



# The Constitution of India

## Chapter IV A

### Fundamental Duties

#### ARTICLE 51A

**Fundamental Duties- It shall be the duty of every citizen of India—**

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities, to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers and wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.



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# *Health and Physical Education*

**STANDARD - ELEVEN**



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## The Constitution of India

### Preamble

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC and to secure to all its citizens:

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the unity and integrity of the Nation;

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.

## NATIONAL ANTHEM

Jana-gana-mana-adhināyaka jaya hē  
Bhārata-bhāgya-vidhātā,

Panjāba-Sindhu-Gujarāta-Marāthā  
Drāvida-Utkala-Banga

Vindhya-Himāchala-Yamunā-Gangā  
uchchala-jaladhi-taranga

Tava subha nāmē jāgē, tava subha āsisa māgē,  
gāhē tava jaya-gāthā,

Jana-gana-mangala-dāyaka jaya hē  
Bhārata-bhāgya-vidhātā,

Jaya hē, Jaya hē, Jaya hē,  
Jaya jaya jaya, jaya hē.

## PLEDGE

India is my country. All Indians  
are my brothers and sisters.

I love my country, and I am proud  
of its rich and varied heritage. I shall  
always strive to be worthy of it.

I shall give my parents, teachers  
and all elders respect, and treat  
everyone with courtesy.

To my country and my people,  
I pledge my devotion. In their  
well-being and prosperity alone lies  
my happiness.

## Preface

**Dear Students,**

Welcome to Standard Eleven. We are delighted to hand you a textbook on Health and Physical Education.

The book covers topics such as development of physical fitness, obesity, nature and diet, yoga and mudra, doping, injury management, modern technology to activism, opportunities in sports, various sports, sports competitions, and success stories. You will also study the important concepts in the field of sports.

The importance of health and physical education is unique and you will become the ideal citizen of tomorrow's healthy and entrepreneurial India. This requires preparation for the body as well as the mind. This textbook is designed to focus the student learning process, emphasize creativity and constructivism to achieve the minimum potential for physical reinforcement, and make the learning process fun and pleasant.

Essentials for a career in health and physical education field are included in the textbook. It will definitely help you.

It is expected that you will be able to understand the subject more thoroughly while studying the textbook, with the help of suggested, supplementary studies, use of information technology, various media support, group discussions, presentations as well as the help of teachers and parents.

To find out more about content, information is given in Q R Code. Visual information will be available to you through this Q.R. Code to make the learning process pleasant.

While reading, understanding the content in this, textbook, please do inform us which part or area you like or is difficult to understand. We wish you the best in your future academic life.



(Vivek Uttam Gosavi)

**Director**

**Pune**

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## For teachers

Physical Education is the education provided by physical movements that are pleasant, dynamic and capacity enhancing for the physical, intellectual, emotional and social development of the students. Games are inventions of human culture that are natural and innate. Holistic development of the personality is the goal of physical education.

The influx of modern era facilities has increased inactivity. Over use of electronic gadgets is causing neglect towards exercise and games. It is also affecting the work-rest pattern of individuals. The resultant drawback is elevated stress levels and physical disorders. To overcome these drawbacks, the effective implementation of exercise and games through physical education is imperative.

**The guidelines given below will channelize our efforts in fulfilling the goal of physical education :**

- To create an interest in exercise and games among students Plan a child-centred curriculum.
- Be informed of sports plan, concessions and scholarships for sports persons and facilitate its utilization.
- Keeping close association with District Sports Officer, Taluka Sports Officer and various sports associations, furnish students with up-to-date information.
- Organize intramural and Inter School Competitions motivating students with opportunities to participate.
- Keep students abreast of latest information on rules and regulation of the game, exercise, physical activity and health.
- **Theory part :** To teach each chapter, teacher should use two periods. Some chapter or theory part can be conducted on playground.
- While teaching practical chapters use constructivism methodology e.g Self learning, activity based experiences etc.
- **Practical part :** 80% work weightage of total workload should be utilised for practical. Following points have been included in practical part. (1) Physical fitness (2) Various games (3) Yoga (4) Activities (Events) or project (Each student must complete at least two activities throughout year.)
- The subject Health and Physical Education is not only related to sport person or player, but it is also important for every student. Take efforts to give this information to every student.
- Use proper technical knowledge to improve the sports skill for disabled students with respect to their ability.
- The study group is grateful to **Dr. Mahesh Deshpande, Dr. Sharad Aher, Dr. Yogesh Bodke, Dr. Anand Lunkad, Prof. Rupesh Thopte and Prof. Manoj Devlekar** for their co-operation in the process of writing and editing this textbook.

The game brings joy and contentment. Be happy playing games and making others happy.

## For students

Exercise and games have a positive influence on physiological activities of respiration, digestion, blood circulation, etc. in the body. Exercise alone cannot positively impact on physical fitness. Our diet, daily routine, rest and sleep time play a crucial role in physical fitness.

Development of physical fitness, Obesity, Nature and Diet, Yoga and mudra, Doping, Injury management, Modern technology to activism, Career Opportunities in sports, Various Games, Various Sport Competitions, Success stories of sportsmen, etc. are included in our curriculum.

To lead a healthy and happy life our body needs to be physically fit for a longer life and for this it is necessary to exercise regular, and pursue the game and hobbies of our choice in leisure time.

To lead a healthy and happy life, the body needs to be strong and physically fit. Regularly exercise, engage spare time playing a sport or pursuing hobbies of personal interest.

Modern facilities provide ease and convenience of daily routines, resulting in a sedentary lifestyle. Various diseases and disorders such as heart disease, hypertension, diabetes, disorders of the spine and neck, kidney, obesity, depression etc. are the outcome of this modern lifestyle and is reflected on personal and social health.

The subject Health and Physical Education gives guidelines to leading a healthy, fit and happy life. 'Health is wealth' is a popular tag line indicating that personal physical fitness should be a priority. The subject provides the opportunity to comprehend and participate in regular exercise programs and games of individual choice to maintain physical fitness. .

The School Games Federation of India (SGFI) has incorporated various team and individual sports for competitive purpose. Choose one team and one individual sport to acquire in-depth knowledge of its rules skills and regulations. Utilising this newly acquired knowledge, strive to maintain individual physical and mental fitness.

### **Outcomes :**

- Develop personality through play.
- Comprehend the effects of sports and exercise on the human body.
- Creates awareness about physical health and increases level of physical fitness.
- Spare specific time for exercise and sports.
- Apply Yoga program to improve mental health, relieve stress and increase concentration. Valuing an active lifestyle.

Prime mission – 'Health and Physical education for holistic development'

## Health and Physical Education for standard XI

### Competency statements

- To generate awareness of holistic development.
- To plan exercise and diet for physical fitness.
- To develop physical fitness through rhythmic exercise.
- To adopt advanced and technically sound exercise and skills.
- To comprehend the misconception and effect of performance enhancing drugs.
- To develop team spirit to embrace sportsmanship and leadership qualities.
- To acquire information about sports related injuries, first aid and cardiopulmonary resuscitation (CPR).
- To obtain information on professional opportunities in sports and how to acquire them.
- To be inspired by success stories of sportsmen.
- To be informed of the different levels of competition.
- To increase physical fitness through training programs.
- To develop physical and intellectual abilities based on innate strengths and weaknesses.
- To be informed about games, their rules and ground measurement.
- To be aware of modern technology that stimulates physical activity and fitness.
- To be informed about arrangement and facility management of various sports.
- To embrace a stress-free lifestyle.
- To adopt discipline and lifestyle that aids sports dexterity.

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