Make them repeat all the movements.



## 2.2 Imitative Movements (Animal walks)



Observe the pictures and indentify the walks. Ask them about their favourite walk.

Rabbit

Horse

Peacock

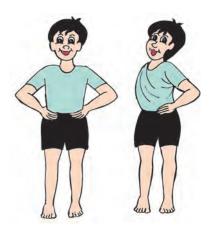
# 2.3 Warming up exercises (Basic Exercises to be done on the spot.)



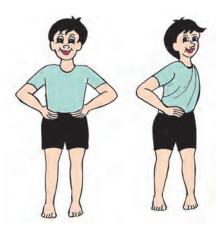
Place your hands on your hips and bend towards the right.



Place your hands on your hips and bend towards the left.



Twist your body towards the right, without moving your legs.



Twist your body towards the left, without moving your legs.



above you



Stretch your hands

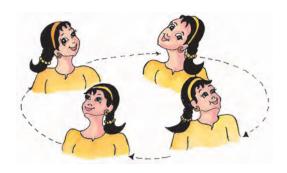


behind you



Front of you





Rotate your neck clockwise and anticlockwise



Rotate the upper portion of the body from the waistline



Place your hands in front of you and rotate your wrists.



Rotation of ankle



Place your hands on your hips and bend forward.



Place your hands an your hips and bend backwards

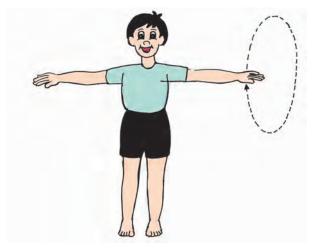
Ask children to observe the pictures. Help them to perform the movements accordingly. Introduce other new movements. Make sure there are no jerks. Divide them into groups and make them perform the movements.



Maintain body balance while walking on your toes.



Maintain body balance while walking on your heels.



Bring your hands straight along the shoulder line and rotate your hands.



Place your hands on your shoulders and rotate them.



Movement of ankle





## 2.4 Movements with props and mutual co-operation



Throw a ball

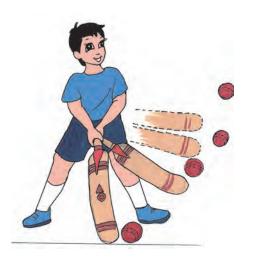
Catch a ball



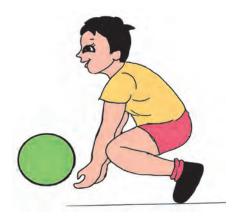
Retrun the ball, by hitting



Kick the ball

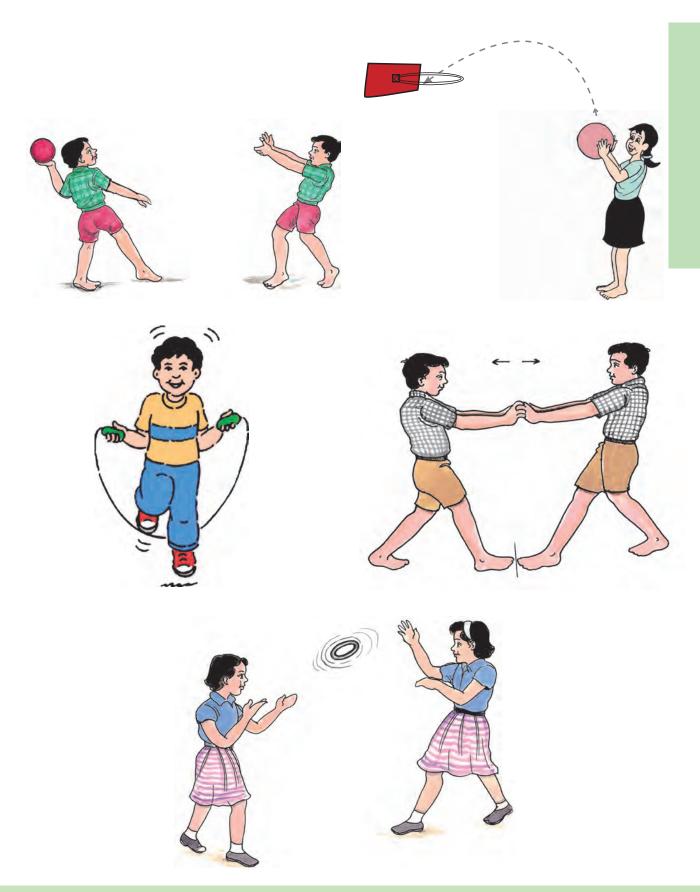


Hit the ball with a bat



Defend/Stop the ball

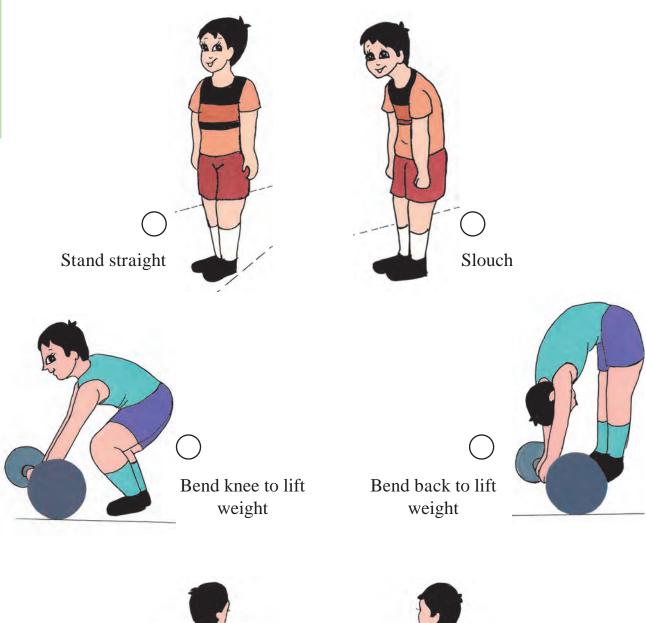
Introduce some new movements with props. Instruct children to maintain balance while performing the movements.



Make students perform different types of movements with the help of props. Different types of races or games can be conducted. Selection of movements should be in accordance to the children's capacities. Take care that there are no injuries while playing.

## 2.5 Appropriate Body Postures

Put a  $\checkmark$  along the correct posture and a  $\checkmark$  along the wrong posture.

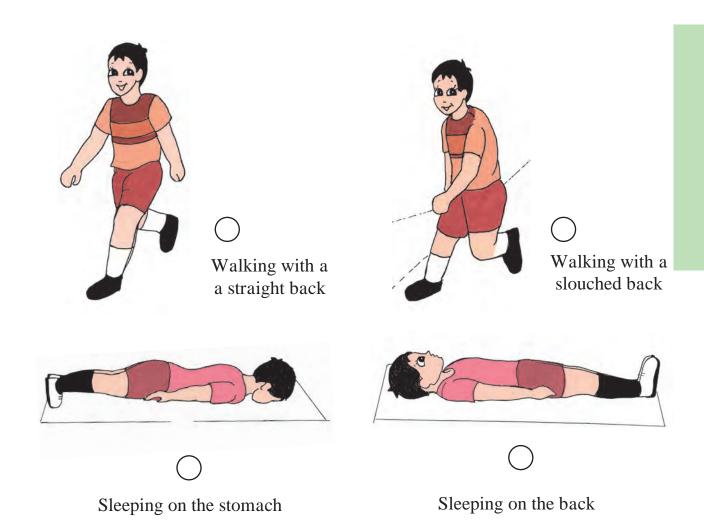


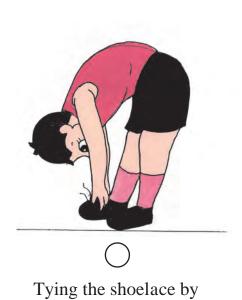
Taking the backpack on only one shoulder





Taking the backpack on both shoulders





bending



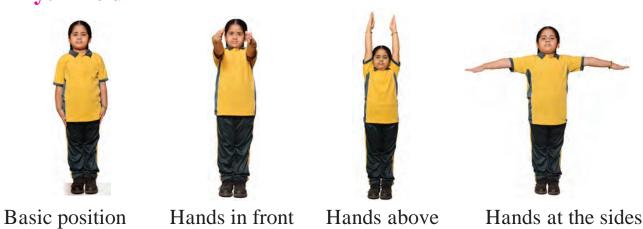
while sitting.

Introduce the children to the correct body posture with the help of pictures. Discuss with them about the correct posture while sitting, standing, walking, reading, etc. Take efforts to make children use the correct posture in the class as well as at home.

## **2.6 Drill**



**Rhythmic drill** 



Observe the pictures. Make the students perform the drill according to the pictures.

## 3. Games and Competitions

#### 3.1 Entertainment Games



Lemon and spoon



Three legged race



Hopping



Blind man buff

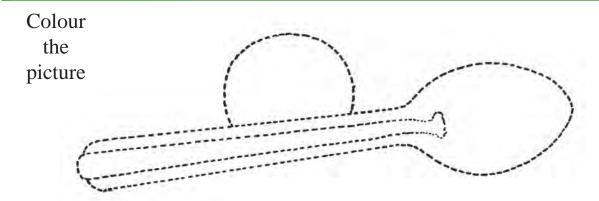


Catching the cook while climbing trees (Surparambya)



Lock and key (Vishamrut)

#### My Activity



Take care that children do not fall while playing. See that the playground is clean. Ask children to observe the pictures. Demonstrate some similar games to the children.

### 3.2 Sedentary Games



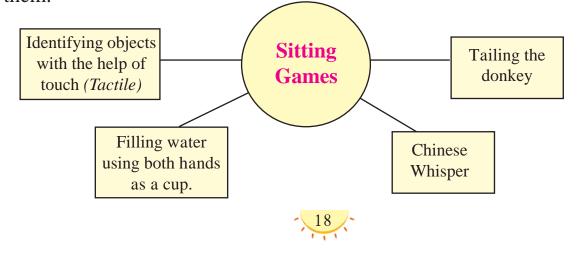
Tactile activity

Mother's letter



### My Activity

Collect information on the following games and make the children play them.



#### 3.3 Regional and Traditional Games



Rolling the tyre



Lagori



Jumping in and jumping out (Talyat-malyat)



Blind man buff (Andhali Koshimbir)

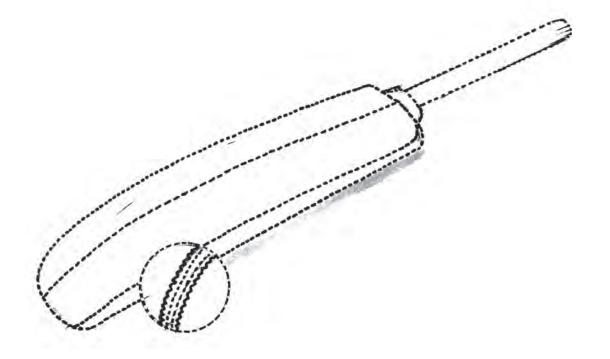
### My Activity

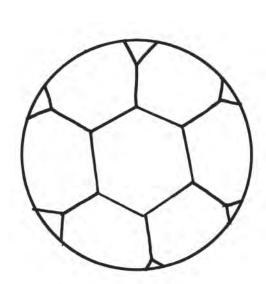
Make the children play games of their own choice. (Those which are not shown in the pictures above.)

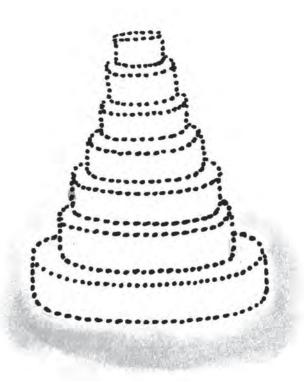
Ask children to describe the above pictures. Ask them to demonstrate the new game. Ask them about the different games they learnt to play in their village.

## My Activity

Colour the pictures.









#### 3.4 Different kinds of games and competitions.

#### **Flexibility Game**



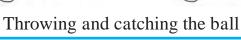
Forming a 'V' shape of your legs and bending to pick up an object kept in front of you.



Passing the ball

## Games for body coordination







### **Running Games**



Running 30m.

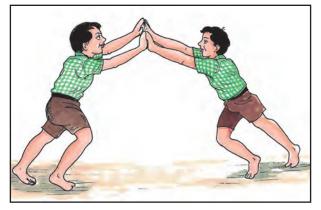


Three legged race.

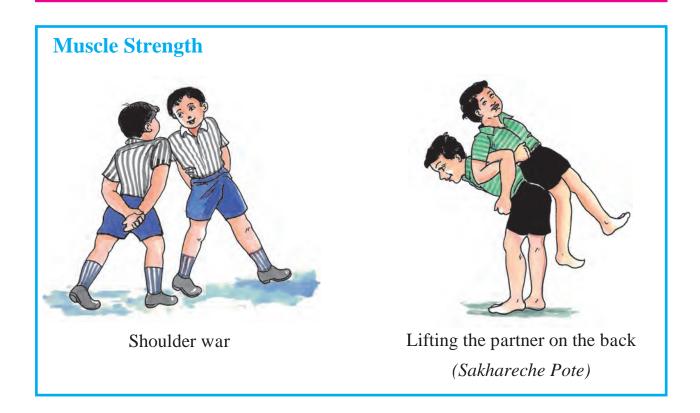
## **Strength of limbs**



Tug of war (Rassi Khech)



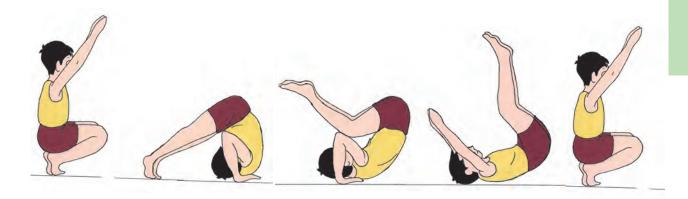
Pushing each other



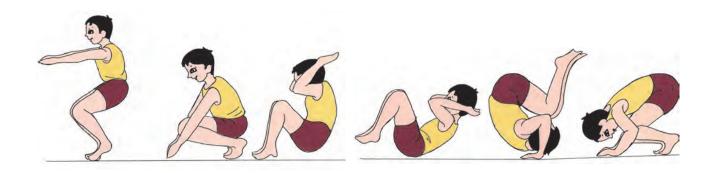
### 4. Skill Based Activity

## 4.1 Gymnastics

#### Front Roll



#### Back Roll



Put a in the box along the picture you like the most.

Front Roll Back Roll

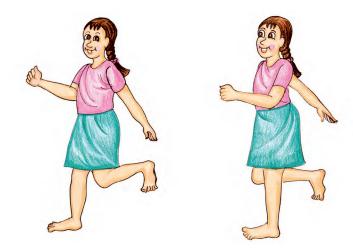
Observe the pictures carefully. Children should perform actions according to those shown in the pictures.

## **4.2 Athletics**



Running in a straight line

Jumping and moving forward



Running Backwards



Jumping by lifting legs upto your knees.

Ask the children to observe the pictures carefully and describe them. Ask them if they would like to run in the different ways as shown above.

## **4.3 Kinesthetic Activities**



Skipping rope



Walking on bricks while maintaing body balance

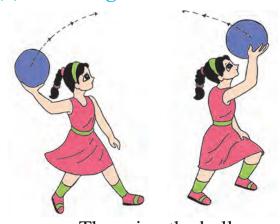


Stick Game (Viti Dandu)



#### **4.4 Sport Skills**

#### (1) Throwing the ball

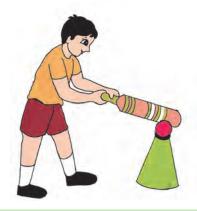


Throwing the ball

(3) Catching the ball with self

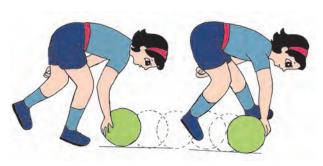


(5) Stopping the ball



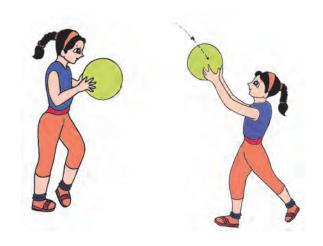
Hitting the ball with a bat

#### (2) Rolling the ball



Rolling the ball Rolling the ball forward backwards

# (4) Passing and Catching the ball with others





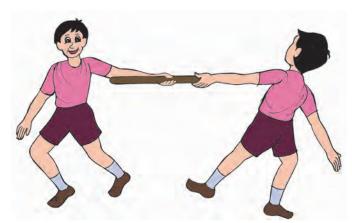
Make the children practice different sport skills. Explain to them the different types of sport skills using hands, legs and head. You can use optional equipment if necessary. Take care of the children's safety.



Catching the ring

#### Strength/Power





Pushing the wall with your hands

Pulling a stick with your hands

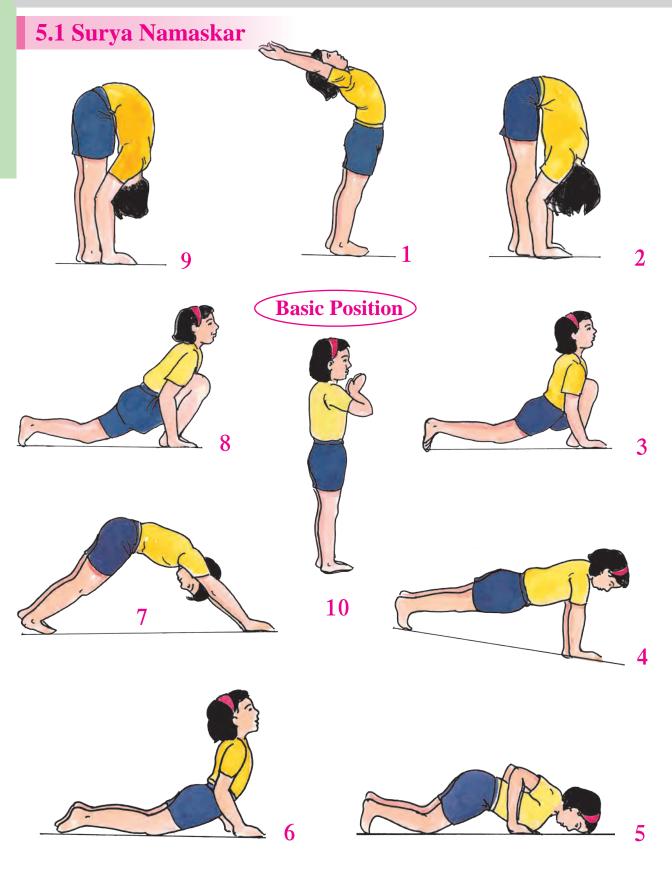
#### My Activity

your favourite game.

Pushing with hands Catching the ring Pulling a stick with your hands

Make sure that the students do not fall or do not get injured while they play. Encourage the weak students to play according to their capacity. Ask the students to observe and describe the pictures. Take up games as shown in the pictures.

## 5. Exercises



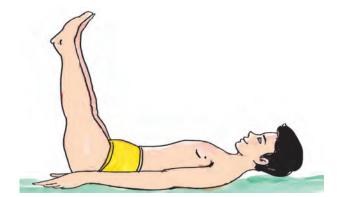
#### **5.2 Various Body Postures**

### (1) Postures to be done while lying on your back

Balancing your legs



Lifting your legs upwards



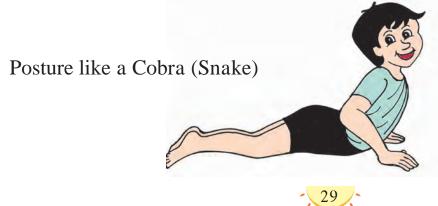


Lay down for relaxation

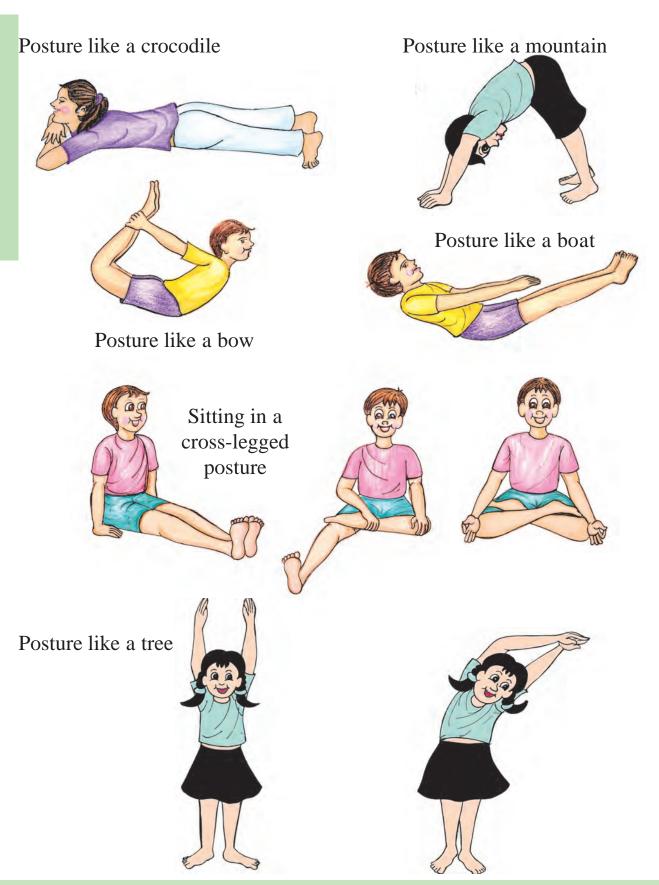


Posture like a plough

#### (2) Postures to be done while lying on the stomach







Introduce the children to basic information about the ethics and rules to be followed in yoga. For special children /sick children, help should be given to perform postures according to their capability. Conduct a proper warmup before starting the body posture exercises.