

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

Activities promoting Physical Health

Learning Outcomes	Resources/ materials	Suggested Activities
<p>The learner</p> <ul style="list-style-type: none"> • describes physical • Fitness (Strength, • Endurance and Flexibility) related activities and does every day to achieve • Physical Fitness 	<p><i>HEALTH AND PHYSICAL EDUCATION A Teachers' Guide for Class VI</i></p> <p>http://www.ncert.nic.in/publication/Miscellaneous/pdf_files/fehped101.pdf</p> <p><i>Health and Physical Education</i></p>	<p>Activities 1</p> <p>Ask the child to collect picture of Good posture when one is walking, standing, sitting, running. Ask him /her to demonstrate these postures. Parents help the child to correct these postures.</p> <p>Activities 2</p> <p>Yogic activities can be done by all children including children with special needs. However, children with special needs should perform these activities in consultation with yoga experts/yoga teacher.</p>

- develops games and sport related awareness
- does yogic activities for achieving holistic health
- appreciates the Diversity of, seasonal and locally available food Indian foods
- identifies differences in physical growth and changes that take place in boys and girls;
- Describes the relationship of the functioning of various organ systems and physical Activities..

A Teachers' Guide for Class VII
http://www.ncert.nic.in/publication/Miscellaneous/pdf_files/hehped101.pdf

Health and Physical Education A Teachers' Guide for Class VIII
http://www.ncert.nic.in/publication/Miscellaneous/pdf_files/HaP_edu_tg.pdf

Yoga A Healthy Way of Living Upper Primary Stage

<http://www.ncert.nic.in/gpPDF/pdf/tiyhwlp1.pdf>

These books are available in Hindi, Urdu and English and also in the NCERT website (www.ncert.nic.in). Pictures of athletes and sportspersons Sports bulletins Sports records - making and breaking from various Sport Federations

The following **General Guidelines for Yogic Practices need to be followed before taking any** Yogic practices. Yogic practices be

- done early morning but it can also be practiced in the evening with empty stomach about three hours after lunch
- not practiced in hurry or when exhausted.
- in a clean and non-disturbing place.
- on a darri, a mat or a blanket.
- simple in the beginning and gradually proceed to do advanced practices.
- done regularly with sincerity and faith.
- started again if practices are discontinued with the basic

The duration and time of yogic practices depend on your availability. However 20-30 minutes is also good for yoga related activities. In Yoga do's and don't are very important. Therefore these should be kept in mind while doing yogic practices. The child can be encouraged to do the following yogic activities keeping the comfort level of the child into consideration.

Yogic Practices for Class VI

<i>Tadasana</i>	<i>Niralamba</i>
<i>Vrikshasana</i>	<i>Bhujangasana</i>
<i>Utkatasana</i>	<i>Ardha-Shalabhasana</i>
<i>Vajrasana</i>	<i>Makarasana</i>
<i>Swastikasana</i>	<i>Uttanapadasana</i>
<i>Ardhapadmasana</i>	<i>Pawanmuktasana</i>
	<i>Shavasana</i>

Yogic Practices for Class VII

<i>Yogic Practices to Enhance Flexibility</i>	<i>Dhanurasana</i>
• <i>Surya Namaskara</i>	<i>Makarasana</i>
Asanas	<i>SuptaVajrasana</i>
<i>Tadasana</i>	<i>Chakrasana</i>
<i>Hastottanasana</i>	<i>Ardhahalasana</i>
<i>Trikonasana</i>	<i>Shavasana</i>
<i>Katichakrasana</i>	riya
<i>Padmasana</i>	<i>Kapalabhati</i>
<i>Yogamudrasana</i>	anayamas
<i>Paschimottanasana</i>	<i>Anuloma-viloma</i>
	<i>Bhastrika</i>
	editation

Yogic Practices for Class VIII

<p>Yogic Practices for Health and Harmony</p> <p>Asanas</p> <p>Garudasana Baddhapadmasana • Gomukhasana Ardhamatsyendrasana aBhujangasana Shalabhasana Makarasana Matsyasana</p>	<p>Naukasana Setubandhasana Halasana Shavasana</p> <p>Kriya</p> <p>• Agnisara</p> <p>Pranayamas</p> <p>Anuloma- viloma Seetkari Bhramari</p> <p>Meditation</p>
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Picture of some of the Yogic Practices are given below. For detail information you can see the link given under resources



Uttanapadasana

It is beneficial in constipation, indigestion, nervous weakness and diabetes. It strengthens the abdominal muscles. It balances the navel centre



Shavasana



PRANAYAMA

Anuloma-viloma Pranayama (Alternate Nostril Breathing)

The *Anuloma* means 'towards' and *Viloma* means 'reverse'. In this *pranayama* nostrils are alternately used in reverse order for each inhalation and exhalation. This *pranayama* is also called *Nadi-shodhana pranayama*.

Bhramari Pranayama

The word *bhramari* is derived from a Sanskrit word *bhramara* which means a 'black humming bee'. In *Bhramari 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

		<p>when he/she is newborn to an aged person and passes through phases of infancy, childhood, adolescence, youth, adulthood, old age .</p> <p>Activity 4</p> <p>Asks the child to write below and records answers given based on their experiences,</p> <ul style="list-style-type: none"> • 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. <p>Write down your experience in your notebook.</p> <p>Activity 5</p> <p>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?</p> <p>Activity 6</p> <p>Do some physical activities daily at home for keeping yourself healthy?</p> <ul style="list-style-type: none"> • Forward roll, • Backward roll, • Sideward roll, • Balance on one leg, <p>Activity 7</p> <p>The Child may be encouraged to read about the life and their achievements about sport persons and other great personalities.</p>
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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.



Yogamudrasana



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.

Do You Know



- ❖ As we grow, we experience physical, mental, emotional and psycho-social changes.
- ❖ All these changes do not take place at the same time. Some children mature early, others mature later.
- ❖ It is possible that physical changes may take place early, but psycho-social changes take place later in the same individual. It may also happen the other way around.
- ❖ We may find these changes sometimes exciting, good or scary, and painful.
- ❖ Sometimes, we can influence the changes in our lives and at other times we have little control over them.
- ❖ If we are prepared for them, we may be able to manage them better.
- ❖ 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 ✓ in the column that shows how often you have had these feelings during the past one week.

In the past one week I felt:



Contentment



Fear



Sad



Love



Angry

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 _____

2. 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 _____

4. 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 _____

sk
at

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

Meditation and do yogic exercise

Laugh a lot

Read a book of interest

Spend time with family

Try something new

Write a journal or story

Sing and dance to music

The image displays seven alternative ways to express anger and resolve conflict, arranged vertically. Each method is accompanied by a circular illustration and a text box. The methods are: 1. Meditation and do yogic exercise (illustration of a man in a meditative pose). 2. Laugh a lot (illustration of a laughing boy's face). 3. Read a book of interest (illustration of a boy reading a book). 4. Spend time with family (illustration of a family sitting on a sofa). 5. Try something new (illustration of a man playing basketball). 6. Write a journal or story (illustration of a desk with a laptop and books). 7. Sing and dance to music (illustration of two children dancing).

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 (www.ncert.nic.in).

