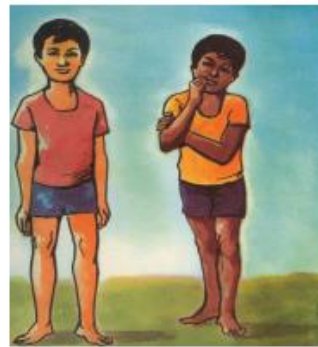
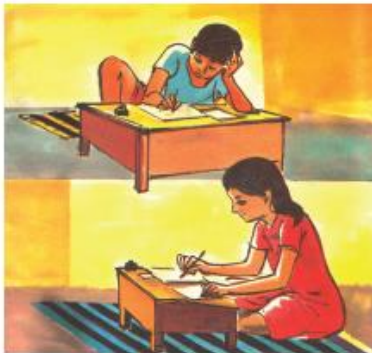




Picture 1: Posture while sitting.



Picture 2: Posture while standing.



Picture 3: Posture while writing.



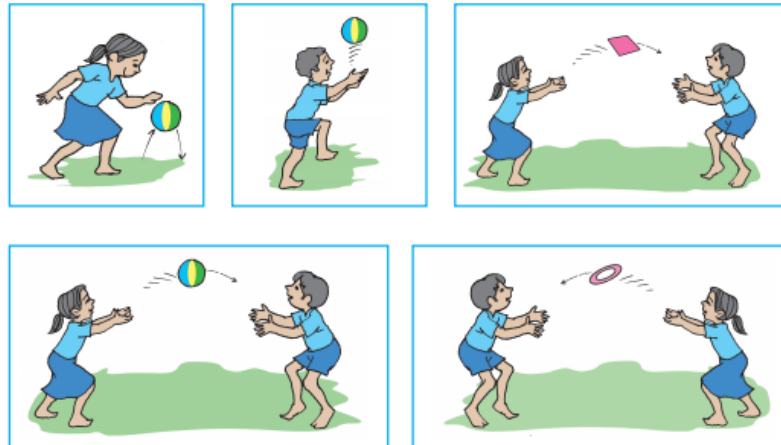
Picture 4: Posture while reading.

Health and Physical Education (Time to Keep Children Fit and Healthy)

Children may be involved in various Activities. These are given below

1. Demonstrate correct postures. Show Posters, Charts (if available)- standing, sitting, walking, sleeping.
2. Show the Picture and have discussion on the questions given below
 - What is shown in Picture 1?
 - Which is the right posture in Picture?
 - How did you know that this is the correct posture of standing?
 - Can you demonstrate the correct way of sitting? Similar questions can be framed for pictures 2, 3, and 4
3. Play and move for fun with balls, rope etc. can be thought of.
4. Demonstrate and encourage them to practice hands wash before and after eating?
5. Show the picture as given below and ask the child to do similar exercise at home till they enjoy. Ask them to count the number of times they throw

an catch correctly alone and also with another sibling without dropping the ball /object and how many times they miss it.



6. Encourage the child to do the following activities at home . You also do it with the child. Such activities will help neuromuscular coordination.

- walk and run
- sit and stand
- stop and walk
- hop and walk
- bend and roll
- walk and run/ leap
- walk and jog
- Walk, jog and run
- forward and backward running

7. Stories related to sport persons can be narrated

8. Picture reading followed by a discussion can be held. Show the following picture. Ask the child that if you are in the picture, what is missing in the picture to keep you healthy.



9. Demonstrate and encourage them to practice hands wash before and after eating?

10. Ask them to draw things which he/she observe for

- cleaning the house.
- cleaning teeth.
- cleaning body
- cleaning hands.

Children of classes IV and V can do the following

- ❖ Jogging, Running in the home compound
- ❖ Simple stretching
- ❖ General warm-up exercises

11. Ask the child what he/she can do with this picture given below.

For Example the following activities can be done.

- ❖ Count the number of things given in the picture
- ❖ Uses of these things.
- ❖ Identify thing which she/he can use to play.
- ❖ Find out whether you have any sport related equipment(s) in your home
- ❖ Are you using them? If not, find out, use it and play.



HEALTH AND PHYSICAL EDUCATION—PRIMARY STAGE

(Time to keep Children Fit and Healthy)

Children continue to do the activities suggested earlier. These should be considered as an integral part of the everyday activities towards their overall development. Involving children daily for 30-40 minutes in physical and yogic activities will enable them to remain active and healthy even staying at home during lock down. In this material, some other activities related to understanding about growing up, and helping children to be emotionally and mentally strong have also been included.

Objectives

To help child to—

- move with better control, balance and coordination,
- move with confidence become aware of space and their own bodies,
- recognise the importance of staying healthy ,
- recognise the changes that happen to their bodies when they are active,
- use different materials and equipment for development of fine and gross motor skills,
- use materials and equipment safely and with increased control,
- explore and learn about their immediate world , and
- inculcate values and skills in children in order to promote.

Classes I-V

Learning Outcomes	Resource(s)	Suggested Activities
<p>The learner</p> <ul style="list-style-type: none"> • knows the importance of maintaining a good posture to be free from postural defects. 	<p>Source Book on Assessment for Classes I-V NCERT <i>Health and Physical Education</i></p>	<p>Activity 1 : Chain tag</p> <ul style="list-style-type: none"> • The Parent / teacher explains and demonstrates the chain tag game. The parents during this time can involve other family members with the child



<ul style="list-style-type: none"> demonstrates, and observes practices of healthy eating habits uses various equipment like broom and dust pan; disposal of waste uses various equipment like broom and dust pan; disposal of waste Performs neuromuscular co-ordination, activities like jogging, running, hopping, leaping, rolling, etc. discusses regarding awareness about food items demonstration and discussion on personal hygiene and cleanliness, at home and at the school? experience sharing on habits of personal hygiene demonstrate Combative Skills appreciates the diversity of, seasonal and locally available Indian foods develops strength and body coordination by participating in various activities. 	<p>http://www.ncert.nic.in/publication/Miscellaneous/pdf_files/health-n-physical-1-4.pdf</p> <p>Simmi's Journey Towards Cleanliness NCERT ,New Delhi 2017</p> <p>http://www.ncert.nic.in/publication/Miscellaneous/pdf_files/sjtc101.pdf</p> <p>Young Children in Motion NCERT ,New Delhi 2016</p> <p>http://www.ncert.nic.in/departments/nie/dee/publication/pdf/young_children.pdf</p>	<ul style="list-style-type: none"> This game is just like the normal tag game. In this game, one person starts of as 'in' and has to chase the other person. When this student tags the other person, that person also becomes 'in'. In chain tag, when another person gets 'in', the person holds hands with the original student. They, then, run around together trying to catch everyone else. When they touch another student, that person also joins at the end of the chain. The chain is not allowed to be broken. When one person is left, that person becomes 'in' for the next game. As per the availability of time and the interest, this game can be repeated. <p>Activity 2: Image of Self</p> <ul style="list-style-type: none"> Ask the child to the see his/herself in the mirror observe self-image. Ask the child to observation body parts (ears, eyes, nose lips, hand, etc., Encourage to say the functions of these body parts. Child of class V can be asked to self-portrait. The child can be asked to draw the pictures of human body or Body mapping <p>Activity 3: Movement of the body.</p> <ul style="list-style-type: none"> Prepare some fun game/ activities with the help of the child and play with them. For Example <ul style="list-style-type: none"> ✓ Walking in straight line, ✓ circles, zigzag, running ✓ Hop, Jump ✓ Leaping, Galloping, Skipping Parents can collect the picture of different body movements. <p>Activity 4: Correct Body Postures</p> <ul style="list-style-type: none"> Demonstrate correct postures. Show Posters, Charts (if available)- standing, sitting, walking, sleeping. Show the Picture and have discussion on the questions given below Some pictures are given below. <p>Ask the child to answer the following questions</p> <ol style="list-style-type: none"> What is shown in Picture 1? Which is the right posture in Picture? How did you know that this is the correct posture of standing? Can you demonstrate the correct way of sitting?
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Similar questions can be framed for pictures 2, 3, and 4

Children be motivated to

- Observe the different postures (Sitting, standing, reading, and walking) of the family members and share about them
- Have discussion based on the above pictures again.
- Help them to clarify their doubts.
- Parents can demonstrate various postures to help the children to develop proper postures
- They can imitate and practice of natural movements (sitting, standing, walking, running etc.) in a proper way.

Activity 5: Relationship of play equipment with body parts

- Show them equipment like ball, bat, racket, shuttle cocks or whatever sports and game related equipment/things are available in the home.
- Ask them to play with these equipment.
- Now discuss the picture given below. Ask the child about the equipment of the game shown in the picture and which body parts are involved while playing more. How they are feeling after playing with the equipment.

**Activity 6:** Developing Coordination

The following activities can be organised. The parents first demonstrate and then ask the child to do similarly with the ball.



Picture 1: Posture while sitting.



Picture 2: Posture while standing.





Picture 3: Posture while writing.



Picture 4: Posture while reading.

Activity 7(a) : Developing Strength and Balance

- Parents should see that the pull/push etc., should be done slowly. In the beginning parents can start with fun. Slowly, over the period of resistance, pressure be increased.
 - ✓ Hand pull/push
 - ✓ Line pull/push
 - ✓ Back to back pull/push
 - ✓ Wall-push.
 - ✓ swinging,
 - ✓ Stretching twisting, bending,
 - ✓ lifting



Ask the child to share their response either in writing or verbal of the following questions.

- ✓ Why do we exercise?
- ✓ How fast can we run?
- ✓ How high can we jump?
- ✓ How far can we throw?
- ✓ Can we crouch and roll our body and also maintain the balance?



Activity 7(b) : Developing Strength and Balance

Help the child to develop balance. The following activity can be done by parents with the child. This is also shown through a picture



- Place the balance beam on an even floor/ground.
- Keep floor carpets (durry) or mattresses on both sides in case any child falls.
- Ask the child to walk on the beam
- Music can be played while the child is walking on the beam.
- Encourage the child to move arms up and down like a bird wings or create their own way of walking on the beam.
- After some practice, the child be encouraged to walk on the beam carrying a small object like a plastic bowl or any other small object, etc.
- Child can also hold the objects in both the hands and try to make balancing more interesting and challenging.

Activity 7(c) : Developing strength and balance

- Play and move for fun with balls, rope, etc., or whatever can be thought of.
- Demonstrate and encourage them to practice hands wash before and after eating.
- Demonstrate and encourage them to practice hands wash going to toilet.
- Show the picture as given below and ask the child to do similar exercise at home till they enjoy. Ask them to count the number of times they throw and catch correctly alone and also with another sibling without dropping the ball /object and how many times they miss it.



- Describe what the girl is doing in the picture.
- Name the skill



Activity 8: Jumping and learning.

identifying geometric shapes

Ask the child to stand in the circle. Parents scattered the shapes around the child as shown in the illustration. These shape can be drawn on the floor or on the paper. If paper are used than these be pasted with the help of tape. Parent calls out a shape, and the child has to jump towards that particular shape, and keep jumping till the parent signals him /her to stop.

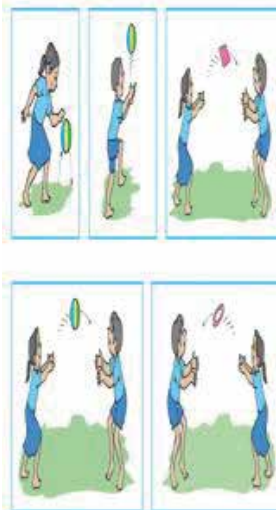


Ask them to identify shapes. This way you can help the child developing their strength and body coordination and simultaneously in identifying geometric shapes.



Activity 9: Proper eating and developing good eating habits

- Ask the child to see the picture and tell what is going between mother and daughter. The child can write a small story.



After the story or the narration by the child, the parents can ask some more question for reflection. Some examples are given below.

- Why do you think mother is so angry?
- What the girl is trying to eat?

Activity 10: Healthy habit

Put up a healthy habit record chart on the wall. Ask all the family members and the children to draw a star each for different healthy habits that they have followed all seven days of the week.

- As an example, the chart is given below. The calendar can also be used.

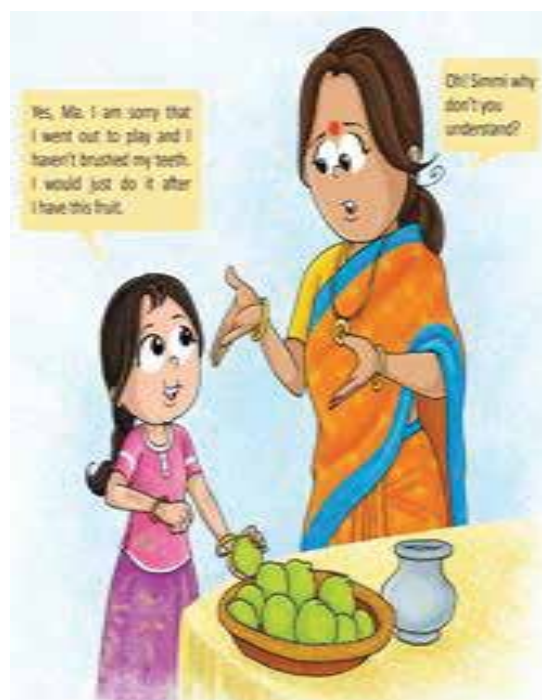


- Ask all the family member to discuss the hygienic habits and their importance.
- Show the above the chart again and ask who is not following healthy habits?
- Ask the children to list three healthy hygienic habits, they want to improve..

Activity 11: Food and Fun.

Find and write

- Total vegetables in the picture.
- Write the colours of the vegetables.
- Names of vegetables you like.
- Names of vegetables you do not like.
- Relationship of eating all colored vegetables with health.





Write your experience as a child during the lock down period

- What did you eat in the breakfast, lunch and dinner?
- How were your food on these days different from the days when you were going to school?
- Name the family members who help in food preparation.
- Do you help your mother in food preparation, washing the vessels etc?
- If yes list the work they do.
- Can you do something more? Start doing it.

Activity 12: Food and fun Fill in the blanks

1. Special food during festivals you enjoy)



		<p>2. We eat food because _____</p> <p>3. Locally available vegetable of my area is _____</p> <p>4. The items that I eat daily is _____</p> <p>5. We must not waste food because _____</p> <p>6. We should wash hands before and after eating foods because _____</p> <p>7. It is a pleasant experience when I share food because _____</p> <p>Activity 13: Safety of the child Ask the child whether elder brother/sister/classmates/friends ever bullied you or do you bully others. If there is an emergency what will you do or whom to contact. Have discussion with the child on the following issues. Whom/Where should one go for help in emergency</p> <ul style="list-style-type: none"> • at home/ • school during • sickness or injuries. • in school bus <p>After discussion help the child to prepare a Safety Net.</p> <p>What is safety net?</p> <p>This safety net includes parents, the teachers, elders, relatives, friends, counselors and guides, health professionals or even government including police or non-government organisations.</p> <p>The safety net can also help an individual in dealing with other challenging situations. (For example, sexual abuse, discrimination, bullying, etc.) effectively.</p> <p>Reiterate that each child should be aware about who all constitute his/her safety net and think of ways by which he/she can open a communication channel for information and advice, support or even share a confidential feeling/incident. As an activity ask the child to write the circle whom she/he would like to seek help.</p> <p>The parents can give some clue to the child to prepare the Safety Net. For example,</p> <ul style="list-style-type: none"> • Reporting to the teacher in the event of injury and/ or sickness in school (class-room/ playground) • Reporting to the elders in the event of injury and/ or sickness. • Tell the child that communicating effectively in assertive style of communication is an important skill. It helps in positive and responsible living.
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		<p>Activity 14: Development of value Ask the child to respond.</p> <ul style="list-style-type: none"> • Who looks after you at home? • How your family is important to you? • Who are in your family? • How family is your support system? • Why should one respect each other and elders? • If there is child with disability, how will you support her/him. What things are you afraid of in your daily life? • How do you cope with your fears <p>Ask them to read the life stories of sportspersons and great leader. Read out the stories to them and discuss about them</p> <p>Activity 15: Safety at home What can we do to keep ourselves safe and how from</p> <ul style="list-style-type: none"> • Fire, electricity, fire • crackers, water, • animals and insect • bites, sharp objects, • Insecticides. <p>Do yourself and tell the children repetitively the following.</p> <ul style="list-style-type: none"> ✓ Keep machinery and vehicles away from children's reach. ✓ While travelling in a bus, mini bus, school van, etc., ask the children to always do the following: (a) wear seat belt at all times (b) not distract the driver (c) not leave the vehicle without permission (d) not touch the vehicles' controlling devices. ✓ Keep all pesticides, cleaning liquids, etc., in their original containers and in a secure lock. ✓ Stop access to dangerous chemicals. ✓ All gates and doors must be secured. ✓ Time-to-time maintenance of nets, grills, barricades, ropes etc., must be ensured. ✓ Supervise the children when they are near water. ✓ Always encourage the children to ensure their security by teaching them SAFE (Stay Away From Edges) <p>Activity 16: Road Safety Prepare a chart on</p> <ul style="list-style-type: none"> • How do we cross the road? • How traffic is controlled on the road? • Traffic signals. • Helping the needy to cross the road.
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A picture-reading session followed by a discussion can be held. Show the following picture. Ask the child that if you are in the picture, what is missing in the picture to keep you healthy.



Ask them to draw things which he/she observes for:

- cleaning the house.
- cleaning the teeth.
- cleaning the body
- cleaning hands.

Activity 17: Counting and playing

Ask the child what he/she can do with this picture given below.

For example, the following activities can be done.

- Count the number of things given in the picture
- Uses of these things.
- Identify thing which she/he can use to play.
- Find out whether you have any sport related equipment(s) in your home.
- Are you using them? If not, find out, use it and play.



Ask them to draw items related to different games including the games they were playing with their friend in the schools.zaa

