

Play



Do

Learn

Standard One



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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Play, Do, Learn

(Health and Physical Education, Workexperience, Art Education)

Standard One



Maharashtra State Bureau of Textbook Production and Curriculum Research, Pune - 04



RMBAL

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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.

Foreword

Dear Little Friends,

A very warm welcome to standard first. We are happy to present you the book 'Play, Do, Learn'.

Dear little friends, this book has been specially designed for you. You all love to play, learn new things, create beautiful objects, sing lovely songs, isn't it? This book has been written with the same purpose. The book is filled with lovely pictures. The pictures will guide you to play different games, sing songs, play musical instruments, draw pictures and colour them, learn the art of drama, dance etc. You will be able to learn the art of making paper fans, dolls etc. on your own. You will be helped by your teachers, parents and classmates for all these activities.

Physical activities and games make you healthy and strong. You will be able to make everyone around you happy, if you learn a certain skill or develop a certain talent. This book will help you to make small articles all by yourself. You can display all these in your personal exhibition. You can give these articles as gifts to your loved ones. You will be appreciated by everyone for this. Everyone will feel proud of your creativity, talent and your performances.

There is a Q.R. code given at the bottom of certain pages. You will enjoy the information that is given through these Q.R. codes. Your precious feedback about the parts of the book that you like the most and additions that need to be made; would prove to be most valuable to us. Therefore your feedback is most awaited. We are sure you will enjoy every part of this book.

Wish you all the best for your future progress.



(Dr. Sunil Magar)

Director

Pune

Date : 16 May, 2018

Indian Solar Year : 26 Vaishakh 1940

Maharashtra State Bureau
of Textbook Production and
Curriculum Research Pune.

For Teachers

Dear Teachers,

We present this book which is a combination of Art Education, Workexperience, Health and Physical Education. This triplet is entrusted upon you to bring about an all round development in our children. These three subjects are interconnected and interrelated with each other and accompany us throughout our lives. These subjects make a valuable contribution to our lives. If this contribution begins at the tender age of 'Happy Learning'/'Joyful Learning'.

The book is named '**Play, Do, Learn**' which establishes a close relation with the readers. At the same time it is not only a combination of three subjects- Health and Physical Education, Workexperience and Art Education; but also complement each other in every respect. At the level of first standard, our children have not mastered the Art Education of reading and writing. Keeping this aspect in mind, this book has laid stress on pictures more than words. It is expected that the teachers make use of these pictures to bring out the expressions of the children and get various activities like drawing, playing, singing done from them.

As this book has been designed entirely from the children's perspective, it does not include the entire syllabus, subjects, objectives, fields, projects, activities, etc. that have been mentioned in the curriculum.

The teacher's handbooks will prove to be helpful to the teachers in this respect. These Marathi handbooks are available at Balbharati's all depots. The text book has given only one activity. The remaining activities have been provided with guidance and demonstration in these handbooks. The actual teaching and learning is expected to be divided according to the allotted periods. Although the book has combined the three subjects - Health and Physical Education, Workexperience and



Art Education it is expected that the three subjects should be studied under separate entities. At the same time it is important to establish a correlation between these three subjects and other academic subjects like Language, Mathematics Environmental Studies etc. It is also necessary to have a subject-wise time-table with proper distribution of periods for every subject. It is important that the teaching-learning process becomes effective with the help of qualitative evaluation. Continuous Comprehensive Evaluation methodology should be used for evaluation. It is important to give a lot of scope and priority to the choice and liking of the children. It is expected that there is maximum participation of children in 'My Activity'. Certain amount of required help can be rendered by parents and teachers, if necessary. Perfection is not expected. The child is expected to enjoy every activity and draw happiness out of his/her personal creativity. There should be a feeling of ease while performing these activities. The material required for these activities should be easily available so that the child takes complete interest. The teacher has the liberty to change the activity if required. Along with 'My Activity' students can be given activities according to their age, liking, aptitude and ease. It is necessary to see that there is individual participation from every student in each and every activity. More opportunities should be given for expression. As far as possible, selection of the activity should be done after considering the required material as well as the geographical conditions. The selected activities should be at par with educational values and flexibility.

'Play, Do, Learn' activities should also be considered to establish a correlation with subjects like Mathematics and Languages. If teachers have developed different activities or material for this subject, the same can be shared with the bureau. New ideas as well as activities are always welcomed by us.

We are confident that creative and enthusiastic teachers will always welcome this textbook.

Board of Studies
Art Education, Workexperience, Health and Physical
Education
Textbook Bureau, Pune

Play

Learning by Playing

Do

Learning by Doing

Learn

Learning by Art
Education



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Play



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