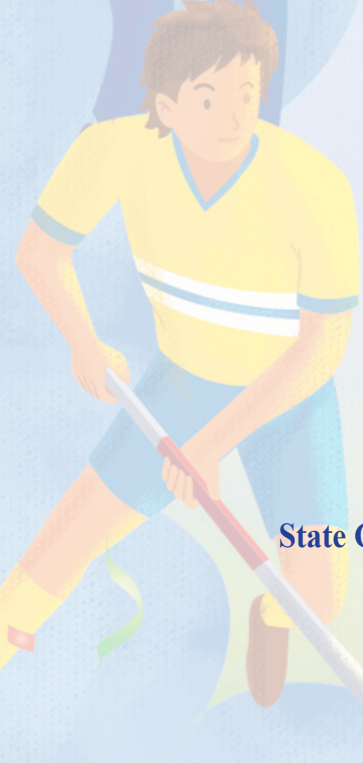




Health and Physical Education

**Standard
VIII**

Activity Book



**Government of Kerala
Department of General Education**

Prepared by

State Council of Educational Research and Training (SCERT) Kerala

2025

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 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.



Prepared by

State Council of Educational Research and Training (SCERT)

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Foreword

Dear Students,

The Kerala Curriculum Framework (KCF) 2023 was prepared through collective social participation to build a next generation that is physically, mentally, and emotionally healthy. From this comprehensive perspective, it is essential to develop creative and activity-based learning processes for health and physical education.

This Activity Book for Class VIII is developed to ensure quality education in the field of health and physical education, which is a compulsory subject in the school curriculum. It offers numerous opportunities to play, socialise and enhance physical fitness. It also includes activities to learn about various sports personalities, play area and their surfaces.

The book compress five chapters namely Maintaining Health, Building Strength through Physical Fitness. Let's Play with Caution, Rising up to a Sports Culture and Fun Zone. These chapters provide guidance on achieving complete health, including physical, mental, social, and emotional well-being. They also highlight the need to prevent lifestyle diseases and offer a detailed understanding of the components of health-related physical fitness.

Opportunities for yoga practice and awareness of postural disorders are provided. The book also discusses first aid, Rural Olympics and recreational games.

It offers fundamental knowledge to develop a better lifestyle. It is necessary to take steps for continuous evaluation of students in aspects related to health and physical fitness and provide adequate support for their holistic development.

The values and attitudes fostered through games will guide you towards excellence. This book is presented with best regards to make learning an enjoyable experience and help build a healthy society.

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SYMBOLS



Activities



Rules and Regulations



Assessment

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)

1

Maintaining Health



Pic 1.1



Pic 1.2



Pic 1.3



Pic 1.4



Pic 1.5



Pic 1.6

Observe the pictures

- What does each picture signify? Discuss.
- After observing the pictures, identify the activities that you do in your life. Write a note on the merits and demerits of those activities.

.....

.....

Let's try to understand the benefits of playing games.

By participating in games

Improves health

Generates happiness

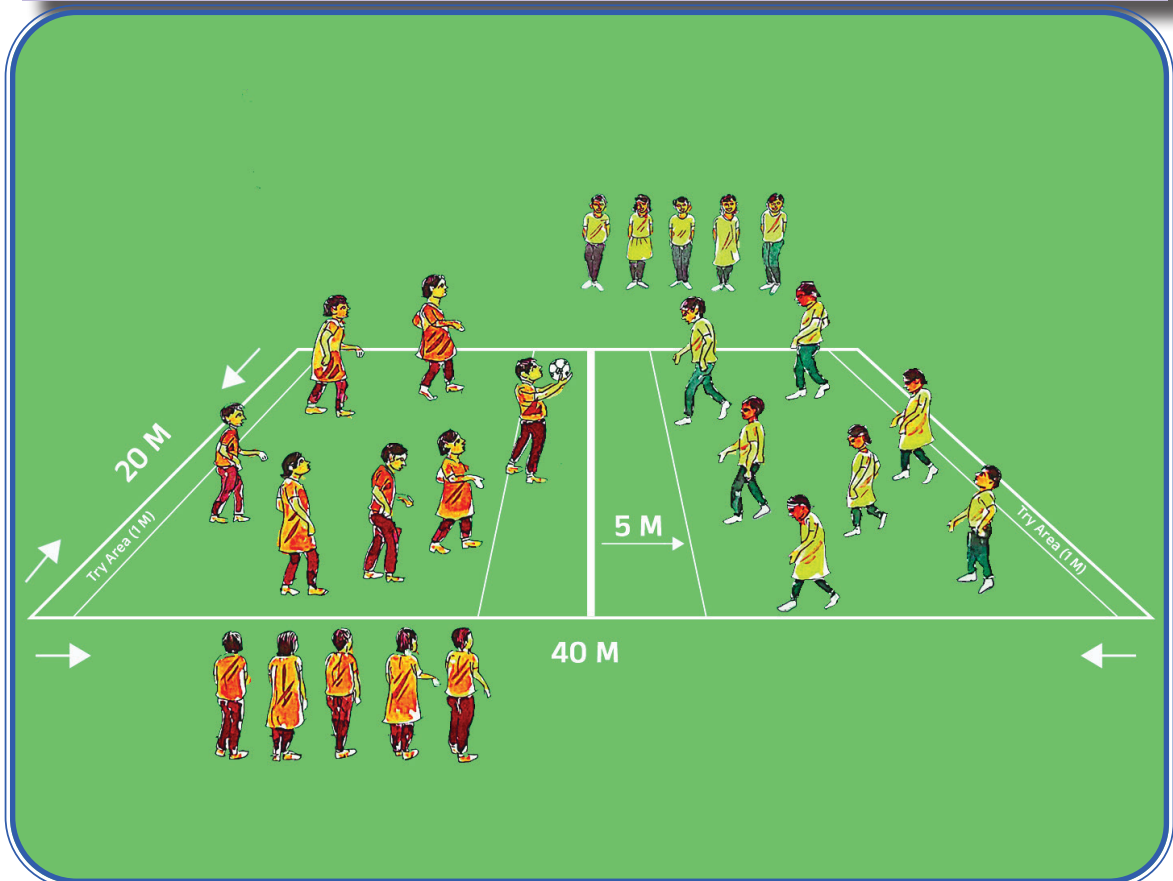
Enhances vitality

Attains growth and development



Activity 1

Touch Rugby



Pic 1.7





Rules and Regulations

- ✱ Set up a play area with 40 metres length and 20 metres width as shown in the picture.
- ✱ Form two teams of seven players each, as per the instruction of the teacher. Other students can be substituted as and when needed. (The number of players can be decided as per the availability of space.)
- ✱ The team that wins the toss starts the game by passing the ball from the centre of the field to their teammate.
- ✱ At the start of the game, the opposing team should stand behind a line marked 5 metres away from the centre line.
- ✱ A point is scored when the player carrying the ball runs forward or hands over the ball to the teammate and places it in the opposing team's 'try area' (1 metre wide) marked on the court.
- ✱ Players with the ball can pass it only to teammates behind them.
- ✱ Forward pass is not allowed and is considered foul. The opposing team gets the ball if there is a forward pass.
- ✱ If the player with the ball is touched by three different players in the opposing team before passing the ball to the teammates, then the opposing team gets the opportunity to pass the ball.
- ✱ For every touch the word "touch" should be said aloud.
- ✱ The opposing team resumes the play from the place of the third touch.
- ✱ No player is allowed to hold or intentionally foul the opposing team members. Touch only with hands.
- ✱ The game duration is 10 minutes. The team that scores the highest point within the allotted wins the game.

Post-Game Discussion

Were you able to enjoy playing Touch Rugby?

.....

.....

.....



Let's learn about the different factors needed to maintain complete health

Physical Health

Physical health includes the body's ability to perform daily activities and physical tasks energetically, and the capacity of internal organs to perform various tasks.

Mental Health

Mental health is defined as the ability to identify one's potential to handle stress and take logical decisions and to behave rationally and productively in society.

Health

Social Health

Social health is the ability to adapt with the social systems and live harmoniously.

Emotional Health

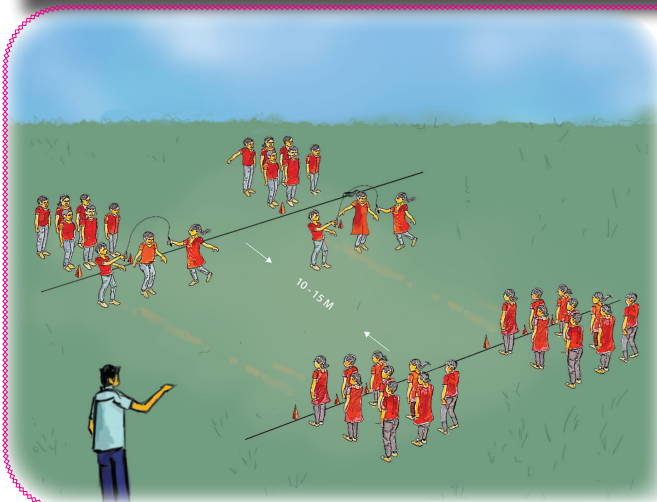
Emotional health is the mental ability to overcome challenges in life rationally and to regulate emotions.

Let's engage in another activities.



Activity 2

Hurdle Race



Pic 1.8



Pic 1.9





Rules and Regulations

- ✱ Mark a start line and a finish line 10 to 15 metres apart as per the availability of space .
- ✱ Form two teams of equal members as per teacher's instruction.
- ✱ Each team will be further divided into groups of three members, and they should stand on either side of the field.
- ✱ Two players of the first group standing on the starting line should hold the skipping rope on either side. The rope is rotated forward over the head of the player standing in the middle, who jumps over the rope while moving forward.
- ✱ This continues until the group reaches the finishing line. The other teammates swap positions and the activity is continued till all of them get the chance.
- ✱ If the final group is not able to find sufficient members to form a group of three members, players from the first group can join to complete the team.
- ✱ The game shall continue until every child gets a chance to stand in the middle. The team that completes the activity first is declared the winner.

Post-Game Discussion with Children

- ✱ Share your experience of participating in the game.

.....

.....



Assessment

- ✱ What physical skills are essential to win the hurdle race?

.....

.....

- ✱ Who performed excellently in the hurdle race?

.....

.....



- Why were they able to achieve this?

.....

.....

- Were you able to play Touch Rugby and Hurdle Race energetically from start to end? Explain.

.....

.....

- Which activities in Touch Rugby and Hurdle Race were the most difficult for you?

.....

.....

Skills that can be acquired through these games

- Excellent physical fitness
- Mutual cooperation
- Teamwork / togetherness
- Emotional control
- Support during failures
- Ability to overcome crises



World Health Organization

The World Health Organisation (WHO) was established on April 7, 1948, in Geneva, Switzerland. Every year, April 7 is observed as World Health Day.

Regular participation in physical activities can enhance physical, mental, social, and emotional well-being.

Health Analysis

Let's self-analyse our health

Tick (✓) the appropriate box.

Physical Health

- I can participate in games without fatigue.

☐ Yes / No ☐



2. I can recover quickly after games and enthusiastically engage in other activities.

☐ Yes / No ☐

3. I can perform household tasks effortlessly.

☐ Yes / No ☐

4. I am aware that my height and weight are proportional.

☐ Yes / No ☐

○ Mental Health

1. I feel happy when I succeed.

☐ Yes / No ☐

2. I can handle both success and failure calmly.

☐ Yes / No ☐

3. I can uphold moral values.

☐ Yes / No ☐

4. I can focus energetically in learning activities.

☐ Yes / No ☐

○ Social Health

1. I can be friendly with all my classmates.

☐ Yes / No ☐

2. I can cooperate with team members during games.

☐ Yes / No ☐

3. I can follow rules of the game and respect my opponents.

☐ Yes / No ☐

○ Emotional Health

1. I can respond calmly to my teammates' mistakes.

☐ Yes / No ☐

2. I can interact happily with my family.

☐ Yes / No ☐

3. I listen attentively to criticism.

☐ Yes / No ☐

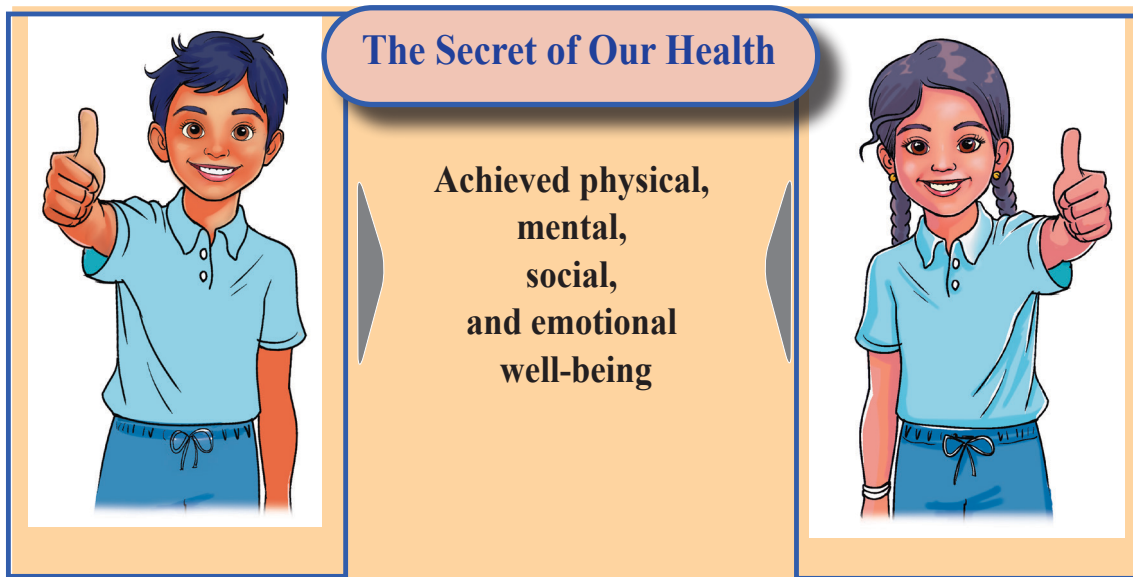
4. I can overcome the mental stress that arise while playing.

☐ Yes / No ☐



Evaluate your health status with the help of your teacher and determine your score.

- Regular exercise improves physical fitness, enabling to attain better physical health.
- Mental health improves through adaptability in various game scenarios and timely decision making in adverse situations.
- Social health is enhanced through mutual cooperation in games and adherence to rules.
- Emotional health is attained by handling success and failure calmly.



Pic 1.10

Nutritional Deficiency and Related Diseases

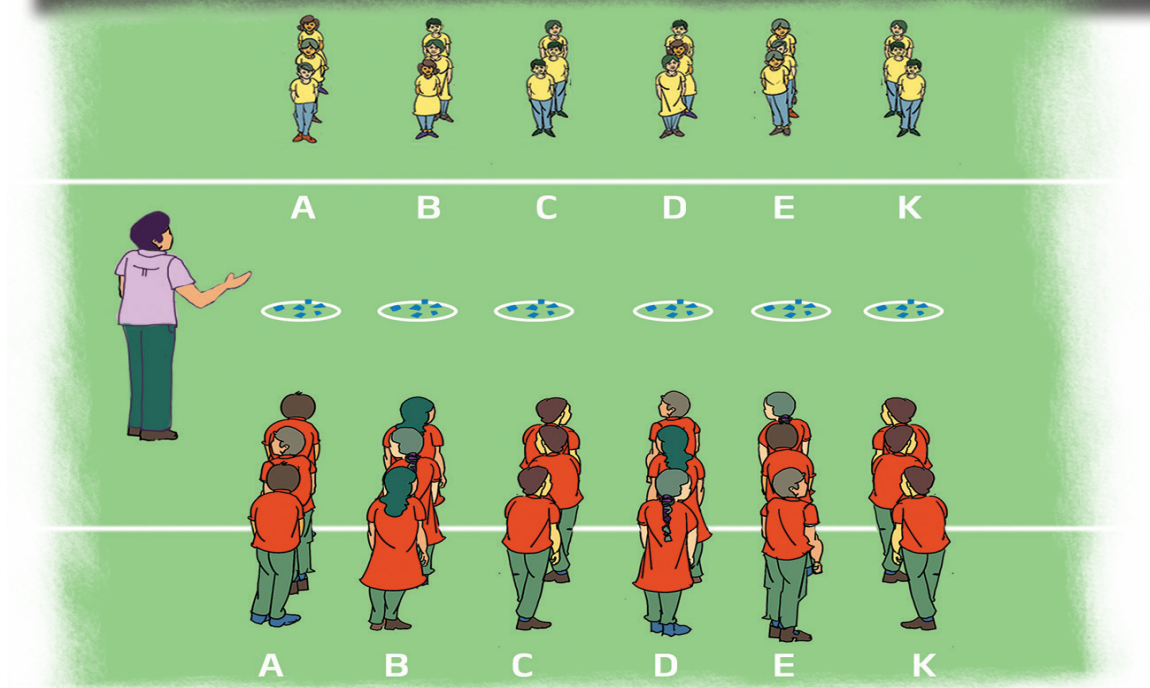
Let's begin with a game...





Activity 3

Fit Cat



Pic 1.11



Rules and Regulations

- As per the teacher's instruction, children form two teams of equal members and take position on either side of the play area.
- Each team adopts the names of vitamins A, B, C, D, E, K and form six lines. Other team members stand in a line behind them.
- As shown in the picture, the play area will have six circles in the centre. Inside each circle, 5 cards will be placed representing carbohydrates, fats, proteins, minerals, and vitamins.
- When the teacher signals "Start," players in the front-row shall begin the high-knee exercise. When the teacher calls out the name of a nutrient, the players in the front line must run to the centre, pick the card representing that nutrient, and return to the starting point without being touched by the opposing team members.



- If a player is touched by an opposing team member, the card must be given to them.
- Those who got the opportunity to play must position behind their team
- Continue the game until everyone gets a chance to play.
- The team that gets the maximum number of cards is declared as the winner.

Discussion with Students

- Who participated excellently in the game?

.....

- Why were they able to excel in the game?

.....

Nutritious Food

Nutritious food is a critical factor for health and growth. High-quality food strengthens the immune system. Healthy individuals can perform physical tasks and daily activities systematically and energetically.

Symptoms of Nutritional Deficiency

- Fatigue
- Experiences weakness
- Frequent illnesses and slow recovery
- Delay in healing of wounds
- Prefers loneliness
- Inability to resist cold
- Affects learning ability
- Loss of appetite



Nutritional deficiency can cause physical or mental impairments (e.g., Marasmus).

Complete the table

No.	Diseases/Conditions	Symptoms	Solutions
1	Hypoglycaemia	Fatigue, weakness, uneasiness	Have a balanced diet including grains, fruits, and vegetables.
2	Rickets	Muscle weakness, bone weakness	Eat calcium-rich food and get sunlight exposure.
3			
4			
5			

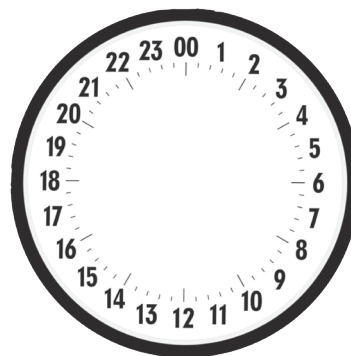
Collect data regarding the changes in our body due to deficiency of nutrients, diseases caused and their symptoms and possible solutions.

Analyse your daily activities.



Activity 4

- How much time do you spend for studying?
.....
- How much time do you spend for playing?
.....
- How much time do you spend on mobile/TV?
.....
- How much time do you spend resting?
.....



Pic 1.12



- How much time do you spend on household chores and personal needs?

.....

Are you satisfied with your routine?

Discuss with your teacher.

Lifestyle Diseases

Lifestyle diseases are long-term health problems caused by unhealthy lifestyle habits (eg : poor diet, lack of exercise, excessive stress, smoking etc).

Obesity

Obesity is a morbid condition due to accumulation of excessive fat in body.

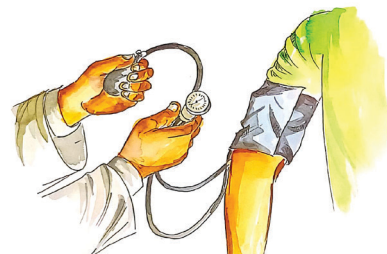
Blood Pressure

Blood pressure is the force exerted by blood on the walls of arteries (normal blood pressure: 120/80 mmHg).

- High Blood Pressure: Blood pressure rises above normal levels.
- Low Blood Pressure: Blood pressure drops below normal levels.

Heart Disease

It is a condition caused by deposit of fat within the coronary arteries which narrows the arteries and restricts blood flow to the heart.

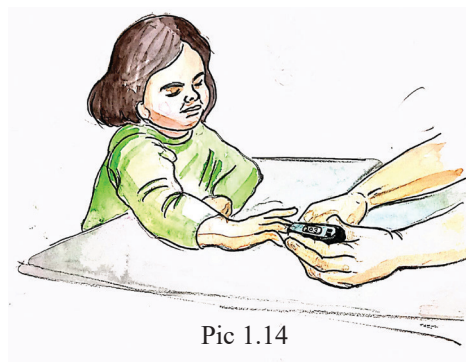


Pic 1.13



Diabetes

A condition where the pancreas does not produce enough insulin or the body cannot effectively use the insulin produced, causing unregulated glucose levels.



Pic 1.14

Type 1 Diabetes

The beta cells in the pancreas do not function properly, leading to insufficient insulin production. This is common in children and is called Juvenile Diabetes.

Type 2 Diabetes

In adults, the pancreas either does not produce enough insulin, or the body does not respond effectively to it, resulting in uncontrolled blood glucose levels.



With technical support from the Health and Family Welfare Department, the Kerala Social Security Mission under the Department of Social Justice has introduced the Mithai project, a comprehensive social aid programme for children and adolescents with Type 1 diabetes.

Discussion on Lifestyle Diseases

Students lead a discussion.





Assessment

Prepare a personal note on lifestyle diseases:

.....

.....

.....



Activity 5

Zumba



Pic 1.15

Zumba is a rhythmic exercise performed continuously by combining various workouts with the accompaniment of music.

It is a fun filled, high-energy activity suitable for people of all ages and fitness levels. Zumba helps improve muscular endurance, muscular strength, cardiorespiratory endurance and flexibility.

Join this activity and share your experience.

.....

.....

.....



Unhealthy eating habits, lack of exercise, and mental stress cause an increase in lifestyle diseases even among children. We can gain physical and mental happiness and prevent lifestyle diseases by following a proper diet, utilising breaks effectively, and participating in games or physical activities.



Pic1.16



Assessment

I. Write a note

Lifestyle diseases can be effectively prevented by participating in physical activities. Share your opinion

.....

.....

.....

II. Fill in the blanks

(a) Write any two components of health

- 1
- 2



(b) The ability of individuals to live in harmony with societal conditions is

(c) Choose the skills gained through games.

(Improves immunity, Enhances physical health, Causes mental stress)

(d) Which of the following is a lifestyle disease?

(Obesity, Dengue fever, COVID)

III Answer the following

(a) Physical activities help improve different components of health. Write an example.

(b) Write a note on the skills acquired through games.

(c) How does nutrition contribute to your physical growth? Write a note.

Follow up Activity

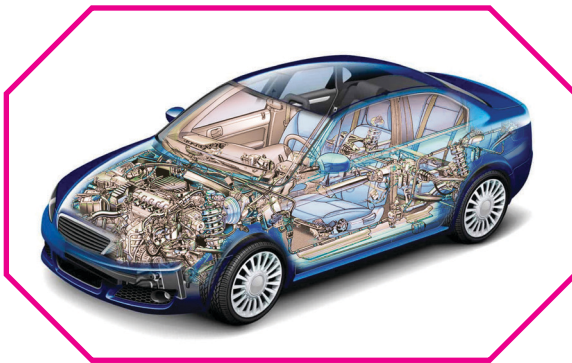
☐ Are your family members mindful in maintaining health? Discuss with them.

☐ What activities do you do at home to prevent lifestyle diseases?



2

Building Strength through Physical Fitness



Pic 2.1



Pic 2.2

Observe the Pictures

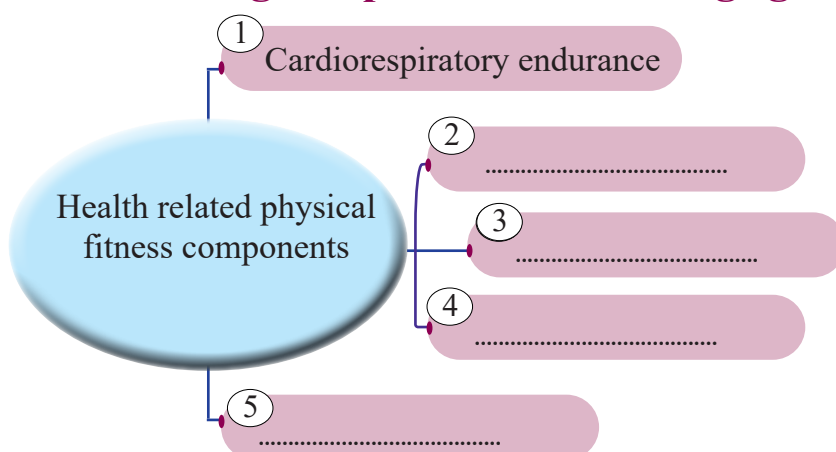
Think about how a vehicle operates. The vehicle reaches its optimum capacity only when all the parts function effectively.

Imagine your body were a vehicle.

The body functions efficiently when all components of health-related physical fitness and the functioning of internal and external organs are in harmony.

We have already learned about health-related physical fitness components in previous classes.

Complete the missing components in the image given below



It is inevitable to improve the health related physical fitness components so as to efficiently perform daily activities, to excel in physical activities and to prevent lifestyle diseases.

Let us learn certain means to enhance health-related physical fitness components.

I. Muscular Strength



Pic 2.3

Do you recognise this Indian athlete?

The athlete is Karnam Malleswari, the first Indian woman to win a medal in the Olympics. She achieved this feat in weightlifting at the 2000 Sydney Olympics. The nation honoured her with the Arjuna Award, the Padma Shri, and the Rajiv Gandhi Khel Ratna Award (renamed as Major Dhyan Chand Khel Ratna Award in 2021).



Malleswari could achieve these accomplishments by improving her muscular strength through systematic training.

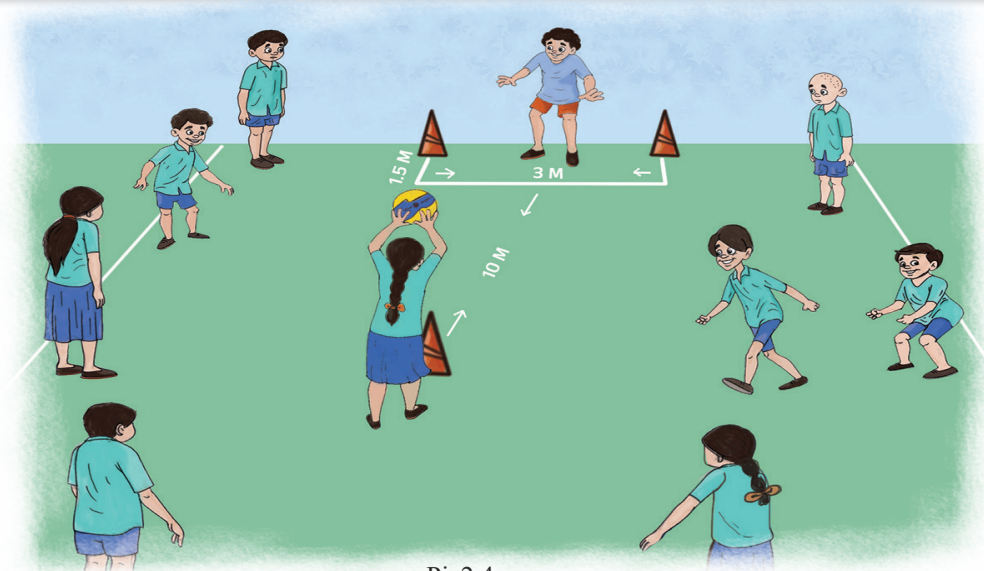
Muscle strength is the ability of muscles to apply maximum force in a single contraction.

Would you like to learn more about muscular strength through a game?



Activity 1

Throw and Score



Pic2.4

This game is similar to cricket. It is played on a square court of 30 metres length and width.



Rules and Regulations

- ✱ Form two teams of nine players each.
- ✱ The team that wins the toss can select either batting or bowling.
- ✱ A volleyball / football / handball can be used in the game.



- Two cones or posts placed 3 metres apart will act as wickets.
- The batter must stand on a crease parallel to the wicket, positioned 1.5 metres in front of it (1.5m x 3m).
- The bowler must throw the ball by an overhead throw from behind the cone, which is placed 10 metres away from the wicket. The feet of the bowler must remain firm on the ground while throwing the ball.
- All members of the bowling team must field so as to prevent availing runs.
- If the ball passes through the wickets, the batter is considered out. If the bowler throws the ball above the batter's head, it is called a 'no-ball'.
- A batter who fails to hit or take a run for three consecutive balls will be considered out.
- Bouncing ball more than once during the throw is not permitted.
- The batter can catch and throw the ball at various parts of the playing area (using an overhead throw) and score runs. The feet must be firm on the ground, while throwing the ball.
- If the ball touches the field and crosses the boundary line, the batting team will score four runs.
- If the batter throws the ball outside the boundary without bouncing inside, the batter is considered out.
- Catch out and run out rules are applicable in this game.
- The team with the highest runs in a four-over match (6 balls per over) is the winner.

Discuss the Game

Which was the most enjoyable moment during this game?

.....

Who among the players performed well? Identify the reasons for their excellence in performance.

.....



How did muscular strength influence this game?

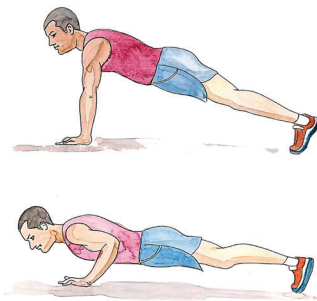
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Muscular strength is essential to improve physical performance and fitness.

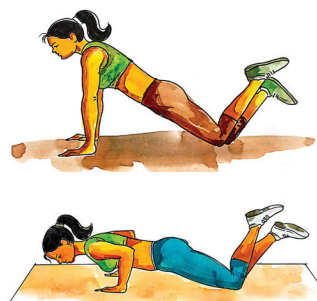
Scientific training methods such as resistance training, circuit training and plyometric training help enhance muscular strength.

Resistance training involves the use of your own body weight or the weight of an external object to increase the strength of various muscles. Example include pull-ups, push-ups, sit-ups, (own body weight exercises) and resistance band or weight training exercises (external objects).



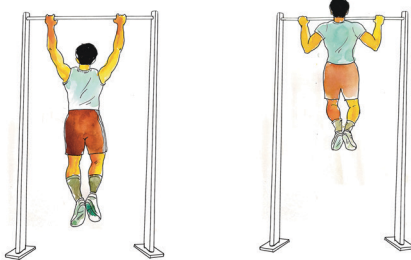
Pic 2.5

Push Up



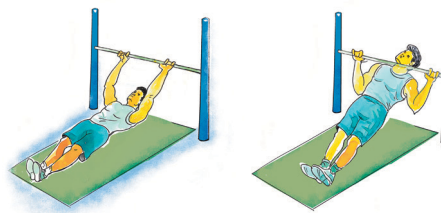
Pic 2.6

Modified Push Up



Pic 2.7

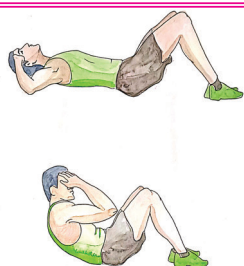
Pull Up



Pic 2.8

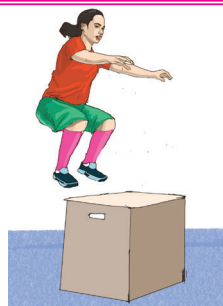
Modified Pull Up





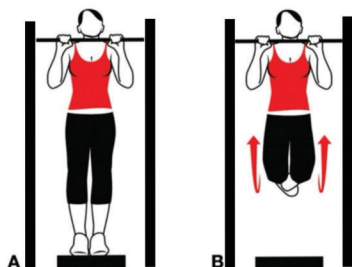
Pic 2.9

Sit Up



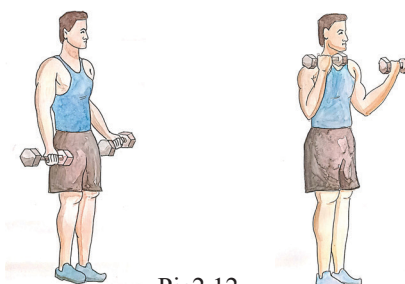
Pic 2.10

Plyometric training



Pic 2.11

Flexed arm hang



Pic 2.12

Weight training

Follow up activity

Seek your teacher's advice and practise exercises to improve your muscular strength and perform them 3-4 times a week.

Push-up	: 6-10 repetitions	3 sets
Pull-up	: 6-10 repetitions	3 sets
Sit-up	: 10-15 repetitions	3 sets
Squat	: 10-15 repetitions	3 sets

II. Muscular Endurance

Have you observed Tug-of-War Competition?

Haven't you noticed that both the teams pull the rope continuously with immense strength from opposite side during intense competition? Muscular endurance is necessary to sustain this effort for a longer time.



Pic 2.13



Muscular endurance is the ability of muscles to work for a long period of time without fatigue.

Let's get familiarized with an activity to improve muscular endurance.



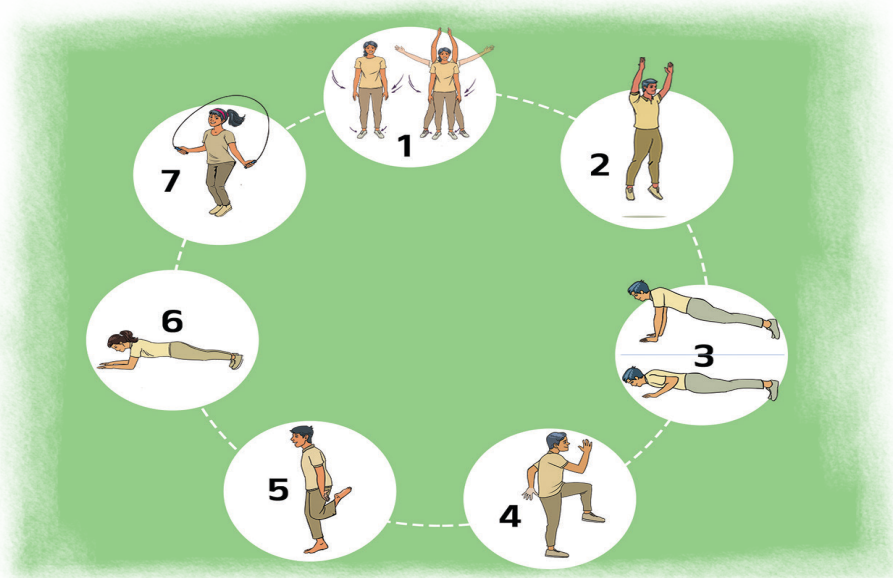
Activity 2

Circuit Training

Circuit training is a method of training that coordinates various types of exercise targeting different muscle groups with minimal rest between each exercise.

Different types of exercises

Jumping jacks, Vertical jumps, Push-up, High knee action, Back kicks, Planks, Skipping



Pic 2.14



Rules and Regulations

- The students shall form 7 groups.
- Assign the students to 7 stations as shown in the picture (e.g., jumping jacks, vertical jumps, push-up, high knee action, back kicks, planks, skipping) .



- The students standing in each station should perform the exercises as per teacher's instruction.
- When the teacher signals, students should perform the assigned exercise at their station for 30 seconds.
- After a 30-second rest, students should move fast in clockwise direction to the next station on receiving the next signal.
- Complete the activity in all the stations.
- These activities should be continued after a rest time of 5 to 10 minutes.

Share your experience of circuit training after proper rest.

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Could you repeat the activity in the second round? Write about your experience.

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What exercises did you do during rest periods to help your body recover quickly?

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III. Cardiorespiratory Endurance

Have you noticed that some children do not get tired after running and playing for a long time?

This is due to the efficient functioning of their cardiorespiratory system and muscular endurance.

Cardiorespiratory endurance is the ability of the heart and respiratory system to supply oxygen and nutrients to the muscles during prolonged physical activity.



Pic 2.15



Sports events like football and hockey require high cardiorespiratory endurance. Can you name other sports events?

Let us do an activity.



Activity 3

Rotation Run



Pic2.16



Rules and Regulations

- ✱ Students form two teams of equal members.
- ✱ Set up a square court measuring 15m.
- ✱ Team A stands inside the court and Team B stands outside, as shown in the picture.
- ✱ 20 marking cones or similar objects will be placed in a circle.
- ✱ Team 'A' should stand near the circle in the corner that is arranged with cones.



- When the teacher signals, each member of Team A picks up the cones and runs diagonally to place them in a circle in the opposite corner.
- The next member of a team should start running only after the first player successfully places the cone in the opposite corner and reaches back.
- At the same time, team 'B' should keep running fast outside the court and complete each round.
- Team 'B' should keep running outside until Team A moves all the cones to the opposite circle.
- Team B's score is the number of completed laps while Team A is finishing the activity.
- After Team A finishes, the roles reverse. Both the teams continue the same activity.
- The team with the highest scores wins the game.

Share your experience of playing the game

While running inside the court

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While running outside the court

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Do you practise any activities to improve cardiorespiratory endurance?

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Cardiorespiratory endurance can be improved through long-distance walking, jogging, cycling, swimming, and regular aerobic exercises.



Pic 2.17



Scientific training methods like interval training and fartlek training are effective in enhancing cardiorespiratory endurance required for various sports events.

Fartlek Training – Speed Play

Fartlek training is a method to improve cardiorespiratory endurance. It is a training which includes irregular variation of speed and intensity. This training was developed by the Swedish middle-distance runner and Olympian Gösta Holmér in late 1930s.

IV. Flexibility

Have you observed sports like gymnastics and yoga? These physical activities focus intensely on flexibility, an essential component of physical fitness.

Observe the picture.

Such physical activities depend on the flexibility of joints.

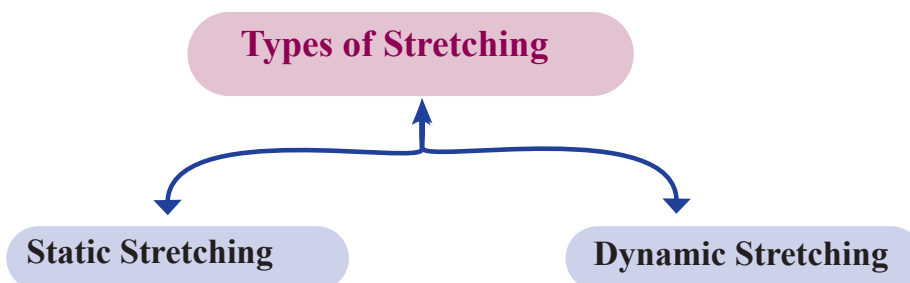
Can you touch the floor without bending your knees as shown in the picture? Try it as per the instruction of your teacher. Assess your flexibility.



Pic 2.18

“Flexibility is the range of motion of joints”

Stretching exercises are methods to improve flexibility.



Static Stretching

Static stretching are types of exercises that involve starting from a stationary position, stretching to the maximum point of flexibility, and holding that position for 10 to 15 seconds with normal breathing before gradually returning to the starting position.

For example: **Hamstring stretch**

Sit on the ground bending one leg and keep the other straight as shown in the picture. Try to reach for the toes of the straight leg without bending the knee. Repeat with the other leg.

Active stretching is done using own muscular strength and passive stretching is done with the support of a person or a device.



Pic2.19

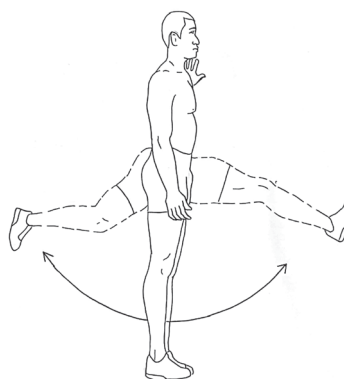
Dynamic Stretching

Dynamic stretching uses various movements to stretch muscles.

For example: **Leg swing**

Stand with feet shoulder-width apart, shifting weight onto the left leg. Swing the right leg forward and backward without bending the knee. Repeat the activity with the left leg.

(If needed, use support for balance.)



Pic2.20

Flexibility can be increased by practising different types of stretching, yoga etc.

Static Stretching	Dynamic Stretching
➤ Upper back stretch ➤ Shoulder stretch ➤ Hamstring stretch ➤ Paschimottanasana	➤ Arm swing ➤ Shoulder rotation ➤ Leg swing



V. Body Composition

Do all students in your class have the same physical growth? What could be the reasons for these differences?

The differences are due to variations in body composition.

Body composition refers to the proportion of fat and lean body mass (bones, muscles, organs, water content, etc.) in the body.

Factors such as diet, life style and participation in physical activities influence body composition. If so, let us examine whether our body composition is in correct proportion or not.

Check your BMI

Weight (kg) =

Height (m) =

My BMI =

Body Mass Index Calculation

$$BMI = \frac{\text{Weight (Kg)}}{\text{Height (m)}^2}$$

An appropriate BMI can be maintained, through regular physical activities and a balanced diet.

Follow up activities

- ☐ We should engage in physical activities daily to enhance health-related fitness components. Complete the sample exercise chart given below and share the changes you experienced, after practising these exercises.

Day	Fitness Components	Exercises	Time/Count
Monday	Cardiorespiratory endurance Muscular strength	• Jogging • Push-up • Pull-up	5 minutes 6-12 times (2 sets) 5-10 times (2 sets)
Tuesday			
Wednesday			
Thursday			
Friday			



- ❑ There are many tests to evaluate physical fitness components. Examine and evaluate physical fitness components of each student with the support of teacher.

Tests to evaluate physical fitness components

Muscular Strength	Standing broad jump, Medicine ball throw test
Muscular Endurance	Sit-up test (1 minute)
Cardiorespiratory Endurance	Cooper's 12-minute run/walk test, Beep test (Yo-Yo test), YMCA 3-minute step test
Flexibility	Sit and reach test
Body Composition	BMI



Assessment

Divide the class into five groups. Let each group evaluate the fitness levels of all students for different fitness components.

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Let us Make Cycling a Habit

Cycling for 20 minutes a day can:

- Improve cardiorespiratory endurance.
- Enhance muscular endurance.
- Reduce excess weight.
- Boost energy levels.
- Relieve mental stress.



Pic 2.21



Yoga

Yoga assists in improving health related fitness components.

Let us learn some yogasanas.

1. Padmasana
2. Dhanurasana
3. Garudasana
4. Viparita Karani

1. Padmasana

The pose is named Padmasana because the sitting position resembles the shape of a lotus.

Step 1

Starting Position



Pic 2.22

Step 2

Bend right knee and place right foot over left thigh. Bend the left knee and place left foot over the right thigh.



Pic 2.23

Step 3

Keep one palm over the other on the lap facing up. Sit erect and do not keep your head, neck and spine rigid. Place the knees flat on the floor. Sit with eyes closed.



Pic 2.24

Step 4

Continue in this position and breathe normally.



Pic 2.25



Benefits of Padmasana

- Improves concentration.
- Strengthens the muscles around the spine.
- Stimulates abdominal organs.
- Reduces anxiety and stress.
- Enhances blood circulation.
- Stimulates the bladder and kidneys.

Let's do Padmasana.

Share your experience of practising Padmasana.

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2. Dhanurasana

The pose is called Dhanurasana because the posture resembles a bow (Dhanush).



Pic 2.26

Step 1

Starting position
Start by lying on your stomach.



Pic 2.27

Step 2

Bend both knees and hold your ankles with your hands



Pic 2.28



Step 3

Inhale and lift your head, chest, thighs, and knees off the ground as much as possible.



Pic2.29

Step 4

Exhale and return to the starting position



Pic 2.30

Benefits of Dhanurasana

- ✱ Provides flexibility to the spine and strengthens related muscles.
- ✱ Improves digestion.
- ✱ Improves chest expansion.
- ✱ Provides flexibility and strength to leg muscles.

Let's do Dhanurasana.

Share your experience.

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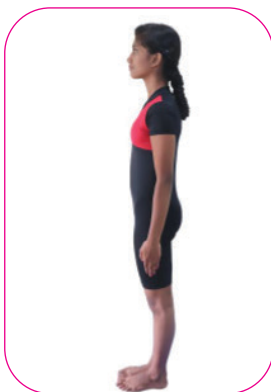
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3. Garudasana

This pose is named Garudasana because it enhances focus and keen observation, like Garuda (the eagle).



Pic 2.31

Step 1

Starting position
Start by standing straight

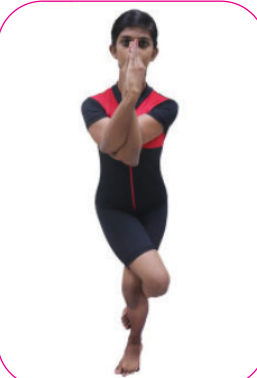




Pic 2.32

Step 2

Lift your right leg, bring it in front of the left leg, and wrap your right foot around the left ankle. Raise both arms sideways to shoulder height.



Pic 2.33

Step 3

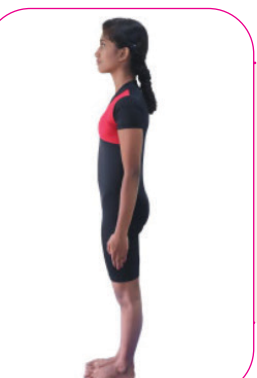
Stretch both arms forward and cross the right arm over the left arm. Join the palms and hold them in front of your nose.



Pic 2.34

Step 4

Slightly bend the knees, keeping the spine straight, and lower your body slightly.



Pic 2.35

Step 5

Release the posture and return to the starting position. Repeat with the left leg.



Benefits of Garudasana

- ✿ Enhances flexibility and strength in arms, legs, and joints.
- ✿ Improves body balance.
- ✿ Increases focus and concentration.

Let's do Garudasana and share experience.

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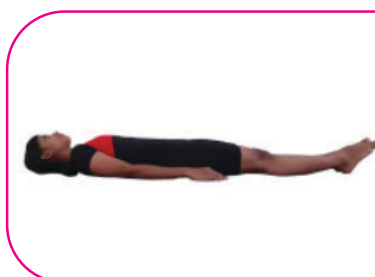
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4. Viparita Karani

In Sanskrit, 'Viparita' means 'inverted' and 'Karani' means 'action.' In this pose, the body is in an inverted position.



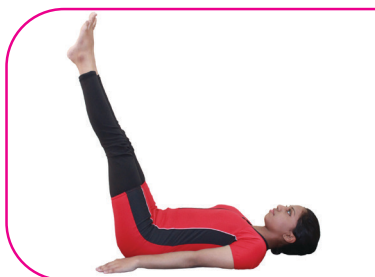
Pic 2.36



Pic 2.37

Step 1

Starting position
Start by lying on your back.



Pic 2.38

Step 2

Inhale and lift both legs together as in the picture. Then exhale.



Pic 2.39

Step 3

While inhaling, lift your hips and support your body with your hands as shown in the image.





Pic 2.40

Step 4

Maintain the pose with your elbows on the ground and hands supporting your back. Return to the starting position by exhaling.

Benefits of Viparita Karani

- ✱ Strengthens and increases flexibility in the neck and shoulder muscles.
- ✱ Improves blood circulation.
- ✱ Enhances flexibility.
- ✱ Helps to calm the mind.

Let's do Viparita Karani and share the experience.

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Follow up activity

Record a video of performing yoga with your family and present it in class.

Let us learn about Postural Deformities

Changes from the correct posture due to various reasons are called postural deformities. Such deformities affect the skeletal system, hinder normal movements, and make daily activities difficult.

Common postural deformities below the hip include Knock Knee, Flat Foot etc.

Postural deformities should be identified and corrected during childhood.

Discuss and record the causes of postural deformities in class.

- ✱ Accidents
- ✱ Deficiency of Vitamin D
- ✱
- ✱
- ✱



1. Knock Knee

Knock knee is a condition where the knees bend inward and touch each other while the ankles remain apart. This condition exerts extra pressure on bones and muscles, leading to joint-related health issues and other postural deformities.



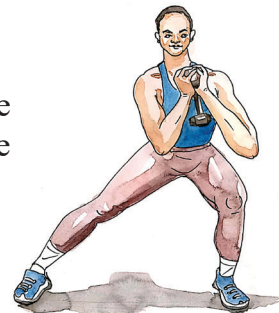
Pic 2.41

Remedies

The following exercises can help manage knock knee to some extent:

1. Side Lunges

Stand with your feet apart. Bend one knee forward while shifting your body weight onto that leg, as shown in the picture.



Pic 2.42



Pic 2.43

2. Side Laying Leg Lift

Lie down on your side as shown in the picture and move your legs up and down without bending your knees.

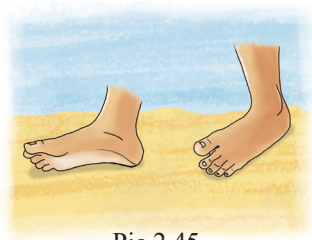
3. Wall Squat

Stand one foot away from a wall and perform a squat with the support of the wall, as shown in the picture.



Pic 2.44





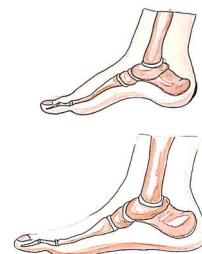
Pic 2.45

4. Walking on the Outer Edge of Feet

Walk using the outer edges of your feet, as shown in the image.

2. Flat Foot

A normal foot has a slight arch (curve) on the inner side that helps distribute body weight evenly, reduce pressure, and maintain balance. However, individuals with flat foot have very low or no arch, causing the entire foot to touch the ground.



Pic 2.46

Remedies

Strengthen the muscles that maintain the arch through specific exercises:

- ✱ Rolling a ball under the feet.
- ✱ Standing on toes.
- ✱ Walking on toes.
- ✱ Using orthopaedic footwear with arch support.
- ✱ Walk on sand to strengthen the arch muscles.



Pic 2.47

Holding marbles (goli) tightly and throwing away using toes is a good exercise to correct flat foot.

Let's play a game using this method.



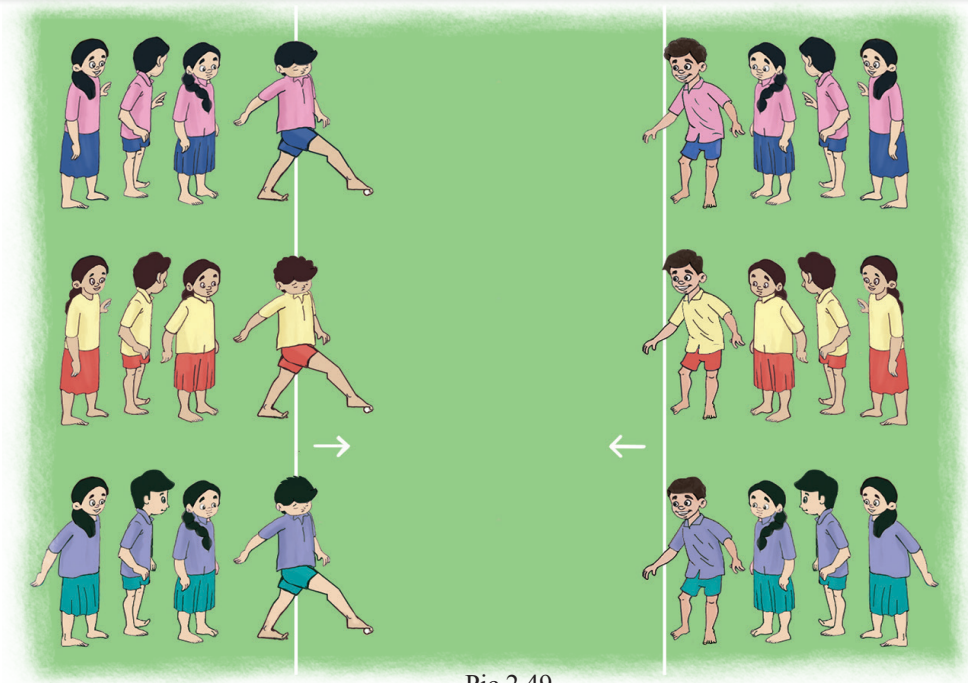
Pic2.48





Activity 4

“ Goli Relay ”



Pic 2.49



Rules and Regulations

- ✱ Divide students into three or four teams with equal members.
- ✱ Mark two parallel lines 5 metres apart from both ends of the play area.
- ✱ Make half of the members of each team stand at the starting line, and the rest at the finishing line.
- ✱ On the teacher's signal, the first participant of each team at the starting line uses their toes to grip and hold the marble (goli) tightly and tosses it to their teammate at the finishing line.



- Make sure that each participant tosses the marble accurately to their teammate at the finish line. Only then can the teammate catch the marble quickly and toss it back to the teammate at the starting line.
- After tossing the marble, the participant moves to the back of their team line.
- The team that finishes first wins.

Discussion about the Game

- Who performed well in the game?
- Why were they able to perform well?

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Pic 2.50

3. Bow Legs

Bow legs occur when the knees curve outward while the ankles remain close together.

Remedies

- Stretching exercises.
- Leg squat.
- Side-lying leg lifts and stretches.
- Butterfly stretch (Sit on the ground, bend the knees, and press them downward using the hands).



Pic 2.51





Assessment

- Observe the images
(foot impressions with colour) to identify postural deformities.
Create an imprint of your feet using any colour and analyse the impression with the help of your teacher.
- Organise an awareness session on postural deformities under the leadership of the school health club.



Pic 2.52

Identifying and correcting postural deformities helps improve daily activities and overall health.



3

Let's Play with Caution



Pic 3.1

It was Independence Day celebration at school. Teacher noticed a commotion among the students and found Saurav lying unconscious on the floor. With the help of others, the teacher immediately moved Saurav to a safe, airy spot. After checking his airway, breathing and pulse rate, the teacher lifted his legs up slightly, gently massaged his feet, and loosened tight clothing. After a while, Saurav regained consciousness, much to everyone's relief.

Discussion in class after reading

What steps did the teacher take after moving Saurav to a safe spot?

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Shall we examine in detail what happened to Saurav?

Unconsciousness

The condition when an individual loses consciousness temporarily due to reduced blood flow to the brain.

Causes of Unconsciousness	Measures for Prevention
➤ Standing still for long duration ➤ Reduced blood flow to the brain ➤ Dehydration ➤ Low blood pressure ➤ Low glucose levels in the blood ➤ Improper diet	➤ Move fingers and toes periodically while standing for a long time. ➤ Drink plenty of water in hot climate. ➤ Wear loose, comfortable clothing. ➤ Follow a balanced diet.

ABCs of First Aid

A = **Airway**

B = **Breathing**

C = **Circulation**

Timely and proper first aid during emergencies helps to save lives.



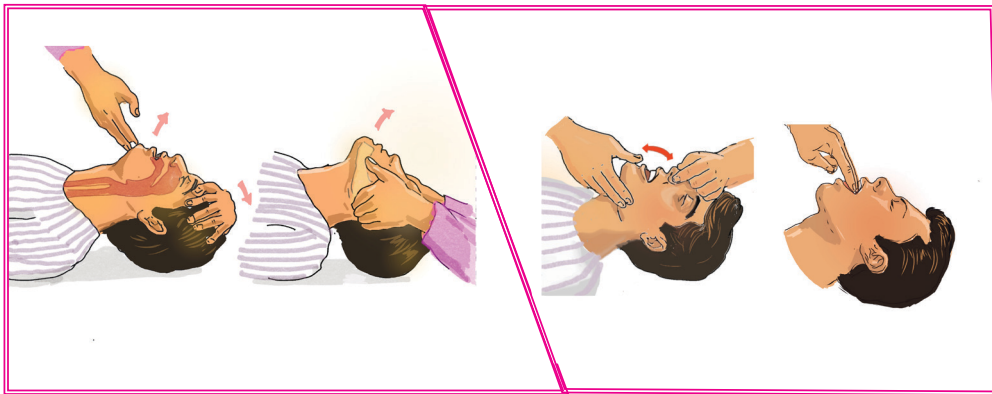
Let us understand the ABCs of first aid through an activity.



Activity 1

Airway

This activity involves checking if there is any obstruction to the breathing of an unconscious person who has met with an accident.



Pic 3.2

Pic 3.3

Steps:

- The teacher holds the child's chin with one hand and the forehead with the other, to remove the obstruction to breathing.
- The teacher lifts the chin and examines the nose and mouth to check if there is any obstruction and removes it if found.

Breathing

It is important to confirm whether the unconscious person is breathing or not.

This can be done using different methods: Look, Listen, Feel, Check

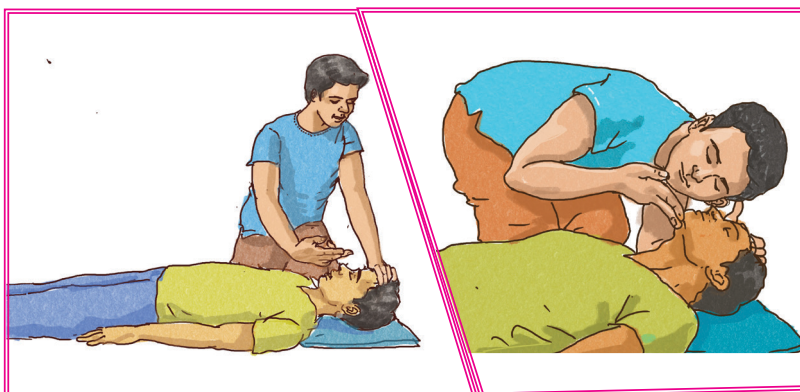


Activity 2

Breathing

Ensure the breathing of an unconscious person using the skills of looking, listening, feeling and checking.





Pic 3.4

Pic 3.5

List out the methods used by the person administering first aid based on the pictures provided.

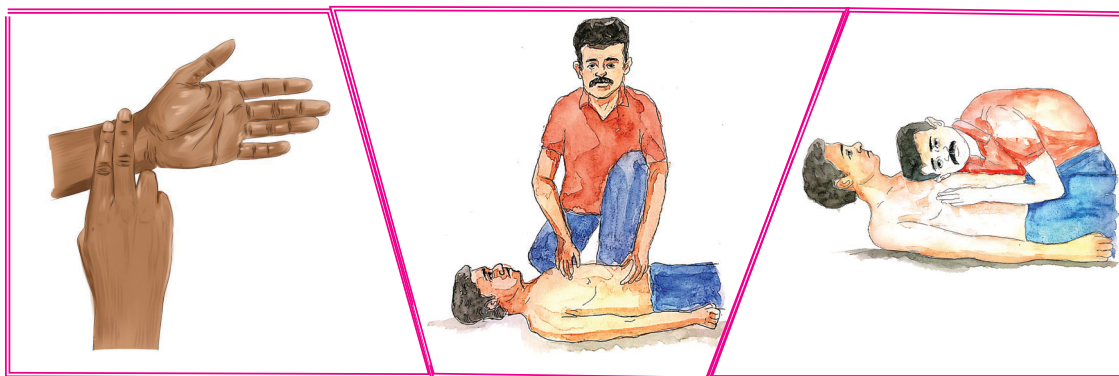
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Blood Circulation

This activity involves checking the heartbeat of the unconscious person. Given below are the images of checking the heartbeat of a person.



Pic 3.6

Pic 3.7

Pic 3.8



Activity 3

ABCs of First Aid - Let's Practise

The teacher presents the skills of First Aid through an activity. A child is laid on two benches or desks placed together. The teacher demonstrates the ABC steps of first aid in the classroom and the students are given a chance to practise the same.



After administering first aid, Saurav regained consciousness but mentioned difficulty in moving his hand. The teacher suspected a fracture and used a sling to immobilise the arm. Saurav was soon taken to a nearby hospital, where the doctor detected swelling and discolouration on the arm and recommended an X-ray. Observing the X-ray, the doctor confirmed a fracture in his arm.

What steps did the teacher take when Saurav had difficulty in moving his hand?

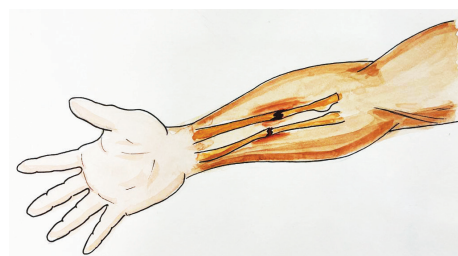
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Fracture

A fracture is a partial or complete break in a bone.

Symptoms

- ✱ Difficulty in moving the fractured area.
- ✱ Severe pain.
- ✱ Swelling in the fractured area.
- ✱ Discoloration on the fractured area.



Pic 3.9

First Aid

- ✱ Prevent movement of the fractured area.
- ✱ Apply an ice pack wrapped in a cloth or plastic bag on the fractured area to reduce swelling.
- ✱ Use a splint or sling to immobilise the area.
- ✱ Provide medical assistance immediately.



Sling

A sling is used to prevent further movement of a fractured or dislocated area by using a cloth to support the weight on the opposite shoulder.



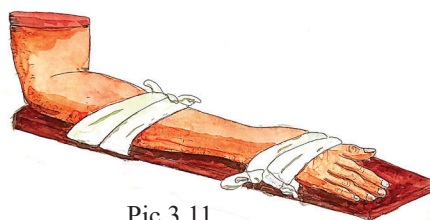
Pic 3.10

Splint

A splint provides support to a fractured area by binding it against a scale, wooden sticks or similar objects.



Activity 4



Pic 3.11

How to make a sling or a splint?

Learn how to make a sling and a splint with the help of your teacher.



Assessment

Write a note on the use of slings and splints.

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Dislocation

Dislocation is the condition where bones move out of their normal position in a joint. A partial dislocation is called subluxation.

Symptoms

- ✱ Pain in the joint
- ✱ Swelling in the joint
- ✱ Deformity in appearance
- ✱ Discolouration of the joint



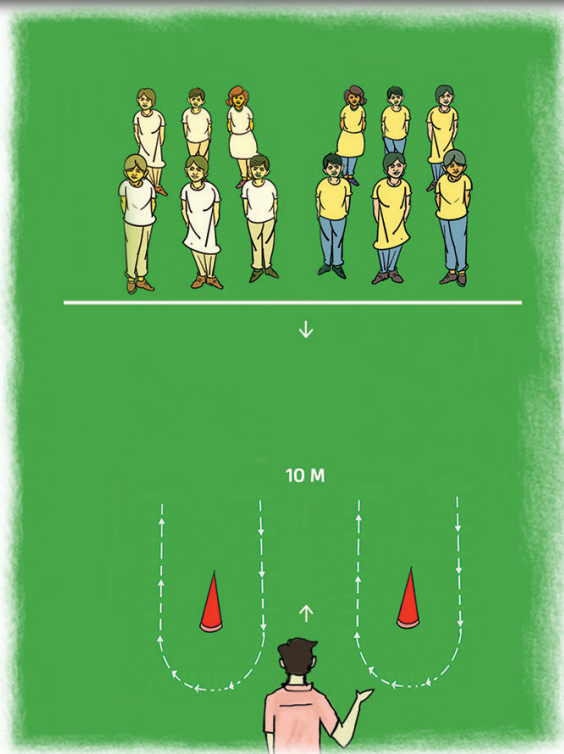
First Aid

- Ensure that the affected area remains stable.
- To prevent swelling, use a cloth or plastic bag filled with ice and apply it to the affected area.
- Bandage the affected area to provide support.
- Provide medical assistance as soon as possible.



Activity 5

First Aid Carry Relay



Pic 3.12



Image I



Image II



Image III



Rules and Regulations

- Divide the class into two or more equal groups.
- Name the groups as A, B, C, etc.



- The teacher instructs the first two members of each team to carry a teammate, circle a designated cone and return to the starting line, as shown in image I.
- The next three members will repeat this process as shown in Image II.
- Then, the next three members will perform as shown in Image III.
- The team that completes the activity first, ensuring safety, perfection and accuracy will be declared the winner.

Post-Activity Discussion

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Heat Stroke

Let us read an excerpt from Sara's diary.

“Manish, Shaheen, and I were thoroughly enjoying the days at the community living camp. We were very excited at the start of the walking tour ‘Get in touch with Nature’. However, as noon approached, the unbearable heat drained our enthusiasm. Shaheen slowed down and complained of dizziness.”

They immediately took Shaheen to a nearby hospital, where the doctor examined her.

“Shaheen is suffering from heatstroke. Didn't you notice the heatwave warnings issued for the past five days?” the doctor asked.

What happened to Shaheen during the trek? Have you gone through similar experience in your life?



Let's discuss

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Pic 3.14

Heat stroke is a condition where prolonged exposure to ultraviolet rays from intense sunlight damages the skin cells. Without intensive care, heatstroke can even result in death. The hypothalamus in the brain regulates body temperature. However, exposure to extreme heat causes an excessive rise in body temperature disrupting this mechanism.

Symptoms

- ✱ Dry, anemic skin
- ✱ Extreme fatigue
- ✱ Dizziness and nausea
- ✱ Excessive sweating
- ✱ Rapid heartbeat
- ✱ Fast breathing (hyperventilation)
- ✱ Muscle cramps

If any of these symptoms occur, provide immediate first aid. If the symptoms persist, seek urgent medical assistance.

First Aid

- ✱ Move the affected person to a shade immediately.
- ✱ Use cool water to wipe the body or cover with a wet cloth. Place ice packs wrapped in cloth on the body, especially in areas like the armpit and groin.



- Fan the person to lower the body temperature.
- Provide plenty of water to drink.
- Administer CPR (Cardiopulmonary Resuscitation) if necessary.
- Hospitalise the patient immediately.

Heat Muscle Cramp

Heat muscle cramps are painful and involuntary muscle contractions occurring during intense exercise in hot climate.

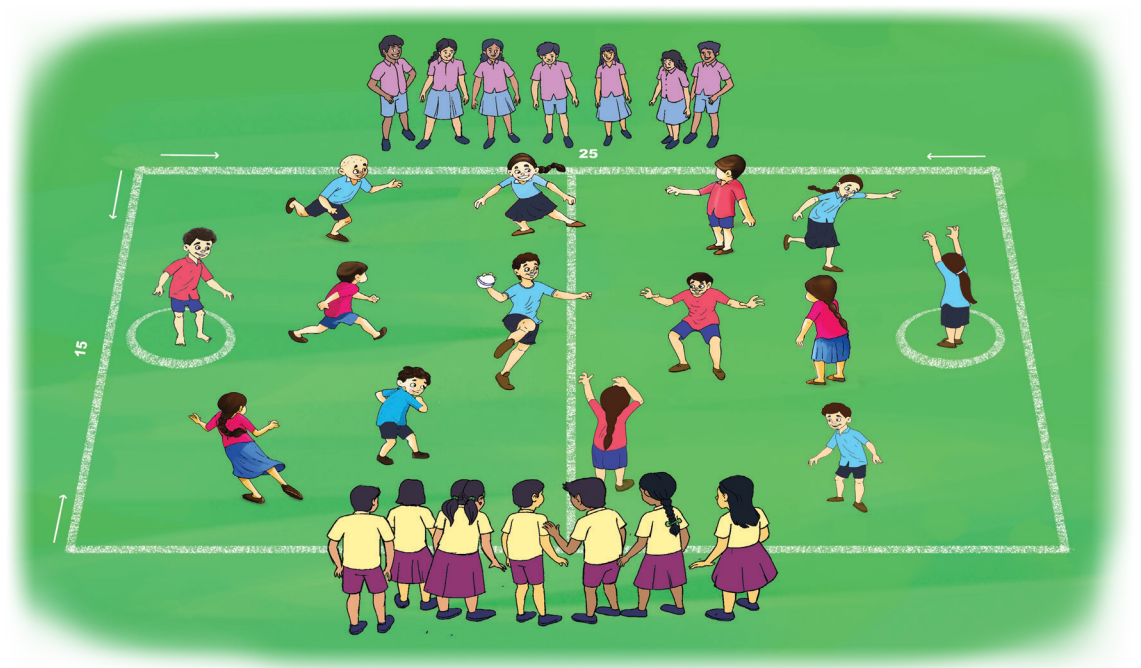
Symptoms	First Aid
➤ Dizziness ➤ Muscle pain ➤ Nausea ➤ Fatigue	➤ Drink water. ➤ Rest in a cool place. ➤ Gently stretch the muscles

How about another game?



Activity 6

Short Break Handball



Pic 3.15





Rules and Regulations

- ✱ Divide the class into four equal teams.
- ✱ Two teams should be on the ground as instructed by the teacher.
- ✱ The other two teams wait outside the ground for their turn.
- ✱ The game can be played using a football, volleyball or handball.
- ✱ Draw a circle with a diameter of one metre on both sides of the ground for the catcher to stand in, as shown in the picture.
- ✱ The catcher must stand inside the circle and must not step out.
- ✱ Other players are not allowed to enter the catcher's circle. The catcher of one team must stand on the circle of the opposing team's court.
- ✱ The team that wins the toss can choose their side of the court.
- ✱ Once the teacher signals, the team starts the game by passing the ball from behind the centre line to their team members.
- ✱ Score is gained by a team by passing the ball to their teammates and finally to their catcher standing inside the circle of the opposing team's court.
- ✱ After scoring each point, the scoring team continues playing, while the other team exits, allowing the next team to enter.
- ✱ The duration of the game is 15 minutes.
- ✱ The team that scores the highest point within the allotted time wins the game.

Post-Game Discussion

- ✱ Have you enjoyed the game? Share your experience.

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- ✱ Which skills have you gained from this game?

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Assessment

1. What did you learn about the ABC of first aid? Write a note.
2. What precautions can be taken to prevent fainting caused by standing for a prolonged time?
3. How do you make a sling?
4. How do you make a splint?
5. What are the precautions to prevent heatstroke?

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Follow up activities

- ☐ From where can we get reliable information about first aid?
- ☐ How essential are first aid skills in our community? Explain.
- ☐ Divide into groups and conduct mock drills to practise various stages of first aid.



4

Rising up to a Sports Culture



Pic 4.1

Rural Olympics

The “Kila Raipur Sports Festival,” known as the Rural Olympics, is held at Ludhiana, Punjab every year in the first week of February. It was started in 1933 by Inderjit Singh Grewal to promote regional sports and use sports as a means to bring together nearby villages. This sports festival showcased rural Indian culture and sports heritage to the world. Events like hockey, kabaddi, tug-of-war, horse racing and athletics are held as part of this. The festival provides a platform for budding athletes to display and enhance their skills and helps promote sports culture.



Pic 4.2



Pic 4.3



Pic 4.4



Pic 4.5

Many people even from other countries reach Ludhiana to participate in this event. Does your school or locality organise similar sports festivals that everyone can participate in? List them out.

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Have you participated in any sports competitions held in connection with Onam celebrations? Share your experiences.

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Let's play a game.





Activity 1

Throwback



Pic 4.6



Rules and Regulations

- ✱ Form two teams A and B with seven members each.
- ✱ Team A stands in a train formation inside the circle as shown in the picture.
- ✱ Team B stands outside the second circle with a ball (football or volleyball).
- ✱ When the teacher signals, members of Team B shall throw the ball at the last player in Team A, aiming to hit the player.
- ✱ Players are restricted from entering the circle to throw the ball. They should hit the players below the waist.
- ✱ If Team B successfully hits below the waist, they score a point, and the player who is hit moves to the front of the train to continue the game.
- ✱ According to the ball position of opposing team, members of Team A, must keep moving within the circle to avoid being hit.



- ✱ Each team gets five minutes time. The team that scores more points within the allotted time wins the game.
- How was your experience as the first and the seventh player of the train in the game? Prepare a note.

.....

.....

- Have you enjoyed the game? Share your experience.

.....

.....

- There are several regional games in our state. Shall we introduce a few of them?

Thottukali, Seven Tiles

.....

Divide into four groups and demonstrate various games.

- What were your experiences while participating in regional games? Prepare a note.

.....

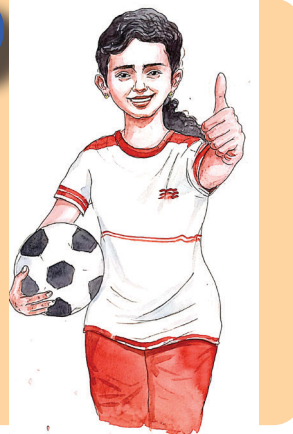
.....

Through Sports Activities...

I have attained.

- Physical fitness
- Self-confidence
- Personality development
- Social awareness

How about you?



Sports Culture

Sports culture is the process of organizing our actions by giving importance to sports activities and thoughts as part of fostering a healthy lifestyle in society. In addition to health benefits, it helps to familiarize life skills like mutual co-operation, leadership quality, communication skills, abiding by laws and emotional growth.



Sports Activities and Values



Pic 4.7

Haven't you noticed the five rings on the Olympic flag? These rings represent the five inhabited continents and symbolize unity and sports ethics.

Let us get familiarized with values associated with the globally celebrated Olympics.

Olympic Values

The key Olympics values are Excellence, Respect and Friendship.

Here are the methods to acquire Olympic values through sports.

For excellence	➤ Strive for self-improvement. ➤ Encourage others to achieve their best.
Display respect in different ways.	➤ Respect for self ➤ Respect for rules and regulations. ➤ Respect for opponent players. ➤ Respect for the environment. ➤ Respect for the public
Celebrate friendship	➤ Friendship is established by bringing everyone under one roof without any discrimination.

Fair Play

Fair play encompasses the values to be upheld in sports by athletes, coaches and spectators.

- ✱ Play by the rules.
- ✱ Respect for the opponents.
- ✱ Accept the result with dignity and emotional maturity.



- Avoid unfair strategies to win.
 - Treat everyone responsibly.
- Follow these values in sports as well as in life.



Assessment

Which are the values aimed at by the Olympics?

- Non-discriminatory intervention.
- Mutual understanding.
-
-
-
-

Let's play a game.



Activity 2

Our Camp



Pic 4.8





Rules and Regulations

- ✱ Divide the students into four equal teams.
- ✱ Each team will have a designated camp named after different sports events (e.g., football, cricket).
- ✱ Cards with pictures or names of various sports equipment will be placed in a circle drawn in the middle of the play area.
- ✱ The number of cards and the number of equipment will be equal.
- ✱ When the teacher gives the signal, one member from each team will run to the circle, pick a card suitable for their camp, and return.
- ✱ After one student completes their turn, the next member continues the game.
- ✱ The team that collects all their cards in the first turn wins the game.
- ✱ Repeat the game to ensure opportunity for every team as different sports equipment are arranged in the camp.



Assessment

- ✱ Discuss and prepare a note on your experience of participating in the game 'Our Camp'.

Indicators

- ✱ Group members participated in the game harmoniously.

.....

.....

Haven't you understood that preparations are necessary for completing a task?



If so, let us discuss organising a class-level sports festival.

What are the preparations required for organising a class-level sports festival?

1. Preparing a logo
2.
3.
-



Activity 3

Class-Level Sports Festival

Preparations for organising a class level sports festival

Divide students into three or four groups and decide the following:

Event type :

Date :

Venue :

Organisers :

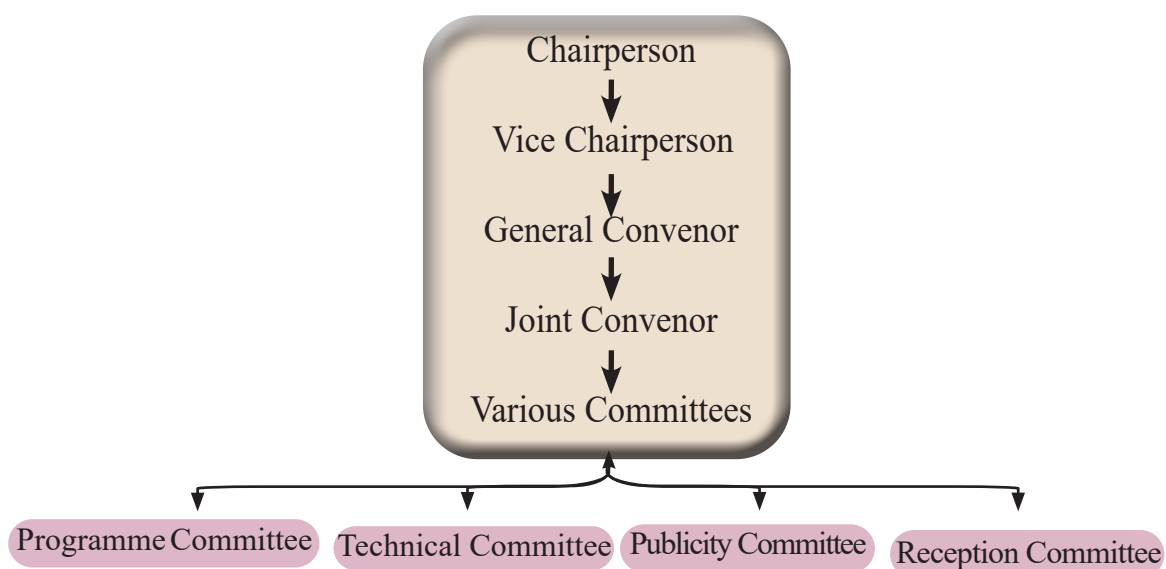
Chief Guests :

Participating Groups :

Display date of logo and message :

Let us form different committees for the conduct of class level sports festival based on the model given below.





Chairperson	: Class teacher
Vice Chairperson	: Physical Education teacher
General Convenor (Class Leader)	:
Joint Convenor (Student Representative)	:
Various Committees (Student Representative)	:

	Convenor	Joint Convenor	Members
• Programme	:		
• Technical	:		
• Reception	:		
• Publicity	:		
•	:		
•	:		

Let us form a Dispute Resolution Committee (Jury of Appeal) to solve dispute if any, that may arise while organising the event.



Dispute Resolution Committee Members (Jury of Appeal)	Jury of Appeal - Responsibility
➤ Physical Education Teacher ➤ Class Teacher ➤ Student Representative	A committee designated with the fair and judicious conduct of competitions. Their primary duties include the review of decisions, appeals and controversial decisions to make final conclusions.

Key Instructions:

- ✱ Ensure all groups get an opportunity to work as organisers.
- ✱ Use this chart to select committee members and hold regular meetings to evaluate the progress of preparations.
- ✱ Increase the number of committees and distribute responsibilities among more students to improve the performance of the organisation. In addition to that, encourage students to participate in competitions.
- ✱ Each committee in-charge should understand their responsibilities and organise meetings based on the teacher's instruction.

Fix the number of committees in accordance with the number of students and the competitions that are to be held.

Importance of Sports Competitions

By participating in and organising sports competitions, you can acquire values such as self-confidence, teamwork, leadership skills, unity, and emotional tenacity.



Assessment

1. Discuss your experiences of organising the event in groups and answer the following questionnaire:



- ✱ Could the team members work harmoniously?
☐ Yes/ No ☐
- ✱ Did you successfully take up and fulfil responsibilities?
☐ Yes/ No ☐
- ✱ Did you get proper awareness about organising a competition?
☐ Yes/ No ☐

What was your experience of organising the event? Prepare a note.

.....

.....

.....

.....

Follow up Activities

- ☐ Collaborate with other classes and organise a school sports festival with meticulous planning, seeking the help of your teacher.
- ☐ Take over the management of Onam celebrations and other events organised by local clubs and organisations in your locality so as to contribute to the community's development.





Pic 5.1

This is Tanishma. She represented our state and won the State School Sports Meet and qualified for the national competition. Let us take a look at the event that has been organised to honour her.

Tanishma: “I am extremely happy to have received this opportunity. There were many other children more talented than me in our locality, but the lack of proper training facilities has held them back. Today, our village has its own large playground. Despite limited resources, the community’s support and the availability of this playground have given me the strength and motivation to move forward. This is the main reason I stand proudly before you today. I am delighted to accept this honour.

I would like Bashir Sir, who has donated his land for the playground, and Gopu Sir, who has set up the play area and arranged the training facilities, to join me on stage as I receive this honour.

If we focus on fully utilising the playgrounds in our villages and towns and ensure expert training, we can nurture many sports stars who will make the nation proud.”

Tanishma could access a playground in her locality for training. Identify various play areas in your locality.

- ✱ School ground

- ✱
- ✱
- ✱
- ✱

Among the different recreational spaces in your locality, which ones are environmentally friendly and scenic?

- ✱ Beaches

- ✱
- ✱
- ✱
- ✱

What are the benefits of participating in various activities at such spaces? Write your opinion.

- ✱ Improves cooperation

- ✱ Attains happiness

- ✱
- ✱
- ✱
- ✱

Shall we play a game?





Activity 1

Chuttuvattom



Rules and Regulations

Pic 5.2

- ✱ Divide the class into two teams - Team A and Team B, with equal members.
- ✱ There will be a cone / pole at the centre of the playground as seen in the picture. Scores will be preassigned as 50, 75, 100, 200 to cones/poles placed at various distance for the centre cone/pole.
(The scores are fixed for each cone/pole based on their distance for the centre cone/pole)
- ✱ Team A members must form a chain by holding hands and move around the central cone/pole in a line.
- ✱ Team B members act as guards for the outer cones/poles.
- ✱ If two members at the back of Team A's chain break off, try to touch the outer cones/poles, and safely return to their chain, Team A shall score points for the cone/pole they have touched.



- If Team B members touch Team A members during this attempt, those members who are touched will become the first members of the chain (the chain formed at the centre cone/pole).
- Each team gets a maximum of 10 minutes in the first phase of the game.
- The team with the most points wins the game.

Discussion

- Did you enjoy the game? Why?
- What skills did you acquire during this game?



Assessment

- Who excelled in the game 'Chuttuvattom'? What made them successful? Write your observation:

.....

.....

.....

- Share your experience of participating in environment friendly games:

.....

.....

.....

By utilising the available facilities and participating in fun games, we can gain mental relaxation and attain physical fitness.

Community Sports Parks

Srinanda is a child living in city. During Onam holidays, she visited her friend, Jasmin's house in the village. Sreenanda was excited about exploring her friend's village, especially when she mentioned about visiting their favourite place. She joined her for an evening walk, which ended at a place with a sign board reading "Community Sports Park."



Upon arrival, Jasmin's family enthusiastically started participating in various sports activities. Inspired, Srinanda also joined them and spent the evening actively enjoying the facilities. As they walked back home, Srinanda told Jasmine, "Isn't it so much fun doing activities like this together?"



Pic 5.3

Janeshwar Mishra Park – The “Green Lung” of Lucknow

- One of Asia's largest green parks, Janeshwar Mishra Park, spans over 375 acres. Completed in 2014, the park features:
- A large lake with cycling and jogging tracks on either side
- A gymnasium and sports training centre, various playgrounds
- This eco-friendly park enhances air quality and offers a space for people to enjoy physical activities effectively.



Pic 5.4



Community Sports Parks

Community sports parks are public spaces designed to help people play, learn, and excel in sports. These parks provide the necessary facilities for individuals of all age groups to participate in various sports and recreational activities.

- ✱ These parks are usually located in open spaces.
- ✱ Such places are eco-friendly and designed to blend sports and games with nature.
- ✱ They offer cost-effective play areas.
- ✱ Everyone, regardless of age, can participate.
- ✱
- ✱
- ✱



Assessment

If there are community sports parks like those mentioned above near your home, describe them:

.....

.....

Locally available public facilities for workout must be utilised by everyone to improve health standards.

Facilities availed for national sports events can later be used for community's benefit. The Komazawa Olympic Park is one such example.

Komazawa Olympic Park

Built for the 1964 Tokyo Olympics in Japan, Komazawa Olympic Park continues to function as a community sports park, allowing participation in various activities for all age groups, from children to the elderly.



Pic 5.5

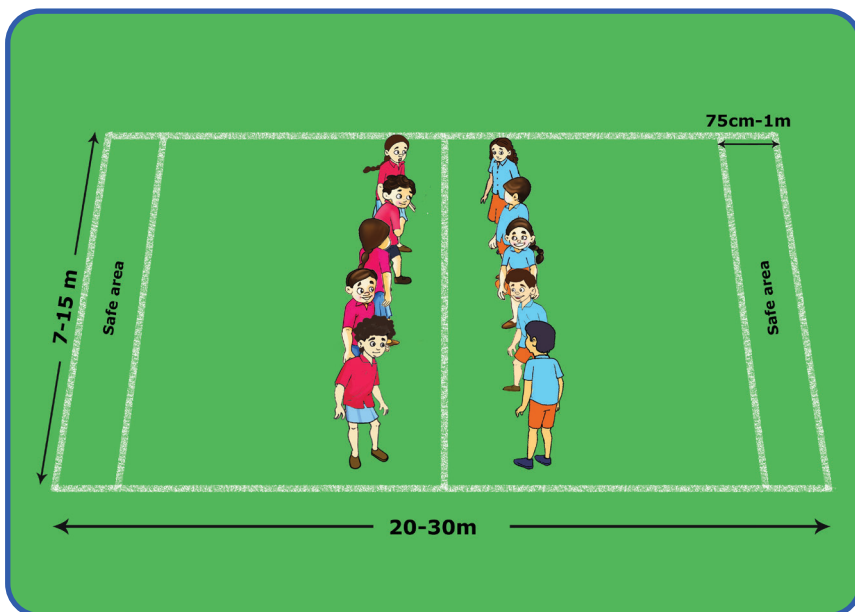


Shall we play a game ?



Activity 2

Kangaroos and Crocos



Pic 5.6



Pic 5.7





Rules and Regulations

- ✱ Arrange the play area as shown in the picture.
- ✱ Divide the class into two teams with equal members.
- ✱ Name the teams 'Kangaroos' and 'Crococ.'
- ✱ Both teams stand face-to-face behind the central line marked in the play area.
- ✱ On the teacher's 'Start' signal, all players begin with on-the-spot running or star jumps (jumping jacks). As the second signal, the teacher calls out a team's name. That team must run to their safe zone while the opposing team tries to catch them.
- ✱ Each player who reaches the safe zone without being caught scores one point for their team. Players who get caught earn one point for the opposing team. The points scored by each member will add up to their team's total score.
- ✱ The teams resume the game in the centre of the play area after each round.
- ✱ The game lasts for 10 minutes.
- ✱ The team with the most points wins.

Discussion

- ✱ Did you like the game?
- ✱ Who all played the game enthusiastically?
- ✱ What basic skills helped you to perform better in the game?



Assessment

Were you able to maintain the same level of energy throughout the activity? Explain.

.....

.....

.....



Nature-Friendly Training Spaces and Sports Activities

Nature-friendly play areas can be found in many locations. These spaces provide opportunities for sports training based on the unique features of the local terrain. People engage in and train for various sports and games suited to their local topography such as beaches, lakes, backwaters, rivers, mountainous area and cold regions.



Pic 5.8

Beaches

Beach volleyball,
beach football,
surfing, etc.



Pic 5.9



Pic 5.10



Pic 5.11



Pic 5.12

Mountain Ranges and Hills

Mountaineering, mountain cycling, paragliding, etc.



Pic 5.13

Cold Regions

Ice skating,
skiing, etc.



Pic 5.14





Pic 5.15



Pic 5.16



Pic 5.17

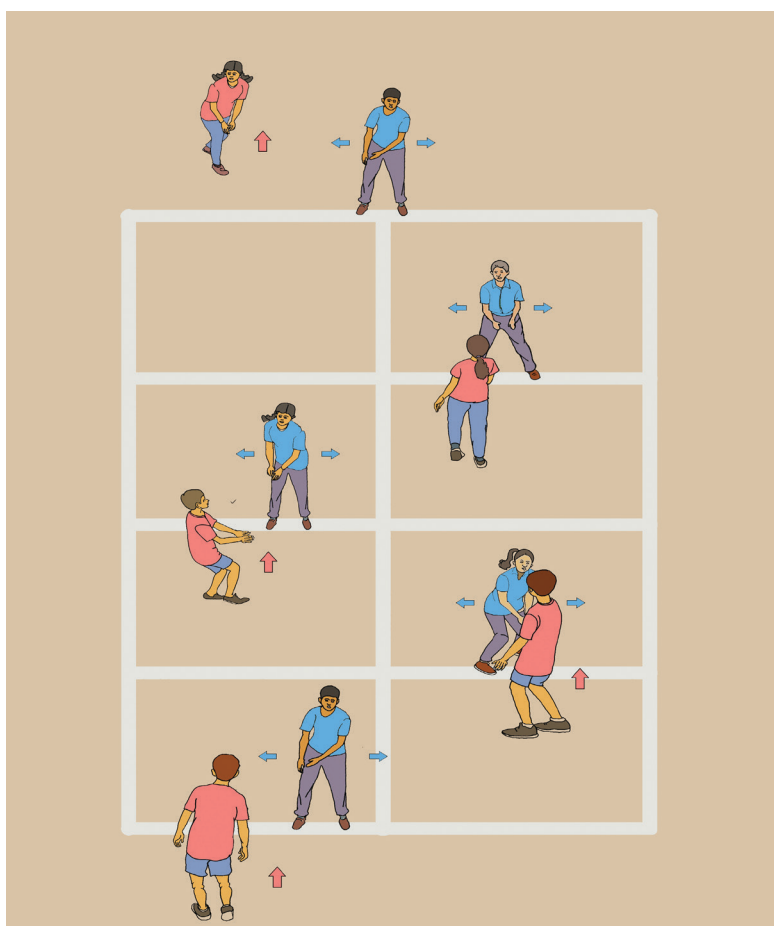
Backwaters, Lakes and Rivers

Rowing competitions, canoeing, kayaking, etc.



Activity 3

Kilithattu Kali



Pic 5.18





Rules and Regulations

- ✱ Divide the students into two teams, Team A and Team B, with five members each.
- ✱ As shown in the image, the first player of Team A stands in the first court line. This player is called the “Kili” .
- ✱ Other members of Team A stand on the second, third, and fourth court lines.
- ✱ The “Kili” can run on the line around the court and along the middle lines of Kilithattu but the other members of team A can run only through their lines.
- ✱ Each court is called a ‘Thattu’.
- ✱ The Team B player who reaches outside the court is called ‘Salt’ (Uppu), and those standing inside the court are called ‘Green’ (Pacha).
- ✱ If ‘Salt’ and ‘Green’ meet in the same court, ‘Salt’ is eliminated.
- ✱ The game begins when Team B claps their hand.
- ✱ Team B members have to start from the starting points, cross each step and reach the end line (becomes ‘Uppu’) and return to the start line to score one point for their team.
- ✱ After playing for a set time (5 minutes), the opposing team takes their turn.
- ✱ The team with the most points is declared the winner.



Assessment

Is there any difference in the way Kilithattu is played in your locality?

Did you find this game enjoyable? Share your experience.

.....

.....

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.....



Write about your experience crossing different steps to score points.

.....

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.....

.....

What benefits can be achieved by participating in such games that align with nature?

✱ Enhances cooperation.

✱ Attains happiness.

✱ Attains physical fitness.

✱

✱

✱

✱

✱

✱

In short.....

To improve everyone's health and foster a better sports culture, it is essential to utilise existing resources and establish new facilities to create community sports parks.





Pic 5.18

Let's start from home...

“Home Fitness Spot”

Family is the foundation of any community. Families play a key role in introducing children to sports and physical activities. When family members participate in physical activities together, it encourages healthy lifestyle, strengthens relationship, and fosters unity.

Let us start by creating a small play area in an unused space at home. Whether it's a corner of your backyard or an open indoor space, you can turn it into an area for recreation. Use it for family games like table tennis or badminton, or for simple exercises like skipping rope or yoga. Such spaces encourage daily movement and physical activity, benefiting both children and adults.

Follow up Activity

- ☐ Create a “home fitness spot” where everyone in the family can together participate in different physical activities. Submit a report, photo, or video of everyone engaging in these activities to your teacher.



Notes

Appendix

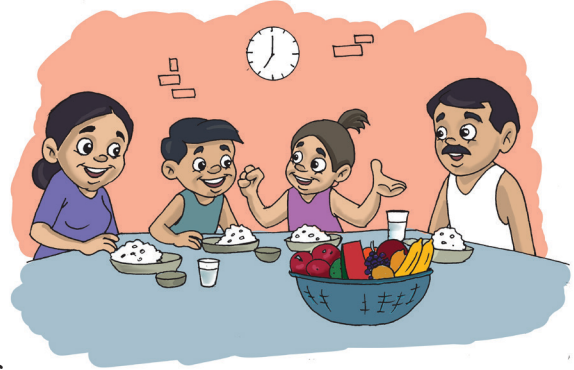
- ☐ **Lifestyle Formation**
- ☐ **Your Daily Routine**
- ☐ **Warming Up**
- ☐ **Cooling Down**



Lifestyle Formation

Dietary Habits

- Eat meals with your family members.
- Avoid using digital devices during meals.
- It is ideal to eat two to three hours before exercising and an hour after completing exercises.
- Never skip breakfast. Chew food slowly and thoroughly while eating.
- Drink at least two to three litres of boiled and cooled water every day.
- Include a variety of vegetables and fruits in your diet (Rainbow Diet).
- Minimise fast foods, processed drinks, and junk foods.
- Eat dinner at least two to three hours before going to bed.



Exercise Habits

- Enjoy exercising with your family members, giving priority to aerobic exercises (e.g., walking, cycling, jogging, swimming).
- Children aged 5 to 17 should do at least one hour of aerobic exercises daily and engage in muscle and bone strengthening activities at least three days a week.
(Source: WHO)



Your Daily Routine

- Do light exercises and help parents with household chores before going to school.
- Walk or cycle to school. If travelling by vehicle, find some extra time to walk with friends.



During Class Time

- Stretch your body during breaks.
- Walk to the library or lab as part of your daily activities to promote walking habits.

During Breaks

- Utilise opportunities to walk and engage in sports or recreational activities.
- Participate in creative school activities.



After Reaching Home



- Engage in various recreational activities with family and friends or take pets for a walk.
- Limit screen time for entertainment purposes as much as possible.

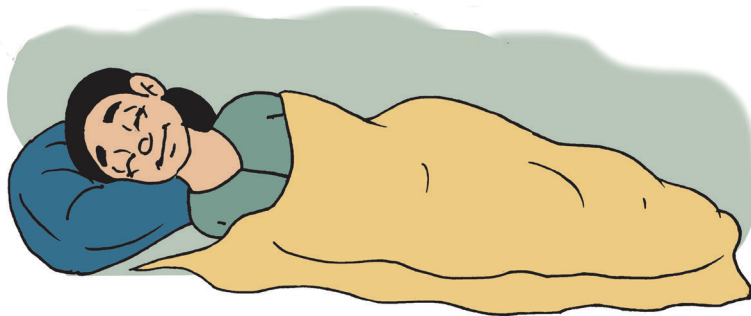


Study Time

- Take light exercise breaks while studying and listen to music to stay energetic.
- Squeeze a stress ball to relieve tension.
- Complete homework on time daily.



Sleep



- Get into the habit of sleeping and waking up early.
- According to the WHO, children aged 6 to 12 years need at least 9 to 12 hours of sleep, while those aged 13 to 18 years need 8 to 10 hours of sleep.
- Sleep in a position that maintains the natural curve of your neck and spine.
- Stop using electronic devices 30 minutes before sleeping and keep them at least one metre away from your bed.

Some changes may occur in your routine during holidays, but ensure you follow proper timings for exercise, meals, studies, recreation, and sleep.



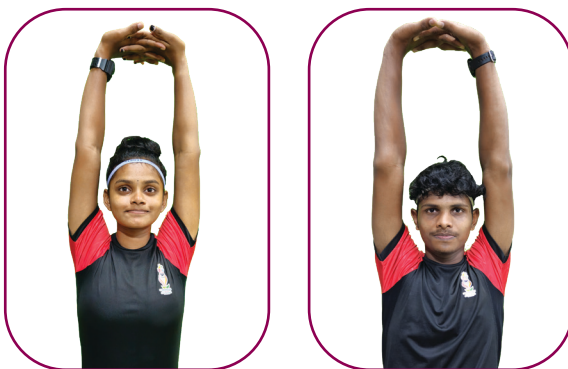
Warming Up

- Warming up is the preparatory phase before any physical activity or competition, enhancing performance and preventing injuries.
- Hold each stretching exercise for a specific number of seconds and repeat on the other side.
- Perform all other exercises about ten times, then repeat on the opposite side.

1. Neck Stretch



2. Overhead Shoulder Stretch



3. Wrist Extension Stretch - I



4. Wrist Extension Stretch - II



5. Shoulder Stretch



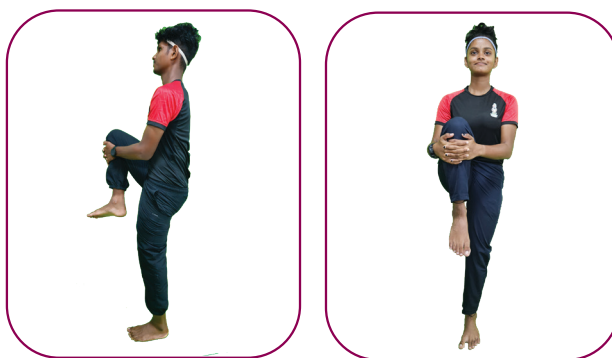
6. Cross Arm Shoulder Stretch



7. Backside Shoulder Stretch



8. Holding Knee to Chest



9. Lunge with Spinal Twist



10. Hamstring Stretch



11. Quadriceps Stretch



12. Calf Stretch



13. Kneeling Hip Flexor



14. Cross Body Toe Touch



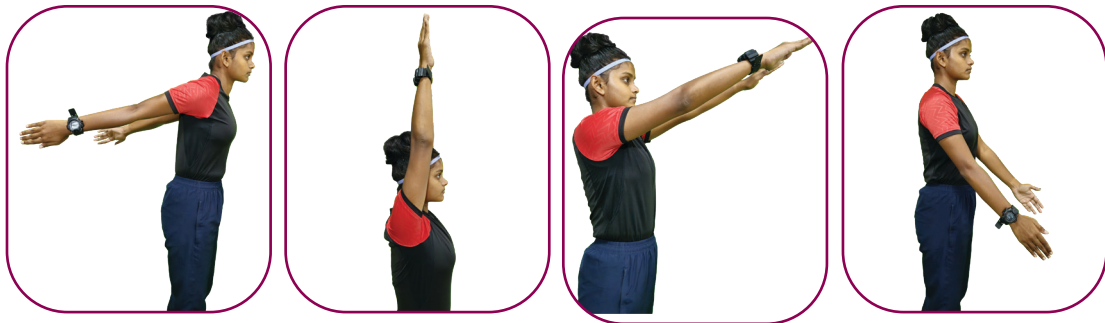
15. Alternating Side Lunge Touch



16. Arm Circle



17. Arm Rotation



18. Hip Circle



19. Dorsiflexion and Plantar Flexion



20. Leg Swing: Forward and Backward



21. Criss Cross Crunches



22. Cross Jacks



23. Tuck Jumps



24. Squat and Side High Kick



25. Plank Jacks



26. Main Activities (Select any one and perform for 10 minutes):

- Exercises using hula hoops or skipping ropes.
- Cycling, swimming, martial arts, aerobic dance, or Zumba.
- Climbing up and down stairs continuously.
- Jogging (start at a slow pace and gradually increase speed).
- Playing any recreational game learned in class.



Cooling Down

- Cooling down exercises help the body return to its normal state after physical activity or competition, enhancing recovery and preventing injuries.
- Hold each stretching exercise for about ten seconds and repeat on the other side.

1. Walk slowly



2. Jog slowly



3. Relax arms at the sides and jog slowly



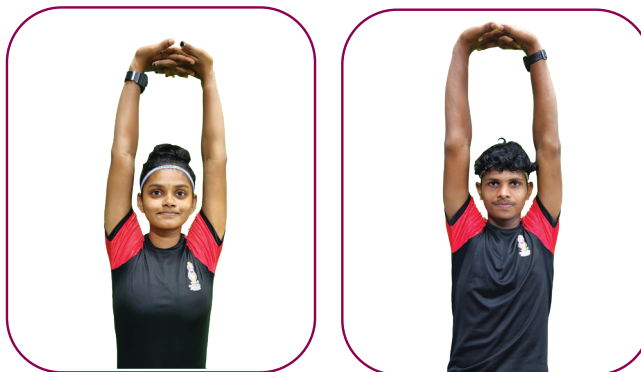
4. Bend the body forward with arms relaxed and walk or jog slowly



5. Neck Stretch



6. Overhead Shoulder Stretch



7. Wrist Extension Stretch - I



8. Wrist Extension Stretch - II



9. Shoulder Stretch



10. Cross Arm Shoulder Stretch



11. Standing Back Bending Stretch



12. Side Bend Stretch



13. Hamstring Stretch



14. Quadriceps Stretch



15. Calf Stretch



16. Kneeling Hip Flexor



17. Dorsiflexion and Plantar Flexion



18. Ankle Inversion and Eversion



19. Butterfly Stretch



20. Lying Hamstring Stretch



21. Rest in a relaxed position



This image shows a blank sheet of white paper designed for taking notes. At the top center, the word "Notes" is written in a large, bold, red serif font. Below the title, the page is filled with horizontal blue dotted lines, providing a guide for writing. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

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 the 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