



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Health & Physical Education

CLASS-IV

(SESSION 2026-2027)



HEALTH & PHYSICAL EDUCATION

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TERM-I
HEALTH AND PHYSICAL EDUCATION

UNIT-1
EXPLORING LOCAL AND TRADITIONAL GAMES

Learning Objectives

- Learn about fun and historical games that have been played in India for generations.
- Understand and Play traditional games with rules.
- Adapting our local games with modern elements to make them safer and more inclusive.

Learning and Playing Local Games

India's rich heritage includes traditional games passed down through generations. These games are more than just entertainment; they teach teamwork, strategy, coordination, and the joy of community play.

Traditional to Modern Elements in Games

Traditional Indian games have evolved with time, incorporating modern adaptations for safety and accessibility. Softer, child-friendly materials and updated rules ensure these games remain fun, inclusive, and suitable for everyone.

Explore these timeless games in PE class and enjoy while fostering inclusivity and teamwork. Ensure all genders participate in a safe, supportive environment, with everyone getting a turn to play.

GAME: GILLI-DANDA



Objective:

In Gilli-Danda, the goal is to hit the gilli as far as possible and run to a spot before the opponent catches it.

Warm-up:

Start with light jogging around the play area for 2-3 minutes, followed by wrist and arm rotations to prepare for swinging the danda.

Safety Considerations

- Choose a clear, open space away from vehicles, windows, or crowded areas to avoid accidents.
- Ensure the Danda and Gilli are smooth, free of splinters, and not too heavy.
- Maintain distance from the hitter to avoid getting hit by the Gilli.
- Use sturdy shoes to prevent slipping or injuries while running.
- Avoid playing in wet or slippery conditions for better grip and safety.
- Ensure adult supervision if younger children are playing.
- Establish boundaries and rules to ensure fair and safe play for everyone.

What is Gilli-Danda?

Gilli-Danda is a traditional game similar to cricket but played with two wooden sticks—a larger one called the Danda and a smaller one called the Gilli.

Rules and Instructions

- **Prepare:** Find a flat ground and get your Danda (big stick) and Gilli (small stick).
- **Start:** Place the Gilli on the ground and use the Danda to hit one end, making it fly into the air.
- **Hit:** While the Gilli is in the air, hit it as far as possible with the Danda.
- **Score:** Run to a marked spot and back before your opponent retrieves the Gilli. The farther you hit, the more points you score!

Why is Gilli-Danda Fun?

Gilli-Danda is exciting because it combines skill, timing, and speed. It is a great way to play outdoors, improve focus, and have fun with friends!

UNIT-02
FOOD AND NUTRITION
Various Sources of food
FOODS FROM PLANTS AND ANIMALS

We get food from two sources: Plants and Animals

Foods we get from plants

The major sources of food are plants. We eat all parts of plants

Root: Carrot, Radish, Turnip, etc.



Leaves: Spinach, Mint, Coriander, etc.



Stems: Potato, Ginger, etc.



Fruits: Mango, Orange, Apple, etc.



Flowers: Cauliflower, Broccoli, etc.



Bark: Cinnamon, etc.



TERM-II
UNIT-3
MOVEMENT
SAFETY AT VARIOUS PLACES

Accidents can occur at any time and at any place. To avoid them, we should be careful and follow safety rules everywhere.

SAFETY RULES AT HOME

Accidents can occur at home. We must follow the following rules to avoid accidents at home:

- *Do not play with sharp objects.
- *Do not scatter your toys, books, etc. on the floor. You may trip and fall while walking.
- *Do not touch electric appliances with wet hands; you may get electric shock.
- *Do not play with matchsticks.
- *Do not leave shampoo on the bathroom floor, you may slip over it.



Safety Rules at School

Accidents can occur at school also. We must follow the following rules to avoid accidents at school:

- * Do not lean on the railings.
- *Do not jump on the benches.

*Do not fight with your classmates.



Safety Rules on the Road

We must follow the traffic rules to protect ourselves from accidents or injury on the road:



- *We must always cross the road at the zebra crossing.
- *We should walk on the footpath. We must not run while crossing the road.
- *We must follow the traffic signals.
- * We use a subway to cross the road if it is nearby.
- *We must not put our hand or head out of a moving bus.
- *We should never play on the road.
- *While following the safety rules we can save ourselves from unnecessary injuries

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UNIT-4 USE OF FIRST AID

FIRST AID TO BE GIVEN IN DIFFERENT SITUATIONS

The first and timely help the person gets while he is injured or has an accident is called first aid. A timely help can save even the life of the person.

Following are some of the ways of first aid:

Artificial Respiration: If someone gets hurt and becomes breathless, make that person lie down on the stomach. Then press his back with your hands. Move your hands like a see-saw. This way artificial respiration can be given before the proper medical treatment.



Bleeding: If a person is bleeding, tie a clean handkerchief or a bandage over the wound. This would help stop the blood. Also make the person lie down by keeping the wounded part at a higher level. Wash the wound with some antiseptic lotion and then apply an antiseptic cream or a band-aid over the wound.



Burn: In case of a burn, cool it by keeping the affected area under the cold running water. Then apply some suitable cream. In case the burn is a serious, take the person to the doctor.



Drowning: If a person happens to drown, take him out as soon as possible. Keep him lying on the stomach. Turn his head on one side and apply pressure

on the back. In this way the extra water from his tummy will come out through the mouth.



High Fever: In case of high fever try to bring down the temperature by putting down wet cloth on the person. Then the person should be taken to the doctor.



Snake Bite: Keep the person calm. Remove the jewellery and tight clothing. Move the person in such a way so that the bite is at or below the level of heart. Clean the wound but don't flush it with water. Cover it with a clean bandage.



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