



**ASHA MODERN JUNIOR HIGH SCHOOL**

**A  
BETTER  
YOU**

**Part-A : Life Skills & Value Education**

**Part-B : Health & Physical Education**

**CLASS-V**

**(SESSION 2025-2026)**



**Part-A**

# **LIFE SKILLS**

**&**

# **VALUE**

# **EDUCATION**

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## UNIT-1 SHARING

*It is a sunlit path,  
The path I take everyday  
To reach my destination.  
It is a wonderful experience  
To walk on this path.*

*It is amazing to observe how  
Rain brings freshness,  
Breeze showers colourful leaves,  
Sun warms the wintry hearts.*

*Each day of the season,  
Each movement of nature  
Brings its own variation.  
It is the dance of the nature  
That amazes me everyday.*

—Lakshmi



### The Beauty of Sharing

Once upon a time there lived an old man in a big farmhouse. His house was surrounded by a beautiful garden, which had lots of trees laden with flowers and fruits. There was a pond too with colourful fishes in it. All the children of the neighbourhood would come and play in the garden. The plants, squirrels and the fishes in the pond were happy to listen to the children's laughter. The birds sang happily. Usually, the children would play in the evening when the old man was away, working in his store. One day, the old man came home early and noticed the children playing there. He was wild with rage. He did not like to share his space with others. So he yelled at the children and drove them out of his garden. He also built a fence and a gate to prevent the entry of any trespassers. Alas! The children were sad as they could no longer play there. The trees, the squirrels and the fishes too were unhappy. The pond dried, The fishes died, The trees mourned, The flowers withered, The birds flew away, And the garden too lay waste. Now, the old man also became miserable to see his garden so lifeless. After thinking for long he realised that he had been selfish in barring the entry of the children. Hence, his garden had



turned into a desert. He finally decided to invite the children of the neighbourhood to play there. And, lo! Their cheerful laughter brought life back to the garden. The trees bore fruits and the plants once again put forth their baby leaves to express their joy. The pond became full to quench the thirst of the children and the birds returned to twitter along with the children. The flowers blossomed to add colour to this happy mood. The old man too was happy to see his garden full of life realised that sharing brings joy to self and others.



#### DISCUSS IN CLASS:

- ❖ Why did the old man's garden become lifeless?
- ❖ How did he realize that sharing brings joy to self and others

#### TIME TO GROW

1. Make a list of things (a) you can share with your friends. (b) your friends can share with you.
2. Is it really fair to expect your friend to be with you always?

## UNIT-2 Honesty

### Dishonesty Never Pays

Kallu, a milkman by profession, was a very greedy and dishonest person. He lived in Rampur village. He had many cows and goats, enough to supply surplus milk to the whole village. But he was always dissatisfied and would think of tricks to earn more and more money. He used to mix oodles of water into milk so that he could not only sell milk in his own village but also in the nearby town. In this way, he sold milk for good profits and became very wealthy.

One day he was returning to his village after collecting his dues from the customers. He had collected almost thirty gold coins. Gloating over his dishonesty, he said to himself, "Great! These thirty gold coins are the fruit of my cleverness and the foolishness of these dumb-brains."

He put them in a small bag which he kept in his pocket. On reaching home, as he put his hand in the pocket to get the bag, he was left shocked. The bag was not there. "May be, I dropped it on my way home. It must be lying there somewhere. I must rush," he muttered and rushed out of the door. He searched all over but couldn't find his bag. Dejected, he went to a friend named Birju and told him his sad story. His friend was an honest and kind fellow. "Kallu! You look very tired. Don't worry. Go home and take some rest. In the evening, I will go with you to report your loss at the police station," said Birju consoling Kallu.

Kallu went back to his home.

Birju had a daughter who worked in a nearby village. She got late from work. When she returned from her errand, Kallu said, "Dear, what made you so late today? I was worried for you."

"While returning from the work, I found a bag that contained thirty gold coins. I thought, its owner would come that way looking for it, so I waited. But nobody came," replied the daughter and gave the bag full of gold coins to his father.

"Oh! A friend of mine has lost his bag of thirty gold coins today. These could be his only. I must take this bag to him. He would be very glad to see it," replied Birju with great pleasure.

Immediately, he took that bag to Kallu.

"Kallu, here I have a surprise for you. Is this your money bag?" asked Birju to Kallu. Kallu just jumped to take the bag as he saw it. "Yes! Yes! It is," he shouted.

Kallu snatched the bag from Birju's hands and started counting coins hurriedly. Instead of thanking Birju, he said to him, "It has only thirty gold coins. I had forty gold coins. I believe your daughter must have taken ten of my gold coins. You must get them to me." Kallu was clearly trying to trap Birju into giving him more money.

"But you had mentioned earlier that you lost thirty gold coins," said Birju in disbelief.

"Don't try to fool me. I never said so. I only said, forty gold coins. You and your daughter are thieves and I will take you both to the panchayat (village court)," said Kallu angrily.



Next day Kallu made false complaint about Birju and his daughter, who were then called to the *panchayat*.

"Where did you find the bag? How many gold coins were in it?" asked the *panchs* (judges) to the girl.

"I found it on my way from work. It had thirty gold coins, which I gave to my father. My father gave it to Kallu, considering that these are the thirty gold coins that he lost," replied the girl sincerely without any fear or hesitation.

"She is a liar. It had forty gold coins. I had lost forty of them," shouted Kallu, pointing finger at the girl.

After listening to everything, the sarpanch (the head judge) said, "Kallu claims to have lost forty gold coins. On the other hand, this bag has thirty coins only. Clearly, it does not belong to Kallu."

Kallu's jaw dropped at the sarpanch's statement. He started jumping up and down.

Seeing his money going forever, he interrupted, "No! I was lying. I lost thirty gold coins only. I lied so that I could get more money"

To his dismay, the panchayat didn't pay any heed to him. "If anyone reports to have found forty gold coins, I will call you," said the sarpanch to Kallu.

The sarpanch said to the girl, "Keep this money with you. If someone comes looking for them, I will send him to you."

Kallu saw Birju who said nothing but his face showed that all his trust on Kallu was diminished. Kallu lost his friendship with Birju forever.

Kallu lost what belonged to him. That day he learnt the lesson that *Dishonesty never pays*.

Dishonesty is like a disease. Lies are like weeds. Our inner conscience stops us each time we lie. When we suppress our inner voice, we are being dishonest to ourselves.

Slowly, our dishonesty becomes a habit and ruins us.

- Kallu tried to trap his friend and lost his trust and friendship.

When someone cheats us for selfish gains, we lose our trust on that person. In the same way, when we are dishonest to someone, we lay our steps towards ruining the trust that others have in us.

❖ Remember: It takes two seconds to tell the truth and it costs nothing. A lie takes time and it costs everything.

Birju and his daughter stood firmly on their truth when Kallu laid upon false allegations on them.

Truth and Honesty give us strength. It makes us free from any fear. It helps us to stand for what is right. On the other hand, dishonesty makes us fearful, aggressive, impatient and greedy.

## UNIT-3 Cleanliness and Orderliness

### Dusty Genie

Once upon a time, there was a genie who lived in a magic lamp. Like any other genie, he would come out on rubbing the lamp and fulfill the wishes. But this genie was a little strange than other ones. Whenever someone rubbed the magic lamp, he would come out with a puff of dust and say, "What is your wish?" The dust would leave his clothes dirty and his face stained. On asking for an object of wish, a number of random objects would appear stumbling out of his lamp onto the floor. "Keep this with you. It stinks! I don't want it," said people on receiving their desired wish covered in dirt. Eventually, no one wished to use it. Rubbing it would spoil people's hand, so nobody would even touch it. It was thrown in a dark corner. The genie became sad and depressed. One day a lonely boy heard someone crying. He went to the dark corner from where the voice was coming. He saw the lamp and took it in his hands. He rubbed it. The genie appeared, all shabby. He was crying. "Why are you crying? You are a genie. You have everything." The boy asked him. The genie narrated the whole story to the boy. Later, the boy said, "Anyway, leave my story. After a long time someone has rubbed my lamp. Tell me your wish." "I want to visit your lamp and spend some time with you inside the lamp, expressed the boy as his wish. Genie granted him the wish. When the boy entered the lamp, he quickly learned what the problem with the genie was. "You are so untidy. Your things are all over the place. Do you ever dust or clean your lamp?" asked the boy to the genie. "I have to keep all sorts of things from books to jewels to camels in this small place. Moreover, I am always busy fulfilling others' desires. I never get time to clean this place," told the genie. The boy remembered his mother's advice that to do your work properly, you need to keep your things in order. And to fulfill your duties, you need to be healthy, for which you need to maintain cleanliness. "Hmm! don't worry. I will help you clean this place. But promise me you will maintain that orderliness and cleanliness forever," said the boy to the genie. "I promise! Please help me!" the genie quickly agreed to the boy. Over the next few days, the boy helped the genie arrange all the things in proper order. Both of them cleaned the place very well. Now it looked neat and gleaming. "Thank you so much. I will always keep my promise," said the genie to the boy. Now the genie had no problem in searching anything. He would take out time and clean his lamp regularly. He himself looked clean and tidy too. The genie began to be admired by the people. He learned the importance of tidiness and orderliness.

### LET US UNDERSTAND

Do you like to sit with a person who is dirty and shabby? Do you like to stand in a place surrounded by garbage? Would anyone like to talk to you, if you look untidy? Would anyone like to visit your home, if it is untidy?

The answer would be 'NO'. We all like only clean places, clean things and clean people.

- No one wanted to rub the magical lamp as the lamp was dirty. Even the genie looked shabby.

We should keep our surroundings neat and clean all the time. Cleanliness is necessary to maintain a healthy lifestyle and good standard of living. No one likes to deal with a filthy person. A person should keep himself clean and well-dressed all the time. A person with clean habits creates a good impression on others. It usually reflects a clean character also.

**Remember: Stay clean to attract friends, not flies.**



When the boy entered the genie's lamp, he saw that all the things were scattered in his lamp. It was the reason that genie could not find anything easily.

We should always put our things where they belong to. It makes easy to maintain cleanliness as well as orderliness. It also makes us efficient at our work.

After cleaning the lamp and arranging the things in order, it became easy for genie to find things. It made him popular among the people. Now he was no more sad and disappointed.

Cleanliness improves our confidence level and self-respect. It keeps us happy. It makes us proud and popular in society. It makes us healthy in every aspect like physical, mental and social. It makes our future bright.

**Remember: Cleanliness reflects a clean character.**



## UNIT-4 Forgiveness

***Forgiveness makes teamwork easy and working together fun.***

### **Concept explanation**

Consider this example: You and your friend got into a big argument. You are angry at him for losing your favourite glitter pen. Your friend is not ready to accept his mistake. But while are doing your friend and some saying something really mean to you which offends you deeply how does that make you feel do you think you can forgive your friends for doing such a thing a person can choose to forgive another person when the commit an offence or engage in anything wrong or immoral forgiveness is deliberate and free choice when someone for gives another person they release and pleasant emotions like resentment and anger towards them it takes mental or spiritual effort to forgive it and tales letting go off , whether direct it at someone else or it one cell punishment or preparation are not prerequisites for forgiveness it is offered with no expectation of return .

An apology may be part of the forgiveness process.

### **Let's read a story to ponder upon this topic better.**

A fifth-grade teacher once made a decision to play a game with the class. Each student in the class was instructed by the teacher to bring a plastic bag filled with a few tomatoes. Each tomato will be given the name of a person that the student does not want to forgive because of something that person had done with them.

So each child brought some tomatoes on the designated day along with the names of the people they had not yet forgiven.

Some people had two tomatoes, some had three, and some even had five.

The teacher then instructed the students to carry the tomatoes in the plastic bag for one week.

The children began to complain over the course of several days about the decaying tomatoes' foul smell.

The kids were relieved when the game eventually ended after a week.

"How did you feel carrying the tomatoes around for a week?" the teacher asked. The kids expressed their displeasure and complained about the inconvenience of having to carry the dirty and pungent tomatoes everywhere they went.

The teacher then revealed the game's secret meaning to the students. "This is precisely the situation in which you keep hatred for someone inside your heart and are not able to forgive them," the teacher added.

Your heart will be filled with the odour of anger and not being able to forgive

Which you will carry with you wherever you go.

“It’s true we can never tell who feels guilty for their mistakes or who doesn’t. It is tough to make someone feel responsible for their wrongdoings. But not Being able to forgive can make us feel even worse and more hurt. We lose Friendships and relationships when we are not able to forgive. But when we Forgive, we are able to find the beauty of friendship with them back again.”

### **Forgiving Others**

It is not easy to forgive people who have made fun of you or harmed you in some way or the other. It is an art which one can develop slowly. Forgiving others requires a lot of patience and a strong willpower. Here are a few tips that can help you control your anger and forgive others.

- ❖ Drink a glass of cold water when angry. This will help you calm down.
- ❖ Move out of the place where the incident has occurred. Do some physical activities, such as jogging and running, to release your anger.
- ❖ Talk it out with the person and tell how you feel about the hurt he/she has caused you.
- ❖ Write down your feelings and read them to analyse if you are Justified in feeling the way you are. You may be overreacting to the situation.
- ❖ Look at it as the weakness of that person and ignore.
- ❖ Remind yourself that at times you also make mistakes.

### **Forgive Yourself Too**

The next point is to forgive yourself when you do something wrong. There may be times when you make mistakes that you feel bad about. To get over the feeling of guilt, it is important to share your feelings with the person you have hurt. It also helps to apologise for the mistake you have made. Two friends, Srishti and Rajia, fought over a silly reason. They stopped talking to each other and months passed by. It was Christmas Eve and the school was going to close from the next day. Rajia was feeling very uncomfortable because she wanted to start the New Year happily and she would not feel happy if she didn't speak to Srishti. After a lot of hesitation, she boldly walked up to Srishti. She apologised for whatever had happened and said she wanted to renew her friendship. Deep in her heart, Srishti had also wanted the same. So, she also apologised and they became friends again.

### **ACTIVITY**

- ❖ Put yourself in Srishti and Rajia's place and think what you would have done in such a situation. Recollect an incident when you had said sorry and felt happy afterwards. Share it with the class



## UNIT-5 Social Media

### Concept Explanation

Think of this example: You recently joined Instagram. You saw how many people are There on this social media site. Things start getting interesting because this app makes You curious about others' lives, what they are posting, where they are going, etc. During such times you make many online friends who are also your followers or you follow them. For your birthday, you invite some of them to your party, but none of them turn up. However, your friends in school and the neighborhood come for sure. Who do you think are real friends-the ones on social media or the ones who came on your special day?

Of this is what social media does to each one of us. Whether you are a child in grade 5 or an adult like your parents, social media has taken over everyone's lives.

We use social media to have fun, establish and maintain friendships, share interests, discover who we are, and grow family bonds. Our in-person and offline interactions are expanded upon through it. It frequently plays a significant role in how we engage with our friends.

Social media is a place of interaction. A place where you can share your pictures and your life updates, make virtual friends, connect with those who you cannot meet physically, and more. For all these reasons, social media is not a bad thing. But where does the entire problem start? It is when we start believing that life on social media is the most important one as it builds our image or when we believe that spending time on social media is more important than life at home or school

Let us understand more about the correct use of social media.

Story

**Aditya and Riya**



Aditya and Riya were best friends. They were in the same school and were part of the same class. Both of them scored very well in almost every subject.

Aditya was part of the school's football team while Riya would win almost every debate competition at school. When the results of their first term exams came, Riya had scored the highest. As a gift her father gave her a mobile phone just like he had promised. Aditya also got a mobile phone because he, too had scored well with the use of mobile phone, they discovered various social media websites like Facebook, Instagram, YouTube, and Google. After a week, they started spending most of their time on social media.

"Hey, did you watch the latest episode of that cartoon?" Riya asked.

"Oh, yes. I finished the entire series in three days. But I forgot to do my homework because of that," Aditya complained.

"Don't worry, do it today. Then we can chat on social media for long," Riya said. But because of their habit of spending too much time on social media, they started scoring less in their tests. Aditya was no more part of the football team and Riya was not able to win any competitions anymore. "I think we must do something about this," Riya said worriedly one day. "Yes, my dad has become very disappointed with my performance in school. From what I know, I have been spending more than 12 hours on social media, which is not healthy. I guess that is what is keeping me from concentrating in my studies," Aditya replied. "Yes, from now on let us make strict rules about the usage of social media.

Let us not use our phones until we feel we need to contact each other. And let us mute some chats that disturb us during our studies. Also, let's keep our phones switched off at least once a week so that we can play outside, too. I don't even remember the last time I played outside," Riya replied.

When Riya and Aditya started following these rules, their performance became better over time. Their rules worked well.

### **Let's discuss**

1. When did Riya and Aditya start deviating from their studies?
2. Do you think social media was responsible for their poor performance? Why or why not?
3. What kind of rules did both of them come up with?

### **Key Values**

Now that we know what kind of distraction social media can cause, let us learn the wise way of using it. As we read in the story, learn to monitor the time you spend on social media and the reasons you are using social media for. Is your use of social media helping you gain knowledge?

Or is it deviating your focus from your studies? Or is the use of social media causing you to believe that life on the internet is more important than real life? Is your use of social media causing you health problems like weaker eyes, fatigue, or laziness?



## UNIT-6 Body Shaming (Morals & Values)

### Bamboo and the Crooked Tree

*“What we do is more important than how we look”*

Once upon a time, there lived a bamboo tree and a crooked tree. Both lived next to each other in the jungles of the mighty Himalayan mountains, next to the holy river Ganga. Both were born and grew around the bountiful Ganga and the magnificent peaks of Bhagirathi. But they were sworn enemies and hated each other like a weasel and a snake. The reason for their hatred was their appearance. The bamboo tree was straight, tall and strong like an iron pole. The crooked tree, on the other hand, was fragile and had thin branches that looked scary. He looked like a scarecrow. The bamboo tree would, time and again, bully the crooked tree for being weak and ugly. He would body shame the crooked tree. You are worthless and as skinny as grass!" This was the bamboo tree's favourite line when addressing the crooked tree. The crooked tree listened helplessly to his boastfulness. He was fed up. But what could he do?

Unlike birds and animals, he could neither fly nor run away from the bully. He had no choice but to bear with him.

One day a flock of tired and thirsty birds landed on the banks of the bountiful Ganga. After quenching their thirst, they perched on the sharp but soft branches of the crooked tree to rest. They knew that no snake could climb them and that all of them were safe while they rested.

A little sparrow from the flock noticed that the crooked tree was sad. She asked him the reason for his sadness. The crooked tree said, "I am good for nothing. Nobody likes me. The bamboo tree is so strong and handsome, and I am so weak and ugly. *I wish I were like him.*" The sparrow was surprised, and so were all the other birds of the flock. She asked, "Who told you that you are good for nothing?" All his branches, shaking in the wind, pointed towards the bamboo tree.

The bamboo tree became alert, and listened to what they were talking about. The little sparrow said, "The bamboo tree is **egoistic**. All he can think about is himself. He has a **big ego**. You are one of the most generous and helpful trees. You are special. He is tall but has no branches. He may be handsome and strong, but what good is he to us? All birds that come to quench their thirst rest on your safe branches. Some even make nests on



them. You are our hero." Everyone in the flock nodded. The bamboo tree realised that he had never thought this way about the crooked tree. He understood his mistake.

He apologised to the crooked tree for his bad behaviour. The crooked tree forgave him and they both decided that they were different. It is okay to be different and it is not same as being unequal. Since then, bamboo trees and crooked trees are good friends all over the world.

## ACTIVITY

### LET'S FIND OUT:

There are many plants that we think are of no use. Find out about any one such plant and write about its uses.



### THINK ABOUT IT.....

Humiliating others on their physical appearance in front of others is called body shaming. For example, telling a person that they are too fat- as fat as a hippo; too skinny - as skinny as grass; or that their legs are too thin - as thin as a match stick. Body shaming is a kind of bullying.

## UNIT-7 FAILURE IS A PART OF LIFE

### Story Time

#### The Greatest Inventor of America: Thomas Alva Edison

In a village named Milan in Ohio lived the Edisons. Their red-bricked house looked identical to all the other houses in the neighbourhood.

However, the home of the Edison family was different. Thomas Alva Edison, The youngest child of Samuel and Nancy Edison, or 'Al', as they called him, was a child other parents cautioned their children about.

Thomas was known to tinker with things. He would always speak of creating grand things that nobody really understood. Even the teachers were tired of His repeated failures in tests.

One fine day, the headmaster told his parents

That he did not foresee a bright future for the child even if he continued in school. 'He is a lost child, Mrs Edison, I am so sorry to say this. His grades are terrible. I doubt he can go far,' said the headmaster sympathetically.

Mrs Nancy Edison was dejected, but she decided not to give up. 'I will homeschool Thomas. Your school doesn't deserve a child as special as him,' said Mrs Edison and brought Thomas home. She taught him to read, write and solve maths problems at home. Thomas was a curious child. He would often ask questions about various things, and his mother always encouraged him to go looking for the answers. Thomas Gradually became an avid reader and was excellent at maths.

Meanwhile, the family moved to another town called Michigan. Thomas still dreamed of creating grand things. So, for years, he sold candies and newspapers at the local station and saved every penny that he could.

At the age of 16, he tried to convince the station master to give him a small space in one of the unused train coaches to create a lab for his experiments. 'I want to build technology that will light up every house in America,' insisted Thomas. Reluctant but touched by Thomas's passion, the station master allowed him to use a small space as a lab for his experiments.

One wretched afternoon, one of his experiments backfired. His lab in the train coach caught fire. Angered by this incident, the station master pulled Thomas's ears very hard. This was one of the reasons that led to his partial deafness later. 'Never be seen here again!' fumed the station master. Thomas was heartbroken on losing his lab. Thomas worked extra hard for the next few years, and eventually, took up a job with a telegraph company. He saved for years and finally built a magnificent lab. There, he ran experiments day in and day out. Many a times, he skipped food and sleep but continued experimenting.

After several unsuccessful attempts, Thomas finally invented the light bulb. He Screamed with joy! His invention generated a lot of excitement and interest

Across the country. He was even invited to meet the President of America. Everyone hailed him as the greatest inventor of America. When asked how he succeeded despite so many failures, he replied, 'Our greatest weakness lies in giving up. The best way to succeed is to try one more time.'

Moral of the Story: Never give up. Keep trying till you succeed.

### Let Us Discuss

1. Answer the following questions.

- (a) Why did the other parents caution their children about Thomas?
- (b) What did the headmaster tell Thomas's parents?
- (c) How did Thomas's mother help him in his studies?
- (d) Why was the station master angry with Thomas?



## UNIT-8 Anger Management

### Let's Read

Once upon a time there was a little boy. He had a very bad temper. On the slightest instigation, he would begin to shout at everyone. There were times when he broke a thing or two as well in his fit of rage.

His father was very upset with his behaviour. The boy would not watch his tongue when angry. There were many complaints against the boy not only from the school but also from the neighbourhood. His father understood that there was no point getting angry with him, he thought of another way.

He gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence in their backyard.

The first day, the boy had hammered about 37 nails. As he got tired hammering the nails, he realised what was happening. He began to try to control his anger over the next few days and the number of nails hammered gradually reduced. He finally discovered that it was easier to control his temper than to hammer the nails into the thick fence wall.

Finally, the day came when the boy did not lose his temper at all and did not have to drive in any nails into the fence. His father was very happy with him and asked him to pull out one nail for everyday that he would be able to control his anger, thereafter.

The days passed and the young boy was finally able to tell his father that all the nails were finished. The father took his son to the fence and pointed towards it. Then he said, "You have done a great job my son, but look at the fence. It will never be the same. It will always be the fence with many holes!"

The boy understood that the wounds created by his words were the most difficult to heal.

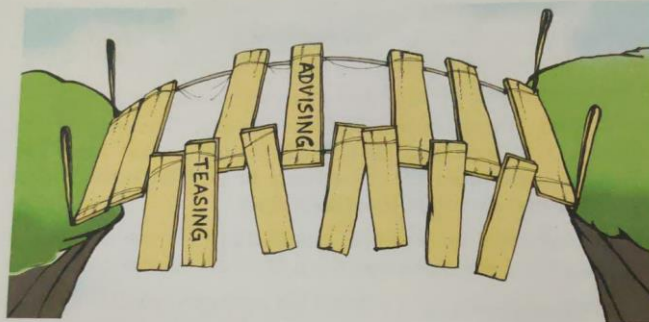
### Think Tank. Discuss

- A. Do you think is it okay to feel angry? Why or why not?
- B. How should you show your anger?

## ACTIVITY

❖ In the bridge shown below

- (a) fill the planks that are in place with words that bring people together.
- (b) fill the broken planks with words that can hurt.



You can choose the words from the box given below:

teasing	tattling	praising	encouraging	criticising
complaining	boasting	suggesting	advising	threatening
supporting	abusing	cheering	patting	

**Part-B**



# **HEALTH & PHYSICAL EDUCATION**

**COMPILED BY: PRADEEP TYAGI**



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UNIT-1 HUMAN BODY

UNIT-2 FITNESS AND ITS COMPONENTS

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**TERM-1**  
**HEALTH AND PHYSICAL EDUCATION**

**UNIT-1**  
**HUMAN BODY**  
**CORRECT POSTURE**

Good posture involves training your body to stand, walk, sit and lie in positions where there is least strain thus leading to least fatigue.

**Good Posture:** Posture is the position in which you hold your body upright against gravity while standing, sitting or lying down. Good posture involves training your body to stand, walk, sit and lie in positions where the least strain is placed on supporting muscles and ligaments during movement or weight-bearing activities.

**Proper Posture:**



- ❖ Keeps bones and joints in the correct alignment so that muscles are being used properly.
- ❖ Helps decrease the abnormal wearing of joint surfaces that could result in arthritis.
- ❖ Decreases the stress on the ligaments holding the joints of the spine together.
- ❖ Prevents the spine from becoming fixed in abnormal positions.
- ❖ Prevents fatigue because muscles are being used more efficiently, allowing the body to use less energy.
- ❖ Prevents strain.
- ❖ Prevents backache and muscular pain.
- ❖ Contributes to a good appearance

**Proper Posture Requirements**

## Correct Sitting Position:



- ❖ Sit up with your back straight and your shoulders back. Your buttocks should touch the back of your chair.
- ❖ All 3 normal back curves should be present while sitting. A small, rolled-up towel or a lumbar roll can be used to help you maintain the normal curves in your back.
- ❖ Sit at the end of your chair and slouch completely.
- ❖ Draw yourself up and accentuate the curve of your back as far as possible. Hold for a few seconds.
- ❖ Release the position slightly (about 10 degrees). This is a good sitting posture.
- ❖ Distribute your body weight evenly on both hips.
- ❖ Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips. (Use a foot rest or stool if necessary). Your legs should not be crossed.
- ❖ Keep your feet flat on the floor.
- ❖ Try to avoid sitting in the same position for more than 30 minutes.
- ❖ At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.
- ❖ When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
- ❖ When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist. Immediately stretch your back by doing 10 standing backbends.

### **Here's how to find a good sitting position when you're not using a back support or lumbar roll:**

- ❖ Distribute your body weight evenly on both hips.
- ❖ Bend your knees at a right angle. Keep your knees even with or slightly higher than your hips. (Use a foot rest or stool if necessary). Your legs should not be crossed.
- ❖ Keep your feet flat on the floor.
- ❖ Try to avoid sitting in the same position for more than 30 minutes.



- ❖ At work, adjust your chair height and work station so you can sit up close to your work and tilt it up at you. Rest your elbows and arms on your chair or desk, keeping your shoulders relaxed.
- ❖ When sitting in a chair that rolls and pivots, don't twist at the waist while sitting. Instead, turn your whole body.
- ❖ When standing up from the sitting position, move to the front of the seat of your chair. Stand up by straightening your legs. Avoid bending forward at your waist. Immediately stretch your back by doing 10 standing backbends.

### **Correct driving position:**

- ❖ Use a back support (lumbar roll) at the curve of your back. Your knees should be at the same level or higher than that of your hips.
- ❖ Move the seat close to the steering wheel to support the curve of your back. The seat should be close enough to allow your knees to bend and your feet to reach the pedals.



### **Correct lifting position**

- ❖ If you must lift objects, do not try to lift objects that are awkward or are heavier than 30 pounds.
- ❖ Before you lift a heavy object, make sure you have firm footing.
- ❖ To pick up an object that is lower than the level of your waist, keep your back straight and bend at your knees and hips. Do not bend forward at the waist with your knees.
- ❖ Stand completely upright without twisting. Always move your feet forward when lifting an object.
- ❖ If you are lifting an object from a table, slide it to the edge of the table so that you can hold it close to your body. Bend your knees so that you are close to the object. Use your legs to lift the object and come to a standing position.
- ❖ Avoid lifting heavy objects above waist level.
- ❖ Hold packages close to your body with your arms bent. Keep your stomach muscles tight. Take small steps and go slowly.
- ❖ To lower the object, place your feet as you did to lift, tighten stomach muscles and bend your hips and knees.



### **What is the best position for sleeping and lying down?**

No matter what position you lie in, the pillow should be under your head, but not your shoulders, and should be a thickness that allows your head to be in a normal position.

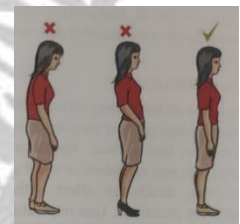
- ❖ Try to sleep in a position which helps you maintain the curve in your back (such as on your back with a pillow under your knees or a lumbar roll under your lower back; or on your side with your knees slightly bent). Do not sleep on your side with your knees drawn up to your chest. You may want to avoid sleeping on your stomach, especially on a saggy mattress, since this can cause back strain and can be uncomfortable for your neck.
- ❖ Select a firm mattress and box spring set that does not sag. If necessary, place a board under your mattress. You can also place the mattress on the floor temporarily if necessary. If you've always slept on a soft surface, it may be more painful to change to a hard surface. Try to do what's most comfortable for you. Try using a back support (lumbar support) at night to make you more comfortable. A rolled sheet or towel tied around your waist may be helpful.
- ❖ When standing up from the lying position, turn on your side draws up both knees and swings your legs on the side of the bed. Sit up by pushing yourself up with your hands. Avoid bending forward at your waist.



## Negative Effects of Bad Posture

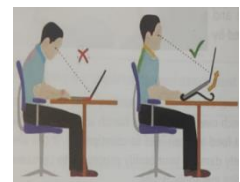
### 1. Soreness & Pain

- ❖ Slouching isn't a normal position for the body, and it causes our muscles to work harder. Soreness and pain are common effects of bad posture that are often overlooked, but it can lead to long-term health issues. Chronic pain can be a result of bad posture, especially in the lower back area. Poor posture puts a lot of stress on the spine and causes lower back pain.



### 2. Poor Circulation

- ❖ Women are taught that crossing your legs is the "proper" way to sit. When actually, it increases the pressure of fluids and gasses moving through our bodies. Crossing your legs can also lead to lower back pain and spider veins if don't change this habit.



### 3. Negative Mood

- ❖ As posture fights depression while bad posture invites it. The individuals who sat with a slouched or slumped posture exhibited more fear, lower self-esteem, and worse moods than those who sat upright. More negative words were used than positive in the linguistic analyses.

#### **4. Increased Stress**

- ❖ Increased physical and mental stresses are two more negative effects of bad posture. Physical stress on the body causes soreness and pain, and can also translate into mental stress. In the study mentioned previously, the relationship between posture and stressful situations was observed. Decrease levels of testosterone and increase levels of cortisol.

#### **5. Carpal Tunnel Syndrome**

- ❖ Since the nerves in your neck and upper back control muscle function in arms, wrists, and hands, bad posture can negatively affect these areas and cause Carpal Tunnel Syndrome. Muscles can become tight and present numbness, tingling or pain.

#### **6. Less Motivation**

- ❖ Since one of the effects of bad posture is lower confidence, less motivation can also stem from bad posture. People will also see you as less confident or shy if you are slouching, which can affect both social and work situations. Less motivation also goes hand in hand with depression and fear, so it makes sense that it's affected by posture.

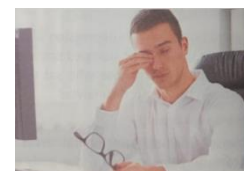


#### **7. Poor Digestion**

- ❖ Poor digestion is one of the negative effects of bad posture that often goes unrealized. When you slouch and hunch over, your organs bunch up together. This makes it harder for the body to digest food and can lead to constipation. It can also impact your metabolism and ultimately damage your bodily processes to consume and process food, leading to life-altering metabolic issues.

#### **8. Fatigue**

- ❖ When you have poor posture, the body works harder to keep you upright, and you'll be left feeling tired. Upright is the normal position of the body, so your body is constantly trying to get it back to where it's supposed to be. So, to do this, the body requires more energy, which will lead you to feelings fatigue.





## UNIT-02

### FITNESS AND ITS COMPONENTS

#### Learning Objectives:

- Understand Fitness Components: strength, endurance, flexibility, agility, and reaction time.
- Perform exercises to enhance muscle strength, overall fitness and injury prevention.
- Engage in activities that improve cardiovascular endurance and understand its importance in sustaining physical activity over time.
- Participate in stretches and exercises that increase range of motion
- Practice drills that focus on quick direction changes and smooth, coordinated movements.
- Complete activities that improve reaction time.
- Combine Agility with Rhythmic Movements and perform coordination drills.
- Set Personal Goals for Improvement fostering a growth mindset.

#### Fitness and its components

##### What is Fitness?

Fitness is how well your body can handle physical activities, allowing you to run, jump, and play without getting tired quickly. Being fit means your body is strong, flexible, and full of energy.

##### Components of Fitness:

- **Strength:** How strong your muscles are, helping you lift, push, and protect your body from injury.
- **Endurance:** How long you can keep going without tiring, like running or playing sports.
- **Flexibility:** How easily you can stretch and move, reducing the risk of injury.
- **Agility:** The ability to move quickly and change direction smoothly in sports.
- **Reaction Time:** How fast you can respond to things happening around you, like catching or hitting a ball.

#### Fitness Stations Warm-Up Activity

This dynamic warm-up activity is designed to get your body moving and ready for the lesson ahead, you will be moving through different stations, each with a specific fitness

task. These tasks will help you warm up your muscles, increase your heart rate, and prepare your body for more intense physical activity.

### Setup:

- **Number of Stations:** 6 stations
- **Equipment:** Cones, posters or cards with instructions, mats (optional for exercises like push-ups or sit-ups)
- **Instructions:** Each station has a poster or card with the exercise and the number of repetitions written on it. The tasks should be simple, engaging, and focus on different muscle groups to ensure a full-body warm-up.

### Station Examples:

#### Station 1: Jumping Jacks

**Repetitions:** 20

**Description:** Start with your feet together and arms at your sides. Jump while spreading your legs and raising your arms overhead. Jump back to the starting position. Repeat.



#### Station 2: Push-Ups



**Repetitions:** 10 (modified push-ups for those who need it)

**Description:** Begin in a plank position with your hands shoulder-width apart. Lower your body until your chest nearly touches the floor, then push back up to the starting position.

#### Station 3: High Knees

**Repetitions:** 20 (10 per leg)

**Description:** Stand in place and quickly alternate lifting your knees as high as you can, aiming to get them to waist level. Keep your arms moving as if you are running in place.





#### **Station 4: Squats**

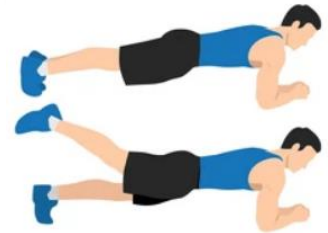
**Repetitions:** 15

**Description:** Stand with your feet shoulder-width apart. Lower your body as if sitting back into a chair, keeping your knees behind your toes, then return to standing.

#### **Station 5: Plank Hold**

**Duration:** 20 seconds

**Description:** Hold a plank position with your body in a straight line from head to heels. Engage your core and keep your back flat.



#### **Station 6: Mountain Climber**

**Repetitions:** 20 (10 per leg)

**Description:** Start in a plank position. Alternate bringing each knee towards your chest as if "climbing" in place. Keep a fast pace while maintaining form.

#### **Warm-Up Procedure:**

- **Enter the Space:** Jog, skip or walk around to get ready.
- **Start the Warm-Up:** Perform exercise at each station, moving to the next after completing reps.
- **Move Safely:** Transition between stations by jogging, skipping, or walking.
- **Cool-Down:** After the warm-up, do light stretching and reflect on the exercise.



**TERM-II**  
**UNIT: 03**  
**(YOGA & ITS BENEFITS)**

**Some Yoga Asanas**

Yoga is an ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead a person to peace and well being of the inner self. Yoga makes the body strong and flexible. It improves the functioning of the respiratory, circulatory and digestive system.

Yoga is a way of that aims towards a healthy mind and body. Yoga promotes the physical, mental and spiritual being of a person. Yogic exercises recharge the body with cosmic energy.

**Benefits of Yoga:** Following are the benefits of Yoga:

- It improves sleep
- It improves flexibility
- It lowers blood pressure and glucose level
- It boosts immunity
- It improves flexibility
- It helps in weight loss
- It builds muscular strength

**Some Important Yoga**

**(Chakki Chalasana)**

This yoga asana mimics the movements of a hand-moved wheat grinder, common in the villages of India. It is an excellent workout for the body!

**How to do Chakki Chalanasana:**

1. Sit with your legs splayed apart. Clasp your hands and outstretch your arms at shoulder height in front of you.
2. Take a deep breath in and start moving the upper part of your body to the front and right, forming an imaginary circle with your body.
3. Inhale as you go forward and to the right, and exhale as you go backward and to the left.



**Tip from the Sri Yoga teachers:** Stretch forward from the lower back and keep your legs stationary. A slight movement in the legs is natural as the torso rotates. The arms move along with the back.

4. Keep breathing deeply and easily while rotating. Do you feel the stretch in the arms, abs and legs?

**Make 5-10 rounds in one direction and then repeat in the opposite direction. Your wheat flour is ready to be cooked!**

### **Benefits of the Chakki Chalanasana:**

This asana is a good preventive for sciatica.

It tones the back, abs and arm muscles.

Opens up the chest and groin.

Tones the uterine muscles in females, so it is very useful in preventing painful cycles if practiced regularly.

Consistent practice helps reduce abdominal fat.

Also very useful in reducing post-delivery fat (however, please consult your doctor before practising this yoga posture)

### **(Paschimottanasana)**

#### **How to perform Paschimottanasana:**

- Sit up with the legs stretched out straight in front of you on the floor.
- Keep the spine erect and toes flexed towards you.
- Bring your respiration to normal.
- Breathing in, slowly raise your both the arms straight above your head and stretch up.
- Slowly breathe out and bend forward from the hip joint, chin moving toward the toes keeping the spine erect.
- Place your hands on your legs, wherever they reach, without putting much effort.
- If possible hold of your toes and pull on them to help you go forward. Stay in this position as long as possible.
- After the exertion limit reached inhale and raise up stretching up your arms straight above your head.
- Breathe out and bring your arms down placing the palms on the ground.
- Relax for a while and try to feel the changes occurred in the body.



#### **Benefits of Paschimottanasana:**

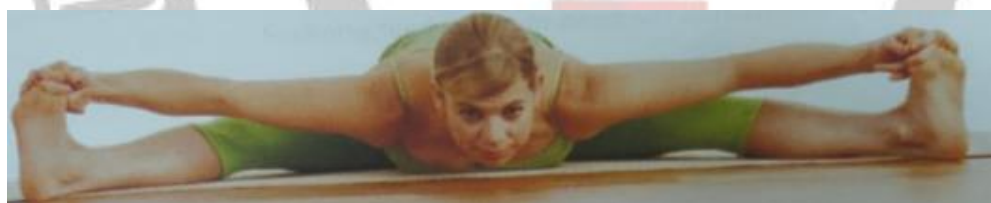
- Stretches the whole spine, shoulders specifically lower back, hamstring, and hips.
- Massages and tones the abdominal and pelvic organs.
- Improves the circulation.
- Stretches and strengthens the calf and thigh muscles.
- Activates the spinal nerves.
- Tones the arms.
- Reduces abdomen fat.

## **Upavistha Konasana (Wide Angle Seated Forward Bend)**

### **How to perform Upavistha Konasana**

- First, sit straight with your legs open in a way that they make 90-degree angle with your pelvis. Now, keep your toes pointing up. Flex your feet and align your knees.
- At that point, you feel curve in your lower back (You may place a firm cushion under your pelvis. The cushion gives your pelvis more stability to tilt forward).
- Keep your palms on the ground, behind your hips.
- Take a long and deep breath in such a way that the sides of your body lift, by making a space in the spine.
- Hang on for a few seconds if you feel a well stretch in your legs at that point.
- Then, support your lower back and sucking your belly in, breathe out and fold. Slowly place your hands in front of you. Stretch as much as you can, if you feel uneasy then stop. Breathe deep and long during holding the pose about 30 to 60 seconds.
- Breathe out and slowly get back to your initial position.

### **Benefits of Upavistha Konasana (Wide-Angle Seated Forward Bend)**



- It activates your core muscles and stretches your hamstrings. This Yoga pose stimulates and toned your abdominal organs, makes your spine stronger.
- It also stretches your adductor muscles of the groin.
- Wide Angle Seated Forward Bend stretches the inside and back muscles of your legs and strengthens your vertebral columns.
- Upavistha Konasana calms your mind and relaxes your body. Helpful in arthritis and sciatica along with detoxifies your kidneys.



## UNIT-4

### SPORTS SKILLS EXERCISES

#### Some Indigenous Sports

Games and martial arts have been an important part of Indian culture since ancient times. Our country has a large variety of traditional games.

Some traditional games are Kabaddi, Snake boat race, Archery, Kho-Kho, Wrestling, Mallkhamb, etc.

**The martial art forms that originated in India are:**

1. Kalaripayattu
2. Cheibi Gad- Ga (Manipur)
3. Silambam

#### **(Kabaddi)**

It is an old and popular game of India. It is played between two teams with seven players in each team. One of the raiding team's players has to keep on chanting kabaddi-kabaddi in one breath. He/she is supposed to touch as many players of the opponent team as he/she can. The number of players touched by the raiders is declared out. They are sent out of the field. The opponent players also try to catch hold of the raider so that he might not be able to go back to his side. In case he/she is caught he is declared out. The raider is also considered out if his/her breath runs out, or if he/she fails to speak 'kabaddi-kabaddi'. The team who gets more points by the end of the game is declared as winner



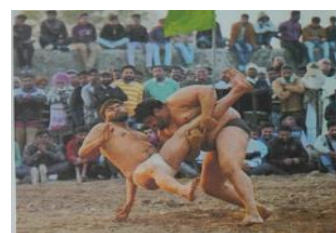
#### **(Kho-Kho)**

In this game, one team sits in a row in the centre of the court. The teammates sit facing the opposite directions in alternate manner. These members are sent into the court who avoids being touched by the members of the other team. The winner is one who takes less time to touch and make the opponents out.



#### **(Wrestling)**

Wrestling is one of the traditional games. Locally, it is called Kushti. It involves a lot of physical training. Now this game has become an international sport and played on mattresses. Initially it was played in mud-pit akharas. Even today in Indian villages this game is played in such akharas. **The** wrestlers had to live a very hard life. They take a balanced diet.



### (Mallkhamb)

It is a traditional Indian sport. Mallkhamb means a 'gymnast's pole'. In this game, men and women learn to practice balancing techniques on a pole while taking twists and turns.



### (Snake-boat Race)

The boat race is very famous in Kerala. It is organised on the Onam festival. Around hundred oarsmen row one boat. Some of them play music and cymbals. It is the largest team sport in the world.



### (Martial Arts)

Martial arts simply mean 'fighting sports meant for self-defence.' Judo, karate and taekwondo are some popular forms of martial arts. They all are forms of self-defence. Karate began in India and from there it went to China. Then it spread to Japan, where it developed into its present form.



#### **Kalaripayattu:**

It is a traditional martial art form of Kerala. Both men and women practise this art. It makes the person fit because it involves many physical exercises.

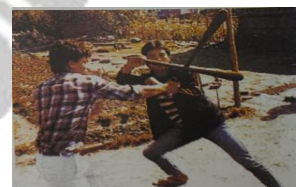
#### **Cheibi Gad-Ga:**

This is one of Manipur's ancient martial arts. The fighting equipment consists of a sword and shield. But now a stick is used instead of a sword. The competition is held on a flat surface and within a circle. The person, who scores the maximum points, wins.



#### **Archery:**

Archery has been used for hunting and self-defence since ancient times. Now it has become an international sport.



**Silambam:**

This martial art is practised in Tamil Nadu. A long bamboo called staff is used in this martial art. The fighters are made to fight in a circle. The contestant who is able to touch the other contestant more number of times with his staff, is declared as the winner. Nowadays, ancient art forms of all these games are being replaced by modern methods of martial arts. Today, children even do not know the names of the ancient Indian games.

