

ASHA MODERN SCHOOL

**A
BETTER
YOU**

Health & Physical Education

CLASS-I

(SESSION 2026-2027)

HEALTH & PHYSICAL EDUCATION

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TERM-I
HEALTH AND PHYSICAL EDUCATION

UNIT: 01

SIMPLE PHYSICAL EXERCISES

Neck Exercises:

Starting Position: Stand with suitable distance between the legs. Now keep your hands on the waist.

Exercise 1: Bending Neck Up and Down

Steps:

- First of all touch your chin to your chest slowly.
- Then slowly bring your neck upward.
- Then bring your neck backward.
- Again slowly bring your neck straight.
- Repeat this exercise five times.
- Take care not to jerk your neck.



Exercise 2: Bending Neck Sideways

Starting Position: Stand with suitable distance between the legs. Now keep your hands on your waist.

Steps:

- Keep your neck straight.
- Slowly bend it to the left.
- Then bring your neck straight.
- Now bend your neck to the right.
- Again bring your neck straight. Keep on bending your neck left and right for five times.
- This exercise will increase the flexibility of neck muscles.
- Take care not to jerk your neck.



Arm Exercises:

Exercise 1: Raising the Arms

Steps:



- Raise both the arms. Straight up the arms slowly. Your hands should touch your ears. The palms should be open and pointed up.
- Slowly bring your arms down in the parallel position.
- Bring your arms in the normal position.
- Avoid any jerky movement.
- This exercise will help to make muscles of arms strong.
- Repeat this exercise for five times.



Exercise 2: Rotation of Arms

Starting Position:

Stand with suitable distance between your legs. Arms should be kept close to the body.

Steps:

- Both arms should be raised to the sides at the shoulder level. The palms should face the ground.
- Rotate both the arms first clockwise for five times and then anti-clockwise for five times.
- Avoid any jerky movement.
- This exercise makes the muscles of arms more flexible.

Waist Exercises

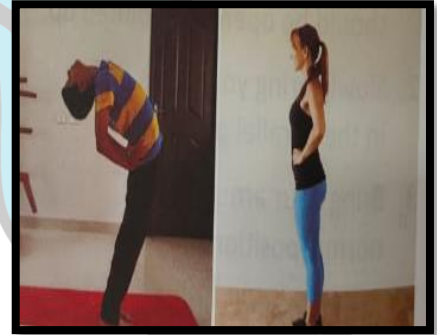
Exercise 1: Forward and Backward Bending of Waist

Starting Position:

Stand straight. There should be proper distance between your legs. Keep both of your hands on your waist.

Steps:

- Bend forward. Your hands should be on your waist.
- Slowly return to the starting position.
- Now, bend backward.
- Again come to the starting position.
- Repeat this exercise five times.
- Avoid any jerky movement.



This exercise improves the flexibility of back muscles as well as the waist muscles.

Exercise 2: Sideways Bending of the Waist

Starting Position: Stand straight with suitable distance between the legs.

Steps:

- Keep your hands on your waist and then slowly bend your waist to the right.
- Return to the standing position.
- Now slowly bend your waist to the left.
- Repeat this exercise five times.
- Avoid any jerky movement.



This exercise makes the muscles of waist strong and flexible.

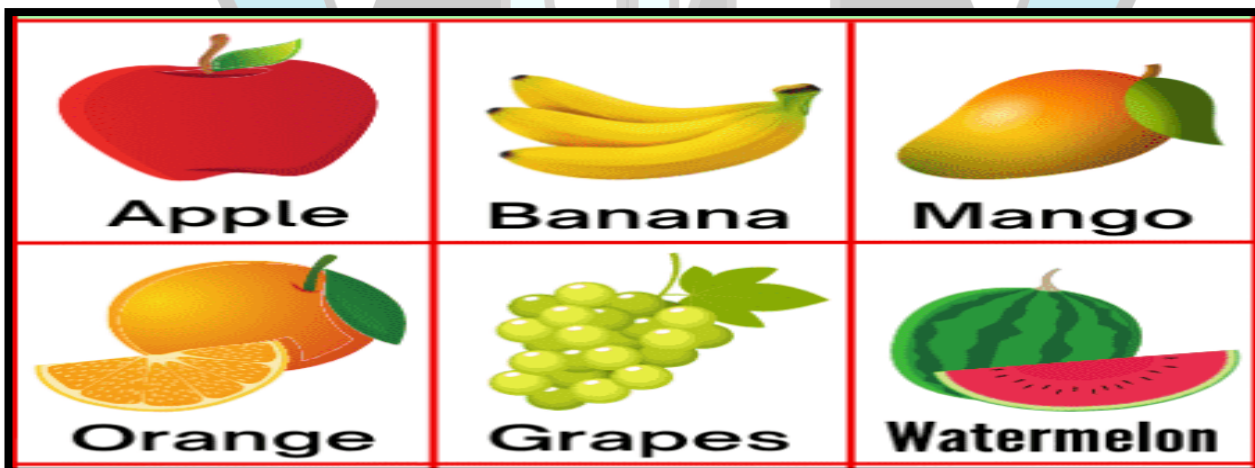
UNIT: 02
FOOD AND NUTRITION
FRUITS

Some Important Points:

- We eat food to live.
- Proper and healthy food is necessary for a healthy body.
- Poor eating habits have a bad effect on body and mind.
- Fruits and vegetables are source of many essential vitamins, proteins and carbohydrates.
- Junk foods are very harmful for our health.
- Proper and nutritious food is necessary for healthy body.
- We should eat homemade nutritious food like pulses, chapatti, rice, cooked vegetables, salad, etc.

Fruits are sources of many essential vitamins, proteins and carbohydrates.

Some Important Fruits:



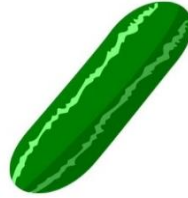
VEGETABLES

Vegetables are sources of many essential Vitamins, Proteins and Carbohydrates.

Some Important Vegetables:



Tomato



Cucumber



Carrot



Cabbage

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TERM-II
HEALTH AND PHYSICAL EDUCATION

UNIT: 03
HEALTHY HABITS

- We should keep our body clean.
- We should brush our teeth.
- We should wear clean clothes.
- We should wash our hands before and after eating food.
- We should brush our teeth at least twice a day.
- We should comb our hair. We should pare our nails regularly.
- We should take part in outdoor sports to keep ourselves strong and healthy.



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UNIT: 04

YOGA

Yoga is derived from a Sanskrit word which means 'to unite'. It is union of body, mind and soul.

Concepts of Yoga:

Yoga is the practice of asanas.

Asana and Pranayama are two techniques of Hatha yoga.

Hatha yoga begins with physical body.

Benefits of Yoga:

- Yoga makes a person immune to diseases.
- It improves concentration.
- It increases stamina and strength.

Different Asanas:

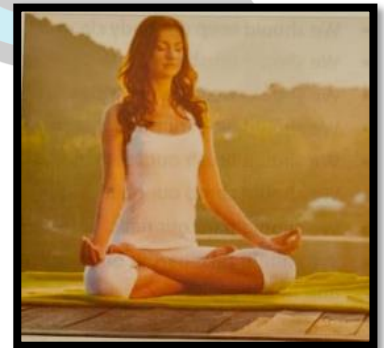
Padmasana

How to Perform:

- Sit with both legs crossed.
- Place the ankles on the opposite thighs.
- Keep your back straight. Your hands should be stretched out in front of both of your knees.
- You should not bend your wrists.

Benefits:

- It calms the brain.
- It increases concentration. It reduces muscular tension.



Dhanurasana

How to Perform:



- Lie flat on your tummy.
- Your arms should be alongside of your body.
- Your arms should be up.
- Bend your knees, and hold ankles with your hands and exhale.
- Then inhale and raise the thighs, head and chest as high as possible.
- Try to maintain the weight of the body on lower abdomen. Look upwards and breathe normally.
- While exhaling, bring down the head and legs up to knee joint. Maintain this position as long as you can.
- Then slowly come back to the original position.

Benefits:

- It strengthens the back and leg muscles.
- It helps to digest food.

How to Perform:

- Lie on your stomach.
- Rest your head on your arms. Look forward. Try to raise arms while keeping the body straight on your chest.
- Keep your hands on your sides. Your palms should rest on the ground.
- Raise your body by pushing your hands against the ground.
- Try to go up till you feel a stretch in your belly. Wait for a couple of seconds. Hold the position and come down gently.



Benefits:

- It increases flexibility and strength.
- It improves digestion.