

## HEALTH AND PHYSICAL EDUCATION: HIGHER SECONDARY STAGE

Yoga and other physical exercises need be considered as an integral part of everyday activities for everyone during this lockdown period. This is most true for learners who are in the phase of adolescence. WHO has defined adolescence both in terms of age (10-19 years) and as a phase of life marked by special attributes. These attributes include rapid physical, psychological, cognitive and behavioural changes and developments, including, the urge to experiment, attainment of sexual maturity, development of adult identity, and transition from socio-economic dependence to relative independence.

During this period of social distancing, it is most important for learners (of this age group especially) to do some fitness activities at home. Since learners at this stage are also passing through the stage of adolescence, it is important for them to know about the various aspects of growth and development occurring in them. They should be able to clarify myths about issues relating to growing up and empower themselves to develop the ability to apply life skills in challenging situations.

For holistic health, knowing is not enough. One needs to be physically active, and mentally alert. Therefore, know about yourself and how doing yoga and physical activities at home is beneficial. Along with other assignments, spare at least 60 minutes for Yoga and other physical exercises. One can select from a range of Yogic practices and practice them daily at a specific time. If you were not doing Yogic practices earlier then start with simple and comfortable ones. In Yoga, both Do's and Don'ts are very important. To begin with, as said earlier, simple practices need to be selected.

These activities will enable you to achieve the following objectives even while staying at home.

<b>Learning Outcomes</b>	<b>Sources/ Resources</b>	<b>Suggested Activities</b>
<p><b>The learner</b></p> <ul style="list-style-type: none"> <li>• Understands healthy eating habits, and personal hygiene.</li> <li>• Becomes aware of the importance of sanitation and cleanliness among people.</li> <li>• Identifies factors affecting health and wellbeing</li> <li>• Explores the relationship between endurance activity choices (jumping, skipping or any other exercise, etc.) and health.</li> <li>• Performs yogic activities for holistic health,</li> <li>• Analyses factors affecting growth and development during adolescence period.</li> </ul>	<p><b>Training and Resource Materials on adolescence Education</b> (<a href="http://www.eparc.org/upload/39.pdf">http://www.eparc.org/upload/39.pdf</a>)</p> <p><b>Health and Physical Education Textbook for Class IX</b></p> <p><a href="http://ncert.nic.in/textbook/textbook.htm?iehp1=9-14">http://ncert.nic.in/textbook/textbook.htm?iehp1=9-14</a></p> <p>Yoga A Healthy Way of Living Secondary Stage <a href="http://www.ncert.nic.in/gpPDF/pdf/Yoga-Secondary-Stage-13128.pdf">http://www.ncert.nic.in/gpPDF/pdf/Yoga-Secondary-Stage-13128.pdf</a></p> <p>Yoga for Adolescent MDNIY) <a href="http://yogamdniny.nic.in/WRITEReadData/LINKS/2662c9a05-ddd4-41b9-be5d-15284952607c.pdf">http://yogamdniny.nic.in/WRITEReadData/LINKS/2662c9a05-ddd4-41b9-be5d-15284952607c.pdf</a></p> <p><a href="http://yogamdniny.nic.in/Contents.aspx?lsid=1084&amp;lev=1&amp;lid=691&amp;langid=1">http://yogamdniny.nic.in/Contents.aspx?lsid=1084&amp;lev=1&amp;lid=691&amp;langid=1</a></p>	<p><b>Learners at home to be asked to do the following activities</b></p> <ul style="list-style-type: none"> <li>• Prepare a menu for a healthy meal- breakfast, lunch and dinner. Involve yourself in the preparation.</li> <li>• Develop at least 6 slogans on promoting healthy eating habits and explain their importance. Share them with friends.</li> <li>• Create a public service advertisement to build awareness about healthy eating habits, and personal hygiene among your family members and peers.</li> <li>• Gather information about communicable and non-communicable diseases through pictures and news items. Note their causes, risk factors, and preventive measures, etc.</li> <li>• Gather information on the mission 'Swachh Vidyalaya- Swachh Bharat'</li> <li>• Do exercises daily at home like jumping, skipping, sit-ups, pull-ups, push ups, etc.</li> <li>• If you have space in your home, you can practice honing skills of a game you like.</li> <li>• You may also see videos given on the website of the official federation of the game/sport.</li> <li>• Observe changes in your body because of physical activities and yoga and write them down daily in your diary.</li> </ul> <p>Yogic practices are found effective for the development of all dimensions of one's personality. Before starting asanas, Yoga Sukshma Vyayama (micro yogic practices) is to be done. These micro yogic activities practices are as follows. Movement of neck shoulder, knee, and ankle movement each for 3 rounds as suggested by the Morarji Desai National Institute of Yoga (MDNIY) which is an autonomous organisation under Ministry of AYUSH, Government of India. In Yoga protocol, the neck movement includes forward and backward, right and left bending; twisting the neck right and left followed by rotation of the neck both clockwise and anti-clockwise. The ankle movement includes ankle stretches and rotation. All these activities require about 8 minutes. These Micro Yogic Activities are also important for making one ready to undertake the following <i>yogasanas</i></p>

### **Neck Movement**

- Forward and backward bending,
- Right and left bending,
- Right and left twisting and
- neck rotation.

### **Shoulder Movement**

- Shoulder stretch
- Shoulder rotation
- Trunk Movement
- Trunk twisting
- Knee Movement
- Ankle Movement

All these should be done without any jerks.

Some of the yogic practices are given below. You can do the asanas for 15 minutes overall.

### **Asanas**

- *Surya Namaskar*
- *Tadasana*
- *Katichakrasana*
- *Bhujangasana*
- *Shalabhasana*
- *Dhanurasana*
- *Makarasana*
- *Halasana*
- *Hastottanasana*
- ✓ *Padhastasana*
- ✓ *Trikonasana*
- ✓ *Shashankasana*
- ✓ *Ushtrasana*
- ✓ *Ardhamatsyendrasana*
- ✓ *Bhujanagasana*
- ✓ *Shalabhasana*
- ✓ *Matsyasana*
- ✓ *Shavasana*

### **Kriya**

- *Kapalabhati*

### **Pranayama**

- *Anuloma-viloma Pranayama*
- *Bhramari Pranayama*
- *Bhastrika Pranayama*

### **Meditation**

### **Yoga Nidra**

**All these asanas are explained in the textbooks mentioned as resources**

Remember to take at least eight hours of sound sleep.

## STRESS COPING ACTIVITIES

It is important to recognise that stress is something that can be tackled, controlled and decreased. The following suggestions may help harness the additional adrenaline released during stress:

- (a) S-T-R-E-T-C-H! Stand on your toes whenever you feel under pressure and stretch your body. Pretend you are reaching out to grasp something a few centimeters beyond your immediate reach. Hold this posture for a few seconds and relax.
- (b) Laugh loud, as much as you can. Read a comic, see a cartoon film or share jokes and funny stories with your family and friends.
- (c) Discover the 'yogi' in you. Yoga has always been a panacea for stress. Pick up a yoga book. Get started with short sessions (for 20-45 minutes).
- (d) Listen to your favourite music. It always has a restful effect.
- (e) Talk less, listen more. Listening banishes stress, makes you more popular, more sensitive, and overall a nicer person.
- (f) Feel the morning sunshine soak into every pore of your body.
- (g) Eat the right kind of fibre contained in food (green peas, vegetables, fresh fruits)
- (h) Count your blessings. This is the best way to decrease or even eliminate stress.
- (i) Make a mental note of good things that have come your way and record them on a sheet of paper. Refer to your 'blessings sheet' each time you feel stressed.
- (j) Compare yourself only with yourself rather than with others.
- (k) Remember that nothing stays bad forever.
- (l) Always remember that there are many people less fortunate than you.
- (m) Positive forms of expression may include writing, talking to a trusted person, or undertaking physical activity.
- (n) Take charge. Believe that you are in charge of your life.
- (o) Responding to stress assertively can:
  - (i) improve our reactions to events
  - (ii) reduce demands on us
  - (iii) increase our capacity to cope

## MY VALUES

A list of commonly understood values that inform the decisions we take is provided below. The list is only suggestive. You may think of more such values

Sincerity	Honesty	Integrity	Stability
Fairness	Justice	Loyalty	Safety
Independence	Friendship	Love	Achievement
Comfort	Courage	Perseverance	Equality
Cooperation	Generosity	Honour	Kindness
Punctuality	Respect	Trust	Tolerance
Compassion	Security	Freedom	Commitment

Write the values from the table provided above, in the space provided at the end of each sentence. You may have multiple values for each statement. This will help you to understand the values that you follow in your day-to-day life:

1. Protecting school property\_\_\_\_\_.
2. Taking care of younger students during different school events\_\_\_\_\_.
3. Following safety rules while crossing the road\_\_\_\_\_.
4. Keeping your surroundings clean\_\_\_\_\_.
5. Switching off fans and lights when not in use\_\_\_\_\_.
6. Eating meals with the family at least once a day\_\_\_\_\_.
7. Saying no to physical fighting and hitting other students in school and outside\_\_\_\_\_.
8. Helping parents with their work without giving an excuse\_\_\_\_\_. Keeping bags, books, clothes, etc., neatly and tidily every day\_\_\_\_\_.
9. Sparing a few minutes to talk to old/ needy people\_\_\_\_\_.
10. Respecting all genders irrespective of difference\_\_\_\_\_.

**You should be aware that respecting each other's differences is an important value in mentioned in the Constitution of India.**

**Make your way to healthy eating and follow hygienic practices with the Snakes and Ladders board game.**

100	99 Not eating fruits & green vegetables	98	97	96	95	94	93	92	91 Skipping WFS blue tablets
81	82	83	84	85	86	87	88	89	90
80 Skipping meal	79	78	77	76	75 Open defecation	74	73	72 Poor personal & food hygiene	71
61	62	63	64	65	66	67	68 Washes hands before eating	69	70
60 Ensure equal food distribution at home	59	58	57	56 Drink plenty of water	55	54	53	52	51
41	42	43 Not washing hand before meal	44	45	46	47	48	49	50 Washes hands before eating
40	39	38	37	36	35	34	33	32	31
21 Eat green leafy vegetables & fruits	22	23	24	25	26	27	28 Use sanitary latrines	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3 Avoids Junk foods	4	5	6	7	8	9	10

### Analyse the relationship and note your thoughts

Not eating fruits and green vegetables	Lack of essential nutrients
Skipping weekly iron folic acid supplementation (WIFS) blue tablets	Can lead to anemia
Not washing hands before meal and after going to toilet.	Can lead to infections
Open defecation	Can lead to diseases and infections like worm infestation, loose motions.
Poor personal and food hygiene	Increases chances of catching Infections
Skipping meal	Affect growth and development of adolescents
Washes hands before eating	Prevents infection
Drinks plenty of water	Equally important for growth, like nutrients
Ensures equal food distribution at home	Healthy family values equality
Eats green leafy vegetables and fruits	Provides essential nutrients for growth
Avoids Junk foods	Promotes growth and development
Use sanitary latrines	Prevents infection and diseases (worm), prevents water contamination

Balanced diet means inclusion of proteins, carbohydrates, fats, vitamins in requisite proportions. As a child in the stage of rapid growth and development, you need to eat a balanced diet so that you can remain healthy. Maintaining proper standards of sanitation are necessary for improving and protecting the health and wellbeing of everyone.