



# *Health and Physical Education*

STANDARD TWELVE



# The Constitution of India

## Chapter IV A

### Fundamental Duties

#### ARTICLE 51A

**Fundamental Duties-** It shall be the duty of every citizen of India—

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities, to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.



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# ***Health and Physical Education***

(For All Streams )

**STANDARD TWELVE**



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The digital textbook can be obtained through DIKSHA App on smart phone by using the Q.R. Code given on title page of the textbook and useful audio-visual teaching-learning material.

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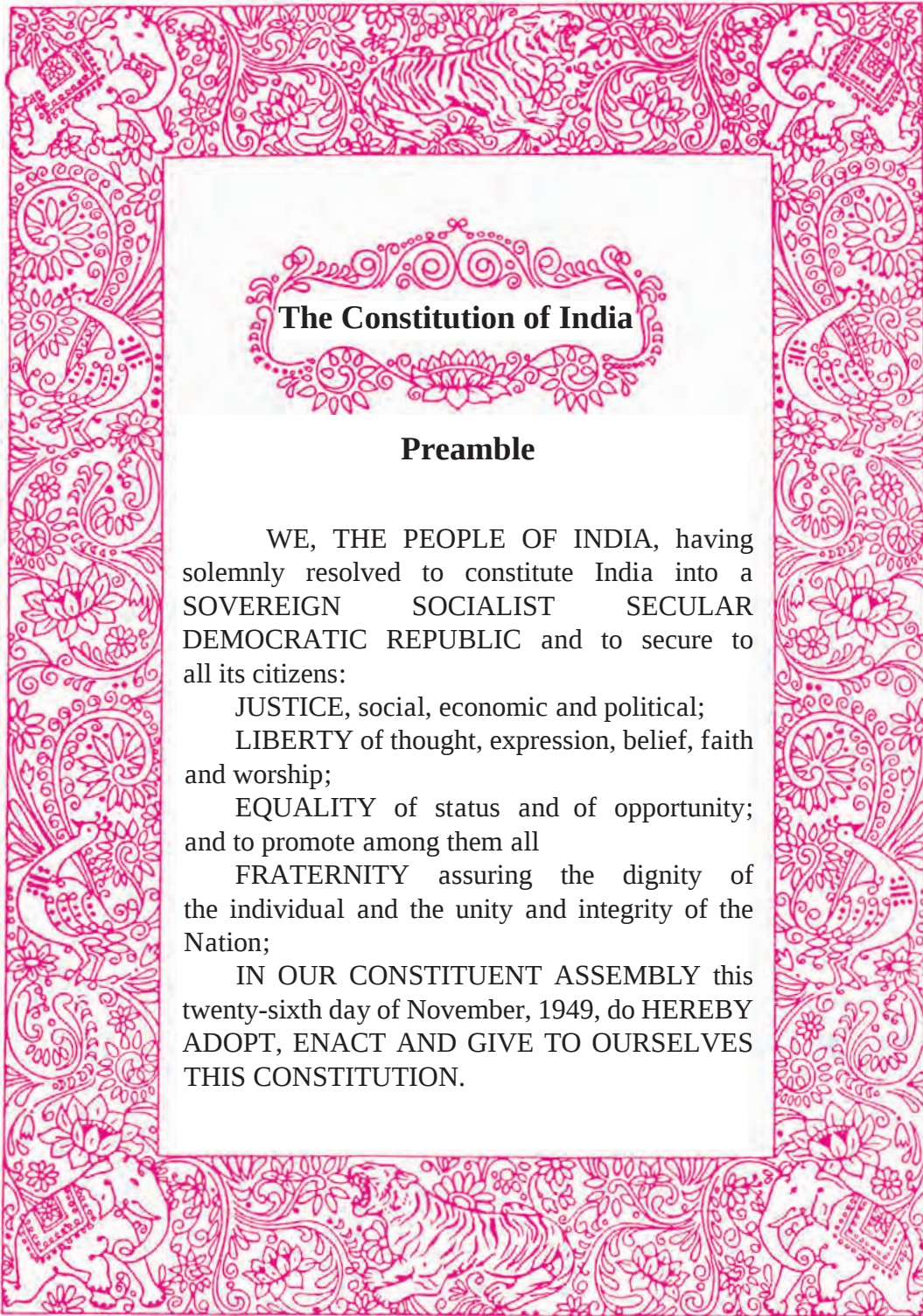
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## **The Constitution of India**

### **Preamble**

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a 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 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.

## NATIONAL ANTHEM

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

Panjāba-Sindhu-Gujarāta-Marāthā  
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā  
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,  
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē  
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,  
Jaya jaya jaya, jaya hē.

## PLEDGE

India is my country. All Indians  
are my brothers and sisters.

I love my country, and I am proud  
of its rich and varied heritage. I shall  
always strive to be worthy of it.

I shall give my parents, teachers  
and all elders respect, and treat  
everyone with courtesy.

To my country and my people,  
I pledge my devotion. In their  
well-being and prosperity alone lies  
my happiness.

## Preface

Dear Students,

Welcome to Standard 12. We are delighted to present you the text book of Health and Physical Education. Today's age of technology has given us easy access to facilities that allow a comfortable life. Physical movements have reduced causing various psychosomatic diseases. Obesity, stress and various other disorders are gradually increasing because of the sedentary lifestyle and inappropriate diet habits.

It is therefore, imperative to provide access to understand exercise and health, and adopt appropriate habits leading to a healthy life. The objective of this curriculum is to make informed choices to inculcate the habit for suitable and regular exercise, wholesome diet, games and an active lifestyle leading to a healthy life.

The physical education curriculum is designed to develop an approach to exercise for life. It instructs on the importance of movement education, motivates to acquire necessary skills of various games and in the process discover potential within oneself. It is also designed to give information to students about the relation between games, sports and recreation.

The information in the textbook given in workbook form pertains to achieving the objective of a healthy body and healthy mind. Students can realize and constantly strive to achieve this objective, through an understanding of the various games, activities and exercises that need to be followed regularly. At the same time, students are informed of the scientific basis of sports skills they are developing, giving them recreation and joy while doing these activities.

The study group has got valuable help in editing from Dr. Deepak Shendkar and Quality reviewer Dr. Sandhya Jinturkar. The bureau is thankful for their cooperation.

For more information related to the component text Q.R. Code has been given. It will contain audio-visual information for a joyful learning process.

Do inform us regarding the difficulties and questions that come to mind while reading and understanding the book, and the parts you have liked.

Best of luck for your academic progress!



(Vivek Uttam Gosavi)

**Director**

Pune

Date: 21 February 2020

Bhartiya Saur : 2 Phalguna 1941

Maharashtra State Bureau of Textbook  
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## For teachers

We are very happy to present you the textbook of standard 12. This textbook curriculum structure is a link between what is taught to the student and what the student experiences in the outside world. Special focus has been to improve immunity and impart appropriate physical exercises based on individual need. The contents focus on physical exercise and boosting the immune system to transform health and overcome the ill-effects of the changing lifestyle.

The objective of nurturing sports talent through this curriculum is part of the bigger objective, which is 'To develop the concept of maintaining functional fitness throughout life'. Physical education aims to develop the individual personality as a whole.

We all should strive to achieve the objectives of physical education. For this:

- Understand the scientific basis of the curriculum and implement it to achieve the objectives.
- Use the book to master the skills, techniques by developing various abilities appropriately.
- When implementing curriculum activities, manpower, time, space, material, capacity of students should be given priority, planning and administration should be done according to the available geographical conditions.
- Use the QR code given in the textbook. The QR code should be constantly checked to get the latest information.
- Understand the subject thoroughly, using reference from websites, reference books and magazines.
- Develop sports skills in special students (divyang), according to their capabilities, using inclusive methods.
- Compulsorily check to ensure the completion of written work, given after every chapter of the book.
- Understand the perspective of the student through the written work. At the same time give directions for educational and professional careers in this field.
- Latest information about central and state sponsored scholarship schemes and competitions should be imparted.
- Regularly update students with information received from the District Sports Office and different Sports Associations.
- **Theory part** : Teacher should use the allotted periods to teach chapters. Some chapter or theory part can be conducted on playground.
- While teaching practical chapters, use constructivism methodology, e.g Self learning, activity based experiences etc.
- **Practical part** : Generally 80% work weightage of total workload should be utilised for practical. Following points have been included in practical part. (1) Physical fitness (2) Various games (3) Yoga (4) Activities (Events) or project.
- Useful suggestions regarding the textbook should be welcomed.

Best of Luck for the teaching experience!

## For students

Education is a continuous process. Physical Education has gained a lot of importance in the present education system. One can see adverse effects on the body due to changes in environment, work format, increasing pollution, effect of television and screen time in today's situation. The ill-effects of these are various diseases, physical disabilities and disorders in today's youth. The lack of understanding of Health and Physical Education has led to youngsters facing various difficulties with health that last a lifetime.

Taking into consideration all the above aspects, contents of this textbook focus on conservation of fitness, scientific point of view exercise, study of yoga, diet, active lifestyle, inspirational stories, etc. Student's physical abilities as well as various skills are developed through daily exercise, various movements, games and recreational programmes. The growth and development, health, decision making abilities, emotional development, creativity, professional efficiency, innovative abilities, etc. has been areas for nurturing.

A healthy and strong individual functions better in personal and social settings, leading to a successful life in the present volatile and uncertain times. You have already learnt in previous classes the good effects of exercising and playing games on various systems of the body like the circulatory, respiratory, digestive systems, etc. However, not only exercise but diet, rest, sleep and daily routines are also important aspects. Contents on these aspects can be read in this textbook. It is important to inculcate a habit of regular exercise, playing your favourite game in leisure time and to cultivate a hobby. This movement oriented healthy lifestyle enables the brain cells to become efficient and improve neuroplasticity.

Every student needs to be aware and improve individual health. For this, select a favourite game or exercise type and consistently workout to maintain physical health. Similarly, along with games and sports skills, study and practice yoga to keep stress free and maintain good mental health.

For you to be actively engaged with the contents of the book, various supplementary studies as per the topic, noting down activities and games have been incorporated. Since there is a lot of variety in the activities, there is a lot of choice for selection.

Information about famous and successful sportspersons and awards have also been included to inspire and motivate you.

**Prime mission – 'Health and Physical education for holistic development'**

## Health and Physical Education for standard XII

### Competency statements

1. Development of physical fitness.
2. Plan exercise for physical fitness.
3. Develop skill related physical abilities.
4. Learn the advanced and technical principles of exercise.
5. Study yoga for getting rid from stress.
6. Plan a balanced diet for physical and mental health.
7. Engage in active lifestyle.
8. Use modern technology to improve physical fitness.
9. Be inspired by the success stories of medal winning sports personalities.
10. Gain information on different categories of awards in sports.

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