HEALTH AND PHYSICAL EDUCATION (Being physically, emotionally and mentally healthy)

INTRODUCTION

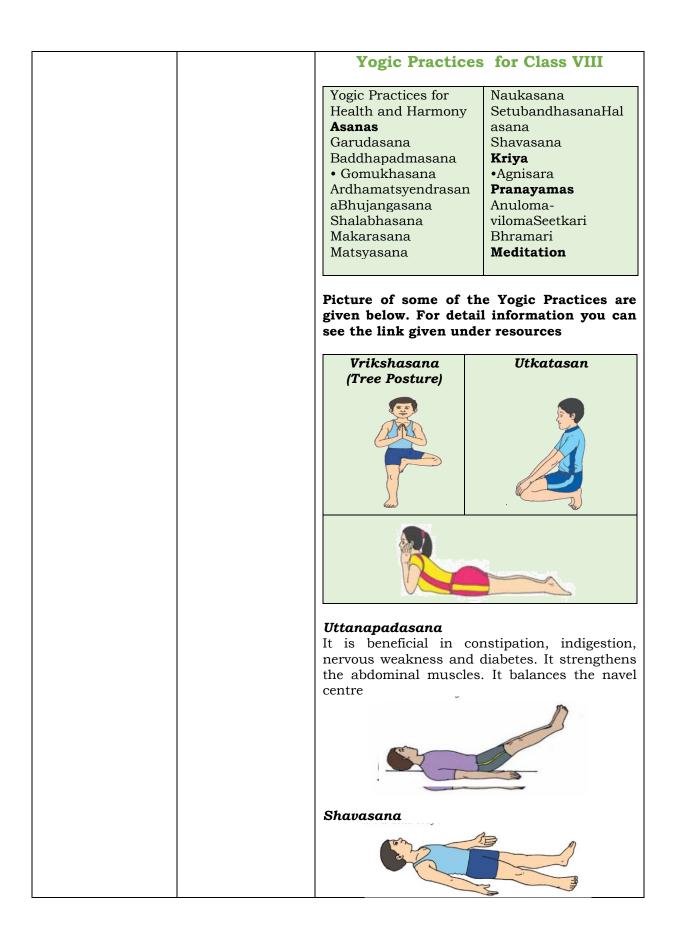
Many factors like, physical, psychological, socio-economic and culture influence health, both in our day-to-day life and in the long run. Health of children is very important as they constitute a large percentage of our population. In the present time when children are at home, some in house games and physical activities play an important role. Right to Education Act 2009, has very categorically focused on the holistic development and health of children in the age group of 6-14 years. Therefore, health and physical fitness needs to be looked even when the child is at home. Physical activities including Yoga should be considered as an integral part of the everyday activities towards an overall development of the child. Involving children studying in Classes VI, VII and VIII daily for 30-40 minutes in physical and yogic activities will enable them to achieve the following objectives, even staying at home during lock down. Some other activities related to understanding about growing up, and helping children to be emotionally and mentally strong have also been included.

CLASSES VI – VIII

Learning Resources/		Suggested Activities		
Outcomes	materials			
The learner	HEALTH AND	Activities 1		
• describes	PHYSICAL	Ask the child to collect picture of Good posture		
physical	EDUCATION A	when one is walking, standing, sitting, running.		
• Fitness	Teachers' Guide	Ask him /her to demonstrate these postures.		
(Strength,	for Class VI	Parents help the child to correct these postures.		
• Endurance and				
Flexibility)	http://www.ncert.	Activities 2		
related	nic.in/publication	Yogic activities can be done by all children		
activities and	/Miscellaneous/p	including children with special needs. However,		
does every day	df_files/fehped101	children with special needs should perform		
to achieve	<u>.pdf</u>	these activities in consultation with yoga		
Physical Fitness	Health and	experts/yoga teacher.		
5	Physical Education			

Activities promoting Physical Health

•	develops games	A Teachers' Guide	The following Gener	al Guidelines for Yogic	
-	and sport	for Class VII	Practices need to be followed before taking		
	related	http://www.ncert.	any Yogic practices. Yogic practices be		
	awareness	nic.in/publication	• done early morning but it can also be		
•	does yogic	/Miscellaneous/p	practiced in the evening with empty stomach		
	activities for	df_files/hehped10	about three hours after lunch		
	achieving	1.pdf			
	holistic health		-	urry or when exhausted.	
•	appreciates the	Health and	• in a clean and non-disturbing place.		
	Diversity of,	Physical Education	• on a darri, a mat	or a blanket.	
	seasonal and	A Teachers' Guide	• simple in the	beginning and gradually	
	locally available	for Class VIII	proceed to do adv	anced practices.	
	food Indian	<u>http://www.ncert.</u>	-	th sincerity and faith.	
	foods	nic.in/publication		-	
•	identifies	/Miscellaneous/p	• •	practices are discontinued	
	differences in	<u>df_files/HaP_edu_t</u>	with the basic		
	physical growth	<u>g.pdf</u>		e of yogic practices depend	
	and changes	X7 A TT 1/1		However 20-30 minutes is	
	that take place	Yoga A Healthy		ated activities. In Yoga do's	
	in boys and	Way of Living		mportant. Therefore these	
	girls;	Upper Primary Stago		mind while doing yogic	
•	Describes the	Stage		an be encouraged to do the	
	relationship of	http://www.ncert.	following yogic activities keeping the comfort level of the child into consideration.		
	the functioning	nic.in/gpPDF/pdf			
	of various organ	/tiyhwlups1.pdf	Vogio Practi	ices for Class VI	
	systems and	<u>/ trynwiapor.pur</u>	Togic Fracti	ices jor class vi	
	physical Activities	These books are	Tradacara	Ninglamba	
	Activities	available in Hindi,	Tadasana	Niralamba	
		Urdu and English	Vrikshasana	Bhujangasana	
		and also in the	Utkatasana	Ardha–Shalabhasana	
		NCERT	Vajrasana	Makarasan	
		website	Swastikasana	Uttanapadasana	
		(<u>www.ncert.nic.in</u>).	Ardhapadmasana	Pawanmuktasana	
		Pictures of		Shavasana	
		athletes and		Shubusuhu	
		sportspersons			
		Sports bulletins			
		Sports records -	Yogic Practices for Class VII		
		making and	Togic Fractices for class vii		
1		breaking from	Yogic Practices to	Dhanurasana	
		various Sport Federations	Enhance Flexibility	Makarasana	
		reactations	Surya Namaskara	SuptaVajrasana	
			Asanas	Chakrasana	
1			Tadasana	Ardhahalasana	
			Hastottanasana	Shavasana	
			Trikonasana	riya	
			Katichakrasana	Kapalabhati	
			Padmasana	ranayamas	
1			Yogamudrasana	Anuloma-viloma	
			Paschimottanasana	Bhastrika	
1			1 uscrumonunusunu	editation	



PRANAYAMA

Anuloma-viloma Pranayama (Alternate Nostril Breathing)

The Anuloma means 'towards' and Viloma means 'reverse'. In this pranayama nostrils are alternatively used in reverse order for each inhalation and exhalation. This pranayama is also called Nadishodhana pranayama.

Bhramari Pranayama

The word *bhramari is* derived from a Sanskrit word *bhramara* which means a 'black humming bee'. In *Bharamari Pranayama*, a sound resembling the sound of a black bee is produced, therefore, it is called *Bhramari Pranayama*.



Let us perform Bhramari

Meditation

Concentrate on inhalation and exhalation. During this, your mind may wander here and there. Try to concentrate on your breath only. Keep breathing normally. Try not to think about anything. Give attention to the breath only. This makes the body and mind relaxed.

Along with yogic practices, it is important to take nutritious and healthy food. We should take at least eight hours of sound sleep.Some of the asana are shown below

Activity 3

Asks the child to make an album entitled "My Family and I" in which the child pastes photographs of him/her as a baby, an infant, of an elder brother, sister, parents and grandparents to see various stages of life. The photographs can be of extended family, relatives or even neighbour.

• The child can also be asked to draw if photographs are not available. With this activity, the child has to get an idea that everyone grows and develops from the time

when he/she is newborn to an aged person and passes through phases of infancy,
childhood, adolescence, youth, adulthood, old
age.
Activity 4
Asks the child to write below and records
answers given based on their experiences,Do you think your height was the same last
year? How do you know?
• Have you notice the changes in height and
weight of you friends.
Have you notice any differences?Are these differences normal?
• If yes why? Find out from parents or elders
and from other resources.
Write down your experience in your notebook.
Hotebook.
Activity 5
Ask the child to prepare a set of chits with
names of organ systems written on them. Only one system is to be written on one chit. The child
select only a few organ systems to begin with
Now ask the child to write on the back of the chit
how to keep the organ systems fit and healthy?
Activity 6
Do some physical activities daily at home for
keeping yourself healthy?Forward roll,
Backward roll,
• Sideward roll,
Balance on one leg,
Activity 7
The Child may be encouraged to read about the
life and their achievements about sport persons
and other great personalities.

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Vajrasana

This is a meditative posture. It is the only *asana* which can be practised immediately after taking meals.

Let us perform the Vajrasana by following the steps given below:

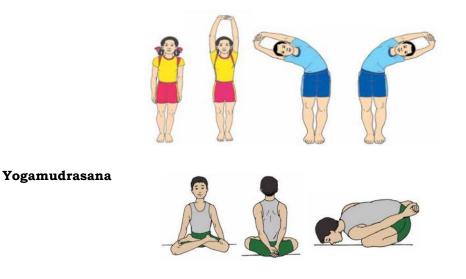
Starting position: Sit with legs extended together, hands by the side of the body, resting on the ground.

1. Fold the left leg at the knee and place the foot under the left buttock.



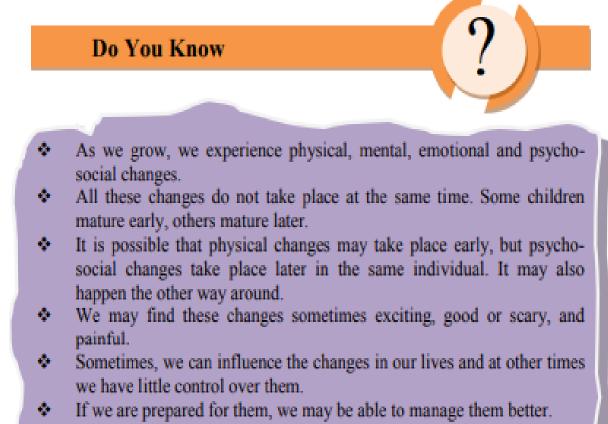
Hastottanasana

Hastottanasana is made of three words: hasta, uttana and asana. Hasta means 'arms'; uttana means 'stretch up' and asana means 'posture'. In this posture, the arms are stretched upwards, hence, it is called Hastottanasana.



ACTIVITIES FOR PROMOTING EMOTIONAL AND MENTAL HEALTH

Parents and children should know that children in the age group of 10- 14 years develop and maintain social and emotional habits which are important for mental well-being. These include eating healthy food, adopting healthy sleep patterns, doing regular exercise, coping with negative emotions, problem-solving, and interpersonal skills.



Know and respond to these changes in positive and responsible ways.

Let us try to remain emotionally and mentally healthy

A. Tune in to your feelings!

Get in touch with your own feelings and get to know yourself better.

Given below is a chart of five felt feelings. Read through the list and ask yourself, if you had any of these feelings lately. Put a \checkmark in the column that shows how often you have had these feelings during the past one week.

In the past one week I felt:



Emotions	Almost all the time	Often	A few times	Hardly at all	Not at all
Fear					
Contentment					
Anger					
Love					
Sad					

This will show how well you understand yourself and your emotions. You can even discuss with your parents/siblings and friends and see what feedback they have to give you and how they assess your feelings as coming across to them.

B. Self-Acceptance

Think about a time/situation that reflects the following:

- 1. I am a brave person. I was brave ______ sk at
- I am capable of being happy. A time I was happy ______
- 3. I am a good friend. A time I was there for a friend
- I am capable of making decisions for myself. A time I made a good decision was
- 5. I am loved and cared about. People who care about me are _____

6. Two things I am really good at are

Note down as many as you feel like from the above and feel free to share it with your family and friends.

C. Managing Stress and Anger

Situation/ Reason for Provocation	Anger Response	Consequences	Response Helpful or Not?

Now see your responses and judge whether your responses were helpful or not.

D. Also think about alternative ways to express the anger and to resolve the issue/ conflict. Some are given below



E. Identify your strengths, weaknesses, opportunities and threats. List the actions to be taken to improve your strengths and weaknesses.

Reflect and Analyse

Strengths

What do I do very well?

What feedback have others given me about what are my strengths?

What achievements am I most proud of?

What are the things I do that help keep me stay happy and deal with this lock down situations?

Weaknesses

What learning or skills am I lacking or need to improve? What do my teachers or classmates/friends or parents generally say about my weaknesses? What are the things I need not to do during this situation?

Opportunities

What are the opportunities available to me to learn new skills? What are the opportunities available to me to keep myself fit? Who are the people who can support me to stay happy and deal in this difficult situations from a social distance and how?

Threats

What external resources do I lack? What external factors block me from remaining stress free?

Remember

- Identifying and using one's strengths can promote wellbeing.
- Strengths can also be applied to manage personal challenges as well as make good use of available time and opportunities.
- Identifying areas of improvement or weaknesses helps individuals grow and become better.
- It is important that one to identify resources at this time of social distancing which can support them to learn new skills and abilities and can help create opportunities.

NUTRITION, HEALTH AND SANITATION

My Food Tracker

Track whether you are eating healthy. Discuss with your parents at the end of the day and see how you can eat healthy food within the family budget, in case there are any gaps.



SAFE USE OF INTERNET AND SOCIAL MEDIA BEHAVIOUR

- Time is precious; therefore, it is very important to see how productively we spend our valuable time.
- It is important to have a check on what are you accessing through media
- If you encounter any kind of uncomfortable message which you are unsure of, please talk to a trusted adult of your family before talking to your peers.
- Show your time plan to your parents at home and take their help in making a plan that will result you to be healthy and happy.
- Focus not only on the time spent but content reviewed too.
- Try to follow the plan for one week.
- Record any difference in your learning and performance your stress level.
- Use internet and social media to learn new skills related to your favorite game and yogic activities. And practice them.
- Observe the change in your physical and mental health.
- NCERT has also brought out the following Books on Health and Physical Education, Yoga and also on growing up Issues.
 - Health and Physical Education-A Teachers Guide for Class VI,
 - Health and Physical Education "Teachers' Guide for Class VII,
 - Health and Physical Education "Teachers Guide for Class VIII.
- These books are also available on the NCERT website (<u>www.ncert.nic.in</u>).

