

**ASHA MODERN  
SCHOOL  
A  
BETTER  
YOU**

**Health & Physical Education**

**CLASS-III  
(SESSION 2026-2027)**



**HEALTH**  
**&**  
**PHYSICAL**  
**EDUCATION**

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## 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.

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**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:

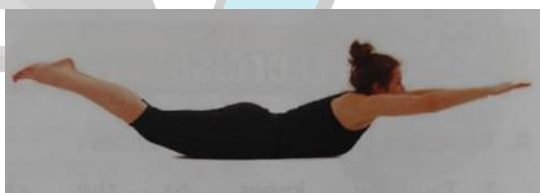
1. Stand erect. Now put the left leg forward as far as possible.
2. The left knee. Raise both the shoulders sideways at shoulder line. Palms should face down. You should not bend the right leg.
3. Your left leg straight at the knee. Bring the arms down by the side.
4. Bring the left near the right leg 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.**

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