

HEALTH AND PHYSICAL EDUCATION

Yoga and other physical exercises during this lockdown period need be considered as an integral part of the everyday activities for everyone, more so for children during who are in the phase of adolescence. WHO has rightly defined adolescence both in terms of age (10-19 years) and in terms of a phase of life marked by special attributes. These attributes include rapid physical, psychological, cognitive and behavioral changes and developments, including, urge to experiment, attainment of sexual maturity, development of adult identity, and transition from socio-economic dependence to relative independence. During the period of social distancing, it becomes more important for children to do some fitness activities at home. One can select Yogic practices as per time and practice. If you were not doing Yogic practices earlier than start with simple and comfortable ones. In yoga both Do's and Don't are very important. To begin with as said earlier simple practices be selected.

Since children at this stage are also passing through the stage of adolescence, it is important for them to know about various aspects of growth and development occurring to them, able to clarifies myths related to growing up issues and empower themselves to develop the ability to apply life skills in challenging situation. For holistic health, knowing is not enough. One needs to be physically active, and mentally alert. Therefore, know about yourself and do yoga and physical activities at home. Alongwith other assignments, spare at least 60 minutes for Yoga and other physical exercises. These activities will enable them to achieve the following objectives even staying at home.

OBJECTIVES

- To promote self-control, concentration, peace and relaxation to avoid the ill effects of stress, and strain of everyday life by doing yogic practices.
- To help them understand changes during adolescence and being comfortable with them
- To help children know and accept individual and collective responsibility for healthy living at home.

- To help children improve their neuromuscular coordination through participation in yoga and a variety of physical activities at home and have physical and mental fitness.
- To develop life skills for dealing with psycho-social issues
- To help children grow as responsible citizens by inculcating in them certain values

CLASS IX-XII

Learning Outcomes	Sources/Resources	Suggested Activities
<p>The learner</p> <ul style="list-style-type: none"> • exhibits healthy eating habits, and personal hygiene. • awareness about importance of sanitation and cleanliness among people. • identifies factors affecting health and wellbeing • explores the relationship between endurance activity choices (jumping skipping or any other exercise, etc.), and health. • performs yogic activities for holistic health • analyses factors affecting growth and development during adolescence period. 	<p><i>Training and Resource Materials on adolescence Education</i> http://www.aeparc.org/upload/39.pdf</p> <p><i>Health and Physical Education Textbook for Class IX</i> http://ncert.nic.in/textbook/textbook.htm?iehp1=9-14</p> <p><i>Yoga A Healthy Way of Living Secondary Stage</i> http://www.ncert.nic.in/gpPDF/pdf/Yoga-Secondary-Stage-13128.pdf</p> <p><i>Yoga for Adolescent</i> http://yogamdniy.nic.in//WriteReadData/LINKS/2662c9a05-ddd4-41b9-be5d-15284952607c.pdf http://yogamdniy.nic.in//Contents.aspx?lsi d=1084&lev=1&lid=691&langid=1</p>	<p>Children at home should be asked to do the following activities</p> <ul style="list-style-type: none"> • Prepare a menu for healthy meal-breakfast, lunch and dinner. Involve yourself in the preparation. • Develop at least 6 slogans on promoting healthy eating habits and justify. Share with friends. • Create an advertisement on how you can build awareness about healthy eating habits, and personal hygiene among your family members and peers. • Gather information about communicable and non-communicable diseases through pictures, news items about their causes, risk factors, and preventive measures, etc. • Gather information on the mission of <i>Swachh Vidyalaya- Swachh Bharat</i> • Do exercise daily at home like jumping skipping, sit-ups, pull-ups, push ups or any other exercise, etc. • If you have space in your home, you can practice the skills of that game. • You may also see the videos given on the website of the Game/sport Federation. • Observe the changes of physical activities and yoga in your body and write down daily in your diary.

		<p>Yogic practices are found effective for development of all dimensions of personality. Before starting asanas, Yoga <i>Sukshma Vyayama</i> (micro yogic practices) to be done. One can do the micro yogic practices related to neck shoulder, knee and ankle movement everyday, each for 3 rounds as suggested by 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, right and left twisting and rotation of the neck both clockwise and anti-clockwise. Ankle movement includes ankle stretch 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> <p>Neck Movement</p> <ul style="list-style-type: none"> ➤ Forward and backward bending, ➤ Right and left bending, ➤ Right and left twisting and ➤ neck rotation. <p>Shoulder Movement</p> <ul style="list-style-type: none"> ➤ Shoulder stretch ➤ Shoulder rotation <p>Trunk movement</p> <ul style="list-style-type: none"> ➤ Trunk twisting <p>Knee movement</p> <ul style="list-style-type: none"> ➤ Ankle movement <p>All these should be done with ease without any jerk. Some of the yogic practices are given below you can do asanas for 15 minutes.</p> <p>Asanas</p> <ul style="list-style-type: none"> ➤ <i>Surya namaskar</i> ➤ <i>Tadasana</i>
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		<ul style="list-style-type: none"> ➤ <i>Katichakrasana</i> ➤ <i>Bhujangasana</i> ➤ <i>Shalabhasana</i> ➤ <i>Dhanurasana</i> ➤ <i>Makarasana</i> ➤ <i>Halasana</i> ➤ <i>Hastottanasana</i> ➤ <i>Padhastasana</i> ➤ <i>Trikonasana</i> ➤ <i>Shashankasana</i> ➤ <i>Ushtrasana</i> ➤ <i>Ardhamatsyendrasana</i> ➤ <i>Bhujanagasana</i> ➤ <i>Shalabhasana</i> ➤ <i>Matsyasana</i> ➤ <i>Shavasana</i> <p>Kriya</p> <ul style="list-style-type: none"> ➤ <i>Kapalabhati</i> <p>Pranayama</p> <ul style="list-style-type: none"> ➤ <i>Anuloma-viloma Pranayama</i> ➤ <i>Bhramari Pranayama</i> ➤ <i>Bhastrika Pranayama</i> <p>Meditation <i>Yoga Nidra</i></p> <p>All these asanas are explained in the textbooks mentioned as resources. We should spare 45 minutes every day for yogic activity.</p> <ul style="list-style-type: none"> ➤ Should take at least eight hours of sound sleep.
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A. BEING COMFORTABLE WITH ONE'S OWN BODY

Knowing oneself is necessary for developing a positive attitude towards life. Particularly for children when they are passing through a period of staying at home due this pandemic.

Read the following case studies and reflect on the questions after each case study

Case Study 1: Rakesh and Mihir, students of Class IX, are walking home together from school. Rakesh begins to tease Mihir, saying that he speaks in a girl's voice. He also laughs at the fact that Mihir has got no hair on his upper lip. Look at me, Rakesh says, – I am a real man. My voice is strong and my face is manly I have so much facial hair. My father calls me 'sher'. This really embarrasses Mihir. He recalls that his mother still calls him my sweet boy'. He decides to go home and asks his mother why is he so different from Rakesh and whether something is wrong with him?

Reflections:

1. Although they are of the same age, why do Rakesh and Mihir look so different?
2. Do you think that there is something wrong with Mihir? Why?
3. How do you think Mihir feels about himself?
4. What should Mihir's mother tell him?

Case Study 2: Robin is in Class XI. He is the smallest boy in his class. Although he likes to play football, he is never selected for his school team. He is quite swift and skilful, but the coach always rejects him saying that he will get pushed around by the other players, who are much bigger than him. One day, on the roadside, Robin sees an advertisement outside the tent of a traveling medicine-man (quack). It shows a thin, weak looking boy in one picture and a muscular glowing man in another. The advertisement claims that a magic drug can bring about this transformation. Robin wants to try this drug, but is scared.

Reflections:

1. Why do you think that Robin is different from the other boys in his class?
2. Do you think that Robin can be a good football player and whether the coach should give him a chance?
3. Do you think that Robin should take the magic drug which cclaims to make one muscular and strong? What are the possible effects of this drug?
4. If you were in Robin's place, what would you do?

Case Study 4: Shalini and her friends in Class IX were preparing for the School's Annual Function. All of them were very excited. Anita, one of Shalini's classmates mocked at her, – You are so dark. We will need additional light to be able to see you on the stage. Shalini's good friend, Madhu felt bad for Shalini and advised her to use a cream to make her complexion lighter. You already dance so well. Can you imagine how nice you will look on the stage if you had a lighter complexion? Shalini smiled and said, Thank you, Madhu. I appreciate your concern but I am happy with my complexion. My teacher and I are working hard on my dance practice and I am confident that our efforts and your good wishes will lead to a good performance.

Reflections:

1. What do you think of Anita's remark about Shalini?
2. Do you think that having a light complexion is important for being beautiful?
3. Do you think that Madhu is trying to perpetuate the stereotype that, having a light complexion is an important component of being beautiful?
4. What do you think of Shalini's response?

Do You Know



- ❖ It is also possible that physical changes may take place early. As a result, one may look very grown up, but may continue to think and behave like a child.
- ❖ There are a lot of products which claim to increase height and muscle mass very quickly, without any additional input of diet and exercise. As you grow, you are drawn towards these products because you feel that these will enable you to hasten the growing up process. It is best to seek medical advice on any apprehension that you might have regarding your growth and the need to use any product.
- ❖ Similarly, advertisements for cosmetics over-emphasize physical appearance, often leading to feelings of inadequacy and low self-esteem. It is important to be confident about who you are and how you look.

B. QUESTIONS FOR SELF-REFLECTION

I am valuable and important because.....

My family, friends and teachers are valuable and important because.....

Do you Think that

- Awareness of positive traits/qualities makes one feel good and enhances self-esteem
- Positive feedback from important people in our lives (for example from parents, family, teachers) also helps us to feel good about ourselves
- When we feel good, we respond to everyday situations more positively
- We should be honest and genuine in our appreciation of ourselves and others
- Positive outlook helps us to recognise and work on our failings and short comings and improve ourselves without being hard on ourselves
- Positive outlook towards ourselves and others helps us to provide helpful criticism to improve rather than hurt them

C. I AM GROWING UP

If you are in the age group of 14-19 years, put a Tick mark

Items	Yes	No
I have armpit hair.		
I am attracted to members of the opposite/same gender.		
I have been growing taller.		
I sometimes feel withdrawn from my parents.		
My leg muscles are getting bigger and stronger.		
I care about my appearance.		
I sweat a lot.		
My friends are very important for me.		

Yes, you are growing up: If you have any doubt, You can read the Training and Resource Materials on adolescence Education.

(<http://www.aeparc.org/upload/39.pdf>)

Teacher can also help the child in dealing with these issues.

D. DEVELOPING POSITIVE INTERPERSONAL RELATIONSHIPS:

Think a while about your good friends and list out 3 things that you admire about your friendship:

1. _____
2. _____
3. _____

There are things you would do for certain people but not for others. How do you decide? Some situations are given below. Complete the sentences after thinking about these situations.

1. If my friend forgot his/her lunch, I would _____
2. If my friend needed to borrow a book, I would _____
3. If my friend talked about running away from home, I would _____
4. If I see my mother is working alone in the kitchen, I would _____
5. If my brother was planning to drive father's scooter without license, I would _____
6. If my team gets defeated in the basketball match, I would _____
7. If my friend is telling me to tease a girl from my class, I would _____
8. If I see a blind person who wants to cross the road, I would _____
9. If my friend has broken the school furniture and I was asked about it, I would _____
10. Mother is unwell and my father tells my sister to stay at home from school and do the household work, I would _____
11. If my friend touches someone inappropriately, I would _____

After completing the sentences, analyse your responses. You will realise that

- Certain actions/behaviours help us to strengthen relationships.
- It is important to nurture positive relationships as they keep us inspired and happy.
- Each person's relationship is different and unique; it is also possible that with time and situation, relationships change.
- Development of values helps us build positive connections with people around us, such as friends, siblings, parents and teachers.

E. STRESS COPING ACTIVITIES

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

- 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.
- Laugh loud, as much as you can: read a comic, see a cartoon film or share jokes and funny stories with your family and friend.
- Discover the 'yogi' in you. Yoga has always been a panacea for stress. Pick up a yoga book. Get started with short sessions (20-45 minutes)
- Listen to your favourite music. It always has a restful effect.
- Talk less, listen more: Listening banishes stress, makes you more popular, more sensitive and overall a nicer person.
- Feel the morning sunshine soak into every pore of your body.
- Eat the right kind fibre containing of food (green peas, vegetables, fresh fruits)
- Count your blessings: this is the best way to decrease or even eliminate stress.
- 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.
- Compare yourself with yourself rather than with others and assess
- Remember that nothing stays bad forever.
- Always remember that there are many people less fortunate than you.
- Positive forms of expression may include writing, talking to a trusted person, or undertaking physical activity.
- Believe that you are in charge of your life.
- Responding to stress assertively can:
 - Improve our reactions to events
 - Reduce demands on us
 - Increase our capacity to cope

F. WAYS TO DEAL WITH CONFLICT

We all face conflict in our relationships. Do you know how to handle it?

Take this quiz to understand conflict in relationship. Encircle one option you consider the most appropriate.

- 1. If you're feeling angry with your parents, what should you do?**
 - a) Bang the door so that s/he gets the idea that you are angry
 - b) Ignore how you feel
 - c) Ignore your friend
 - d) Work on ways to tell your friend what you are feeling
- 2. If you don't deal with a conflict, what could happen?**
 - a) You could lose a good friend
 - b) You might be treated unfairly at work or school
 - c) You might not get something you want or need
 - d) You could feel like you can never make things better
- 3. If you're angry, it's a good idea to pause and count to 10 before saying something you consider the most appropriate?**
 - a) True
 - b) False
- 4. Which of the following is an open, positive way to express how you feel in a conflicting situation?**
 - a) I only think about myself.
 - b) I feel upset when no one asks me what I want to do.
 - c) I don't really care about me
 - d) I never listen to what I'm saying.
- 5. How can you help yourself stay safe from violence?**
 - a) Choose your friend(s) carefully.
 - b) Report any weapons you see, to a trusted adult.
 - c) Practice safety and always remain alert.
 - d) All of the above
- 6. Staying calm during a disagreement with your parents can help them show, that you are growing up?**
 - a) True
 - b) False

(Ans: 1 d, 2 d, 3 a, 4 b, 5 d, 6 a)

If your answers are as per the key, it means you know how to deal with conflict in relationships. Some Anger Reducing Techniques are also given below.

Anger Reducing Techniques : to get 'rid' of anger

- R = Recognize your anger signals and accept that you are angry
- I = Identify a positive way to analyse the situation
- D = Do something constructive to calm down



G. IDENTIFY DIFFERENT STYLES OF COMMUNICATION

Read the statements and tick mark (✓) at the appropriate column

Statements	Passive	Assertive	Aggressive
Blaming others for negative things in life			
Always placing one's own interests first, at the expense of others			
Valuing personal needs, desires, feelings			
Suffering silently, in consideration of others			
Overvaluing personal needs, feelings, rights			
Blaming oneself for negative things in life			
Expressing negative as well as positive feelings			
Talking as well as listening			
Disrespectful to others			
Listening only to others			

You can adopt passive, aggressive or assertive styles of communication. As a teachers you can share with children. However remember that

- assertive style of communication is the most healthy and positive style of communication.
- say what you think or feel honestly and in a clear tone of voice. Do not apologise for what you think, or put yourself down.
- be calm and speak pleasantly and reasonably, explaining your emotions so as to be understood by the other persons.

H. MY VALUES

A list of commonly understood values that inform the decision 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

Some sentences are given below, 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:

- Protect school property_____
- Takes care of younger students during different school events _____
- Follow safety rules while crossing the road _____
- Keeping your home surrounding clean _____
- Switch off fans and lights when not in use _____
- Eat meals with the family at least once a day _____
- Say no to physical fighting and hitting other students in school and outside _____

- Help parents with their work without giving any excuse _____
- Keep bags, books, clothes, etc., neatly and tidily every day _____
- Spare few minutes talking to old/needy people _____
- Respect for all genders irrespective of diversity _____

You should be aware that respecting each other's differences is an important value in our constitution.

I. MAKE YOUR WAY TO HEALTHY EATING AND REMAIN HYGIENIC

Below is given a Snake and Ladder game. Take board with dice and coins. You can play with your siblings or, parents. Analyse the result of each one.

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

J. ANALYSE THE RELATIONSHIP AND WRITE YOUR ANALYSIS

Not eating fruits and green vegetables	Lack of essential nutrients
Skipping 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. In the stage of rapid growth and development, as a child you need to eat a balanced diet so that you can remain healthy. Maintaining proper standards of sanitation are necessary for improving and protecting health and wellbeing of everyone.

K . KNOW YOUR BODY MASS INDEX (BMI)

BMI is a measure of body weight to height; it can be calculated as follows:
BMI=Weight in Kilograms/Height in Meters²

BMI	Category
<18.5	Under Weight
18.5-24.9	Normal Weight
25-29.9	Over Weight
>30	Obese

L. PROMOTING HEALTHY LIFESTYLE

For achieving good health, leading a healthy and stress free life is important for everyone.

AM I MAKING HEALTHY CHOICES?

Reflect on the following behaviours. Mark them as Yes or No as per your own behaviour:

1. Getting up early every day.
2. Missing exercises and eating breakfast without brushing teeth.
3. Having healthy breakfast
4. Eating junk food regularly during lunch time instead of homemade tiffin.
5. Chewing pan masala and ghutaka.
6. Skipping meals to stay slim.
7. Smoking cigarettes to relieve stress.
8. Doing exercises on regular basis.
9. Drinking alcohol.
10. Viewing television for more than 3-4 hours a day.
11. Playing video games/online games on regular basis.
12. Drinking carbonated drinks with lunch and dinner.
13. Eating fruits and whole grains.
14. Drinking 8-10 glasses of water every day.
15. Staying awake late in the night.

If you have got: Yes:

- in <10 or more: You need to make serious lifestyle changes
- in 5-9: You are on the path to making unhealthy choices, rethink and choose healthy
- 4 and below: your lifestyle choices are good, stay that way

Our lifestyle choices ensure a more productive and healthy adulthood. Non-communicable diseases (NCDs) are one of the biggest public health challenges in the 21st century. Fighting with today's challenge of Covid 19 is possible only with social distancing and having good immunity.

Therefore, we need to identify unhealthy behaviours and work towards modifying them. Healthy lifestyle choices like physical activity, doing yoga, eating healthy, and being able to manage stress effectively will help improve the immunity and thereby the holistic health.