

1. Health

1.1 My Daily Routine



Wake up before sunrise



Morning Processes



Brush my teeth



Take a bath



Comb my hair



Have my food



Wear clean clothes



Go to School



Study



Play Games on the playground



Help with household work



Sleep

1.2 Cleanliness of hands

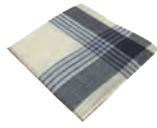


My Activity

Use the following objects appropriately



Soap



Handkerchief



Wash Basin



**Hand Wash
Liquid Soap**

- ◆ Ask the children to observe the pictures carefully and conduct a discussion. Through the discussion, tell the children about the healthy habits and their importance. Tell them about the importance of keeping your hands clean. Also (discuss about) the importance of washing hands before and after food as well as after visiting the toilet.

1.3 My Diet

Fruits



Vegetables



Dal and Rice



Wheat/Jowar Chapati



Sprout Curry



Milk



Salad



Water

Avoid Drinking Regularly



Tea



Coffee



Cold Drinks

Avoid Eating Regularly



Vada Pav



Burger



Pizza

- ◆ Tell the children about the importance of developing the habit of finishing everything that is served in the plate. Tell them about the importance of vegetables in their regular diet. Advise them to eat a variety of fruits and drink plenty of water. Also tell them to wash their hands and gargle their mouth thoroughly before and after meals.

1.4 Stop the Bad Habit

Let us avoid overuse of -



Mobile



Television



Video Games

1.5 First Aid



First Aid Box



Sticking Tape



Gauze Roll



Cotton



Iodine



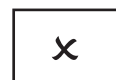
Bandaids



Ointment

My Activity

Read and use the appropriate sign



I finish everything served in my plate regularly.

☐

I always play Mobile games at home.

☐

I don't eat all types of Vegetables.

☐

I always watch television at home.

☐

I exercise regularly.

☐

I drink plenty of water regularly.

☐

- ◆ Instruct the children to avoid the overuse of gadgets like television, computer, mobile, video games etc. as they have bad effect on their eyes. Explain to them about how it is a waste of time. Do not watch TV from short distance.
- ◆ Give children the information about a First Aid Box. After completing 'My Activity' give them the required advice with proper suggestions.

1.6 Cleanliness



My school surrounding



My house surrounding



Cleanliness of Toilets



Cleanliness of hands



Garbage bin

- ◆ Inspire the children about the cleanliness of the home and school surrounding. Collect waste separately.
- ◆ Children should be instructed about visiting the toilet frequently and using water while flushing toilet. Tell them to clean their private parts and hands thoroughly. Explain the importance of personal hygiene.
- ◆ Instruct them to cut your nails and hair regularly. And also about keeping their skin, nose and eyes clean.

1.7 Body Parts

Can you guess the body parts that are used while performing the following activities



Throw



Pick the things from the table



Walking



Pickup things from the ground

- ◆ Discuss about the movement of different body parts while performing different actions. While doing the activity or movements, get the children to experience the movement in the joints & muscles.
- ◆ Name different body parts and ask children to tell the different actions performed by those body parts.



2. Different kinds of movements And Appropriate body postures

2.1 Types of movements



Forward Bending



Sideways Bending



Backward Bending



Twirl on the heels

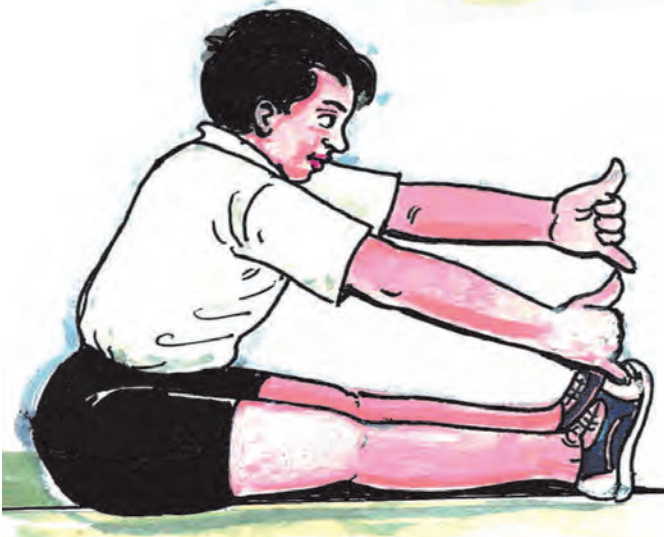


Zigzag walk



Twirl on the toes

My Activity



- ◆ Make the children perform the above movements. Ask them to use these movements. Take care of the children when they jump and twirl.
- ◆ Encourage the children to have a game or a competition while performing these actions/ movements.

2.2 Imitative Movements (Animal walks)



Rabbit Jump



Kangaroo Jump



Duck Walk



Crab Walk



Monkey Jump

My Activity

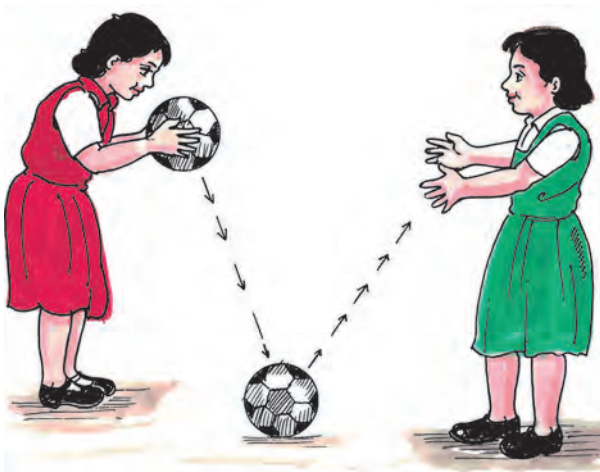
Try different types of walks and jumps



- ◆ Demonstrate the different types of jumps and walks. Encourage children to perform them individually or can be conducted as races.
- ◆ Explain about the appropriate body postures.

2.3 Movements using equipment and partners

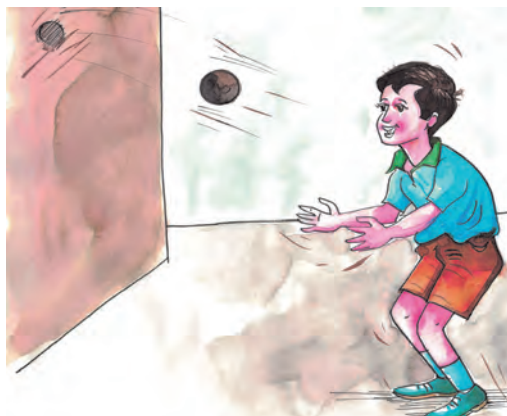
Bouncing the ball



Passing the ball with a bounce



Bounce on the ground



Bounce on the wall



Kick the ball and move forward



Kicking

- ◆ Make the students perform the actions. Motivate the children to develop the habit of co-operating with each other. Encourage them to practise the movement. Conduct races, games and competitions using these movements.
- ◆ Appreciate the winners by clapping.

2.4 Appropriate Body Posture

Observe the following body postures. Put a ✓ sign for the correct posture and × sign for the wrong body posture

Standing Posture



Sitting Posture with legs crossed



My Activity

Maintain the correct body posture while

Writing



Reading



Sleeping



Sitting on a bench



- ◆ Explain to the children about the correct body postures while Writing, Reading, Sleeping and Sitting on the bench.

2.5 March Past

Attention



**Posture from
front**



**Posture from
behind**

Stand at ease



**Posture from
front**



**Posture from
behind**



At Ease/Relax

- ◆ Explain the postures in detail. Tell them to leave their body loose in the 'Relax' posture.
- ◆ Pay attention to see that children move only the left leg for 'Stand at ease' posture and 'Attention' posture. Encourage the children having leadership qualities by training them to give orders to the class.



3. Games and Competitions

3.1 Entertaining Games



Sack Race



Blowing the balloon away



Skipping



Catching while hopping



Dodge Ball

- ◆ Conduct the above games and make sure there is 100% participation by children.
- ◆ Please take special care while selecting the place, material and other aspects. Also special care should be taken of the sick as well as physically challenged children by asking them to perform activities according to their capacities.

3.2 Sitting Games



Putting the ball in the basket



Tailing the animal



Castles out of paper cups



Entertainment Game



Identify by touching

My Activity

Try playing the following games



Ludo



Chess



Snakes and ladders

- ◆ Organise indoor games when outdoor games cannot be played.
- ◆ Give ut-most importance to active participation while conducting indoor games.

3.2 Regional and Traditional Games



Jhimma



Tipri

Lezim

- ◆ Conduct some regional and traditional games that you may have seen in your surroundings.
- ◆ Create games with the help of some simple objects that are easily available in the surroundings.

3.4 Variety of Games

Muscle Building Games



Hanging on the Bar



Swinging with the help of a rope



Hanging on the roots of a banyan tree

Muscle Strengthening Games



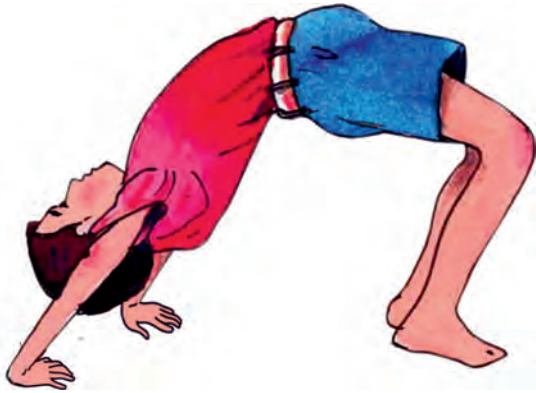
Throwing the ball



Hopping

- ◆ The above games help in strengthening and enhancing the potential of the body muscles. Please take care of the children's safety while conducting the games.
- ◆ Conduct some more games that will strengthen the body muscles under supervision.
- ◆ Teachers should motivate children to use exercise through game in daily routine.

Flexibility Enhancing Games



Making an arch of the body



Stretching the legs

Games of co-ordination



Twist and pass the ball



Catching the ball

- ◆ Create games (with or without equipment) that will increase the flexibility of the body. Plan these games so that they can be conducted for the entire year.

Speed Games

Running Race



Balancing Games



‘T’ Balance



**Walking while balancing
the book on head**

- ◆ While conducting the above races, please take care that the ground is clear, safe and hurdlefree.
- ◆ Children should be informed about the safety measures that need to be taken while playing the games of balancing.

3.5 Races



Fast walking Race



Duck walk Race

3.6 Minor Games



Kicking the ball



- ◆ Organise different kinds of individual and team races. Decide upon the start and finish line.
- ◆ Ensure that rules are followed while playing these games. Appreciate winners for winning & losers for participation.
- ◆ Physically challenged students should also be motivated to play different games according to their capability.

My Favourite Games

- ◆ Ask the children to draw pictures of their favourite equipment e.g. If their favourite game is cricket, the required equipment will be bat, ball, stumps etc.



4. Skill Based Activities

4.1 Gymnastics



Front Roll



Back Roll

My Activity

Spread your legs and roll forward

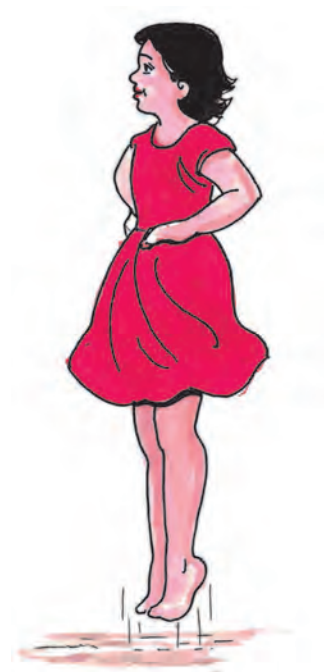


- ◆ Help the children in taking the required postures. Help them to keep their hands and feet appropriately and also to maintain their body balance while doing the above activities. Appreciate them.
- ◆ Regular practice is required for each and every child to be able to do the above activities.

4.2 Atheletic Games



Jumping and moving forward



Spot Jumping



Hopping forward on one leg



Jumping with stretched hands

My Activity

Put a ✓ in the box after practice

Hopping forward

☐

Walking with long steps

☐

Jump with stretched hands

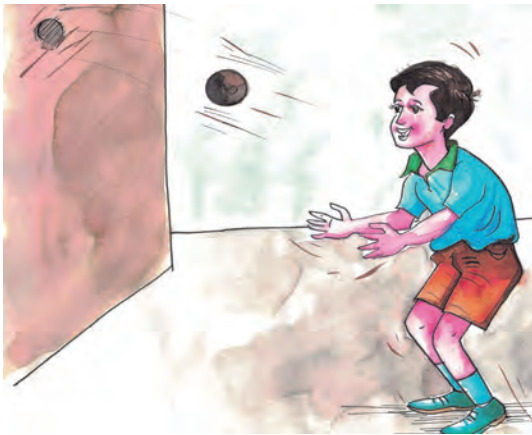
☐

Spot jumping

☐

- ◆ Make the children do different types of leg movements.
- ◆ Regular practice should be taken so that all the children will be able to master the activities. Organise different speed based games for the children.

4.3 Sports Skills



Catching the ball bounced on the wall



Catching the thrown ball



Catching the ring



Throwing and catching the ball

- ◆ Take care that children take correct body postures while throwing, catching, defending, kicking and hitting the ball.
- ◆ Regular practice will help the children to master all the field tactics.

4.4 Human Pyramids



- ◆ The teachers are expected to use their own creativity and make some human pyramid arrangements. Take care that the children who form the foundation of the pyramid, are able to bear the weight. Take regular practice. Such human pyramids can be presented along with a musical background.



5. Exercises

5.1 Warm up exercises



Bending the neck forward, backward, left and right side



Bending forward, backward, left and right side along the waist



Twisting along the waist

Bending and touching the toes

Rotating shoulders and wrists

- ◆ It is necessary to see that children wear appropriate clothes for the energising exercises. Do not force the children to give extra stress while performing the above exercises. Keep informing them that continuous stressing of muscles will make them flexible. Please keep a watch on their body postures as they perform.

5.2 Surya Namaskar

9



1



2



8



3



10



7



4



Basic Position

6



5



◆ Please make the children perform all the postures of 'Surya Namaskar' correctly.

5.3 Rhythmic Exercises

Type-1 Balloon Drill



Basic Position



1



2



3



4

Type-2 Ball Drill



Basic Position



1



2



3



4

Type-3 Stick Drill



Basic Position



1



2



3



4

Type-4 Handkerchief Drill



Basic Position



1



2



3



4

- ◆ The above pictures display a sample of rhythmic exercises and drills. Make the children perform a variety of such exercises.
- ◆ Teach the children some more exercises using your imagination. The same can also be used for presentation.

5.4 Different Body Postures



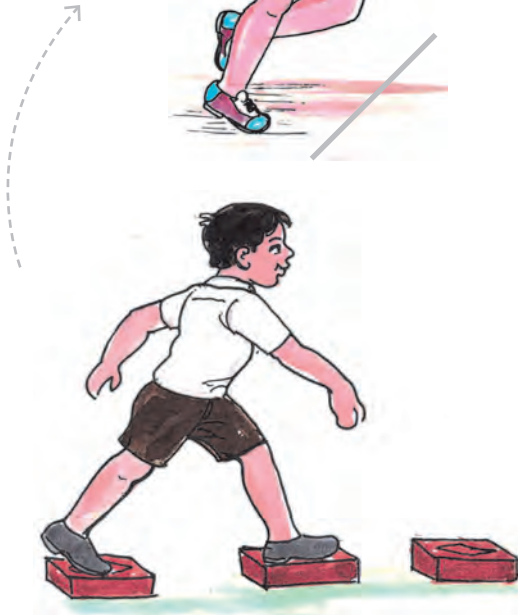
- ◆ Children should be informed about all the rules of Yoga.
- ◆ Children should be taken through different body postures as warming up before Yoga. Instruct them to stretch their bodies according to their body capacity.

5.5 Hurdle Race

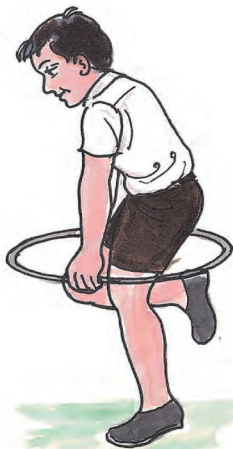
Start



Finish



Balancing while walking on bricks



Passing through the ring



Skipping



Hang and swing



Crawling

- ◆ Form an array of a variety of hurdles using different types of skills with the help of your imagination.

