

ASHA MODERN SCHOOL

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Health & Physical Education

CLASS-V

(SESSION 2026-2027)



HEALTH & PHYSICAL EDUCATION

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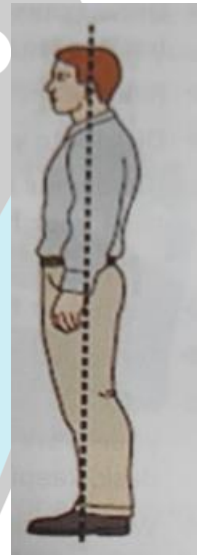
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TERM-1
HEALTH AND PHYSICAL EDUCATION
UNIT-1
HUMAN BODY
CORRECT POSTURE

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.
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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.

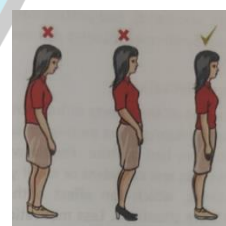


- ❖ Select a firm mattress and box spring set that does not sag. If necessary, place a board under your mattress. You can also place the mattress on the floor temporarily if necessary. If you've always slept on a soft surface, it may be more painful to change to a hard surface. Try to do what's most 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, draw up both knees and swing 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

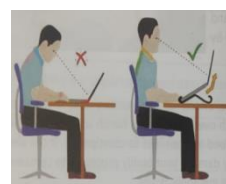
1. Soreness & Pain

- ❖ 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

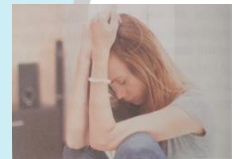
- ❖ Increased physical and mental stresses are two more negative effects of bad posture. Physical stress on the body causes soreness and pain, and can also translate into mental stress. In the study mentioned previously, the relationship between posture and stressful situations was observed. Decrease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

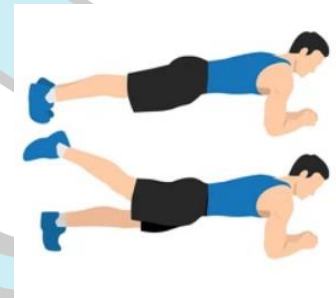
Repetitions: 15

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.

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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

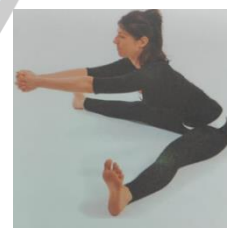
Some Important Yoga

(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:

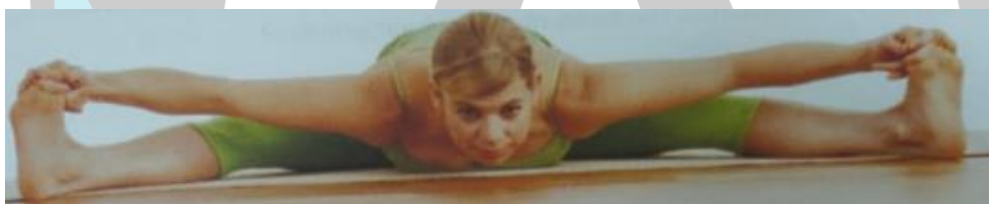
- Stretches the whole spine, shoulders specifically lower back, hamstring, and hips.
- Massages and tones the abdominal and pelvic organs.
- Improves the circulation.
- Stretches and strengthens the calf and thigh muscles.
- Activates the spinal nerves.
- Tones the arms.
- Reduces abdomen fat.

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.



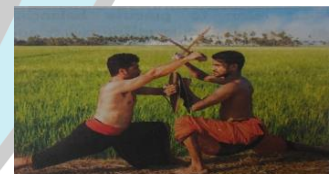
(Martial Arts)

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.

