

# 1. Health

## 1.1 My Daily Routine



**Wake up before  
sunrise**



**Morning Processes**



**Brush my teeth**



**Take a bath**



**Comb my hair**



**Have my food**



**Wear clean clothes**



**Go to school**



**Play games on the playground**



**Study**

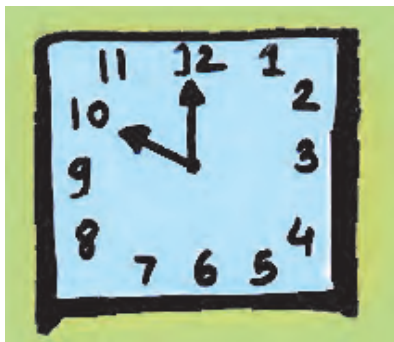


**Help with household work**



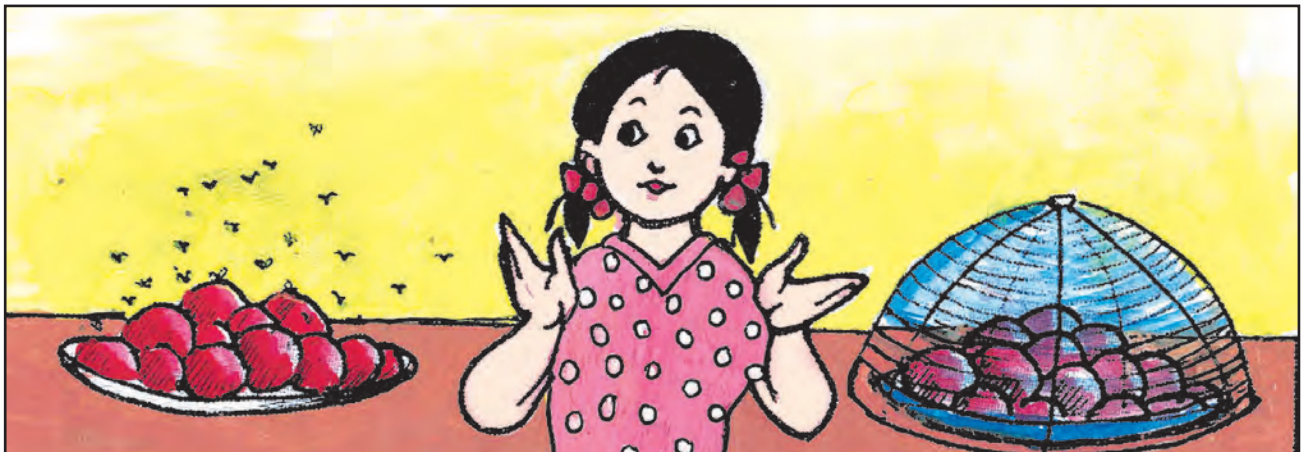
**Sleep**

## My Activity



Ask children to observe the pictures and describe them in their own words. They should be informed about the importance of healthy habits. They should incorporate these habits in their day to day life.

## 1.2 Diet



Tell the children to finish all the food that is served in the plate. Tell them not to spill while they eat. Ask them to avoid food items that are left open. Tell them to drink sufficient water. Tell them to wash hands before eating. Tell them about the importance of eating all types of vegetables. Tell them to eat seasonal fruits. Inform them about wrong food combinations.

## 1.3 Cleanliness



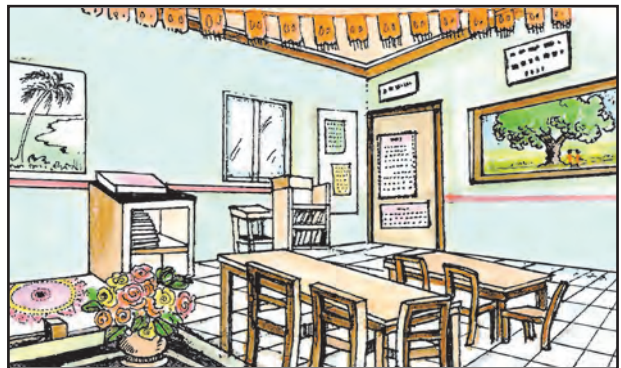
My House



My School Surrounding



My Surrounding



My Classroom

## My Activity

- Keep your room clean and tidy.
- Keep your things in their proper places.
- Take care of the cleanliness in your house.
- Keep your surrounding clean.
- Throw garbage in the garbage bins and not on roads.

Make the students observe the pictures. Discuss about their experiences. Make the children perform the activities shown in the picture. Pay attention towards their cleanliness habits regularly.

## 2. Different types of movements and Appropriate Body Postures

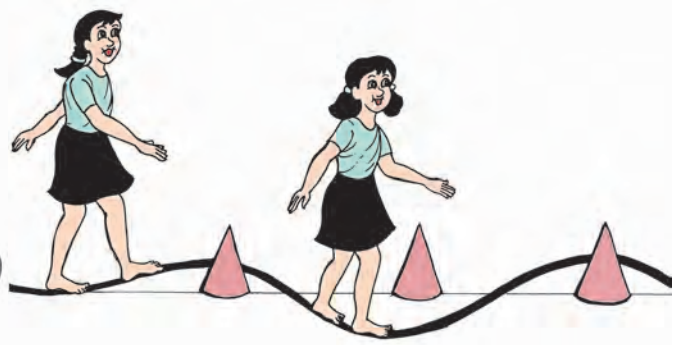
### 2.1 Leg Movements



Walk in a straight line



Walk on your heels along a circle

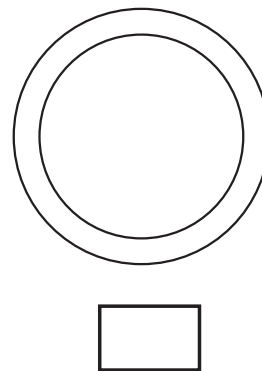
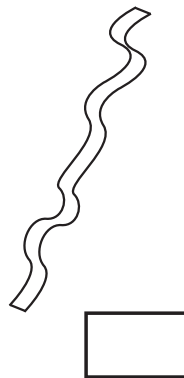
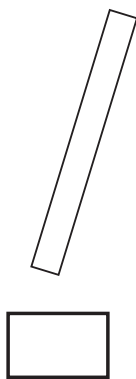


Walk along a zigzag path

Walk on the outer edges of your feet



### My Activity



- Which leg movement did you like the most? Put a  in the box below the picture.

Ask the children to observe the pictures carefully. Instruct them to walk according to the movements shown in the pictures. Introduce some new styles of walking. Caution the children and instruct them to maintain their balance. Teachers can organize groups and conduct competitions.



Kick Forward



Kick Backwards



Kick towards the right



Kick towards the left

## My Activity

Colour the picture



Ask children to observe the pictures and perform the movements. Ask them about their favourite movement. Make them repeat all the movements.

## 2.2 Imitative Movements (Animal walks)



Frog jump



Elephant walk



Horse walk



Camel walk



Peacock walk



Rabbit



Horse



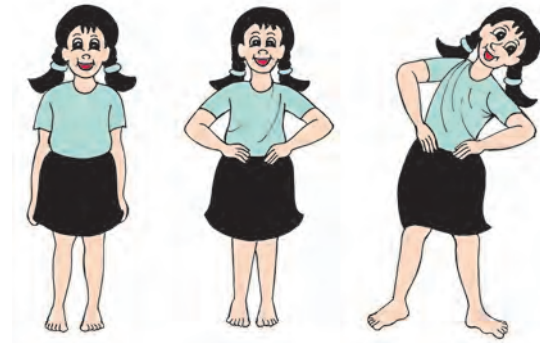
Peacock

Observe the pictures and identify the walks. Ask them about their favourite walk.

## 2.3 Warming up exercises (Basic Exercises to be done on the spot.)



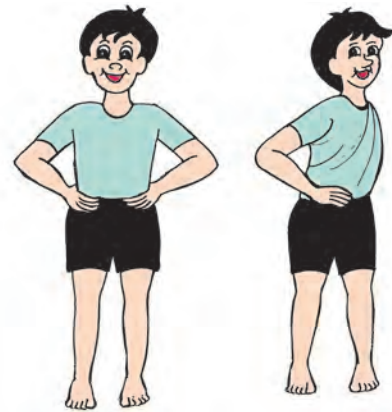
Place your hands on your hips and bend towards the right.



Place your hands on your hips and bend towards the left.



Twist your body towards the right, without moving your legs.



Twist your body towards the left, without moving your legs.



above you



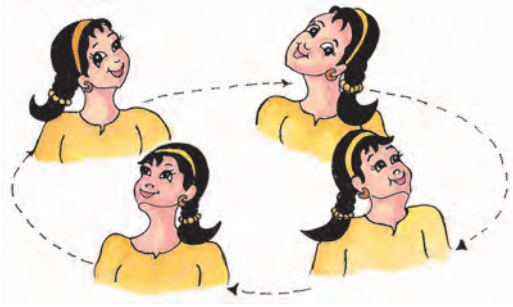
Stretch your hands



behind you



Front of you



Rotate your neck clockwise and anticlockwise



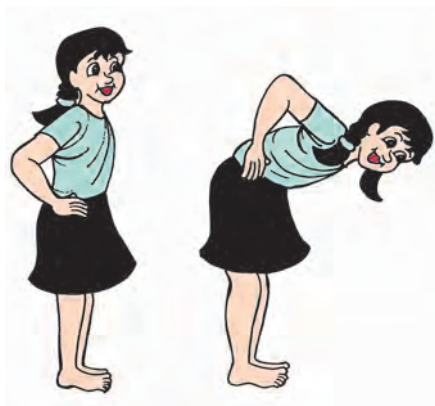
Rotate the upper portion of the body from the waistline



Place your hands in front of you and rotate your wrists.



Rotation of ankle



Place your hands on your hips and bend forward.



Place your hands on your hips and bend backwards

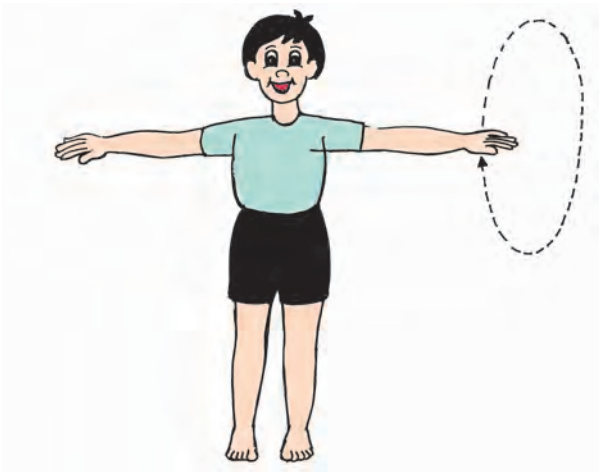
Ask children to observe the pictures. Help them to perform the movements accordingly. Introduce other new movements. Make sure there are no jerks. Divide them into groups and make them perform the movements.



Maintain body balance while walking on your toes.



Maintain body balance while walking on your heels.



Bring your hands straight along the shoulder line and rotate your hands.



Place your hands on your shoulders and rotate them.



Movement of ankle



## 2.4 Movements with props and mutual co-operation



Throw a ball

Catch a ball



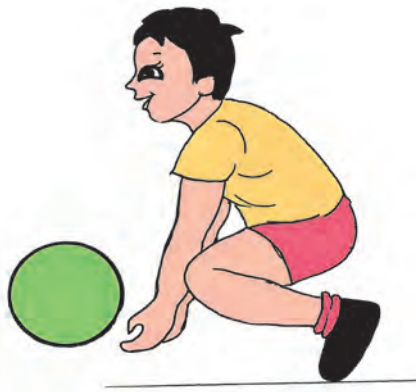
Retrun the ball, by hitting



Kick the ball

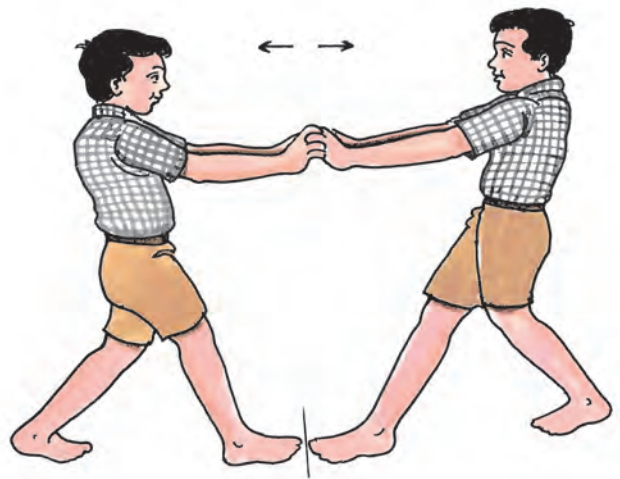
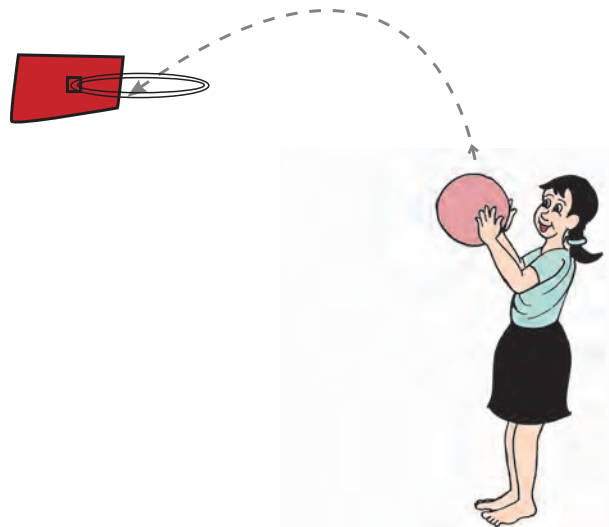


Hit the ball with a bat



Defend/Stop the ball

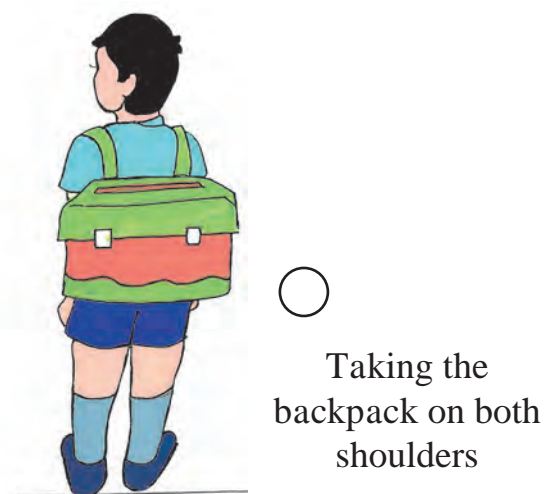
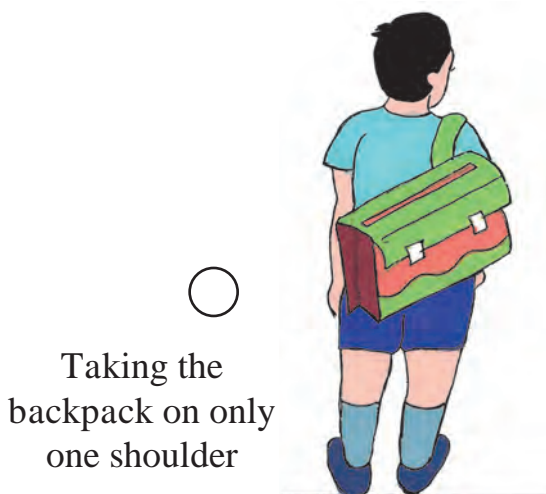
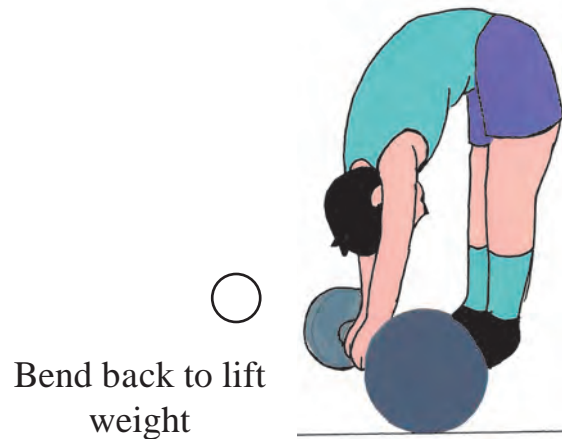
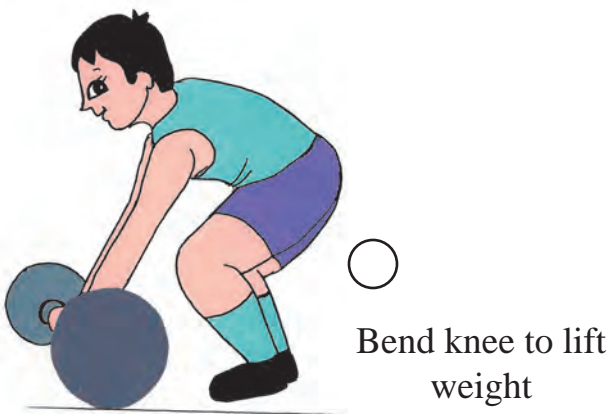
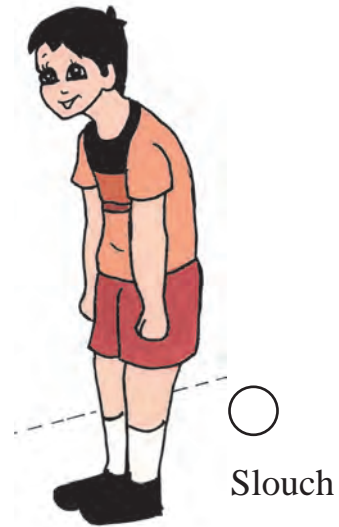
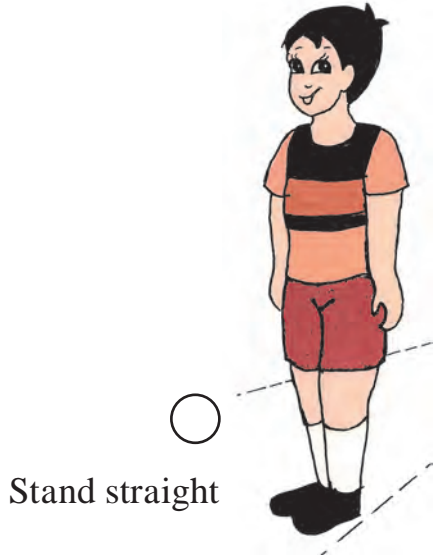
Introduce some new movements with props. Instruct children to maintain balance while performing the movements.



Make students perform different types of movements with the help of props. Different types of races or games can be conducted. Selection of movements should be in accordance to the children's capacities. Take care that there are no injuries while playing.

## 2.5 Appropriate Body Postures

Put a  along the correct posture and a  along the wrong posture.





Walking with a straight back



Walking with a slouched back



Sleeping on the stomach



Sleeping on the back



Tying the shoelace by bending



Tying the shoelace while sitting.

Introduce the children to the correct body posture with the help of pictures. Discuss with them about the correct posture while sitting, standing, walking, reading, etc. Take efforts to make children use the correct posture in the class as well as at home.

## 2.6 Drill



Attention



Stand at ease



## Rhythmic drill



Basic position



Hands in front



Hands above



Hands at the sides

Observe the pictures. Make the students perform the drill according to the pictures.

## 3. Games and Competitions

### 3.1 Entertainment Games



Lemon and spoon



Three legged race



Hopping



Blind man buff



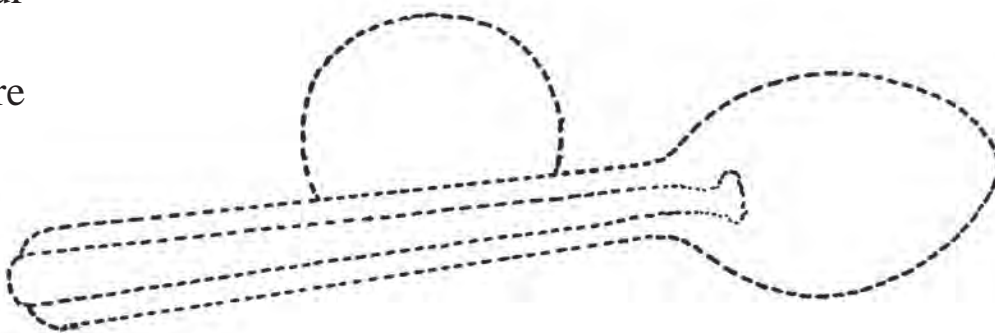
Catching the cook  
while climbing trees  
(*Surparambya*)



Lock and key  
(*Vishamrut*)

### My Activity

Colour  
the  
picture



Take care that children do not fall while playing. See that the playground is clean. Ask children to observe the pictures. Demonstrate some similar games to the children.

## 3.2 Sedentary Games



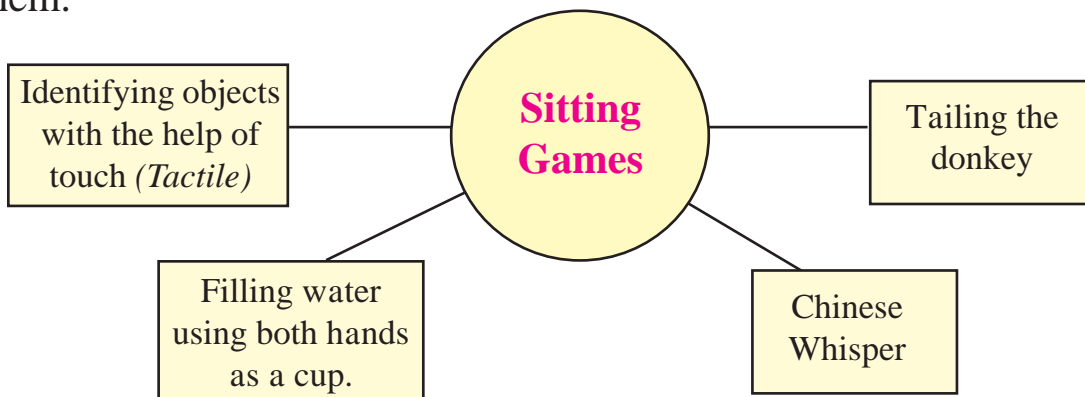
Tactile activity

Mother's letter

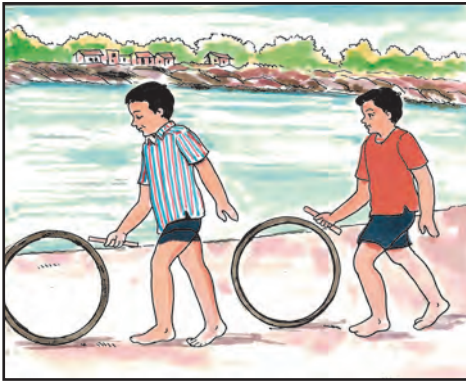


### My Activity

Collect information on the following games and make the children play them.



### 3.3 Regional and Traditional Games



Rolling the tyre



Lagori



Jumping in and jumping out  
(*Talyat-malyat*)



Blind man buff  
(*Andhali Koshimbir*)

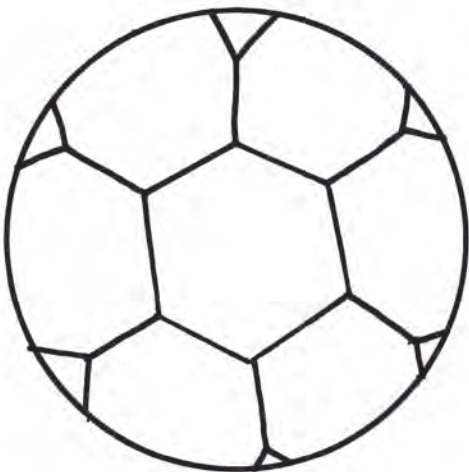
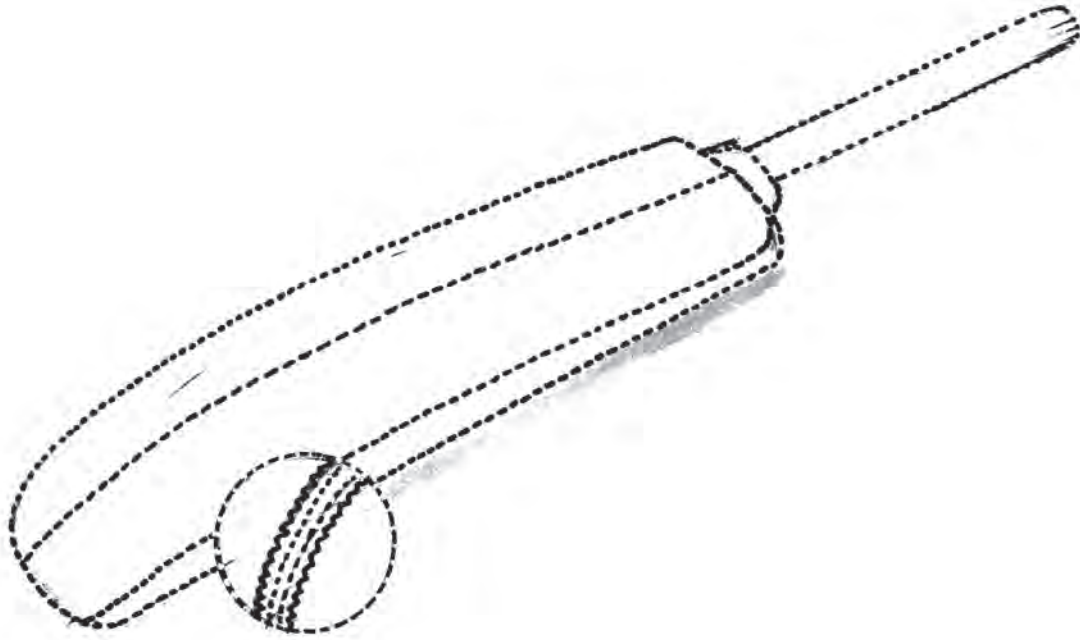
#### My Activity

Make the children play games of their own choice.  
(Those which are not shown in the pictures above.)

Ask children to describe the above pictures. Ask them to demonstrate the new game. Ask them about the different games they learnt to play in their village.

## My Activity

Colour the pictures.



### 3.4 Different kinds of games and competitions.

#### Flexibility Game

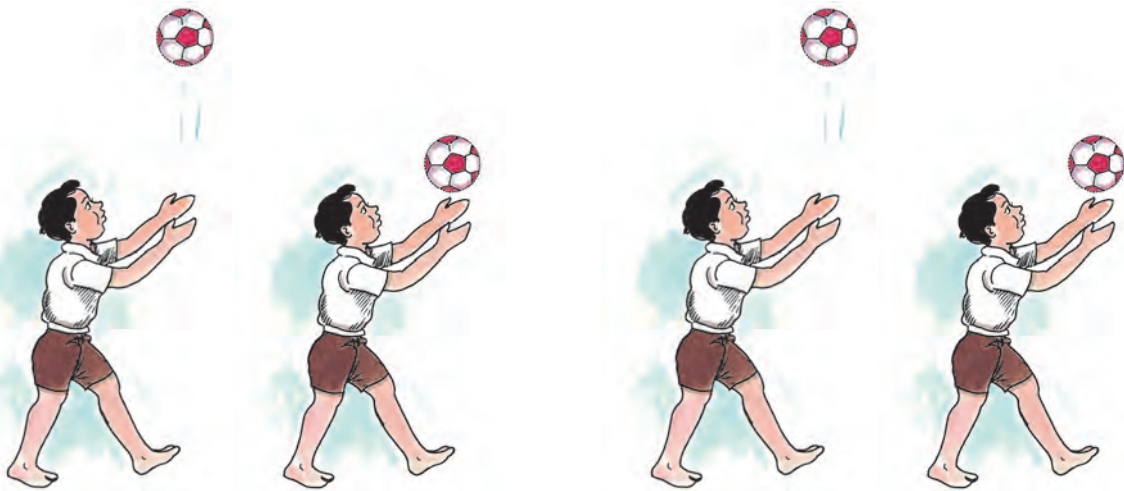


Forming a 'V' shape of your legs and bending to pick up an object kept in front of you.



Passing the ball

#### Games for body coordination



Throwing and catching the ball

#### Running Games



Running 30m.

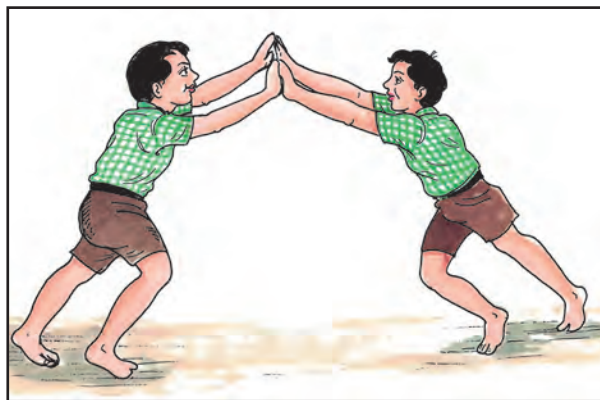


Three legged race.

## Strength of limbs



Tug of war  
(*Rassi Khech*)



Pushing each other

## Muscle Strength



Shoulder war



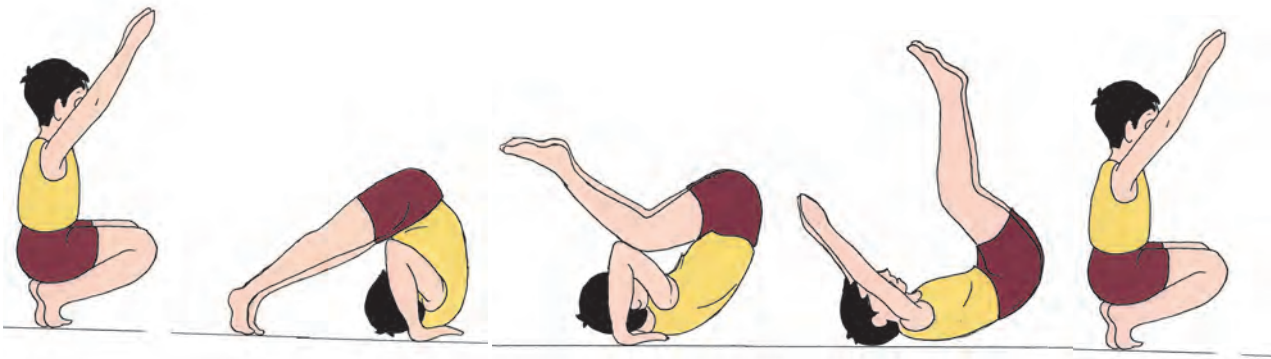
Lifting the partner on the back  
(*Sakhareche Pote*)

You can conduct different types of competitions and games. (Take care of children's safety)

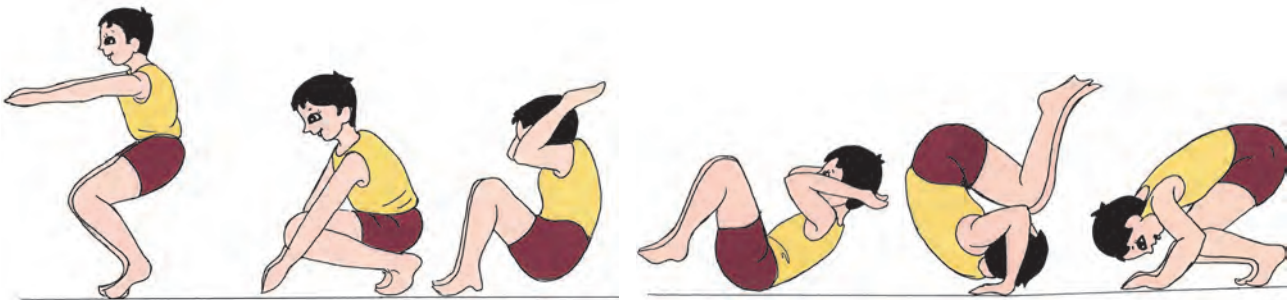
## 4. Skill Based Activity

### 4.1 Gymnastics

#### Front Roll



#### Back Roll



Put a  in the box along the picture you like the most.

Front Roll

Back Roll

Observe the pictures carefully. Children should perform actions according to those shown in the pictures.

## 4.2 Athletics



Running in a straight line

Jumping and moving forward



Running Backwards



Jumping by lifting legs upto your knees.

Ask the children to observe the pictures carefully and describe them. Ask them if they would like to run in the different ways as shown above.

### 4.3 Kinesthetic Activities



Skipping rope



Walking on bricks while  
maintaining body balance

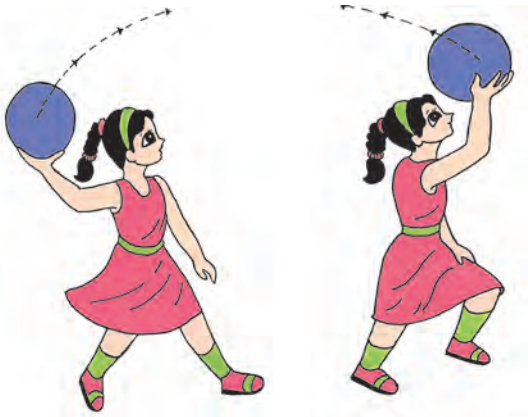


Stick Game  
(Viti Dandu)



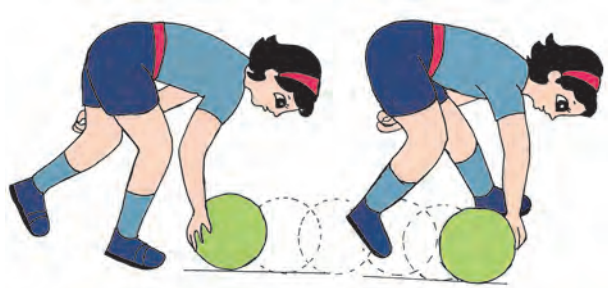
## 4.4 Sport Skills

### (1) Throwing the ball



Throwing the ball

### (2) Rolling the ball



Rolling the ball  
forward

Rolling the ball  
backwards

### (3) Catching the ball with self

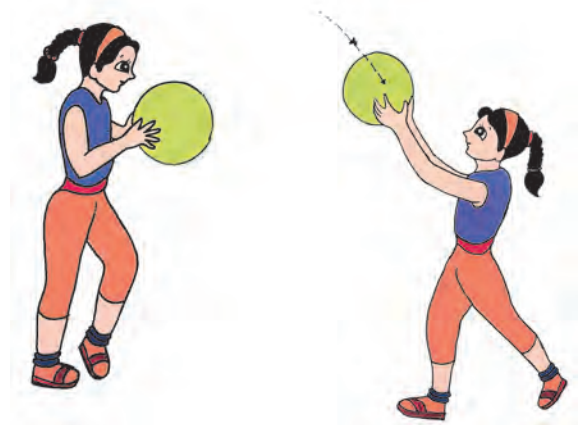


### (5) Stopping the ball



Hitting the ball  
with a bat

### (4) Passing and Catching the ball with others



Make the children practice different sport skills. Explain to them the different types of sport skills using hands, legs and head. You can use optional equipment if necessary. Take care of the children's safety.

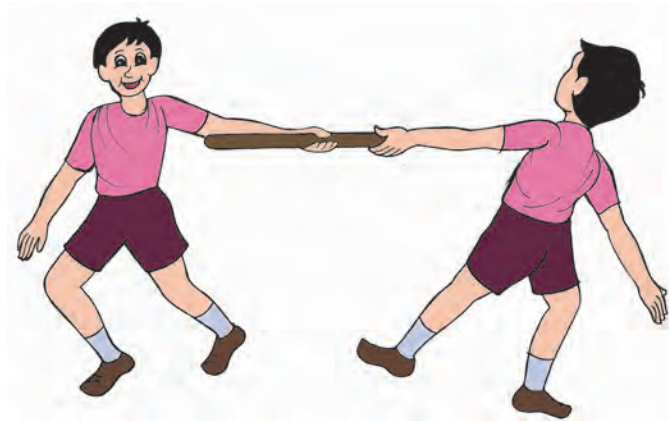


Catching the ring

### Strength/Power



Pushing the wall with your hands



Pulling a stick with your hands

### My Activity

your favourite game.

Pushing with hands

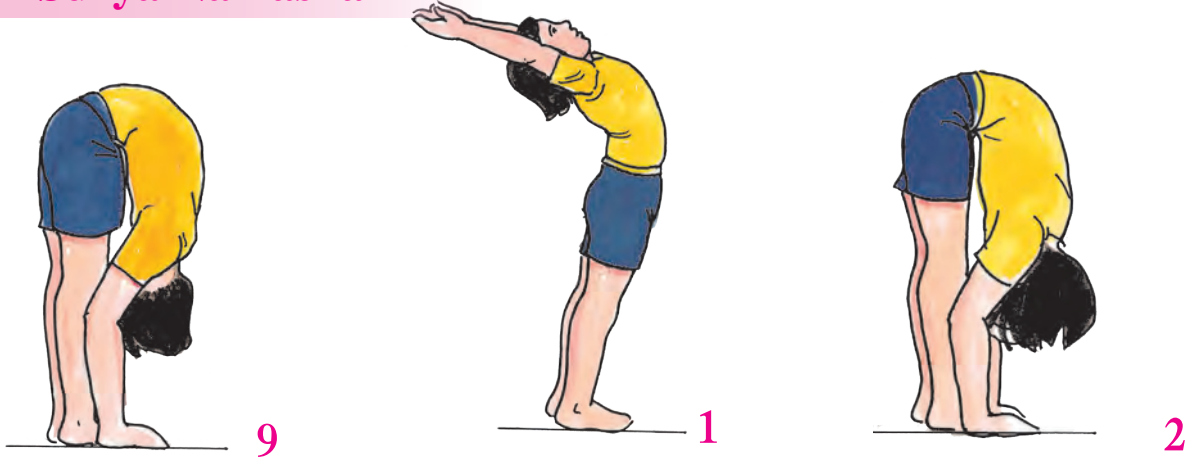
Catching the ring

Pulling a stick with your hands

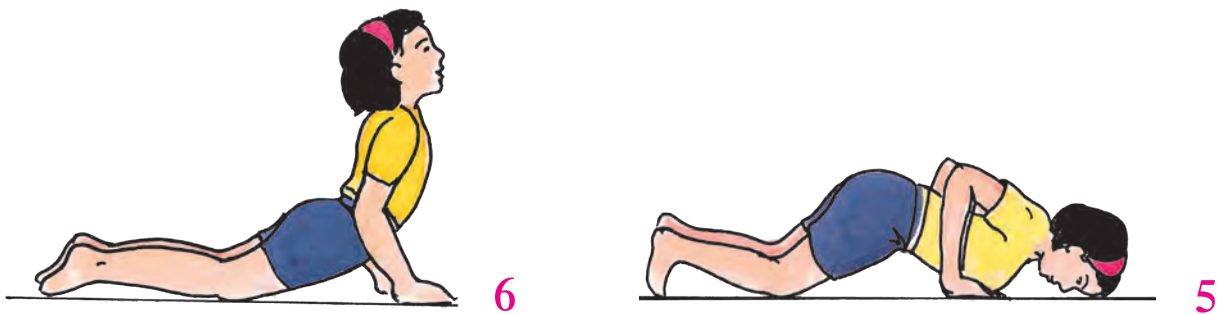
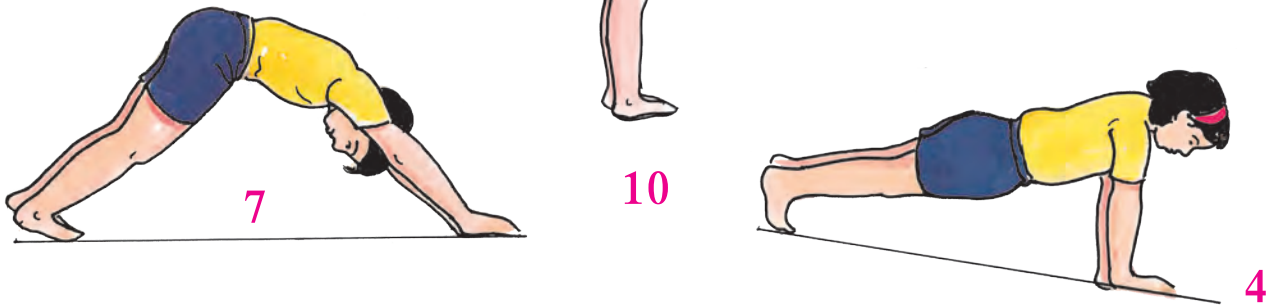
Make sure that the students do not fall or do not get injured while they play. Encourage the weak students to play according to their capacity. Ask the students to observe and describe the pictures. Take up games as shown in the pictures.

# 5. Exercises

## 5.1 Surya Namaskar



Basic Position



## 5.2 Various Body Postures

### (1) Postures to be done while lying on your back

Balancing your legs



Lifting your legs upwards



Lay down for relaxation



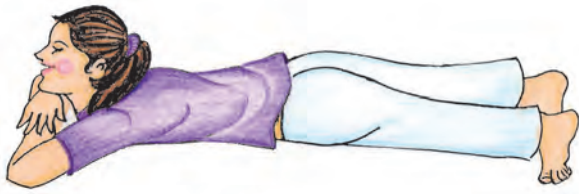
Posture like a plough

### (2) Postures to be done while lying on the stomach

Posture like a Cobra (Snake)



Posture like a crocodile



Posture like a mountain



Posture like a boat



Posture like a bow



Sitting in a cross-legged posture



Posture like a tree



Introduce the children to basic information about the ethics and rules to be followed in yoga. For special children /sick children, help should be given to perform postures according to their capability. Conduct a proper warmup before starting the body posture exercises.