



ASHA MODERN JUNIOR HIGH SCHOOL

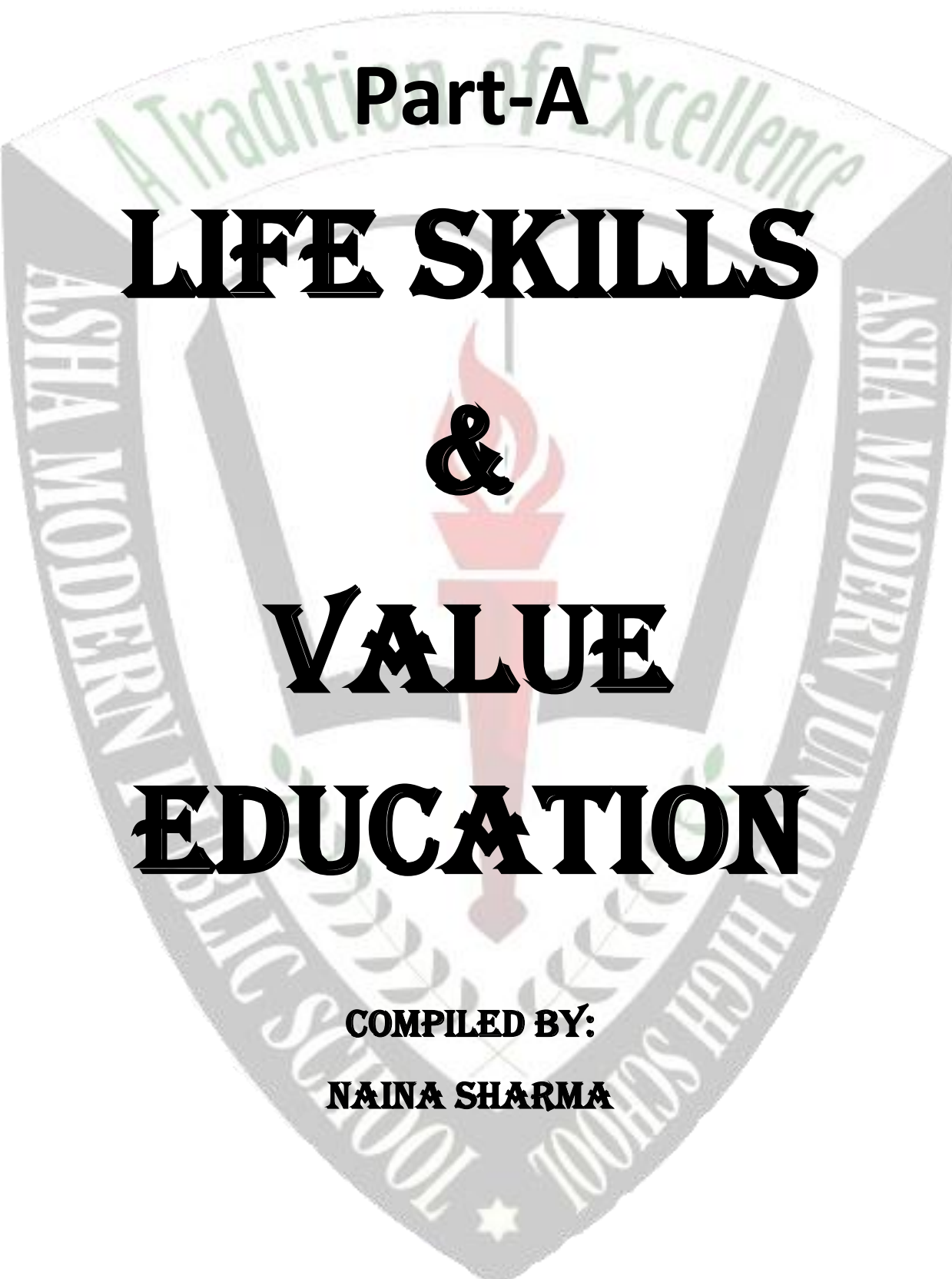
**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-III

(SESSION 2025-2026)



Part-A

LIFE SKILLS

&

VALUE

EDUCATION

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UNIT – 1

CARE OF BELONGINGS

We must give importance on valuing things. It helps us become more responsible, respect others and in turn makes us feel good about ourselves.

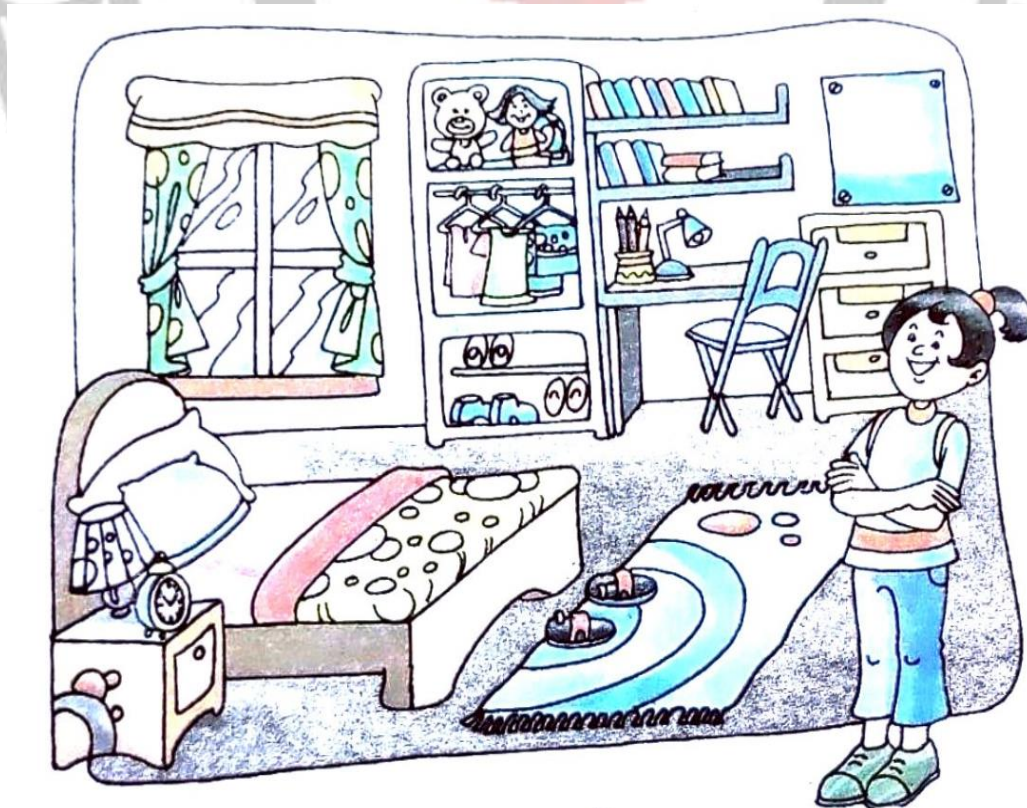
Tips to take care of things:

- **Be Organized** - All personal belongings like books, games, puzzles etc. should be arranged properly in separate shelves. All the clothes, shoes and accessories should be kept in separate closet.
- **Label the place** – All the closets, bookshelves, drawers should be labeled clearly so that it is easy to find things whenever required.
- **Clean Regularly** – You should always keep some time to clean your room and personal items as it will keep you healthy and increase the life of the items.
- **Avoid scattering of items** – Keep your items in the proper place as it will keep the house clean, and the items will not be lost.
- **Keep special study area** – All your books, bags, stationery etc. should be kept at one proper place so that they are available as and when required.
- **Decorate your room** – Arrange your room in the manner you would like it to look. This will make you feel more comfortable and keep you happy in the surroundings. Also, talk to your parents on how you want to decorate your room and ask for their suggestions.

Value things in your surroundings:

- It is important to value things in your surroundings in the same manner as we value our personal things. It teaches us respect and care for our surroundings.

- Some important ways on how to take care of things:
 - Take care of furniture at home and school. Don't jump on them or spoil it.
 - You should not write on the walls.
 - You should not mishandle the electronic items.
 - Don't waste the paper as it is valuable resource.
 - Never waste or throw food or water.
 - Save electricity.
 - Donate the clothes which are not of use to the needy people.
 - Don't break or throw your toys and games.
 - You should not litter the vehicles or public transportation.
 - Don't litter on roads, parks, and other places around you.
 - Always take care of your pets and their belongings.



UNIT – 2

BODY OWNERSHIP

Private Parts

- Private parts are the parts of our body that are always covered in front of others. Nobody should touch our private parts, not even the people who love us.
- It is unsafe for anyone to look at or touch a child's private part, even a doctor or nurse for health issues if no trusted grown-up is there.
- Boys and girls have different private parts.
- You should not let anyone look at or touch your private parts even if you love them or they love you.
- You should not allow anyone to touch your private parts even if you're playing games or having fun.
- You should not look at or touch anyone else's private parts.
- We share our things like books, toys, T-shirts with our brothers, sisters, and friends but there is no sharing or touching of private parts.

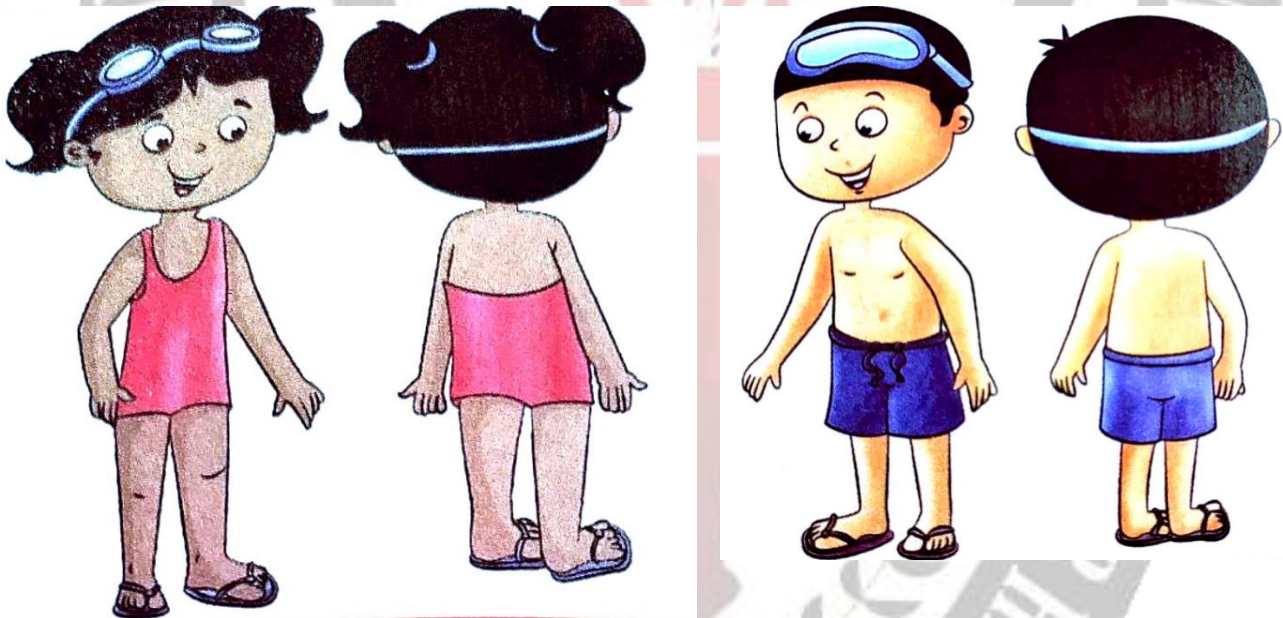
Taking Help

- When you are not well, a loved and trusted grown-up will need to look at or touch your private part.
- They may do so to help you:
 - Go to the toilet.
 - Take a bath.
 - Take medicine.
 - Eat food.
 - Brush your teeth.
 - Rinse your mouth.
 - Wash your face.

- If a grown-up you love and trust is with you, you should let the doctor or nurse look at or touch your private parts.
- They may do so to help you get better.
- Learn to go to toilet, take bath, and get dressed by yourself.

Kisses

- Your mouth is a special type of private part because you do not cover it.
- No one, not even your loved ones or best friends should kiss you on your mouth or any other private part.
- You should also not do the same to anyone else as it is unsafe.



UNIT – 3

BE HONEST

Honesty means to be truthful in thought, word and deed, or in other words, honesty is thinking, speaking and acting truthfully. Our honesty is tested when we have a chance to lie, cheat or steal. How would you feel if your friend wins a game of Ludo by cheating? You may start shouting and calling him a 'cheater'!

So, would you like your friend to cheat you? No! Then you too should never cheat anyone.

When you cheat or lie, you are afraid. When you are honest, you are not afraid. You become strong in your mind. Therefore, honesty makes you happy and fearless while dishonesty makes you fearful and unhappy.

The Mysterious Seed

There once lived a great king. He ruled his kingdom fairly and wisely and the people in his land were very happy. But the wise king was growing old and he began to worry about choosing a good responsible successor.

The king then summoned all the youths of his kingdom. He gave each of them a seed to plant and asked them to return with healthy plants they grow the following year. He declared that the person with the best, healthiest plant would be the next king. Many people came and took away seeds.

Among them was a young boy, Madhav, who loved gardening.

He was sure that his plant will grow to be healthiest with many beautiful flowers. He sowed the seed and looked after it day and night but, to his dismay, the seed did not grow into a plant. After one year, all the young people gathered outside the castle hoping to become the next king. All of them brought plants with the most beautiful flowers blossoming on them, except a very embarrassed Madhav whose pot did not have a plant, let alone



flowers!

The king observed everyone and admired the plants till he came to Madhav and asked him why he did not have a plant. Madhav sadly told him that although he had looked after the seed as best as he could, it had not grown at all. To everyone's amazement, the emperor hugged Madhav and declared him to be the next king. Madhav got rewarded for his honesty and truthfulness. The king revealed that all those were boiled seeds, so that they absolutely could not grow into plants.

Moral: Honesty brings rewards.

Some of the honest activities you can practice in your daily life are :

1. Don't take anything from a store without paying for it. In other words , do not steal!
2. Keep your eyes on your own test paper.
3. Tell your parents about a mistake you made earlier.
4. Be truthful with your friends and thank them for being truthful with you. Don't gossip and pass any unwanted comments.
5. Accept that God is the real proprietor (owner) of everything. Thank Him for giving us sunlight, air, water, food grains , fruits etc.
6. Pray to the Supreme Lord for inner strength and good intelligence.



UNIT – 4

STRANGER DANGER

This is something we have been hearing since we were little kids. But who are these strangers? Are they just people we do not know? What about our relatives? Do all relatives count as close family? Should we blindly trust them even when our parents are not around?

As we step out into the world, we must enjoy its wealth and enjoy the freedom we will slowly gain as we grow up. It may start from being able to go or come back home from the bus stop, or the freedom to go out with friends occasionally. Yet, we should also be careful about some things to keep ourselves safe.

Given below are some ways in which you can handle such situations where a stranger tries to talk to you.

Here is a step-by-step guide on how to handle stranger danger.

IGNORE: Ignore a stranger when they wish to talk to you.

SAY NO: Say no to any request they may make, no matter how simple and innocent it may seem.

GO: Go to a crowded place if you feel uncomfortable. Look for either a policeman or a guard to help you out.

YELL: Yell out as loud as possible! Make sure to alert adults around you!

TELL: Immediately tell a trusted adult what happened.

Do you know that we all have alarms in our bodies? Imagine your body is like a superhero that can tell you when something is not right or unsafe. Body alarms are like your superhero powers! Sometimes when you are around a stranger or in a situation that does not feel good or safe, your body can give you signals or feelings.

These feelings can be stomach-ache, anxiety, butterflies in your stomach or the feeling that something is wrong. We can switch off our alarms for our close ones and there are a few people for whom we should keep our alarms on.

We should keep in mind that in case we ever encounter such people, there are safe strangers we can choose to trust. Safe strangers are people we can turn to for help when we need it.

Policemen and firefighters are two examples of very recognizable safe strangers. Teachers, principals, for instance, are adults we can trust too, and they are easy to recognize when they are at work. But make sure you ask for help in a public and secure location.

We can ask our parents to point out safe strangers when we go around town with our families. Also, we can ask our parents to show us safe spots if we ever need them, such as local stores and restaurants and the homes of family and friends in your neighborhood.



UNIT – 5

BULLYING

Bullying is the action of humiliating or embarrassing others physically or verbally on a regular basis. Bullying does not refer to physical actions alone; it can be done through words too. Bullying is of two types: Physical Bullying and Verbal Bullying.

Physical Bullying includes

- Takes pleasure in making you feel hurt, uncomfortable, or afraid.
- Tells all around you not to talk to you or play with you.
- Kicks, pushes, or punches you, or physically hurts you on purpose.
- Keeps troubling you by taking or damaging your things.
- Repeatedly says or writes nasty and cruel things about you.

Verbal Bullying includes

- Teasing somebody who wears spectacles by calling names.
- Teasing somebody who may have a physical deformity, like a limp or a stammer.
- Saying unkind things to a student who comes from a poor family.
- Passing mean comments or calling a fellow student who does not do well in studies a 'duffer' or a 'failure'.

Bullies bully for different reasons

- They feel that those they bully lack courage and will never fight back.
- They feel they are being very "smart" when they do it.
- They may not be as good as you and, hence, are jealous of your achievements.
- They are kids who are spoilt and used to having their way.
- They themselves get bullied at home and so they bully others who are weaker than them in school.

Rules

We promise to:

- Tell a teacher when you see bullying.
- Reach out to those who are bullied.
- Not join in when others are bullying.
- Be a friend to who is being bullied.



UNIT – 6

LET US BE TOLERANT

Imagine your mom always praises your younger sister. She compares her good deeds with your ones. You don't understand why she is superior to you. She takes advantage of it and doesn't do any work. You want to blow her nose, hit her, you start disliking her.

What would you do?

Get angry and hit her? or Ask mom to treat both of you equally?

Read the story to know more.

Naman and Manan were twin brothers. They were great friends too. They played and worked together. One day while playing they started fighting for a toy gun. Then they decided that they will sort out all the toys that belonged to them. The next day they made two separate boxes of toys. It took the whole day to do this. They got tired and went to sleep. The next day they started dividing up other things and their room. Day after day this went on and they kept on dividing things. Finally they saw there were two piles, rising up to fan. As the days, weeks, even months passed, they both did not change. They kept on dividing things and disagreed with each other. They forgot to smile. Now they had grown up with hate for each other.



One day they saw all the piles of things they had made over the years were mixed up. Someone had done it secretly. Both were furious and shouted together, “ Who had done it?” Soon they saw two children playing at the corner of their room. They were picking up things and enjoying. They seemed quite happy.

Seeing the children happy the brothers realized how foolish they were! They had everything but still they were not happy. They were sad for not enjoying their life in all these months.

Next day they called the children again. They mixed all the toys and started playing with them. Now they knew sharing is so important as it brings happiness to everyone.



UNIT – 7

BE RESPECTFUL

What is respect?

Respect means to show care and polite behavior towards someone you consider important and accepting them as they are.

For example, you show respect to your teachers by following their instructions and giving them your full attention.

The way you speak with them or the way you behave should be such that it creates a good and positive impact on them. That is how you show respect.

But why do we need to show respect?

When you receive respect, you feel good and confident. You feel like you have value and are accepted by others for your goodness. You feel like you can achieve anything you want when people respect you.

In the same way, when you show respect to others, they experience the same good feeling you feel. Isn't it nice if people remember you for your goodness and not for your bad behavior?

Think of it this way: the way you are with others is the way you want them to be with you.

So, if you want respect, you have got to give it, too.

TO RECEIVE RESPECT, YOU MUST RESPECT, TOO!

Once Upon a time, there was a family who had two children. Their daughter was elder to her brother. The daughter's name was Anu and her brother's name was Manu. They used to play together, study together, and spend a lot of time together.

Anu was a good girl. She was good at her studies and everything that she did. Manu was also a very caring brother. But Anu had a habit of shouting at her brother whenever she was angry. She would not realize how rude she would get with him. Many a times her parents advised her to be polite with her younger brother, but she was unable to improve her way of talking with him.

One day while they had some guests in their home, Anu mistakenly broke Manu's favourite toy car.

Manu got very angry at his sister. He could not help but yell at her in front of her guests. Anu felt bad about the way he was shouting at her.

After the guests left, her father called her and asked why she was not having her dinner. She was very angry at Manu since he shouted at her when the guests were at home.

“Anu, surely Manu’s behavior with you was not good. But you must realize that this is how Manu must have felt a lot of times when you were rude to him. You both must learn that to receive respect, you must also give it,” her father said to her.

Immediately, both anu and Manu apologized to each other and tried their best to always respect each other.



UNIT – 8

SAFETY RULES

Road Safety Rules

- **RED:** It means 'Stop'. When the signal turns red all the vehicles stop.
- You can cross the road when the signal for the vehicles is red. But before crossing, first look to your right, then left, and then right again.
- Never cross a road alone.
- Always cross at zebra crossings.
- Be alert and listen to car horns.
- **GREEN:** It means 'Go'. Only when the signal turns green, do the vehicles move ahead.
- **YELLOW:** It means to 'Slow Down'. When the signal turns yellow the vehicles should slow down and prepare to stop.
- Never take any body part out of the window of any vehicle that you are riding in.
- Always wear a helmet when riding a bicycle.
- Always wear a seat belt inside a car.
- Every day you follow rules so that you and others can be safe.
- There are rules for grown-ups too.
- Some rules that grown-ups must follow are called laws.
- If a grown-up breaks a law. They get punished by the police.
- There is a law to punish people who look at or touch children in an unsafe way. This law is called POCSO.
- If someone touches or look at you in a unsafe way, you should tell your:
 - Parents
 - Grandparents
 - Teachers
 - School Counsellor
 - Any grown-up you love and trust.

- If a child gets an unsafe touch or look from someone, they can call **9868235077 or 1800115455 or 1098.**

5-Step Safety Rule

- **Step 1:**
 - Scream! When you scream, everyone gets to know that you are scared, and they will help you.
 - Even if you are alone with the person who has touched you in an unsafe way, you must scream.
 - At times, screaming scares the person who is making you feel unsafe.
- **Step 2:**
 - Say NO loudly and clearly to the person from whom you are getting unsafe looks and touches.
 - Saying NO means, you do not like what that person is doing.
 - You should say to them that you will talk about that person to mummy.
- **Step 3:**
 - RUN to get away from the person as soon as you can.
 - Go to a trusted grown-up or a safe place.
 - For example: If the person is in the school toilet with you, run to the staff room where all the teachers are present.
- **Step 4:**
 - Tell a grown-up whom you love and trust.
 - You may be afraid to tell but you must.
 - Tell a loved one about the unsafe or uncomfortable touch or look.
 - It is important because only then can they help you be safe and feel good.
 - Remember, what happened is not your fault.
- **Step 5:**
 - Keep telling what had happened to a loved and trusted one until they believe you.

- Sometimes they can be busy or may not hear you, but you should keep on telling them.
- If one loved one does not listen to you or believe you, tell another.
- Keep telling till a trusted one listens or believes you.
- You can tell as many loved ones as you want.



Part-B



HEALTH & PHYSICAL EDUCATION

COMPILED BY: PRADEEP TYAGI

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Unit 1. THROWING AND CATCHING

Unit 2. SENSE ORGANS

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Unit 4. MOVEMENTS

UNIT-01

Throwing and Catching

Learning Objectives

- Understand the Basics of Throwing and Catching.
- Learn How to Throw and Catch Properly.
- Develop Motor Skills and Improve Hand-Eye Coordination.
- Participate in Engaging Games and have lots of fun.

Introduction

In this chapter, we will learn two basic skills: throwing and catching. These skills include basic motor movements and help improve coordination which is crucial in many games and activities.

What is Throwing?

Throwing means using your arm and hand to send something, like a ball, into the air. To throw well, you need to use your eyes, arms, hands, and legs to aim and control the throw.

What is Catching?

Catching means using your hands to grab and hold an object while watching it with your eyes. A good catch also includes gently pulling the object towards you to stop it from bouncing away.



Throwing and Catching

Learning Different Ways to Throw

Throwing is a fun way to build your strength, flexibility, balance, and coordination. Let us learn how to throw in different ways!

Self-Toss and Catch

- Hold a light, medium-sized ball with both hands.
- Toss the ball gently from below your waist, like tossing to a friend.
- Ensure the ball is easy to lift above your head and fits your hands.
- Toss it up and catch it with both hands, keeping your eyes on the ball.
- Open hands to toss, close like a basket to catch.
- Practice to improve

Underhand Throw to a partner

- **Hold the Ball:** Use your dominant hand to hold a soft ball.
- **Swing Back:** Wind your arm back to prepare for the throw.
- **Step Forward:** Step with your opposite foot and swing your arm forward, releasing the ball.

UNIT-02

SENSE ORGANS

Introduction to Sense Organs

We have all heard about the five senses i.e., see, hear, smell, taste, and touch. To see we use our eyes, to hear we use our ears, to smell we use our nose, to taste we use our tongue, and we touch with the help of skin. So basically, human beings have five sense organs i.e., eyes, ears, nose, tongue, and skin.

1. Eyes (Sense of Sight)



We see with our eyes. Eyes are the organs of the visual system. Eyes provide vision and the sense of sight to human beings, animals, birds, fishes, etc.

2. Nose (Sense of Smell)



The organ for the sense of smell is the nose. Nose has nostrils, we breathe in through nostrils. However, human beings can also smell thousands of various odors and fragrances. The nose is also an organ which helps us in the sense of taste. For example, we can smell a gas leak.

3. Ears (Sense of Hearing)



The organ for the sense of hearing is ears. Hearing is the ability to perceive sound by detecting vibrations, changes in the pressure of the surrounding medium through time, through an organ such as the ear.

4. Skin (Sense of Touch)



The organ for the sense of touch is skin. Skin is the largest organ as it is located throughout the human body. Various receptors are used for different situations like pain, temperature, pressure, etc. For example, when we touch something hot like a hot cup of tea or coffee, we instantly move our hands away from it.

5. Tongue (Sense of Taste)



The organ for the sense of taste is the tongue. The tongue has various taste buds which help us to differentiate among different tastes.

UNIT-03

INTRODUCTION OF YOGA

WHAT YOGA IS

The meaning of the word yoga is 'to unite'. According to the Bhagwat Gita Yoga is the journey through the self and to the self. Practicing of yoga is very simple. It only needs to focus on breath. Yoga strengthens the muscles, increases flexibility and circulation. It boosts the immunity and calms the nervous system.



According to the ancient yogic philosophy, every person is compassionate and peaceful.

Benefits of Yoga: Following are some of the benefits of yoga:

- *Weight reduction
- * Cardio and circulatory health
- * Improved athletic performance
- * Protection from injury.
- *Improved respiration, energy, and vitality
- *Increased muscular strength
- * Increased flexibility.

Branches of Yoga

Six Branches of Yoga: Yoga is the unification of the mind, body, and the spirit. Basically, the yoga can be classified to six different branches:

1. Hatha Yoga: The physical practice of yoga postures is known as Hatha yoga. It uses physical poses/asanas and breathing technique (Pranayama).



2. Raja Yoga: Raja yoga focuses on meditation and contemplation to fully realize the self. Known as the royal (Raja) or king path of yoga, it is based on the eight- limbed path toward self- realization outlined in Patanjali. Yoga Sutra and tends to attract the more spiritually devoted practitioners.



3. Bhakti Yoga: Bhakti yoga is the path of devotion, emphasizing devotional love for and surrenders to God. By seeing the Divine in everyone and everywhere, Bhakti yoga cultivates acceptance, tolerance, and love for all beings. Bhakti yoga also involves a lot of chanting and kirtan (call and response) that evokes feelings of love, connection, and bliss.



4. Jnana Yoga: Jnana yoga is the path of wisdom and knowledge (Jnana), involving disciplined study of scriptures and constant inquiry into the nature of self. Often called the yoga of the mind, Jnana yoga is well suited for the more intellectually inclined.



5. Karma Yoga: Karma yoga is the path of selfless action, the yoga of doing. Selfless service is the heart of karma yoga. Remaining completely detached from the outcome of their actions, Karma yogis are in continual service to the betterment of all beings with no intention of physical gain.



6. Mantra Yoga: Mantra yoga is the yoga of sound. Considered sacred utterances, mantras are syllables, words, or phrases representing a particular attribute of the Divine. Mantra yoga is the practice of becoming centered through the repetition of mantras.

UNIT-04
MOVEMENTS
VARIOUS PHYSICAL EXERCISES

Role of Physical Exercises in Fitness

Exercise 1: Touching Knees with the Chest

Starting Position: Sit on the ground with your legs straight ahead in front of you.

Steps:

1. Keep hands to sides. The palms should be on the ground.
2. Lift legs and bend them at the knees.
3. Now hold your knees and bring them closer towards your chest.
4. Try to touch the knees with the chin. Keep yourself in this position for 5 to 7 seconds.
5. Now bring your legs in the starting position.
6. Repeat this exercise for 5 to 7 times.



This exercise strengthens the leg muscles. It improves the balancing skills and flexibility of the body.

Exercise 2: Turtle Walk

Steps:

1. Squat on the toes. Place both the palms on the floor in the front.
2. The distance between both the arms and legs should be maximum.
3. Move ahead taking small steps like a turtle in this position like a turtle.
4. After that return to the starting position.
5. Walk a distance 3 to 5 times in this position and then return.



This exercise strengthens the entire body including the arms and legs. It also improves the balancing skill.

Exercise 3: Powerful Sudden Forward Movement (Lunge Position)

Steps:

1. Stand erect. Now put the left leg forward as far as possible.
2. The left knee. Raise both the shoulders sideways at shoulder line. Palms should face down. You should not bend the right leg.
3. Your left leg straight at the knee. Bring the arms down by the side.
4. Bring the left near the right leg and stand erect.
5. Now repeat this exercise with other leg.
6. Repeat this exercise with both legs turn by turn. Each leg could be stretched five times.
7. Keep the other leg straight while pushing the one leg. This exercise helps in maintaining balance.



Exercise 4: Balancing on the Stomach

Steps:

1. Lie on the stomach.
2. Take both the arms upwards over the head. They should touch your ears.
3. Keep the legs straight and next to each other.
4. Raise both the arms and the legs at the same time from the ground. Try to remain steady in this position for 5-7 seconds.
5. Bring the arms and the legs gradually to the ground and stand up. 6. Do this exercise for 5 to 7 times.



This exercise makes the muscles of the abdomen, arms, and the legs strong.

Exercise 5: **Jogging**

Steps:

1. Stand straight on the ground. Your arms should be near your chest in the front. They should be bent at the elbows.
2. On blowing the whistle start running slowly. Take care not to raise knees too high while jogging. Focus on the front.
3. Stop jogging after 5-7 minutes.
4. Do not run fast while jogging. Do not stop suddenly. Slow down your speed gradually.



Jogging improves stamina. It helps in increasing endurance of the abdominal and back muscles. Jogging also improves functioning of the heart.