

Health & Physical Education

Standard



Activity Book



GOVERNMENT OF KERALA
DEPARTMENT OF GENERAL EDUCATION

Prepared by
State Council of Educational Research and Training (SCERT)
Kerala

2024

THE NATIONAL ANTHEM

Jana-gana-mana-adhinayaka, jaya he
Bharata-bhagya-vidhata.
Punjab-Sindh-Gujarat-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-Jaladhi-taranga.
Tava shubha name jage,
Tava shubha asisa mage,
Gahe tava jaya gatha,
Jana-gana-mangala-dayaka jaya he
Bharata-bhagya-vidhata.
Jaya he, jaya he, jaya he,
Jaya jaya jaya, jaya he!

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 respect to my parents, teachers and all elders 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.

Health - Physical Education

5

Prepared by

State Council of Educational Research and Training (SCERT)

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Dear friends,

Kerala Curriculum Frame Work (KCF 2023) is envisioned as an educational approach to shape a future society that is mentally, physically and socially healthy. As part of building a knowledge society, health and physical education needs to start from the primary stage itself. KCF 2023 suggests that creative learning processes should be developed to create an understanding of health and sports education from a comprehensive perspective of the curriculum. This class V Activity Book is designed to ensure quality learning in health and sports education as a compulsory subject in the school curriculum.

Our children should be enabled to recognise the importance not only of sports and entertainment but also of rest, recovery, sleep and food. They should be able to stand, sit and lie down properly and thereby achieve and maintain proper posture. Children should also gain an understanding of personal safety, sports safety, safety equipment and first aid in playing fields. They must also get to know the various games that have disappeared and form a new sports culture by reviving them. Besides, an attitude relating to nature-friendly sports activities should also be formed. For these, numerous task-based opportunities are provided in this Activity Book. It also offers basic information to shape a lifestyle that helps every person to lead a better everyday life with confidence. Measures should be adopted to enable the all round development of children by facilitating continuous evaluation in terms of health and sports. The diverse values and attitudes formed while engaging in different types of games will lead you in the right direction. This book is lovingly presented before you to make learning more enjoyable and thereby build a healthy society.

Dr Jayaprakash R.K.

Director
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THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[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 ²[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.**

-
1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
 2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

Chapter 1

Fun and Facts

Fun, Relaxation and Recovery



What do you see in the picture?

Do you participate in games?

What all games have you played?

-
-
-

How happy are the children in the picture !

Do you know the benefits that can be gained through sports?

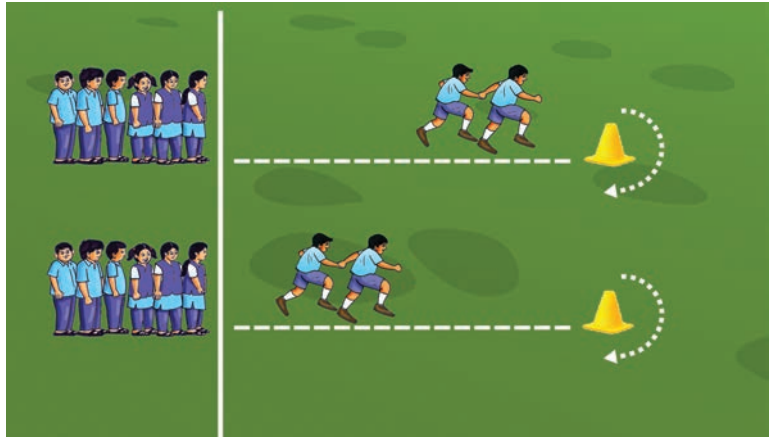
- We are joyful.
- We make friends.
-
-



Activity -1

Chain game

Children in the class are divided into teams of equal numbers and are asked to line-up as shown in the picture.



Instructions

- When the teacher signals, the child at the front of each team must run along the marked track, and come back, turning around the cone.
- Then continue this action by holding the hand of the team member at the front of the line.
- In this way, continue the game until the team turns into a chain without breaking any part.
- The team returns to the starting line first with all members, will be considered the best performing team.



Special Info

Heartbeat

A healthy person's heart is about the size of his fist and weighs 250 to 350 grams. The heart beats 60 to 100 times per minute.

You may play this game.

Did you like the game?

Who are the friends who ran the most in the game?

Did those who run more get tired?

Did the heart rate increase for those who ran most?

Share your experience.

-
-
-
-



Let's take some rest.

Rest is very important and we can recover quickly, through relaxation.

Sports and games

For pleasure, fun and enjoyment.

Rest

Physical and mental relaxation

Recovery

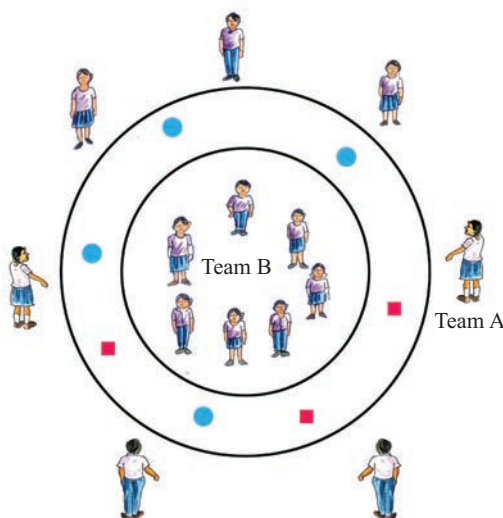
Getting back to the original state of the body after physical activities.



Activity -2 Circle Play

The children of the class are divided into two teams of equal number.

See the picture.



Instructions

- Team A should stand outside the big circle and Team B should stand inside the small circle.
- Corresponding to the number of children in a team, an object should be placed (like ball, square etc.,) as shown in the figure.
- When the teacher signals team 'A' should run clockwise and team 'B' anti-clockwise in their respective circle.
- When the teacher signals again, the objects placed between the two circles can be picked up by anyone.
- Total points of each team will be the number of items picked up by the members
- The game can be continued by changing the direction after placing back the picked up items.
- The team which scored more points in the given time can be considered as the best team.





Special Info

Cooling down

Return of the body to its normal state after a physical activity is 'cooling down'.

Did you enjoy playing this game?

After every physical activity, cooling down should be practised.

Let us relax now.

Can we have an activity related to rest?



Activity 3 Humming Bee

Look at the picture.

Sit comfortably



Instructions

- As shown in the picture, cover the earhole with the thumbs and close both eyes with index fingers.
- Take a deep breath and exhale with a humming sound like that of a honey bee.

This is an activity to relax properly.

Repeat this action four to five times.

Studies have shown that this activity can help you to get good sleep.

What did you experience during this activity? Note it below.

-
-
-



Good sleep to stay healthy.

How many hours do you sleep daily?

What time do you sleep daily?

Do you know why you sleep?



See Minnu's experience

I usually sleep 9 hours a day. So when I wake up, I feel refreshed and my memory is enhanced.

Write a short note about your sleep

.....

.....

.....

.....

sleep ... sleep... sleep ...

Adequate sleep is necessary for good health and proper development of the body. It improves the brain function, thinking ability and memory power.



**Special
Info**

How many hours should one sleep daily?

Age	Duration of sleep
6-12	9 hours to 12 hours
13-18	8 to 10 hours
Adults	7 hours or more

Source: World Health Organisation (WHO)





Assessment

- 1) What are the basic factors needed to lead a healthy life?
 -
 -
 -
 -
- 2) Make a short note on the need for taking rest.

.....

.....
- 3) How many hours do you and your classmates engage in sports and games, household work and sleep? Conduct a survey and prepare a report.

Extended Activity

Practice Humming Bee with members of your family and share the experience.



Food

Diet is an important factor affecting health. Proper food is essential for achieving good health.

What instructions do parents give you, related to the food you eat?

.....

.....

What are the food items you eat regularly?

•	•
•	•
•	•



We can divide the food items which we eat daily into fruits, vegetables and meat.

Can we have a game related to this?



Activity 4 Gems in the Box

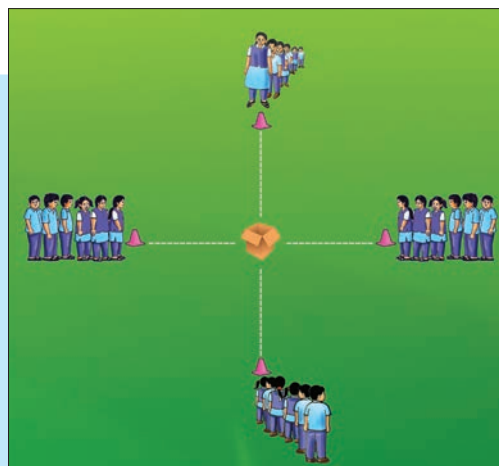
Look at the picture.

Make four teams of equal members as shown.



Instructions

- Teams should line up at an equal distance from the box placed in the middle of the playing field.
- Depending on the number of children, there will be yellow, green and red coloured paper balls in the box.
- At the teacher's instruction the first person in the line must run to the paper box, take the ball and get back to her group.
- Those who take the green ball should run back to the group, those who get the yellow ball should hop on one leg and those who take the red ball should return to the team, frog jumping.
- The next team member continues the activity as each child gets back to the starting line.
- A child gets only one chance. In this way, the game continues until all the balls are collected.



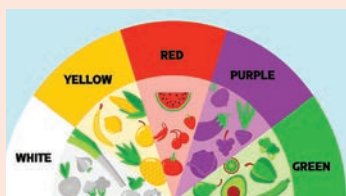
Colour of food	Points	Activity
Green (fruits and vegetables)	One	Running
Yellow (fish, meat, dairy products)	Two	Jump on one leg
Red (cereals and legumes)	Three	Frog Jump

- The best performing team will be selected by calculating points on the basis of the number of balls collected at the end of the game.



Special
Info

The Rainbow Diet



Diseases can be prevented by daily intake of colourful vegetables and fruits like those found in the rainbow.

Did you like the game?

What are the easily available fruits in your area?

-
-

What are the vegetables used at home?

-
-

Why do we eat?

- To boost immunity
-

We eat the food prepared at home, don't we?

What about playing a diet-related game?



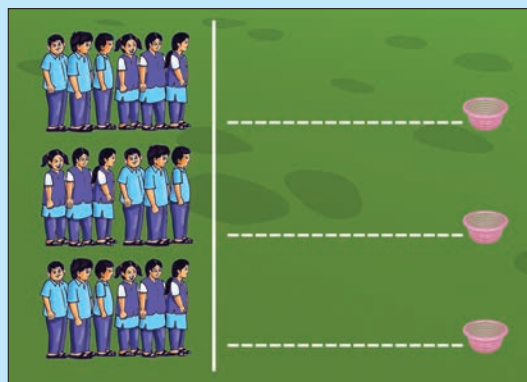
Activity-5 Circle of Fortune

Form four or five teams of equal members in a line as shown in the diagram below.



Instructions

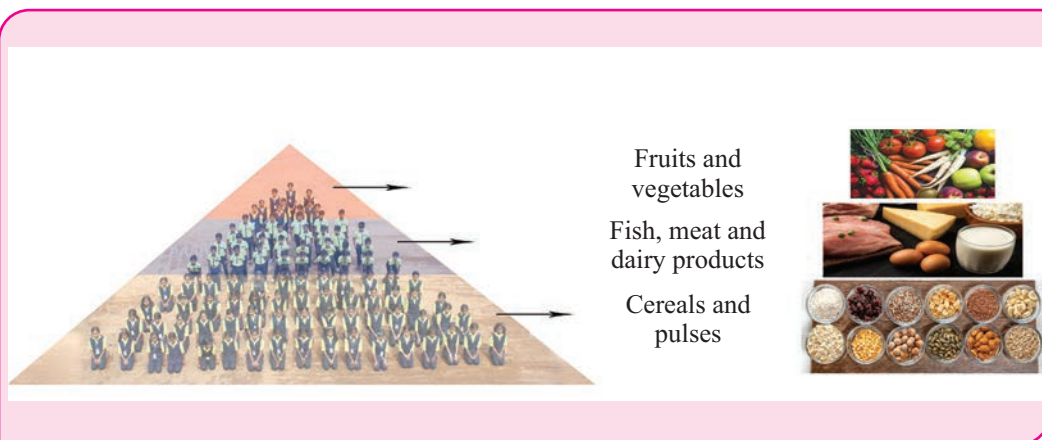
- Lots will be placed in a circle at a fixed distance from the starting line.
- According to the instructions given by the teacher, the person standing in front of the team should approach the circle, hopping with one leg.
- Then take a lot placed in the circle and gallop (hop on both legs) back to the starting line.
- Care should be taken not to open the lot.
- This activity should be continued by each member.
- The game ends when all the team members take the lot and cross the starting line.
- The team that finishes the game first will be considered as the best team.



Once the game is over, the lots can be opened by everyone. They can be divided into three groups as noted on the lots (fruits and vegetables; fish-meat-dairy products; cereals-pulses). Then a food pyramid can be made following the teacher's instruction.

Food Pyramid

Look at the picture below.



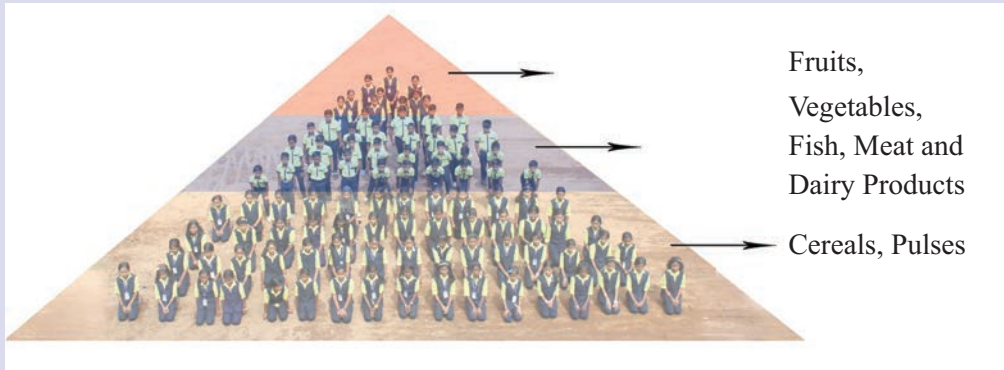
Assessment

1. Complete the list: What are the food items used in your daily life?

Fruits and Vegetables	Fish, Meat and Dairy Products	Cereals and Pulses



2. Which nutrient is the most abundant in this food pyramid? Why?



.....

.....

.....

Eating Habits



Good food
for a healthy life.

Good eating habits



Junk food

Food items
which are high in
calories and low in
nutritional value

1. Make it a habit to eat at least an hour after physical exercise.
2. Never skip breakfast.
3. Avoid junk food as much as possible.
4. Chew your food slowly taking time.
5. Drink only water that is boiled and cooled.
6. Have dinner early. Dinner should be taken at least two to three hours before going to bed.
7. Have vegetables and fruits as light meals at intervals.



Special
Info

Drinking water and health

Do you know how much water you need to drink in a day?

Age	Quantity
4 to 8 years	1.6 litres
9 to 13 years	2.3 litres
14 to 18 years	2.8 to 3.3 litres

Source: World Health Organisation(WHO)



Food plays an important role in healthy growth. We need to follow proper eating habits for our growth, development and immunity.

Hygiene

Personal hygiene

How do we practise personal hygiene?

- Washing hands before eating
-
-



Activity-6 Treasure Hunt

This is a game in which you have to find the treasure hidden somewhere in the field.



Instructions

- Let the children in the class be divided into two or more groups of equal numbers.
- The names of the groups shall be A, B and C. The teacher shall give the first note (clue) related to the main idea of the game.
- The remaining notes are hidden at various places in the field.
- The previous notes contain hints to find the next.
- The four notes found in this way can be combined to find the treasure hidden in the field.
- The team that finds the treasure first, will be declared the best team.



Did you like the game? Record your experience.

.....

.....

.....

From the notes received as part of the game, what messages did you get, regarding personal hygiene?

.....

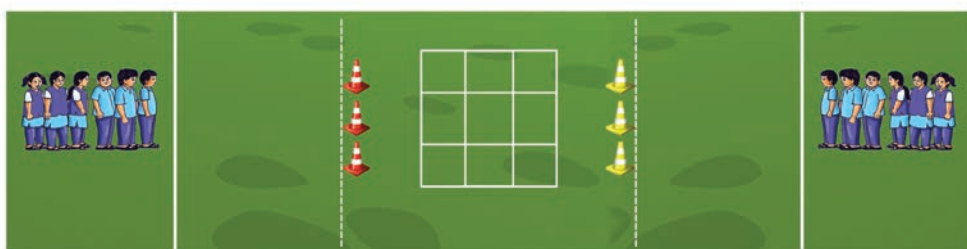
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Activity-7 Puzzle Relay

Let the children be divided into 2 teams. The playground should be arranged as shown in the figure below.



Instruction

- This game requires either 6 cones or similar objects of two colours.
- At the start of the game, the child at the front of the two teams runs and picks up a cone and places it on one of the squares in the middle of the ground. After running back to one's own team and touching the next teammate, the next player must run and place the cone on one of the squares.
- Each child should try to arrange the cones in the same row, column or diagonally.
- The first team to arrange the cones in this manner gets a point.
- Each time a point is scored, the cones are reset and the game can be restarted at the teacher's signal.
- The game continues for the stipulated time and the team with more points is considered as the best team.



After the game, record all the things that you would do for your personal hygiene.

-
-
-
-
-

Don't you sweat while playing?

Your clothes get dirty, don't they? Write your views.

.....

.....



Habits of Personal Hygiene

- Brush your teeth every morning and night
- Bathe daily
- Wear clean clothes
- Clip your nails regularly
- Wash your hands thoroughly before and after eating
- Wash your hands with soap after using the toilet



Assessment

1) Write the habits we need to follow for personal hygiene.

- | | |
|---------|---------|
| • | • |
| • | • |



2) Complete the table below

Benefits of games and sports	Factors needed for healthy growth	Habits to be followed for a healthy life

3) Prepare a note.

- a. Write down the changes that occurred in your body while playing.

.....

.....

- b. How does rest during the interval between games influence recovery?

.....

.....

- c. What are the benefits of food?

.....

.....

4) Checklist for Good Habits

Complete the checklist using '✓' for what you did and '✗' for what you didn't do from Monday to Sunday.

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brushed my teeth							
Took a bath							
Clipped my nails							
Didn't waste any food							
Drank enough water							
Participated in games							



Chapter 2

Health through Exercise

Physical Fitness



Physical fitness improves through games.

Physical Fitness

A person's ability to perform daily activities with vigour

Write the names of a few popular games in your locality.

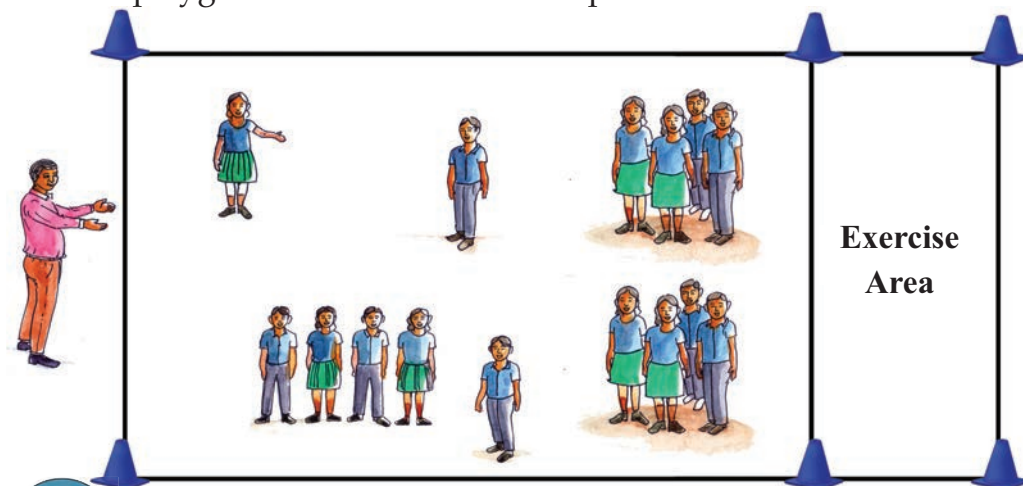
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Shall we play a game now?



Activity 1 A Flock of Ducks

See the playground that has been set up.



Instructions

- Reach the playground, walk freely and do the exercises as suggested by the teacher.
- When the teacher says a number between one and seven, groups should be formed based on the number. For example, if the teacher says number five, the children should group into a team of five.
- Children who fail to form a team of the specified number are considered 'Out'.
- They should go to the exercise area set apart near the playground, and do the exercises suggested by the teacher.

Those children who remain till the end of the game can be considered the best performers.

Who are the best performers in this game?

Some were able to perform better in the game. How could they do it?

- Mutual understanding
-
-
-



Which exercises did you do during the game?

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-
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Record your experiences.

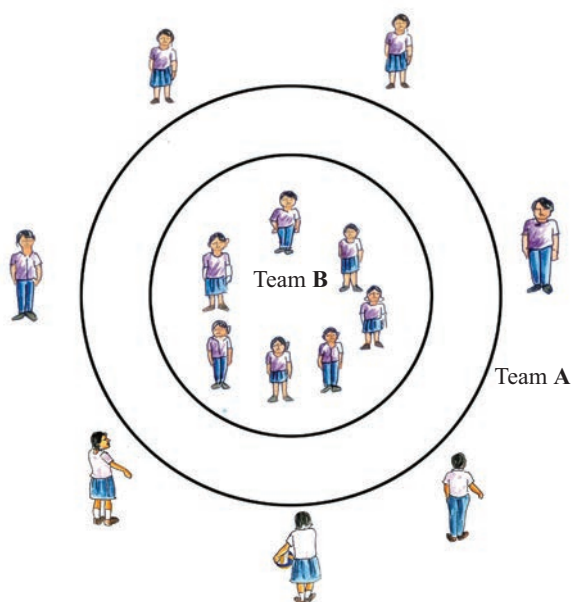
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Activity-2 Dodge Ball

Divide into two teams (A and B) and stand as shown in the picture.



Instructions

- The players of Team 'A' should throw a light ball (e.g. Volleyball) aiming below the knees of the players of Team 'B'.
- Team 'B' players should try to dodge the ball.
- Team 'A' gets one point when the ball hits the leg of any player of Team 'B' and that player is considered out of the game. When Team 'B' player goes out of the game, a person who has been standing out previously can re-enter.
- Each time the ball is thrown, Team 'A' moves clockwise.
- The ball should only be thrown from outside the circle.
- After the allotted time, Team 'A' repeats the game from inside and Team 'B' from outside.
- The team that scores more points is considered the best performer.



Did you like the game?

Why couldn't everyone perform in the game equally? Record your observations.

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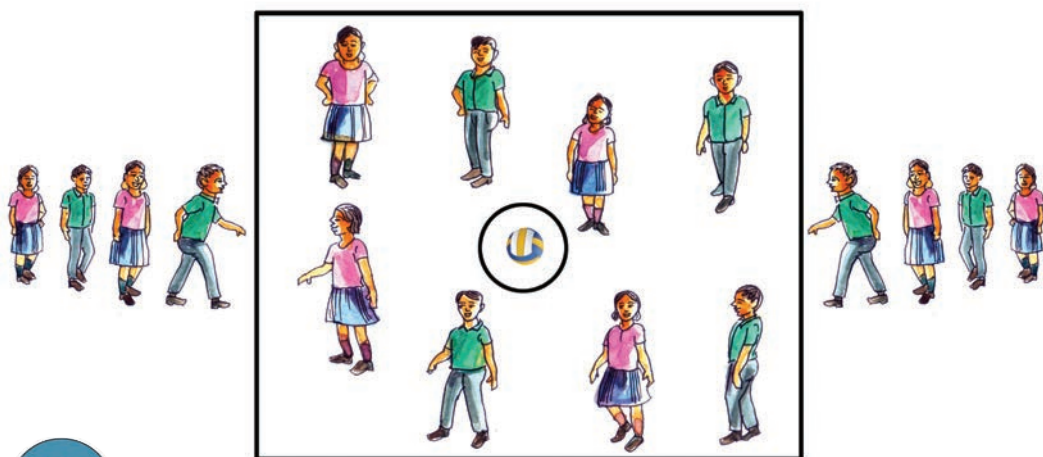
Shall we have another game?



Activity-3

Crocodile Pool

Stand in two groups of equal members as shown in the figure.



Instructions

- The game is played in a rectangular pool (*kalam*) as shown in the picture.
- All members of the first team must stay inside the pool.
- Half of the second team should line up on one side of the pool and half on the other side as shown in the figure.
- A light ball is placed in the circle in the middle of the pool (e.g. Volleyball).



- When the teacher whistles, the children standing in front of the line on either sides of the pool, run to the team members standing in the opposite direction.
- In the meantime those standing inside the pool should throw the ball, which is placed in the centre circle, below the knee of the runners of the opposite team. One point will be awarded if the runner hits the knee.
- Those who cross the pool without getting hit by the ball below their knees will get one point .
- It will continue for a specified time.
- Once the players standing outside the pool, have had their chance, the players inside the pool would come outside, and the game will continue.
- The team with the maximum points at the end of the game will be considered the best performing team.

Did you like the game?

Note down your experiences.

.....

.....



Assessment

Record your experiences from the games 'A Flock of Duck', 'Dodge Ball' and 'Crocodile Pool.'

- Enjoyed playing them
- Worked in unity
-
-
-
-
-



Yoga postures

Yoga postures are physical activities that can be practised by anyone irrespective of age. We get a lot of benefits by making it a part of our life.



Activity-4 Let's practise yoga.



International Yoga Day - June 21

Since June 21, 2015 the United Nations recognized and declared it as the 'International Day of Yoga.'



While doing yoga... Instructions

- Use a thick sheet or floor mat.
- It is better to do yoga after the morning routine.
- Yogasana should be practised only 2 to 3 hours after a meal.
- It is advisable to start yogasana after doing light exercises to make the joints flexible.
- Yogasana should be practised from the simple asanas to the complex ones.

Shall we learn a few yogasanas?

I. Tadasana

- Step 1 - Stand straight with your arms close to your body.
- Step 2 - Raise your arms up close to your ears, and keep your palms parallel to each other.
- Step 3 - The fingers of both the hands should be joined together and the inside of the palms should be kept facing upwards.
- Step 4 - Stand straight on toes and then return to the starting position. Continue the posture for sometime and return to the starting position.



Step 1



Step 2



Step 3



Step 4



Write down your experiences when you did Tadasana.

.....

.....

.....

Benefits

- Achieves good physical condition.
- Helps in physical coordination, balance, etc.
- Stimulates the nervous system.

II. Sukhasana

Step 1 - Sit with legs extended and spine erect.

Step 2 - Fold the right leg and place it under the left thigh.

Step 3 - Bend the left leg and place it under the right thigh.

Step 4 - Place hands on both knees.

Return to Step 1 after the specified time.



Step 1



Step 2



Step 3



Step 4

What experiences have you had while doing Sukhasana?

.....

.....

.....

Benefits

- Strengthens the spine.
- Increases attention and concentration.
- Helps to widen the shoulders and chest.



III. Bhujangasana

- Step 1 - Lie on your chest with your legs together, as shown in the picture.
- Step 2 - Bend your elbows and place your palms on the floor on either side of your chest.
- Step 3 - Keeping the elbows not too far away from the body, close to the chest, lift the upper part of the body above the navel, tilt the head back and look up. Return to the starting position by exhaling.



Step 1



Step 2



Step 3

In which muscles did you feel the tension while doing Bhujangasana?

.....

.....

Benefits

- Back muscles get stronger.
- Improves the digestive system.
- Accelerates the function of the respiratory system.

IV. Shavasana

Lie on your back as shown in the picture.



Hands should be kept a little away from the body. Feet should be facing outwards. Close your eyes slowly.

Lie down paying attention to your breathing, without falling asleep.

What experiences did you have, when you performed Shavasana?

.....

.....

Benefits

- Helps reduce stress.
- Helps in recovery.
- Increases concentration.





Assessment

- Record the changes you have experienced while doing yoga.
 -
 -
 -

2. Album Preparation

Take your pictures in various yoga postures and create a digital album using them.

Extended Activity

Practise the above mentioned yoga postures at home with the members of your family. Write your experiences.

Body Posture

Body posture is the position of the body in various situations like sitting, lying down, standing walking etc.

Childhood is an important stage of growth and development. At this stage the body posture needs to be given importance. The structure, balance, beauty, etc. of the body are enhanced by achieving proper posture. Have you ever thought about the need for maintaining proper posture while standing, lying down, sitting or walking? Let's practise a few exercises to improve the posture.



Activity - 5

Let's learn to sit upright

Observe the picture given below.



Special Info



Static Posture

The way of holding body parts properly in a static position.

e.g. : Sitting, Standing, Lying down





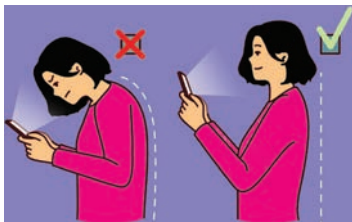
Instructions

- Place your feet on the floor or the foot rest.
- Keep your knees straight at hip level or slightly below the hips.
- Sit and look straight, maintaining the natural curve of the spine.
- Hold your elbows on the sides, making sure that each arm forms an 'L' shape.

Let's follow good habits for good health



- Adjust the height of the table and chair in order to keep your knees and elbows at 90°.
- Use computers and mobile phones by placing them parallel to the eyes in order to reduce the strain on the neck.



- Keep your wrist straight while typing and when using the mouse.
- The recommended distance is approximately 12 to 16 inches (30-40 cm) from the eyes while using a mobile phone, and 20 to 30 inches (50-75 cm) while using a computer.



20-20-20 rule

To reduce stress to the eyes, look at an object 20 feet away, for 20 seconds every 20 minutes, while using the screen.

- Make sure that the room is well lit.
- Follow the 20-20-20 rule.

Let us do an activity to maintain proper posture.



Activity - 6 Skipping

Look at the picture.



Hold the skipping rope in the right hand and swing it on the right side.

Step 1



Hold the skipping rope in the left hand and swing it on the left side.

Step 2





Jump using both the legs together
Step 3



Jump using only the left leg
Step 4



Jump using only the right leg
Step 5

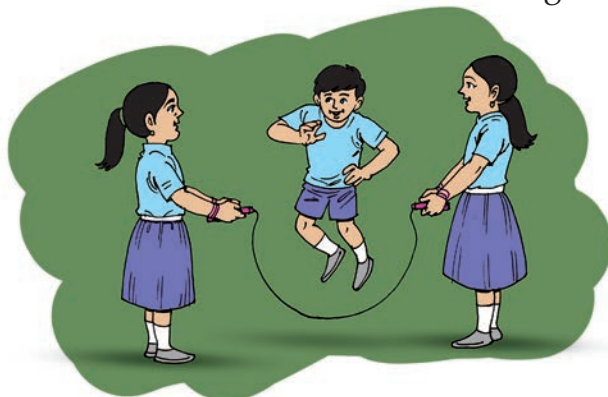
Have you all practised skipping?

Now, we shall play a game using the skipping rope.



Activity-7 Skipping Game

The class is formed into groups of three.



Special
Info

Dynamic Posture

Way of holding the body while in motion.

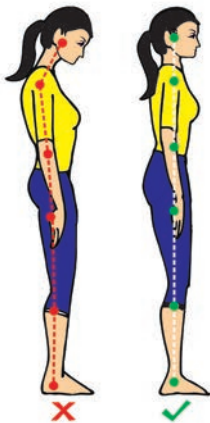
e.g. : running, jumping, walking



Instructions

- Let a player stand in the middle of the other two players, as shown in the picture.
- The ends of the skipping rope should be in the hands of the players, standing on either side.
- When the teacher gives instructions, the players standing on either side should swing the skipping rope so that the child standing in the middle can skip.
- The player in the middle must jump as the skipping rope rotates.
- The team's score is the number of times the player in the middle skips in one minute.
- After all the teams have done this, the team that gets maximum points is considered as the best performer.





Let's practise standing properly

Examine the picture and record how to stand properly.

- Look straight without moving your head up, down or sideways.

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-
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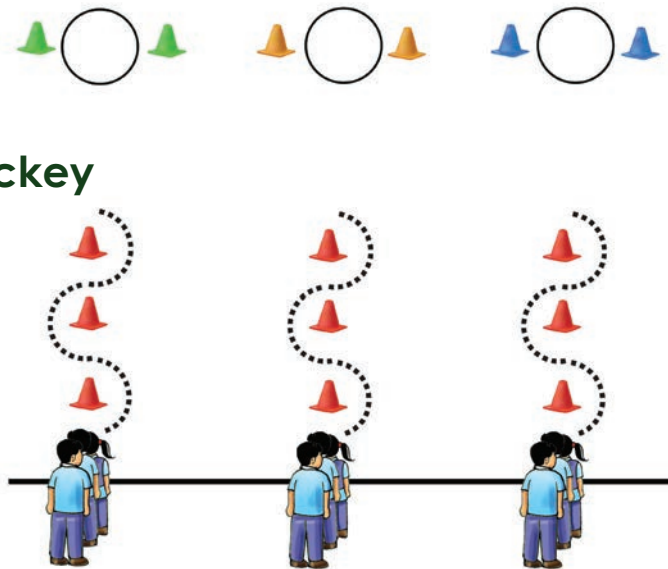
A game to stand correctly.



Activity 8 Rolling Hockey

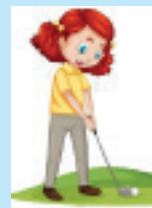
Have you watched games like Hockey and Golf? Shall we play a game similar to them?

Form teams of equal numbers as shown in the figure.



Instructions

- The first player in each team will carry a hockey stick and a ball: Cricket bat, Volleyball, Handball, Football etc. can also be used.
- When the teacher asks, the first player in the line hits the ball and moves between the cones using the stick, and runs forward.
- Stop the ball after passing all the three cones.
- The aim is to hit the ball into the circle between the cones with the golf-hitting style, from where the ball is stopped.
- If the ball goes outside the circle, the player should try again to bring the ball back to the circle.
- Once the ball reaches the circle, the stick and the ball should be handed over to the next player in the line, as soon as possible.
- The team that completes the activity first will be declared the best performers.



Discuss in groups in what other ways this game can be played. Make a note.

.....

.....

Now, haven't you practised standing properly? Can you say how this game helped you stand upright?

.....

.....

Let's lift weights... carefully

Observe the picture and record how to lift weights properly.

- Feet should be shoulder-width apart and close to the object for better balance.
- Bend the knees keeping the spine straight.

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Let's lie down properly

Observe the picture and notice how to lie down properly.

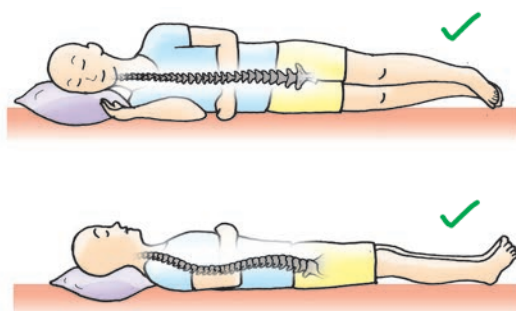
- Lie down in a way that supports the body's natural alignment.
- Lie on your back with a pillow (with your head, neck, and spine roughly aligned), supporting the natural curve of your neck.

•

•

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Hope this chapter helped you understand that physical fitness can be achieved by engaging in different exercises. Making yoga a part of daily life helps in improving health. Likewise, care should be taken to attain proper static posture by practising correct standing, sitting and lying down.



Assessment

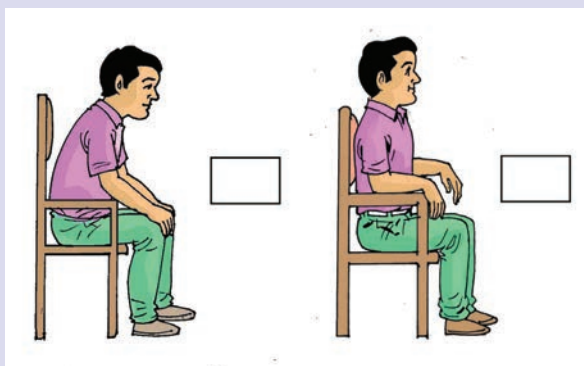
- 1) Examine whether each member of your family maintains correct posture while doing various tasks. Discuss with them what you have learned. Note down your experiences below.

.....

.....

.....

- 2) Find the correct posture and mark '✓'.



- 3) How do exercises and yoga help in achieving physical fitness? Prepare a note.

.....

.....

.....

.....

Extended Activity

Divide the class into two teams and demonstrate the correct standing, sitting and lying postures. Discuss its benefits and write down in a notebook.



Chapter 3

Safety while Travelling and Playing



Personal safety - in public spaces

Safety is very important in daily life. We should be well aware of how to travel safely, and how to respond to emergency situations. We should also have a clear understanding of the safety precautions to be followed while engaging in games and sports activities.

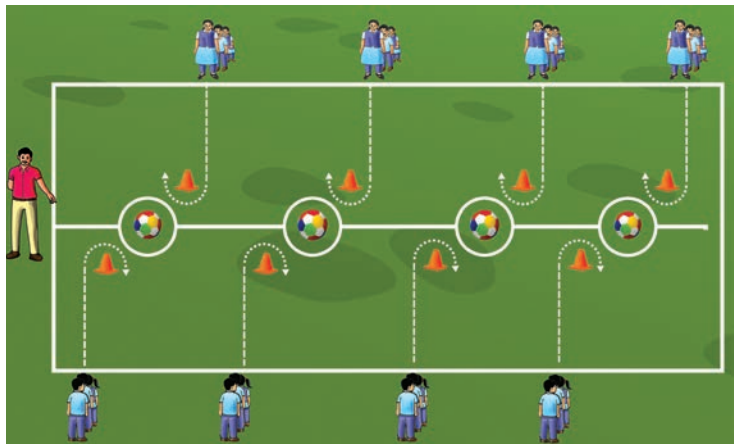


Activity-1

Bat ... "Yell" Cat ... "Tell"

This is a game between two teams 'Bat' and 'Cat'.

See the picture.





Instructions

- The teams should stand on either side of the playing field.
- When the teacher calls out a team's name aloud, the team members who are standing in the front must run down their line and pick up the ball placed inside the circle by shouting "ayyo". At the same time the first players in the opposing team should run up and try to touch the person who takes the ball. If the player is touched, the opposing team gets a point. If not, the team with the ball gets a point.
- Neither of the team is allowed to touch the circle or cross the centre line.
- In this way, the team that has scored more points after the specified time can be considered as the best performer.

What arrangements are made on the playing field for safe play?

- Each team had a track/line to run on.
-
-
-

Good and Bad Touch

"Recognising good and bad touch"

You are the owner of your body. Do not allow others to touch your body inappropriately. If it happens, how should you react? Note the action below.

‘Yell and Tell’

Various stages

Stage 1 - Watch (Watch out for dangerous and abnormal things)

Stage 2 - Recognize (Recognize the dangerous and abnormal situations)

Stage 3 - Yell out (Yell out to get others' attention)

Stage 4 - Run (Run to escape from the dangerous spot)

Stage 5 - Inform (Inform the matter to elders)

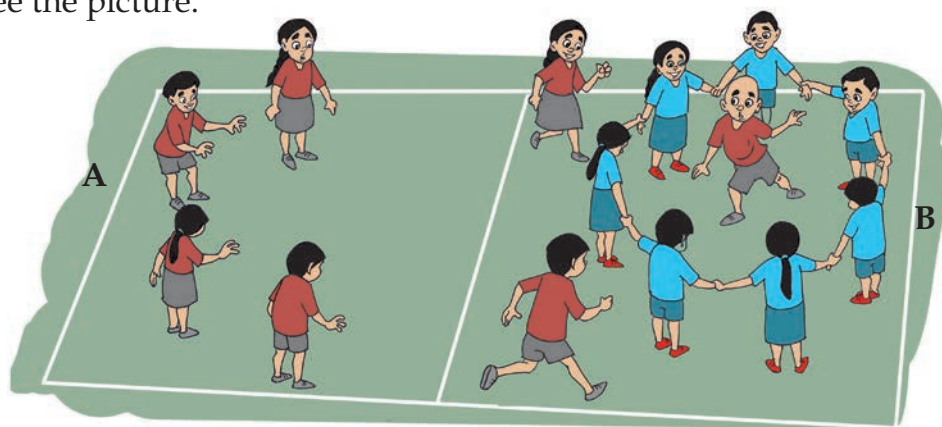


In an emergency situation in public places, use 'Yell' and 'Tell' to recognise the seriousness of the situation and shout loudly to inform others.



Activity - 2 Hopping Kabaddi

See the picture.



Instructions

- Stand on either side as 'A' and 'B' teams with equal members
- When the teacher signals, the start of the game, any three players of Team 'A' shall hop on one leg to touch the players of Team 'B'. Riders can use both legs alternately as per their preference. But if you stand on both feet, you will be out of the game.
- At a time three members should go for a ride.
- The time allotted to make one ride is 30 seconds.
- Within the stipulated time, if you touch as many opponents as possible and come back safely, the players touched will be eliminated.
- If all the players of the opposing team join hands around the rider and form a single circle, those riders will get out of the game.
- In this way, till the circle is completed, those who come on a ride can break through the hands of the opposing team and escape through them.
- The number of players the rider touched and returned safely will be the points of the riding team.
- The point of the defending team will be the number of riders caught inside the circle.
- Team 'B' performs the ride after the ride of team 'A'.
- If the opposing team has five players or less, only one player can go for the ride.



Continue the game for the specified time. The team that scores the highest points will be considered as the best performers.



Assessment

1. If you realise that the situation you are in is dangerous, what are the ways and means you will adopt to escape?
 - Will seek help from others.
 -
 -
2. How would you react when faced with a situation involving good and bad touch? Make a note.

Sports Safety Equipment

Familiarise yourself with various sports safety equipment for the safety on the playground.

Tintu and his mother were watching a cricket match between India and England on a holiday. During the match a ball hit hard on the batsman's helmet and bounced off. The spectators

were stunned. The batsman sat on the ground for

some time and then immediately got

ready to play. Then Tintu asked his

mother, " Even though the ball hit

the head with such speed, there was

no injury, Mother?" The mother told

Tintu that he escaped only because

he had worn the safety equipment

required to play cricket.



Do you know the safety equipment

used by players while playing cricket?

- Helmet
-
-
-
-
-

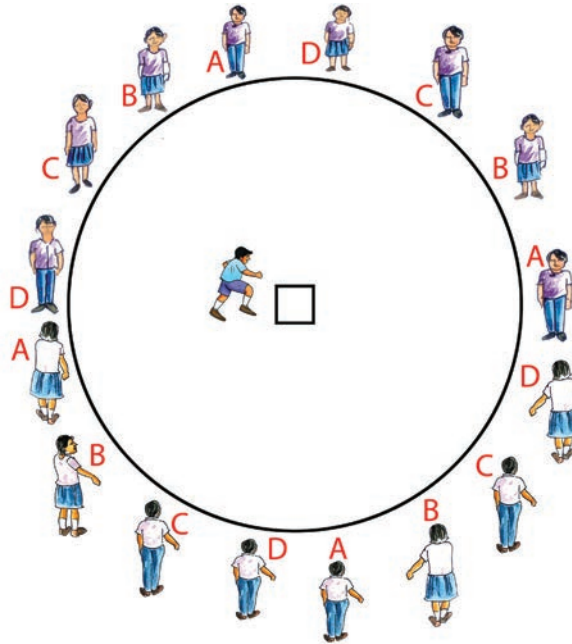


Similarly, let's understand by playing the game, the safety equipment required while engaging in various games.



Activity -3 Knowledge Box

All except one in the class form groups of four or five. Name it A,B,C,D. Stand as shown in the picture.



Instructions

- The child who does not belong to the group should stand in the middle of the circle.
- A box placed in the middle of the circle contains cards with the names of various sports safety equipment.
- When the teacher calls the name of a group, the members of that group should switch their positions.
- During this time, the child standing in the middle should try to get into the switched over position.
- When this process is completed, the child who does not get a place in the group takes a card with the name of a safety device written on it from the box placed in the middle, and describes it to the other children.

Play until all the cards are taken.



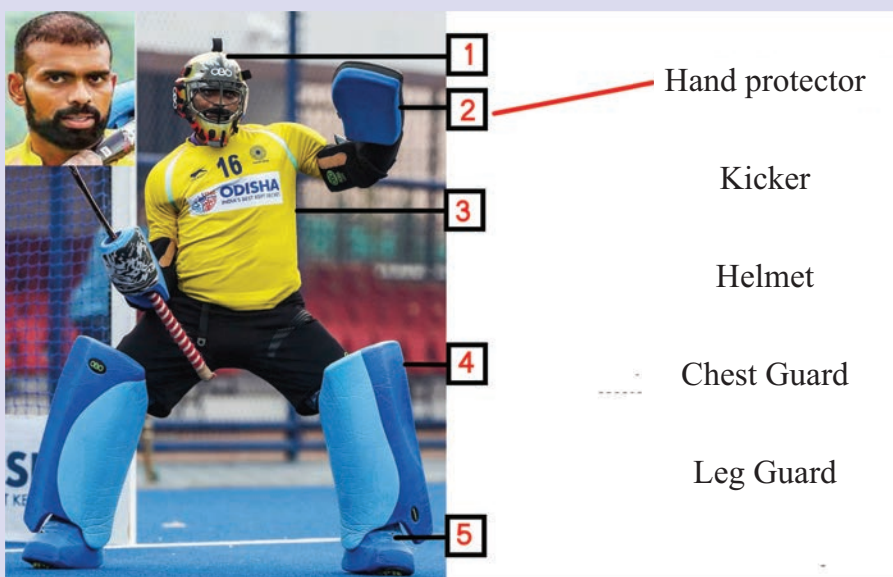


Assessment

- Complete the list with the safety equipment you are familiar with and the game it is related to.

Game	Safety equipment
Football	
Volleyball	
Cricket	
Hockey	
Boxing	

- Have you noticed the picture below? Match the names of safety devices with the ones used in the picture.



- Name the game this picture is related with?
.....
- The player seen in this picture is the winner of the Olympic Medal and recipient of the Padma Shri, Arjuna and Khel Ratna awards. Who is this sports star?
.....





Activity -4 Leg Cricket

Children in the class form two groups of equal members:

See the picture.



Instructions

- The batting team and the bowling team should stand as shown in the figure.
- Two cones should be placed behind the batsman and one cone placed where the bowler is bowling, at the specified distance.
- A member of the bowling team should roll the football with the hand towards the batter.
- The batter should kick the ball.
- Run and score as in the game of cricket.
- The batter is out, if the ball goes between the cones placed behind the batter without kicking or if the kicked raising ball is caught/headed by the opposing team.
- A team can be given 5 to 7 overs. There will be only three balls in an over.
- After the first team's batting, the next team gets the chance.
- Equipment like shoes, shin guards, etc. can be used.
- The team that scores more points at the end of the game will be considered the best performers.

Write down the experiences you had while playing with the safety equipment.

.....

.....



First Aid



Appu and his friends were playing football in the field near their house. In the excitement of the game, Appu fell down on the field and injured his hand. Appu was writhing in pain. His friends rushed to him, helped him get up and calmed him down. They were careful not to apply too much force to the injured hand and not to touch it. One of his friends ran to inform the elders. Appu's father immediately gave him first aid and took him to hospital. His hand was fractured. The doctor mentioned that the first aid given on time and taking him to the hospital immediately prevented the injury from getting worse.

Share similar experiences you have had.

.....

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What are the common injuries associated with sports and games?

- Wounds
- Fracture
-
-
-
-
-

Injuries occur in various situations in everyday life. We should have the presence of mind to act according to the situation. In such instances, we should be able to provide the injured proper care and medical assistance.

First Aid- What and Why?

It is the immediate care given to a person who has met with an accident or emergency.

- Helps sustain life.
- Reduces the intensity of the accident.
- Facilitates expert treatment.



In case of emergency call... **112**





Assessment

- 1) Look at the picture and write below what you would do in such a situation.



-
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-
-
-

Extended Activity

1. Perform a role-play based on the awareness you gained on first aid.

Seek the help of the teacher.



Chapter 4

Folk Games and Sports Culture

Folk Games



One day, Vinu and Ammu went to the beach. They saw a group of children engaged in playing a variety of sports on the beach. Vinu and Ammu were surprised to see their performance. When they enquired, they came to know that those games had become a part of that place over a period of time. Vinu and Ammu felt a great desire to play them.

Every place has different types of folk games. What are the most popular games in your locality?

- •
- •
- •

Do you play such games? Explain.

.....

.....

Let's get to know a few folk games.



Activity - 1



Can you name the game shown in the picture?



Instructions

- It is a game played with a small chiselled piece of clay pot, or any similar object.
- Draw a big rectangle and divide it into eight equal parts.
- Each child participating in the game should carry the object in her hand.
- The child who starts the game, stands outside the grid line and throws the object in the hand into each consecutive box. She hops inside the grid, bends and picks up the object and returns.
- It is important not to touch the line while hopping.
- The game can also be played by keeping the object on the foot, on the palm or on the eyelid.
- If the object falls during the game, or the player touches the line, she loses the game. The next child will get the chance.
- If all the above stages are done correctly, the player gets to stand outside the grid with her back turned. She then throws the object backwards which should land inside the grid. If it lands correctly within a box, the respective box becomes hers.
- Draw diagonal lines on the box the player earns. Then, the next child is given the chance to play.
- The player should not step on the box earned by the previous player. If one steps on the marked box, steps with both legs or steps on the line, she will be out of the game.



Have you played this game?

Share your thoughts about the game.

-
-
-
-
-

How about playing the seven tiles game?



Activity - 2 Seven Tiles Game

Divide the class into two teams with equal members.

Take a look at the picture.



Instructions

- Arrange seven tiles at the centre of the playfield (or any other suitable material) as one on top of the other as shown in the picture.
- The teacher hands over the ball to the winner of the toss. A player in the toss winning team will start the game by throwing the ball at the stacked-up tiles.
- The players of each team will try to collect the ball thrown.
- If the ball doesn't hit the target and is collected by his teammate, the thrower can continue his attempt. (He will get a maximum of three chances.)
- If the ball doesn't hit the target, but bounces and is collected by the opposite team, the opposite team members will get the next chance to play the game.



- If the ball hits the target, the opposite team members will try to collect it.
- And should be attempting to hit the body of the players of the team that dislodged the tiles.
- Those team members who have dislodged the tiles try to re-arrange them again, one on top of the other, without getting hit.
- If they are successful, they score one point and will get three more additional chances to throw or else, lose the opportunity to throw.



Assessment

- 1) Write about what you experienced while playing seven tiles. What are the skills required to play this game well?
.....
.....
- 2) Can you recognise the games in the pictures given below?
Write the names.



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Extended Activity

- 1) Collect information about traditional games played in your area and share it in your class.

-
-



- 2) Organise competitions in your school incorporating these folk games.

Sports Culture

Cycling to school...

Observe the picture...



Most of the children in this school regularly ride on their bicycle to school. Through cycling, the children have imbibed a sports culture of doing exercise daily. This sports culture should be encouraged.



Special
Info

Kodava Hockey Festival

A Hockey Festival was started with the idea of creating a platform for the family members of Kodava or Coorgis in Kodagu District of Karnataka to come together. Every year, since 1997, one Kodava family takes up the task of organising the tournament and the tournament will be named after that family. Kodavas from different parts of the world gather at Kodagu district during the summer holidays. This is to participate in the Kodava Festival, the world's biggest Hockey tournament, where more than 300 local teams compete. This two-month long tournament is the main festival of this place. More than 50 Hockey players from Kodagu district, known as the cradle of Indian Hockey, have represented the country. It is a perfect example of the sports culture that had developed in that region.





Special
Info

Basic Movements

These are the movements that we normally do to perform our daily activities and also to participate in physical activities.

Basic Movements

Which part of the body do we use the most for movements? Do you know what the basic movements are?

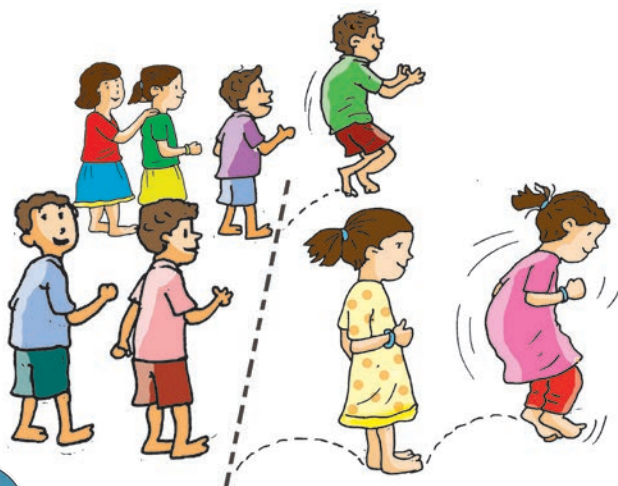
- Walking
-
-
-



Activity-3

Jump and Jump Train

Form three or four teams with equal members.
Take a look at the picture.



Instructions

- The first child should leap on both feet from the starting line.
- The second child jumps forward to where the first one landed.
- When the last member of the team completes the jump, the team which jumped the farthest can be considered as the best.

What are the basic movements you learned through this game?



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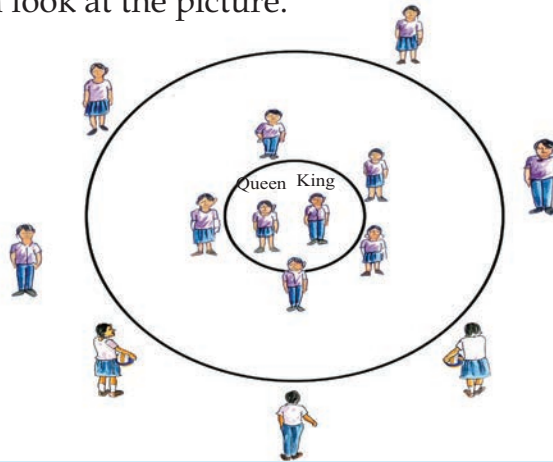
Support for children with special needs: If you have a child with special needs in your class, what support would you provide him/her to participate in this game?

-
-



Activity-4 Strike the King and the Queen

Divide the group into two teams of equal members. Take a look at the picture.



Instructions

- The King and the Queen of team I should stand inside the small circle surrounded by their own teammates. The members of the opposing team should stand outside the larger circle.
- When instructed by the teacher, the children standing with the ball in the outer circle should throw it at the King and the Queen, aiming below the knee.
- During this time, the team members of the King and the Queen standing in the inner circle defend by blocking the ball.
- It is important to focus on the target instead of throwing the ball randomly.
- Once the King or the Queen gets hit, the teams switch places and the game continues.
- The team which expels the King and the Queen the maximum number of times within the stipulated period is declared the winner.

Write about the experiences you gained while playing this game.

.....

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.....



What are the basic movements you have come across in this game?

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.....



Structured Movements

Movements on the basis of rules or instructions are called structured movements.

Structured Movements

Did you understand what the basic movements are?

Are they the only kind of movements that happen when we engage in games?

Sometimes movements have to be executed only according to the teacher's / leader's instructions or according to the rules of the game or according to certain conditions and this can be called structured movements.

Example:

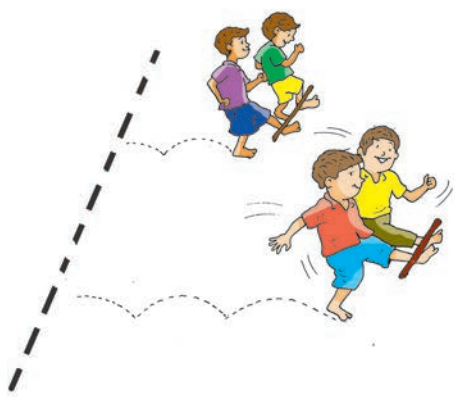
The basic movement is our normal walk. Walking diagonally following the teacher's instructions and participating in a walking competition with prescribed rules is a structured movement.

Let's play a game that incorporates possibilities of structured movements.



Activity -5 Stick Pair Jump

Divide into two equal teams. Look at the picture.





Instructions

- Team members should stand in pairs on either side.
- The game requires a one-metre long rolling stick.
- When the instruction is given, the pair in front of each team hops, balancing the stick on their feet and passes to their team members standing in the opposite side.
- All the members of the team continue to do this and the first to complete the task becomes the best team.

Could you complete the game easily?

Write down your experience about the game.

.....

.....

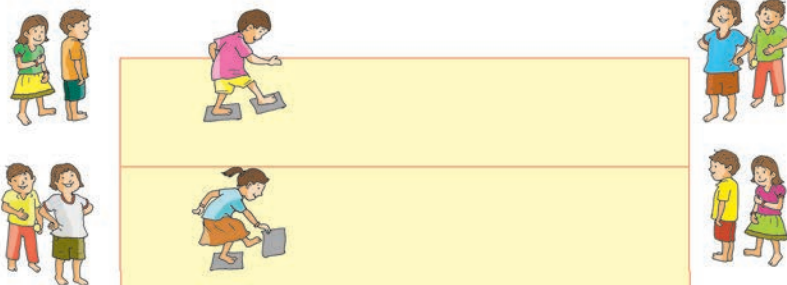


Activity-6

Over there... Over here...

Divide the children in the class into teams of four or five members.

Take a look at the picture.



Instructions

- Half of the team lines up behind the starting line at a fixed distance.
- When instructed, use a pair of hard board/brick/plank provided to reach the other side.
- Proceed only by stepping on the given object.
- When the team member reaches the other side, pass the object to the next person and continue the game.
- Continue the game in this manner until all the members have completed the task.
- The team that finishes first is declared as the best team.



Did you enjoy these games?

What are the structured movements you came across in this game?

-
-
-
-
-



Assessment

1) Which are the basic movements?

.....

.....

2) Write an example for a structured movement.

.....

.....

3) Write an activity to perform structured movements, considering the facilities available at your school.





Chapter 5

Sports Environment and Nature-friendly Games

There are many types of games that are closely related to our nature, which include seas, lakes, plains and mountains.

Observe the pictures.



As depicted in the pictures, what are the objects used for playing ?

-
-
-
-
-

Name similar games you have participated in.

-
-
-
-



Activity-1

The Lamb and the Leopard

This is a game children play in the class. Look at the picture.



Instructions

- All except two of the players should stand in a circle holding hands, forming a circle.
- Of the two players, one is imagined to be a Lamb and the other, a Leopard.
- The Lamb will stand inside the circle and the Leopard, outside.
- The Leopard must try to break the handchains and catch the Lamb inside the circle.
- The players who formed the circle should use maximum force and try to resist the Leopard's attempt.
- The Leopard must check each chain and try to break the weakest one and enter the circle.



- Then the players forming the circle break another chain link and let the Lamb out. They should not allow the Leopard to catch the Lamb.
- If caught, continue the game with two other players from the point the chain was broken. They will be the new Lamb and the Leopard.

Have you played this game? Write your experience.

Nature-friendly Sports and Games.

There are many nature-friendly sports activities. Observe the pictures given below.



Name the sports activities shown in the pictures.

1.
2.
3.
4.





Assessment

Complete the table.

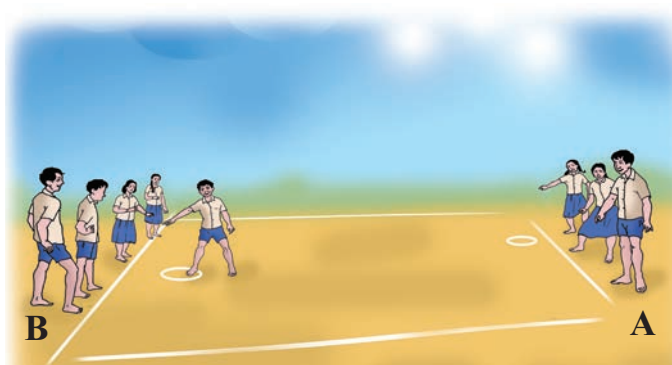
Different Terrains	Suitable Games
Backwaters	
Sea/Seaside	
Plains	
Hilly Area	
Air	



Activity-2 Fort Gate

Children in the class form Teams 'A' and 'B' with equal members.

See the picture.



Instructions

- The end line in the picture is the Fort and the small circle is the Fort Gate.
- A player from Team 'A' comes to the Fort Gate of Team 'B' and calls out the name of a person from Team 'B' and immediately runs back to his fort.
- The player whose name was called out should run and catch the player who called his name.
- Team 'A' gets one point if the player reaches his fort without being caught by the person from Team 'B'.
- Team 'B' gets the point if its player touches the player from Team 'A' before he is back in his fort.
- Both the teams can take turns to call out the name.
- The game should continue in such a way that every child gets a chance to participate.



Continue the game for a specified time.

The team that scores maximum points will be considered the best team.

Record what you learned through this game.

- Became familiar with a new regional game.
-
-
-
-
-



Activity -3 Magic Wand

It is a game in which the whole class participates.

See the picture.



Instructions

- The magic wand should be placed in the small circle drawn at the centre of the playing field.
- One player will be the guardian of the wand. The other players must try to pick up the stick and throw it outside the circle.
- The guardian must try to touch the players who come to pick up the stick, at the same time making sure that the stick is not taken by the others.
- The guardian can touch the other players only if the stick is inside the circle.
- When the guardian moves forward to touch a player, the other players can take the stick from the circle and throw it outside.



After the stick has been picked up from the court five times, the guardian is temporarily declared the JOKER.

1-J, 2-O, 3-K, 4-E, 5-R

If a player takes out the magic wand four times in a row, that player will be declared the KING.

1-K, 2-I, 3-N, 4-G

Whoever the guardian touches while the stick is in the circle becomes the next guardian. This way the game can be continued.

We use the conditions of our nature through games like Magic Wand, Fort Gate, Treasure Hunt, SAT etc.

Do you now realise that the trees and plants, hills and mountains, rivers and ponds, the sea and the beach, snow and rain provide opportunities for various sports and games and physical activities?



Assessment

1. Can you identify the diversity of your area and find suitable games that suit it? Discuss with the teacher and complete the list.

Environment	Suitable Games
River	Swimming, Rowing
Seashore	
Hills and Mountains	

2. Conduct a project in connection with a nature -friendly game in your area. People coming from a particular area can be given the opportunity to work as a group.





Appendix

- ◆ Lifestyle Formation
- ◆ A Regular Day
- ◆ Warming up
- ◆ Cooling down

Lifestyle Formation

Eating habits

- Dine with your family.
- Avoid the use of digital devices during dining.
- It is better to eat one hour after and 2 to 3 hours before exercise.
- Never skip your breakfast. Chew food properly and eat slowly.
- Drink two to three litres of water that is boiled and cooled.
- Ensure rainbow diet (fruits and vegetables of different colours).
- Avoid adulterated fast food, carbonated drinks and junk food as far as possible.
- Have dinner at least 2 to 3 hours before going to bed.



Exercise habits



- Enjoy doing exercise with family members. Give preference to aerobic exercises like walking, jogging, cycling, swimming etc.
- Students of the age group 5 to 7 must exercise for one hour daily. They should indulge in strength training for 3 days a week (Source - WHO).



A Regular Day

- Engage in short-duration physical activities before going to school. Help your parents with domestic chores.
- You may go to school by walking or cycling. If you travel by a vehicle, find time to walk with your friends.



During class time



- Stretching should be practised during short breaks.
- Walk as much as possible while at school. Visit the school library and lab everyday, so as to develop the habit of being physically active.

During Interval

- Use opportunities to walk and engage in leisure-time physical activities.
- Participate in curricular and creative activities as far as possible.



After reaching home

- Engage in recreational sports with family and friends. You can also take your pet out for a walk, if you have one.
- Reduce screen time used for entertainment purposes.

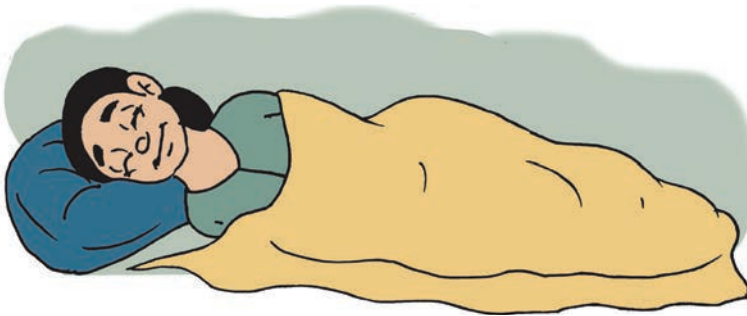


Study time

- Doing simple exercises and listening to music during short breaks in studies help you to remain active.
- Pressing the stress ball/squeeze ball during study hours reduces stress.
- Create a regular schedule for homework.



Sleep



- Schedule your sleep.
- World Health Organization (WHO) recommends 9 to 12 hours of sleep for children of 6 to 12 years of age and 8 to 10 hours of sleep for those of 13 to 18 years.
- One can sleep in a supine or a sideways position so as to maintain the natural curves of the back.
- Stop using electronic devices half an hour before going to bed. Keep such devices at least 1 metre away from your body.

There might be certain changes in your routine during holidays. However, it is better to ensure that you exercise, eat, study, enjoy and sleep on time even during holidays.



Warming up

- Warming up is the preparatory phase prior to a physical activity or sports event. It will help enhance performance and prevent injuries.
- All stretching exercises should be held for a specified period of time and repeated in the reverse direction.
- All other exercises should be practised for around 10 times and repeated on the other side of the body.

1. SIDEWAYS NECK STRETCH



2. OVERHEAD SHOULDER STRETCH



3. WRIST EXTENSION STRETCH - I



4. WRIST EXTENSION STRETCH - II



5. SHOULDER STRETCH



6. CROSS ARM SHOULDER STRETCH



7. REVERSE SHOULDER STRETCH



8. SIDE STRETCH



9. STANDING KNEE TO CHEST



10. QUADRICEPS STRETCH



11. TOE TOUCH



12. ALTERNATE TOE TOUCH



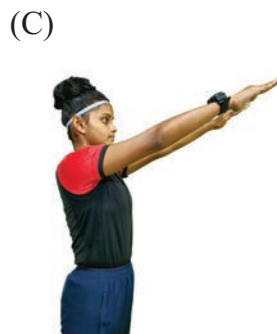
13. SIDE LUNGES



14. ARM CIRCLE



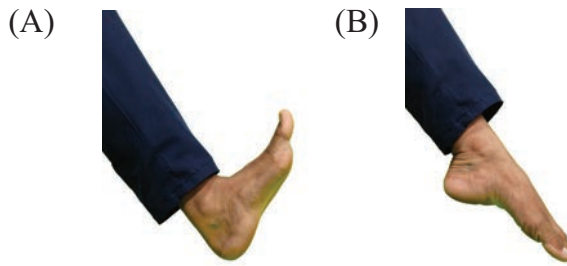
15. ARM ROTATION



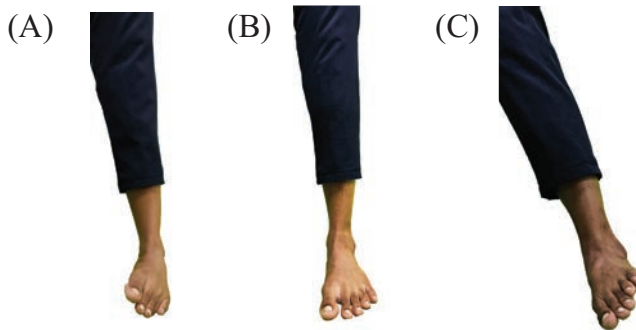
16. HIP CIRCLE



17. DORSI FLEXION & PLANTAR FLEXION



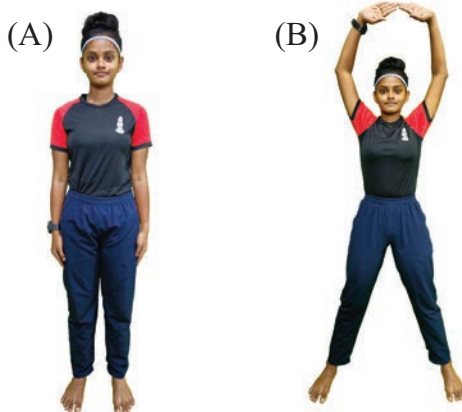
18. ANKLE INVERSION AND EVERSION



19. MARCH ON THE SPOT AND MOVE FORWARD



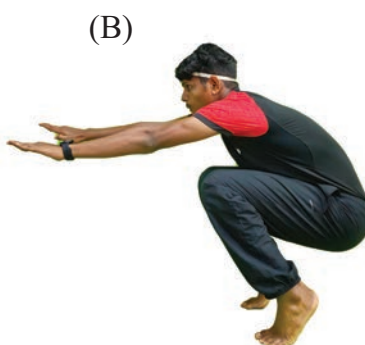
20. JUMPING JACKS



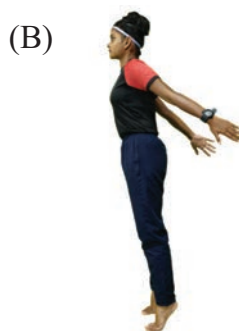
21. LEG SWINGS. FORWARD AND BACKWARD



22. TUCK JUMPS



23. SQUAT AND JUMP



24. KNEELING PUSH-UPS



25. Major activities (Perform any one of the activities for 10 minutes.)

- Cycling, swimming etc.
- Going up and down the stairs continuously.
- Jogging (start at a slow pace and gradually increase the pace)
- Play any fun games in the class.



Cooling Down

- This is a simple exercise done after a competition or physical activity to bring the body back to its original state. It helps to recover fast, prevent injuries and improve performance.
- All stretching exercises should be held for around 10 seconds and performed on the other side of the body.

1. WALK SLOWLY



2. SLOW JOGGING



3. RELAX THE ARMS ON BOTH SIDES AND RUN SLOWLY



4. SLOW WALKING AND JOGGING (BENDING FORWARD.)



5. NECK STRETCH

(A)



(B)



(C)



(D)



6. OVERHEAD SHOULDER STRETCH



7. WRIST EXTENSION STRETCH - I



8. WRIST EXTENSION STRETCH - II



9. SHOULDER STRETCH



10. CROSS ARM SHOULDER STRETCH



11. ARCH BACK AND STRETCH



12. SIDE BEND STRETCH



13. HAMSTRING STRETCH



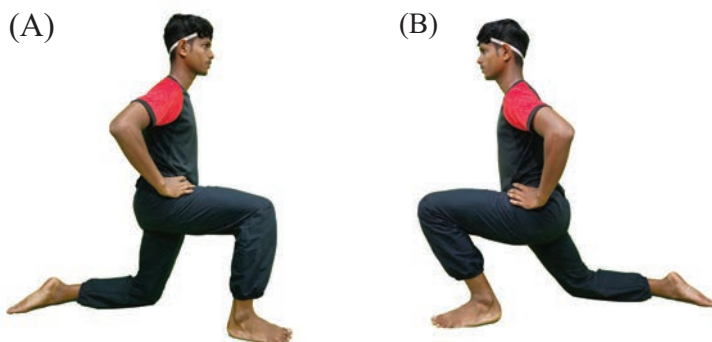
14. QUADRICEPS STRETCH



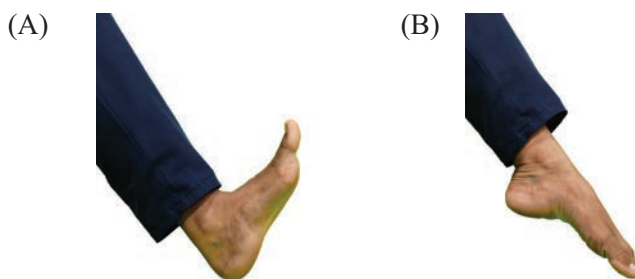
15. CALF STRETCH



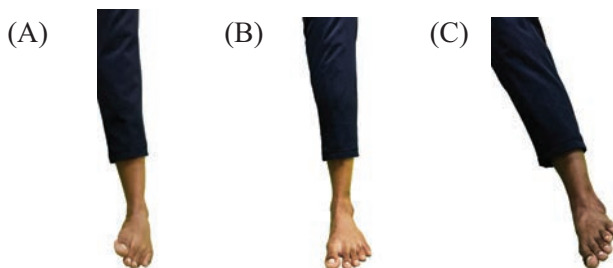
16. KNEELING HIP FLEXOR



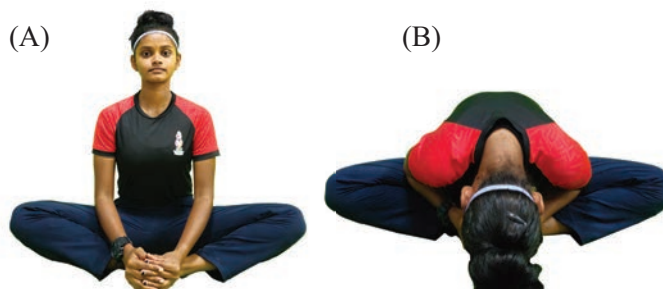
17. DORSI FLEXION & PLANTAR FLEXION



18. ANKLE INVERSION AND EVERSION



19. BUTTERFLY STRETCH



20. LYING HARMSTRING STRETCH

(A)



(B)



21. LIE DOWN AND RELAX



This image shows a full page of a notebook or worksheet template. It consists of a solid light blue background with evenly spaced, horizontal dashed black lines running across the entire width of the page. There are no margins, text, or other markings present.

CONSTITUTION OF INDIA

Part IV A

FUNDAMENTAL DUTIES OF CITIZENS

ARTICLE 51 A

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, 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 achievements;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between age of six and fourteen years.

CHILDREN'S RIGHTS

Dear Children,

*Wouldn't you like to know about your rights? Awareness about your rights will inspire and motivate you to ensure your protection and participation, thereby making social justice a reality. You may know that a commission for child rights is functioning in our state called the **Kerala State Commission for Protection of Child Rights**.*

Let's see what your rights are:

- Right to freedom of speech and expression.
- Right to life and liberty.
- Right to maximum survival and development.
- Right to be respected and accepted regardless of caste, creed and colour.
- Right to protection and care against physical, mental and sexual abuse.
- Right to participation.
- Protection from child labour and hazardous work.
- Protection against child marriage.
- Right to know one's culture and live accordingly.
- Protection against neglect.
- Right to free and compulsory education.
- Right to learn, rest and leisure.
- Right to parental and societal care, and protection.

Major Responsibilities

- Protect school and public facilities.
- Observe punctuality in learning and activities of the school.
- Accept and respect school authorities, teachers, parents and fellow students.
- Readiness to accept and respect others regardless of caste, creed or colour.

Contact Address:



Kerala State Commission for Protection of Child Rights

'Sree Ganesh', T. C. 14/2036, Vanross Junction

Kerala University P. O., Thiruvananthapuram - 34, Phone : 0471 - 2326603

Email: childrights.cpcr@kerala.gov.in, rte.cpcr@kerala.gov.in

Website : www.kescpcr.kerala.gov.in

Child Helpline - 1098, Crime Stopper - 1090, Nirbhaya - 1800 425 1400

Kerala Police Helpline - 0471 - 3243000/44000/45000

Online R. T. E Monitoring : www.nireekshana.org.in