

Health and Physical Education

Standard

VI

Activity Book



Government of Kerala
Department of General Education

Prepared by
State Council of Educational Research and Training (SCERT), Kerala
2025

THE NATIONAL ANTHEM

Jana-gana-mana adhinayaka, jaya he
Bharatha-bhagya-vidhata
Punjab-Sindh-Gujarat-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-Jaladhi-taranga
Tava subha name jage,
Tava subha asisa mage,
Gahe tava jaya gatha
Jana-gana-mangala-dayaka jaya he
Bharatha-bhagya-vidhata
Jaya he, jaya he, jaya he,
Jaya jaya jaya, jaya he.

PLEDGE

India is my country. All Indians are my brothers and sisters.

I love my country, and I am proud of its rich and varied heritage. I shall always strive to be worthy of it.

I shall give my parents, teachers and all elders, respect and treat everyone with courtesy.

To my country and my people, I pledge my devotion. In their well-being and prosperity alone, lies my happiness.

Health and Physical Education

6

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Foreword

Dear Friends,

The Kerala Curriculum Framework (KCF) 2023 envisions an educational approach that promotes mental, physical, and social well-being for a future-ready society. As part of building a knowledge-driven community, physical education must start at the primary level. KCF 2023 emphasizes integrating creative learning processes that are essential to enhance understanding in health and physical education.

As a core subject in the school curriculum, this activity book for Standard VI has been designed to ensure quality learning in health and physical education.

Students need to recognize the importance of relaxation, recovery, sleep, and nutrition along with sports and games. They should develop an awareness regarding physical fitness and posture for a healthy lifestyle. This includes understanding personal and sports safety, safety equipment, and use of first aid.

Students are also encouraged to learn about traditional games, revive them, and create a novel sports culture. Additionally, developing a positive attitude towards eco-friendly sports activities is essential. This activity book provides plenty of opportunities for activity based learning, helping students develop a lifestyle that supports confidence and well-being.

Through continuous evaluation and support, children can achieve holistic development. Participating in various games instills values and attitudes that will guide you forward. We hope that this book will make learning enjoyable and thereby create a healthier community.

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THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the ²[unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

1

Let's Attain recovery



What is shown in the picture?

- The children are resting after playing.
- Some are sitting.
-
-
-
-

Why are players resting?

- To relieve fatigue
- To achieve recovery
-
-
-

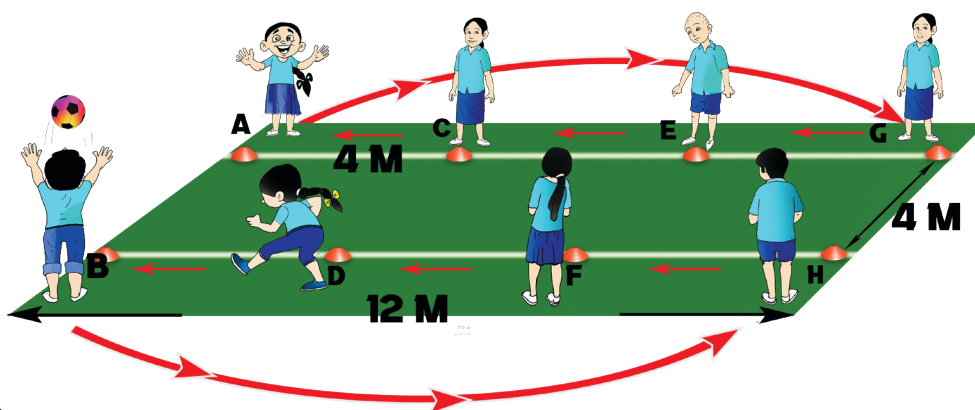
Rest is essential to achieve recovery so as to bring the body back to its original state.

How about an activity?

Activity : 1 **'Pass Run'**

This is a team game where 8 players pass a ball.

As shown in the picture, a playground of 12 metres long and four metres wide should be arranged for the activity.



Rules and Regulations

- Children must stand at positions A, B, C, D, E, F, G, and H.
- The child at position 'A' should hold a ball (volleyball/football/similar item).
- On the start whistle, the child at 'A' passes the ball to the child at 'B' and runs to position 'G'.
- At the same time, 'C' moves to 'A', 'E' moves to 'C', and 'G' to 'E'.

- When the child at 'C' reaches 'A', the child at 'B' passes the ball to the child now at 'A'. Then, the children should move from 'B' to 'H', 'H' to 'F', 'F' to 'D', and from 'D' to 'B' respectively.
- Only the children at positions 'A' and 'B' can pass the ball to each other.
- The number of passes completed by a team within three minutes is the team's score.
- Then give the next team a chance. The team with the most points can be considered as the best performer.

You too can play this game as well.

After playing 'Pass Run', discuss in class.

Were you able to play well? Did you feel fatigue?

Record your experience below.



Assessment

1) Who performed the best in 'Pass Run' game?

-
-

2) Why were they able to excel?

-
-

3) Write about the changes experienced in breathing rate, heart rate and body temperature while participating in the 'Pass Run' game.

-
-

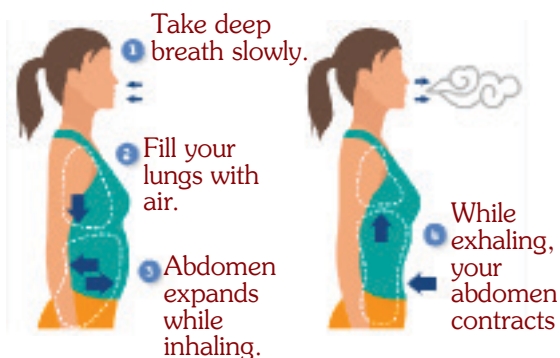
After playing, it is essential to achieve recovery and return to the original state.
Do you remember this picture?



This is an activity practised in fifth class to speed up the process of recovery.

.....

Other methods for achieving Recovery



Pic 1



Pic 2

Observe the above pictures. What do you see in the pictures?

In the first picture, a child is standing upright and doing breathing exercises.

Various stages of breathing exercise are:

- Slowly taking deep breaths.
-
-
-

In the second picture, a child is slightly bending forward and performing breathing exercise.

You too perform these two exercises.

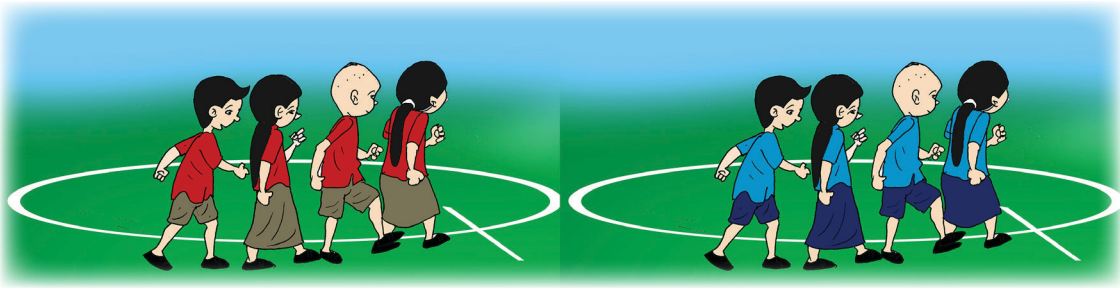
Write your experiences:

- Breathing rate decreases.
-
-
-

From this, we can understand that doing breathing exercises after physical activities helps to achieve recovery quickly.

Activity : 2 **Run and Relax**

Draw two circles with a diameter of 12 metres, as shown in the pictures.



Rules and Regulations

- Divide the children into two teams of equal members.
- Children should stand in a line outside their circles, positioned to run in an anti-clockwise direction.
- When the teacher whistles, children from both teams should start running slowly.
- When the child at the back of the line says "run," the child at the front should run quickly in an anti-clockwise direction to touch the child at the back of the line, and say, "run", after touching.
- Then next child at the front of the line should repeat this activity.
- The game ends when the child who stood at the back of the line completes the turn.
- The team that finishes the run first will be considered the best performers.
- You can also try playing this game by running in the clockwise direction.

Play this game.



Progressive Muscle Relaxation (P.M.R.)

P.M.R. is a practice that involves contracting and then relaxing different muscles in the body, one by one. This activity helps reduce physical and mental stress.

Let's get to know some other activities for achieving recovery.

- ▶ Walk slowly for a short while.
- ▶ While walking, lean your body slightly forward and swing your arms freely.
- ▶ Perform stretching exercises while sitting to relax the joints and muscles in your legs.



Do these activities yourself. Write about the changes you experienced through these activities:

- Helped to reduce fatigue
-
-
-



Assessment

1) Who performed the best in the 'Run and Relax' game?



2) Why were they able to excel?



3) Write an activity you did to achieve recovery in your notebook.

4) Write a brief account of your experience about the 'Run and Relax' game.

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Special Info

Steam Bath / Sweat Bath

Steam bath is a process where one is exposed to steam in a specially equipped steam room (Dry Steam Room) for a specific time. This helps to eliminate waste materials from the body accumulated through sweat, improve blood circulation, reduce muscle stiffness and achieve a faster recovery.



Don't you do similar activities? What are they?

- Steaming when you have a cold.

-
-

What are the benefits of this?

- Improves blood circulation.

-
-

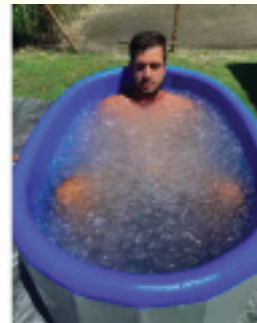


Special Info



Contrast Bath

Contrast bath is a process of immersing body parts alternately in hot and cold water in a specific ratio 3:1 (3 minutes in hot water and 1 minute in cold water). It helps to reduce swelling and pain caused by intense physical training. It also improves blood circulation and speeds up recovery.



Ice Bath

Ice bath involves immersing the body in cold water for a specific duration (10 to 15 minutes). It helps to reduce fatigue caused by intense physical training, alleviate muscle tension and reduce swelling and pain.

Recovery Period

The recovery period is the time needed to return to the original state from fatigue caused by an intense physical activity. Recovery time varies from person to person, depending on different factors.

Let's get to know different factors influencing Recovery

- Physical fitness
- Body weight
-
-
-

Sports persons follow different strategies to speed up recovery after playing. Which are they?

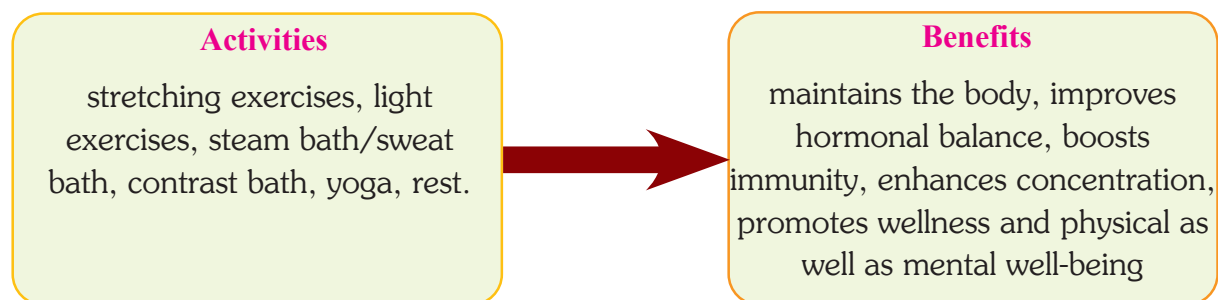
1. Ice Bath
2. Yoga
- 3.
- 4.

Rest

Rest is an important factor of recovery. It helps achieve mental and physical well-being. Adequate sleep and rest are essential for proper body maintenance, hormonal balance, immunity, etc. Recovery helps retain concentration, wellness, and physical as well as mental well-being.

Certain stretching exercises are given at the end of this activity book that help in recovery. Practise them.

Wellness Through Recovery





Assessment

1) Write down the methods of recovery you are familiar with.

-
-
-

2) What are the benefits of recovery?

-
-
-

Food

What are the children doing in the picture?

.....

Why do we eat food?

Discussion with children

- For physical growth
-
-
-
-



We eat a variety of food everyday at different times.

Why?

- To get proper nutrients
-
-

Make it a habit to eat a variety of food daily for proper growth and nourishment.

Nutritious Food

Food that contains the nutrients required for body's growth and development is called nutritious food.

The nutrients in our food can be classified into two categories:

1. Macronutrients

2. Micronutrients

1. Macronutrients

Macronutrients are nutrients needed in large quantities for the growth and development of the human body.

These include carbohydrates, proteins and fats.

Complete the table by identifying the major source and functions of macronutrients.

Macronutrients	Source	Function
Carbohydrates	Grains	Provides energy to the body
	Tubers	Improves brain function
		
Proteins		
Fats		

2. Micronutrients

Micronutrients are nutrients needed in smaller quantities to help the smooth functioning of organs in the body. Examples: Vitamins and Minerals.



Special
Info

Vitamins

Fat-Soluble

Vitamins A, D, E, K

Water-Soluble

Vitamins B complex, C



Special
Info

Minerals

Calcium, Potassium, Iron, Sodium, Magnesium, Phosphorus, Zinc, Iodine, Copper, Manganese, Selenium, etc.



Complete the table by identifying the major sources of micronutrients:

Vitamin	Sources
A	Egg yolk, leafy vegetables, carrot, papaya, mango
B1	
C	
D	
E	
K	



Assessment

1. Discuss the indicators given below about nutritious food and prepare notes.

- Macronutrients
- Micronutrients

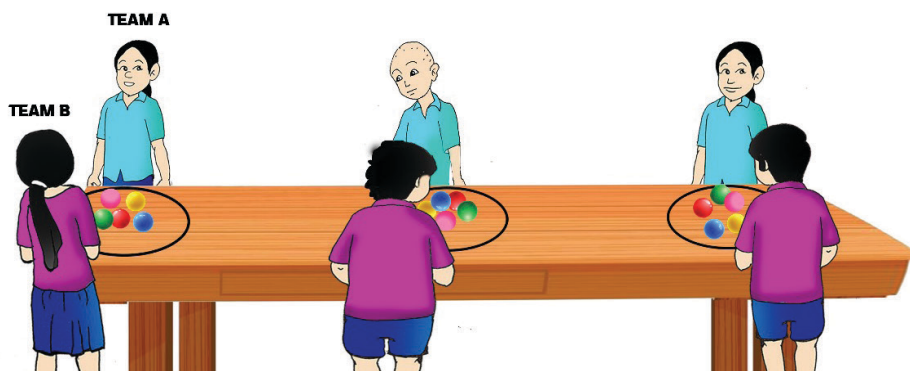
Let's play a game.



Activity : 3

Nutri Play

Arrange the children into two teams, 'A' and 'B,' as shown in the picture.





Rules and Regulations

- Half of the children will play in the first round, and the rest of them shall get a chance in the next round.
- Team 'A' will stand on one side of the table, and team 'B' on the other side.
- Inside each circle on the table, there will be plastic balls (or similar items) of different colours representing nutrients: Yellow for Vitamins, Blue for Minerals, Green for Carbohydrates, Red for Proteins, Pink for Fats.
- Points will be awarded for each nutrient as follows: Carbohydrates-5 points, Proteins-4 points, Fats-3 points, Vitamins-2 points, Minerals-1 point
- When the teacher names a nutrient, members of both teams must try to collect the balls representing that nutrient from the circles.
- The collected balls must be kept safe by each team. Once all the items in the circles are finished, the points for each team will be calculated.
- The team with the highest points will be considered as the best performer.

Discussion about the Game

Did you enjoy the game?

Which coloured balls gave you the most points? Why?

Discuss with your friends and prepare notes.

.....

.....

.....

.....



Assessment

1) Who participated in the 'Nutri Play' game excellently?

-
-

2. What were the skills acquired through the 'Nutri Play' game?

- Improved the ability to respond.
-
-

Environmental Cleanliness



Observe the picture. What do you see in the picture?

-
-
-

How do you manage the waste at your home?

-
-

Environmental cleanliness is the responsibility of every individual. Environmental pollution affects everyone in the society. Many people focus only on personal hygiene. Garbage, plastic, and leftover food are often carelessly thrown away. This leads to various environmental issues.

What are the environmental issues caused by pollution?

- Infectious diseases
-
-
-
-

The whole society will be benefited in keeping the environment clean. Let's make environmental cleanliness a habit for a better tomorrow.



Haritha Karma Sena

The 'Haritha Karma Sena,' formed by Kerala Government in 2017, collects organic and inorganic waste from doorstep. This initiative is implemented by panchayats and municipalities.



What are the activities you do at home and school related to environmental cleanliness?

- Disposing of candy wrappers in waste bins instead of throwing them in public places.
-
-
-
-

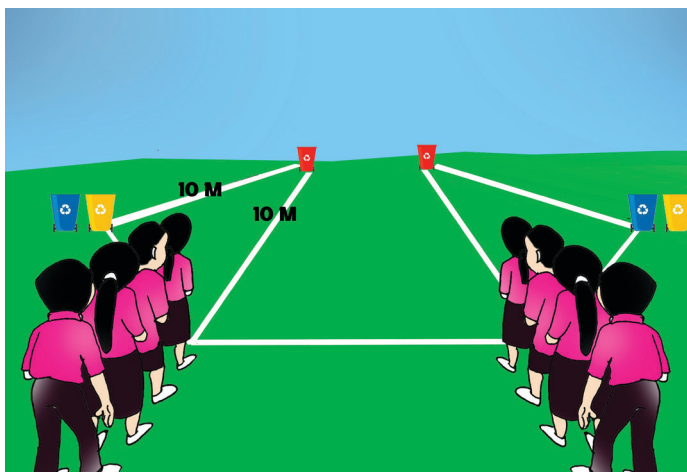
Let's play a game.



Activity : 4

Triangle Relay

Set up the play area as shown in the picture.





Rules and Regulations

- Children must be formed into two teams with equal members.
- Team members should stand in a line at the start line, as shown in the picture.
- Two large boxes are placed 10 metres away from the start line.
- These boxes contain paper, plastic covers, or plastic bottles based on the number of team members.
- Two small waste bins (blue and yellow) will be placed 10 meters away from both start line and large boxes:
 1. Blue box: Plastic covers/plastic bottles
 2. Yellow box: Paper
- When the teacher signals, the first child in the team should run from the start line to the large box. Pick one item and place it in the appropriate small waste bin. Return to the starting line.
- Every child shall continue the same activity.
- The team that correctly places all the items in the bins as per the instructions and finishes first will be considered the best performers.

Did you enjoy 'Triangle Relay'?

Who performed excellently in the game and why?

.....

.....

.....

.....

Classify Organic and Inorganic Waste.



Colour of the Basket	Waste
Blue	
Green	
Red	
Yellow	



Assessment

1. What are the methods that help achieve faster recovery after physical activities?

-
-
-
-
-
-

2. Write a note on the health and social problems caused by the lack of environmental cleanliness.

.....

.....

.....

.....

3. Fill in the blanks appropriately:

Nutrients	Sources
Carbohydrates	
Vitamin A	
Minerals	
Fats	
Proteins	
Vitamin D	
Vitamin C	

2

Physical Fitness Through Games



Usain Bolt was born in a remote village in Jamaica. As a child, Bolt faced many challenges - a life of poverty, one leg being shorter than the other and fear of dogs.



Because of his fear of dogs, Bolt would sometimes stay at his friends' houses instead of going home.



One day, when his mother fell ill, Bolt had to return home quickly. His love for his mother made him overcome his fear of dogs. He ran as fast as he could to reach home.



Outrunning the dogs, Bolt realised how fast he was. Thereafter he made it a habit.



Bolt's extraordinary speed increased his competitive spirit and helped him discover his talent as a runner. His coach recognised his ability and encouraged him to participate in sprint events.



At the age of fifteen, Bolt began his journey of success by winning gold medals in sprint events at the World Junior Championships.

You have read the story of world's greatest sprinter, Usain Bolt. What message does Bolt's story convey?

- Face challenges
-
-
-

You might also have some inherent talents. Have you tried identifying them?

Let's discuss:

- Ability to jump
-
-

Make efforts to nurture your inherent talents to improve your personal life.



Usain Bolt

Birth : 21 August 1986

Country: Jamaica

Medals

8 Gold Medals

in Olympics, 11 Gold Medals in
World Championship

World records

100 m - 9.58 sec.

200 m - 19.19 sec.

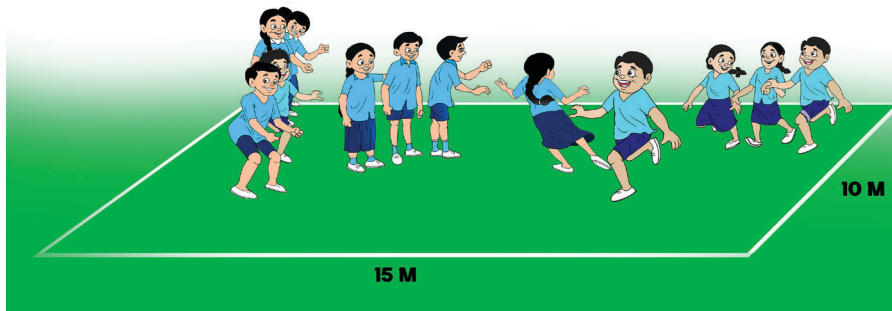
4 x 100 m Relay - 36.84 sec.

Let's play a game



Activity : 1

Golden Fish



Rules and Regulations

- All children shall stand in the marked rectangular play area (15 m x 10 m). One child will be the catcher.
- When the teacher whistles, the catcher tries to tag the other children within the rectangle.
- The catcher along with the tagged child forms a chain and continues the game by tagging others together.
- The chain widens as more children are tagged.
- The game ends when one child is left untagged and that child will be declared as the “Golden Fish.”

Classroom discussion after playing 'Golden Fish'

- Have you enjoyed the game?
- Who performed well?
- Some children ran very fast. Who were they?

Which basic movements are used in this game?

- Running
-
-
-



Assessment

- 1 Write a note on the benefits of playing the game 'Golden Fish' and the skills gained.

.....

.....

Physical Fitness

Were you able to participate energetically in the game 'Golden Fish?'

You could do that as you were physically fit.

What is physical fitness?

Lets' examine.

There are two types of Physical Fitness.

1. Health-related Physical Fitness.
2. Performance-related Physical Fitness.

Physical Fitness

Physical fitness refers to one's ability to perform daily activities energetically

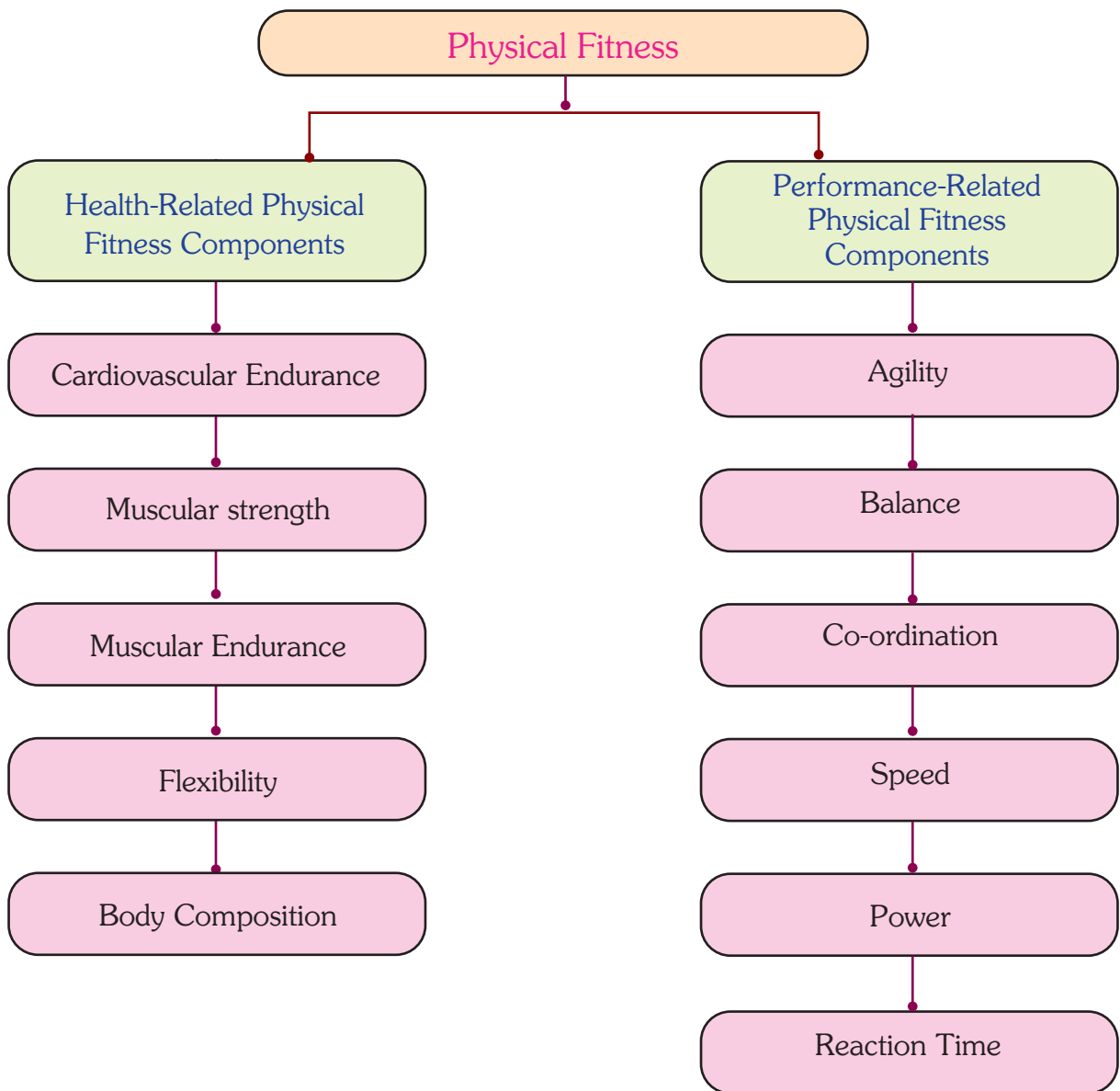
1. Health-related Physical Fitness

It is one's ability to perform daily activities efficiently, to maintain a healthy life style and to prevent diseases.

2. Performance-related Physical Fitness

It is the ability to improve one's performance in a particular sport event or sports activities.

Let's learn more about physical fitness.



Both types of physical fitness are important for a sports person.

Activity : 2

Plucking the Tail



Set up the play area as shown in the picture.



Rules and Regulations

- Divide the children into two equal teams, 'A' and 'B'.
- Team 'A' should further divide into three equal groups.
- Children in team 'A' stand behind one another, placing both hands on the shoulders of the child in front of them, as shown in the picture.
- The child at the back of each line wears a "tail" (a long scarf or similar item).
- Team 'B' forms groups of three and stands outside the play area.
- When the teacher signals, three members from team 'B' enter the play area to "ride."
- Those who enter for the ride can grab the tail of only one group at a time.
- Team 'B' tries to grab the tail of those students standing at the very back of team 'A' and team 'A' defends.
- Three members from team 'B' can take one minute for the try.
- If a tail is taken, the child who lost the tail is out, and the next child in the line takes the tail. Team 'B' can attempt to grab the tail only after placing the tail.
- After every minute, three new players from team 'B' take turns to 'ride' and the children who lose the tail go out of the game.
- If all members of a group from team 'A' are out before the time ends, they can regroup and restart.
- At the end of the specified time, teams switch roles and the game continues in the same way.
- Each time a tail is grabbed, the team scores a point. The team with the highest point wins.

Classroom discussion after the game

Have you enjoyed the game?

Haven't you noticed some team members performing excellently?

What factors helped them to perform well?

- Speed
-
-



Special
Info

Functional Fitness

Functional fitness is the physical ability to improve daily tasks (lifting, pushing, or carrying weights/loads).

Cosmetic Fitness

Cosmetic fitness involves maintaining an ideal body weight, practising proper hygiene and achieving an aesthetically appealing physical appearance through a balanced diet and regular exercise.

Growth and Development

Compare the pictures.



Manu at 8 years
Height: 128 cm
Weight: 25 kg



Manu at 11 years
Height: 143 cm
Weight: 35 kg

What physical changes did the child experience?

-
-
-
-

Growth

Growth is the process of gradual and qualitative changes in height, weight, and body shape.

Development

Development refers to the positive changes that occur in a person physically, mentally, socially, and emotionally.



Assessment

Below are given some information related to changes in children. Classify them into Growth and Development and complete the table:

(Height increased, gained more knowledge, gained more friends, shoulder widened, gained body weight, had personality development, could run fast, solved difficult mathematical problems, voice changed, increased co-operative attitude.)

Growth	Development
• Height increased	• Gained more knowledge
•	•
•	•
•	•
•	•

Boys, girls, and other gender groups experience differences in growth and development due to their circumstances. External and internal changes occur based on these factors. Some changes are common among all groups, while others differ. Physical growth ceases at a certain age, but development continues throughout life.



Assessment

1) Write a detailed note explaining the differences between growth and development.

.....

.....

Yoga

Yoga is an exercise that benefits both the physical and mental health of a person. It includes physical postures and breathing techniques.

General Benefits of Yoga

- Coordination
- Energy
- A calm mind

Let us practise yoga to achieve these benefits.

1. Vajrasana

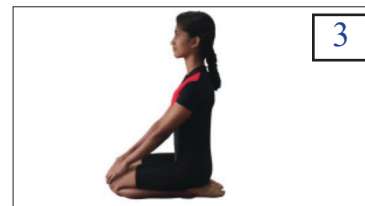
Sit and stretch your legs as shown in the picture.



Bend your left knee and place your left foot under your left buttock. Likewise bend your right knee and place your right foot under your right buttock. Ensure that the big toes of both feet touch each other.



Keeping your arms straight, place your palms on your knee and sit upright with your eyes closed.



Return to step one.



Activity : 3

Practise Vajrasana.

Did you feel any discomfort while sitting in Vajrasana for a long time? Share the changes

you experienced.

.....

.....

Benefits of Vajrasana

- Relaxes the knees and strengthens the thigh muscles.
- Helps to keep the spine straight and strong.
- Improves concentration.

2. Pavanamuktasana

1



Lie down in supine position with arms close to the body as shown in the figure.

2



Slowly inhale and raise both legs and arms vertically upwards.

3



Exhale and clasp your hands around your knees, pressing your thighs against your stomach. Lift your head and place the forehead between your knees.

4



Exhale and return to Step Two.

5



Finally, return to Step One.



Activity : 4

Practise Pavanamuktasana.

Share your experience after doing Pavanamuktasana.

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Benefits of Pavanamuktasana

- Makes the spine flexible and strengthens abdominal muscles.
- Helps release bowel gas.

3. Trikonasana

Stand upright with your arms close to your body.



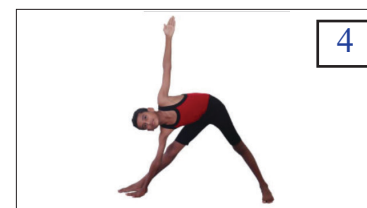
Spread your legs two to three feet apart and stand straight.



Raise both arms sideways to shoulder level and turn your right foot to the right.



Without bending your knees, tilt your body to the right, placing your right palm near your right foot on the ground. Lift your left arm straight up over your head.





Repeat the same steps on the left side of your body as in the fourth stage.



Return to stage One.



Activity : 5

Practise Trikonasana.

Which muscles got stretched while performing Trikonasana?

.....

.....

.....

Benefits of Trikonasana

- Improves flexibility in the spine.
- Increases blood flow to the head.
- Enhances the function of the shoulders.



Assessment

1. Which of the yoga postures did you enjoy the most?

.....

Why?

.....

.....

What are its benefits?

.....

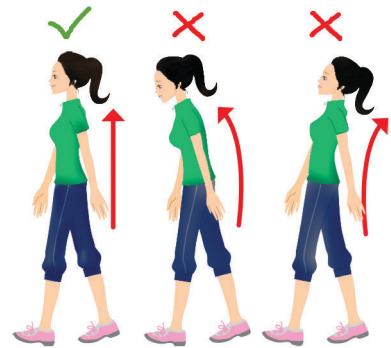
Dynamic Posture

Walking, jumping, and throwing are activities related to movement. It is essential to maintain a correct posture while performing these activities. Dynamic posture refers to moving the body parts correctly during such activities.

Let us examine the dynamic posture for each activity:

1. Walking

- Keep your head up and chin parallel to the ground while walking forward.
- Walk comfortably without applying extra pressure on the shoulder muscles.
- Strengthen your chest and abdominal muscles to help maintain a straight posture.
- Slightly bend your fingers and swing your arms naturally while walking.
- Move your left arm forward when stepping with your right leg, and vice versa.
- As your foot touches the floor, shift your body weight from the heel to the toe.
- Ensure your feet face forward while walking.
- Distribute your body weight evenly across your feet.
- Maintain a constant and rhythmic breathing pattern.
- Walking at a moderate pace helps improve physical fitness.



Activity : 6

Three children walk a specific distance following the rules of proper walking. The other children observe them.

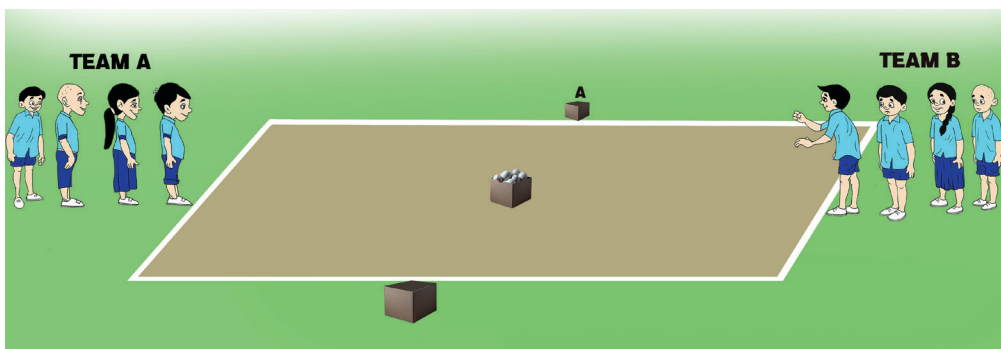
Proper way of walking is demonstrated in the class room.

Discussion follows.

Name the students who walked properly?



Let's Walk and Play



Set up the play area as shown in the picture.



Rules and Regulations

- Divide the class into two equal teams.
- Both teams should line up on opposite sides of the play area.
- When the teacher gives the signal, the first child from each line walks to the bucket placed in the centre of the play area, picks up a ball, and walks to the bucket on the side specified by the teacher to drop the ball.
- The next child in their team can enter the play area only when the first child leaves the play area after dropping the ball.
- The team that completes the activity in the shortest time, walking properly without running, will be declared the best team.

Discussion about the game:

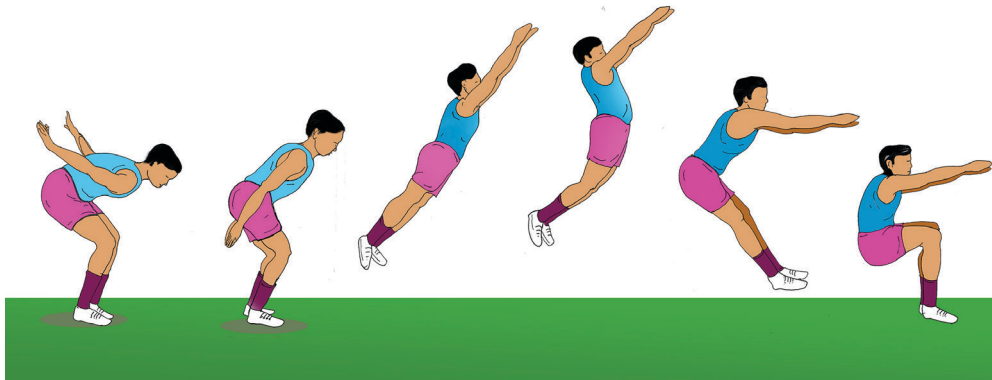
Have you enjoyed the game?

Who played very well?

2. Jump

- Stand on your feet, shoulder-width apart, looking forward.
- Bend your knees and shift your body weight onto your toes, moving your arms behind your hips.

- Bend your knees and shift your body weight from back to front, pushing off the ground with your toes and jump forward.



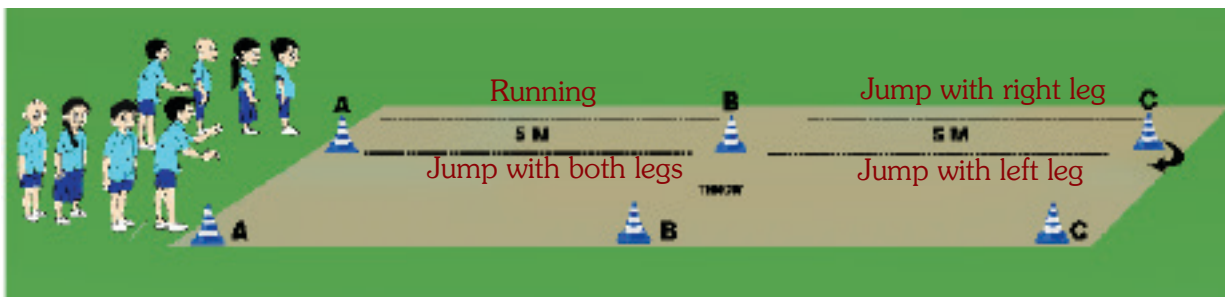
- While jumping, swing both arms forward and upward.
- After jumping forward as much as possible, land first on your toes and then on your heels.
- Slightly bend your knees and hips to reduce the impact. At this time return your arms to their starting position.



Activity : 8

Multi-Task Relay

Set up the play area as shown in the picture.



Rules and Regulations

The play area is divided into three zones: A, B, and C.

- Divide the children into two equal teams.
- Each team will receive a ball (football, volleyball, basketball, etc.).

- When the teacher signals, the child standing in front of each team must run quickly from A to B and place the ball in the B zone.
- From B to C, the children must hop with the right leg, and from C to B, they must hop with the left leg.
- After passing the ball placed in the B zone to the teammate standing in the A zone, the child must jump with both legs from B to A and reach the back of the line.
- As soon as the teammate receives the ball, the next child can continue the game.
- The game continues until all team members have completed the activity.
- The game ends when the last child jumps from B to A with both legs and crosses the starting line.
- The team that finishes first wins.

Play this game.

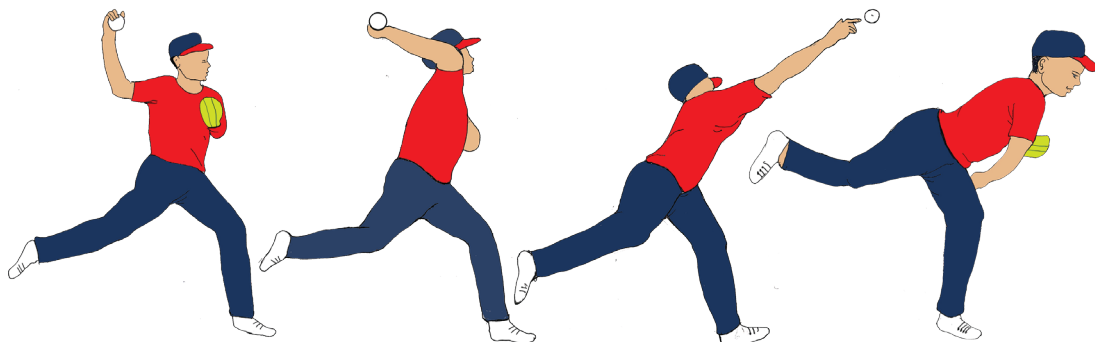
Discussion about the game.

Have you enjoyed the game?

Who performed the best?

3. Throw

- For control, the object should be held with fingers kept comfortably apart.
- Children throwing with the right hand should place the left hand and left foot forward.
- Children throwing with the left hand should place the right hand and right foot forward.



- Raise the throwing arm backwards and point the other arm towards the target.
- Shift body weight from the back foot to the front foot while turning the chest towards the direction of the throw.
- Move the throwing arm forward and throw the object forcefully when the elbow of the throwing hand is above shoulder height.
- After throwing, the back foot should move forward, the throwing arm should come towards the hip, and the other hand should move behind the hip.

Over Arm Throw

In this type of throw, the object is held with the arm bent at the elbow and thrown forward from above shoulder level.

Example: Cricket ball throw



Under Arm Throw

In this type of throw, the throwing arm swings back with the palm facing down and releases the object from below shoulder level.

Example: Softball pitching



Side Arm Throw

In this type of throw, the throwing arm swings from the side of the body, with the palm facing forward, and releases the object from below shoulder level.

Example: Handball shooting



Assessment

- 1) What problems occur when movements are performed without proper posture?

Write a note.

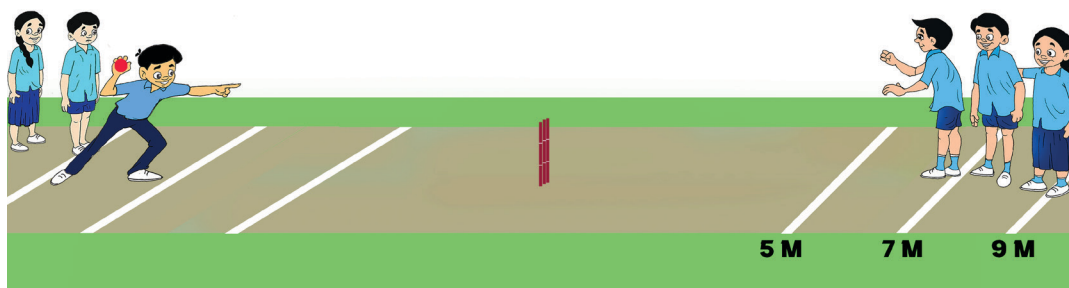
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Shall we play another game?

Activity : 9 Hit Wicket



Rules and Regulations

- Divide the children into two equal groups.
- Teams could be given cricket-related names.
- Both teams should stand facing the wicket placed in the centre of the play area as shown in the picture.
- The team that wins the toss gets the first chance to throw the ball at the wicket.

Round	Throwing Method	Distance	Points
Round 1	Underarm Throw	5 metres	1
Round 2	Overarm Throw	7 metres	2
Round 3	Side arm Throw	9 metres	3

- In the first round, children stand at the 5-metre start line and try to hit the wicket using an underarm throw. Each successful hit earns the team 1 point.
- In the second round, children stand at the 7-metre start line and try to hit the wicket using an overarm throw. Each successful hit earns the team 2 points.
- In the third round, children stand at the 9-metre start line and try to hit the wicket using a side arm throw. Each successful hit earns the team 3 points.
- In all three rounds, every child in both teams should be given a chance to throw the ball.

- The team with the maximum point wins, after completing all the rounds.

Discussion about the game

Did you play well?

Which round was the most difficult?

Why do you think so? Write about your experience.

.....

.....

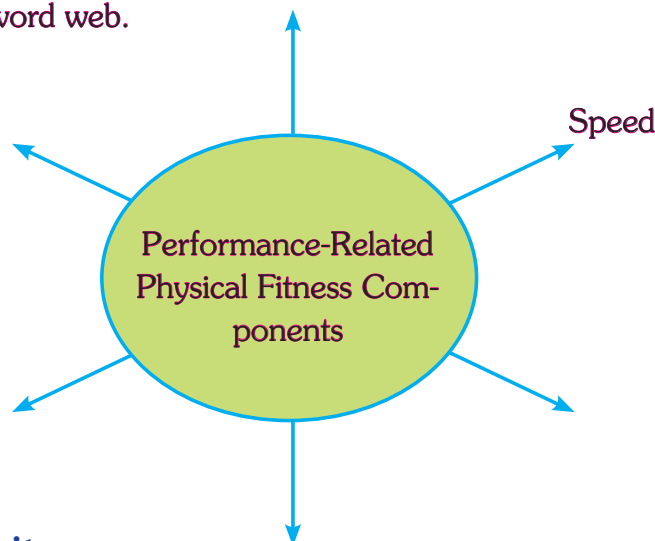


Assessment

1. Mark the following statements as true or false.

- Walk keeping your head up, with your chin parallel to the ground and looking forward. ☐
- While walking, transfer your body weight from the forefoot to the heel as it touches the ground. ☐
- After jumping forward as far as possible, land with your forefoot first and then the heel. ☐
- When throwing with the left hand, place your right hand and left foot forward. ☐

2. Complete the word web.



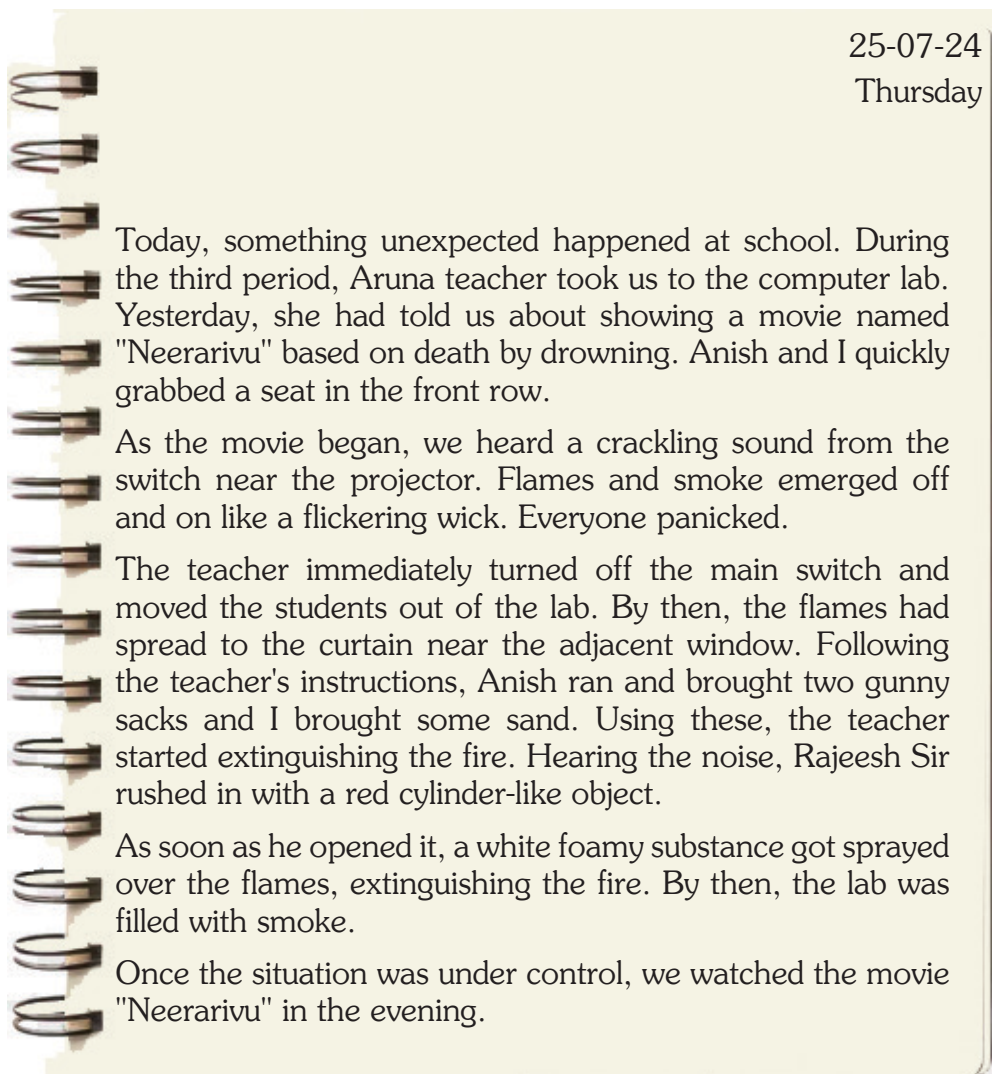
Follow-Up Activity

Practise the yoga poses you have learned with your family members. Record a video and present it in the class.

3

Our Safety Our Responsibility

Let's read Appu's diary.



Did you have similar experiences?

Share them in the class.

Precautions to be taken in the event of a fire

- In the event of a fire, call emergency services at '112.'
- If you notice a fire, activate your building's fire alarm. If there is no alarm, shout "fire" loudly.
- Never use the lift. Use the stairs to exit.
- To protect yourself from smoke, cover your nose and mouth with a wet cloth.
- If you are trapped and cannot find a safe exit, close all doors and windows and seal all gaps with wet clothes.
- If your clothes catch fire, roll on the ground or cover yourself with thick cloth to extinguish the flames. Running in panic may spread the fire further.



National Disaster Management Act, 2005

The purpose of this law is to minimise the loss of life, property, and essential services during disasters. Every year, October 13 is observed as International Disaster Risk Reduction Day.



We must develop the ability to face various hazardous situations both inside and outside the school in our daily lives.

Safety Guidelines

1. Understand personal safety.
2. Be aware of cyber safety.
3. Follow traffic rules.
4. Gain knowledge on dealing with accidents and emergencies.
5. Train to minimise losses during disasters.
6. Practise cleanliness.
7. Engage in open communication.

Be safe throughout your life by following the above said guidelines.



Observe the news report. You might have seen such incidents.

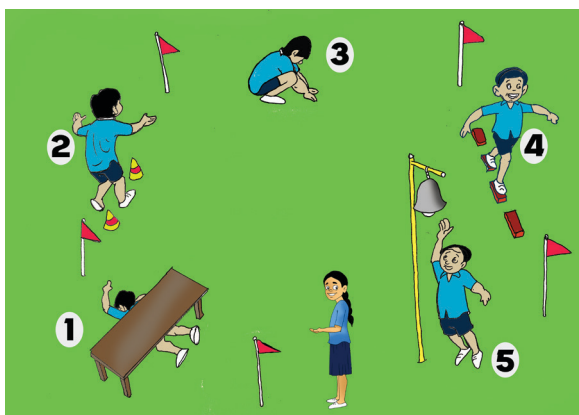
What are the similar incidents you are aware of?

- Flood
-
-
-
-
-

Let's learn more about the precautions to be taken during such natural disasters and accidents...

Activity : 1

Soldier Race



Set up the play area as shown in the picture.



Rules and Regulations

- Divide the class into two teams with equal members.
- At the teacher's signal, the first child from team A should cross five obstacle stations to reach the finishing point.
- At the first station, crawl under an object (chair/desk/hurdle or similar objects).
- At the second station, hop over cones on one leg.
- At the third station, do frog jumps to move forward.
- At the fourth station, balance and walk over bricks placed in a straight line.
- At the fifth station, jump and touch the hanging object.
- After completing all the five stations successfully, run to the finishing line.
- Touch the hand of the team member standing in front to continue the game.
- After all the players in team A have played, Team B should play in the same way.
- The team that completes the race in the shortest time is declared the winner.

Discussion after the game.

- Did you enjoy the game?
- Who performed the best in the game?

How will this activity help you handle dangerous situations?

Precautions during Lightning

- Avoid using electrical devices during lightning. Disconnect power connections.
- Close windows and doors. Do not stand or sit near them.
- Stay inside a building, avoid touching walls or floor.
- Do not play in open areas or terraces.
- Avoid travelling in open vehicles.



Earthquake

An earthquake is a shaking of the earth's surface caused when rocks beneath the earth's surface break or slide past each other.

Precautions

- Don't panic and stay calm.
- Before running outside, assess the situation. If going outside, find an open area.
- Bend down under a sturdy table or desk, cover your head with one hand. Use the other hand to hold onto the leg of the table or desk. If no such objects are available, protect your head and neck with your hands.
- Stay away from objects that might fall.
- If travelling in a vehicle, avoid bridges and tunnels. Park the vehicle in a safe spot.



You've learned about the precautions to be taken during various natural disasters and emergencies.

What precautions do you take during heavy rain and strong winds?

.....

.....

.....

.....

Road Safety

Rahul and Aman were returning home on a bike through a winding, uncrowded and unfamiliar road in the hills. In their eagerness to reach home quickly, they increased the vehicle's speed. Near a sharp curve, Rahul told Aman to overtake a slow-moving truck, ignoring the continuous yellow line on the road (a clear warning not to overtake on curves).

As Aman tried to overtake, a car approached them from the opposite direction. Panicking, Aman lost control of the bike. To avoid a collision, the car driver swerved, hitting a tree, while the



bike skidded. Thankfully, all passengers escaped with minor injuries. Rahul and Aman realised that their unnecessary haste caused the accident.

Why do such accidents occur on the road?

-
-
-
-

We cannot avoid travelling on road, but safe travel has become a challenge. Every year, millions of lives are lost, and many suffer severe injuries due to road accidents. Most of these accidents happen due to negligence and lack of road safety awareness.

Road safety awareness and knowledge of road rules are extremely important.



1. Road Safety Signs

You'll find many safety signs on the road. Understanding their meaning and following them while travelling is essential. Road safety signs are represented in three shapes:

Mandatory Signs

These are signs shown within a red circle. They indicate rules that drivers must strictly follow.



Warning Signs

These are signs shown within a red triangle. They give warnings to travellers.



Informational Signs

These are signs shown within a blue square. They provide information about directions, destinations, and roadside facilities.



Let's try an activity to create road safety signs.

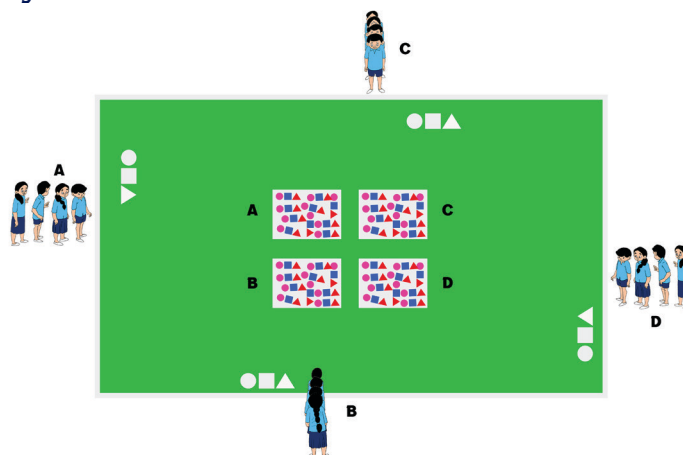
Activity : 2

Creating Safety Signs

Divide the class into three groups. Assign each group one type of sign (Mandatory, Warning, or Informational). Ask the groups to create their assigned signs and display them in the class.

Activity : 3

Safety Run





Rules and Regulations

- Divide the children into four equal teams.
- Draw four squares in the centre of the ground, as shown in the picture.
- Place signs (circles, triangles, and squares) inside these squares based on the number of team members.
- Draw smaller shapes (circle, triangle, square) near the starting line of each team.
- On the teacher's whistle, the first player from each team runs to their square, picks a sign, returns, announces the type of sign to their team, and places it in the corresponding shape near the starting line.
- The next player of each team continues the game.
- The team that finishes the game first is declared the winner.

Discussion after the game.

What road safety signs did you learn through the 'Safety Run' game?

2. Road Markings

Have you noticed different coloured lines on roads? Have you thought about the purpose of these coloured lines?

Road markings and signs are painted to make travel smoother, indicate parking and non-parking areas, and provide other important information.

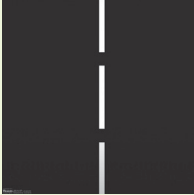
White or yellow colours are commonly used for road markings.



Activity : 4

Observe the different road markings shown in the pictures.

Complete the table.

Road Markings	Indicators	Purpose
	Broken white line	Can change lanes or overtake other vehicles in front if it is safe to do so.
		
		
		
		
		

3. Safety Guidelines for Pedestrians

- Walk carefully along the road.
- Walk on the right side of the road or use the pavement.
- Use a subway, zebra crossing, or footbridge to cross the road.
- Avoid crossing the road where drivers cannot see you.
- Do not cross roads in unlit areas during the night.
- Do not jump over dividers or divider rails.
- Avoid crossing roads between parked vehicles.
- Children should seek help from elders while crossing the road.
- Do not use roads for exercise.
- Wait for the vehicle that is dropping off passengers to leave, before crossing the road.



Activity : 5

How to Cross a Road Safely?



“Stop - Look - Observe - Think”

Stop: Stand outside the kerb.

Look: Check all directions to ensure no vehicles are approaching.

Observe: Watch whether any vehicles are coming and observe traffic signals.

Think: Assess the speed and distance of vehicles and think if it is safe to cross. Then, cross the road.



Road Safety – General Guidelines

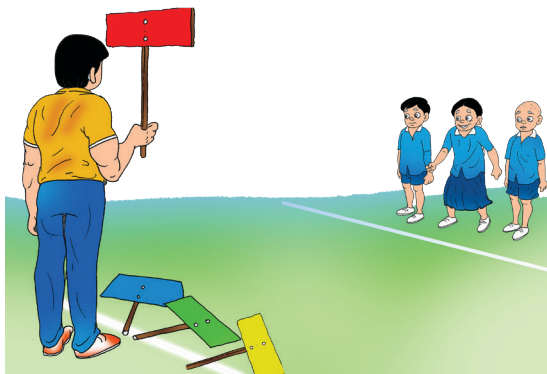
- Always wear a seatbelt / helmet while driving. Avoid using mobile phones.
- Do not drive after consuming alcohol or intoxicant drugs.
- Avoid overspeed.
- Pay attention to pedestrians, especially, children and elderly people.
- Do not drive when feeling sleepy or tired.
- Maintain a safe distance from the vehicle ahead.
- While driving at night, avoid using high beams that could disturb the driver of the vehicle from the opposite direction.(Use dim lights)

Let's play a game related to traffic signals.



Activity : 6

Signal Game



Rules and Regulations

- Draw two parallel lines, 15 to 20 metres apart.
- Make the children stand behind one line.
- Place green, red, yellow, and blue cones or similar coloured items on the second line, facing the children.
- The colours act as signals for the children:
Green: Move forward.
Red: Stop.
Yellow: Get ready (spot jogging)

Blue: Move backward.

- The teacher blows the whistle/gives signals to start the game.
- Children must act according to the colour signal shown by the teacher.
- Those who act against the signal shown are eliminated.
- After a set time, the children who continue the game are declared the winners.

Class discussion after the game.

- Did you enjoy the game?
- Write your experience of playing the 'Signal Game.'

First Aid

In life, injuries may occur in various situations. In class V, we learned how to remain calm, identify the danger, and act accordingly in those situations. Let's learn some basic first aid methods given for certain injuries.

1. Wound

A wound is a break in the skin caused by sharp tools, scraping, slipping, or other physical impacts.

What do you do when you get a wound?

- Wash the wound with soap and water (or antiseptic lotion).
-
-
-
-



Tetanus (T.T) Injection

For wounds at risk of infection (especially deep ones or those caused by rusty objects), a tetanus injection should be taken within 48 hours as per doctor's advice.



Rabies Injection

Rabies vaccination is the primary treatment to prevent rabies virus infection. If bitten by an infected animal (dog, cat, etc.), the vaccine must be administered within 24 hours. The schedule includes 5 doses given on days 0, 3, 7, 14, and 28. In severe cases, Rabies Immune Globulin (RIG) is directly administered at the bitten site.

2. Contusion (Bruise)

A bruise is the damage caused to blood vessels, muscles, or body tissues under the skin due to a direct blow or other impact. Bruises may cause discolouration, pain, or swelling in the affected area.



First aid

Let's learn about first aid for bruises using the acronym PRICE:

P

Protect: Protect the injury from worsening. Use braces or crutches for support.



R

Rest: Stop any ongoing activity and rest the injured area. Place the person in a shady, airy space.



I

Ice: Wrap ice in a cloth and continuously move it over the bruise (in circular or figure-8 motions). Apply ice for 15 to 20 minutes every 2 to 3 hours during the first 48 hours.



C

Compress: Apply gentle pressure using a hand, cloth, or bandage according to the severity of the injury.



E

Elevate: Raise the injured area above heart level. This helps reduce blood circulation and swelling in the affected region.



Activity : 7

PRICE Game



Rules and Regulations

- Divide the children into five equal teams.
- Each team must complete the following four different activities:

Activity 1 : Roll the ball using hands.

Activity 2 : Kick the ball using feet.

Activity 3 : Dribble the ball with one hand.

Activity 4 : Hit the ball using a cricket bat or a similar object.

- On the teacher's signal, the first child in each team begins the first activity.
- They circle a cone placed at the opposite end and return to the starting line, allowing the next child of each team to take their turn.
- Once all children in a team complete the first activity, the team moves to the next task.

Game Scoring for PRICE Game:

- The first team that finishes the first activity is named 'P' and scores 5 points.



The team that finishes second is named 'R' (4 points).

The team that finishes third is named 'I' (3 points).

The team that finishes fourth is named 'C' (2 points).

The last team to finish is named 'E' (1 point).

- After all the four activities are completed in the same way the team with the highest points will be considered the best performers.



Assessment

1. After completing the four tasks, which of the activities do you think was performed the best?

.....

2. What methods did your team use to complete each activity with control and speed?

- Teamwork
-
-

In this game, you can move to the next activity only after completing the previous one. Similarly, in the "PRICE" first aid method, each step must be completed safely before moving to the next.

3. Burns

Burns are injuries to the skin or internal body parts caused by fire, sunlight, heat, chemicals, electricity, or radiation.

What first aid is usually given for burns?

Step - 1

Remove the person from the source of the burn.

If the burn is caused by electricity, ensure that the power source is disconnected before touching the person.

Do not remove clothing over the burn, rather remove the tight clothing or jewellery near the affected area.

Step - 2

Step - 3

Step - 4

Step - 5



Activity : 8 Learning Through Activity



Rules and Regulations

- Divide the class into three teams with equal members.
- Select captains for each team. Let each captain draw a lot from a prepared set.
- Each lot will contain the name of an injury: Burn, Wound, or Contusion.
- Each team shall present a visual demonstration about the injury and its first aid method.

Other teams will evaluate the performance of each team and provide suggestions.



Assessment

1. Choose the correct answers:

a) Which day is observed as International Disaster Risk Reduction Day?

(October 13, September 3, September 13, October 3)

b) Which is the emergency helpline number?

(112, 222, 333, 444)

c) What do road safety signs within a red circle indicate?

(Mandatory rules, Optional rules, Conditional rules)

2. What is the purpose of "Zebra Crossing"?

.....

.....

.....

.....

3. Arrange the steps for crossing the road safely:

(Think, Stop, Look, Observe)

- 1.
- 2.
- 3.
- 4.

Follow-Up Activity

Conduct a mock drill related to road safety on crossing the road and walking safely.

4

Sports Culture

New knowledge and experiences.



Shaju, a sixth grader, is a permanent resident in the city with his parents. He visited his mother's home in the village for Onam celebration. The quiet and narrow village roads, green yards, and the loving behaviour of the people gave him a unique experience. He compared the hustle and bustle of the city with its multi-storey buildings, to the beauty of the village. In the evening, he reached the village playground with his relative Binoy. He curiously watched the children playing various types of games. Watching the children enthusiastically and happily playing filled him with excitement. There were games like football, cricket, and volleyball as well as some games that he was unfamiliar

with. He asked Binoy about the folk games like Kuttium Kolum, Thalappanthukali, Olappanthukali, Golikali etc and how they are played.

Are there any similar folk games in your area?

Which are they?

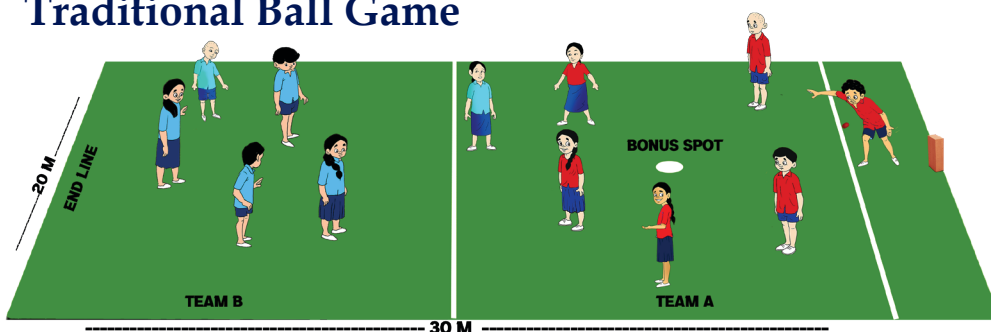
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Shall we learn about some traditional games now?



Activity : 1

Traditional Ball Game

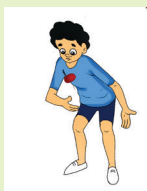
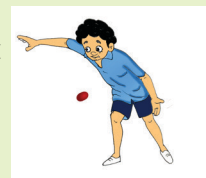


Rules and Regulations

Set up the playing area as shown in the picture.

- Divide the children into two teams: 'A' and 'B', with equal number of members.
- A rubber ball or an 'olappanthu' can be used for the game.
- The game has three stages: Single (Otta), Double (Petta), and Single Hand (Ottakkai).
- Players must successfully complete each stage to proceed to the next.

Single (Otta): Hold the ball in one hand, toss it and hit it towards the opponent's end line using the same hand.



Double (Petta): Toss the ball with one hand and hit it with the other hand towards the opponent's end line.

Single Hand (Ottakkai): Hold one hand behind your back, toss the ball with the other hand, and hit it towards the opponent's end line with the same hand.



- At the start of the game, Team A gets the first chance to hit the ball.
- If Team A successfully hits the ball past Team B's end line, they score a point, and the same player can play the next stage.
- Team B can hit the ball back using their hands or feet. If they successfully hit the ball past Team A's end line, Team B scores a point.
- Both teams take turns hitting the ball back and forth until it stops moving or goes out of the playing area.
- When Team B defends and the ball touches their body and goes out through their side line, Team A scores a point. However, if Team A directly hits the ball out through their side line, no point is awarded to Team A.
- Similarly, if Team A's ball goes out through their side line while Team B is defending, Team B scores a point.
- When Team A hits the ball, Team B blocks, the ball bounces up, and Team A catches it before touching the ground, Team A scores a point and moves to the next stage.
- If Team B catches the ball directly without touching the ground, the turn ends for that player in Team A, and Team B scores a point along with a bonus point.
- For the bonus, Team B can stand on a marked bonus spot 10 metres away and attempt to hit a one-foot-high brick or a similar object placed on the end line. If successful, Team B earns two bonus points.
- Each member of Team A can hit the ball in all three styles (Single, Double, Single Hand) unless they are out. After their turn, the next member gets the ball.
- Once all members of Team A have had their turn, it's Team B's chance to play.
- After both teams finish their turns, the team with the most points wins.

Do you play this game in your area?

What is the name of this game in your area?

.....

How is this game different from the ones you usually play? Share your experience.

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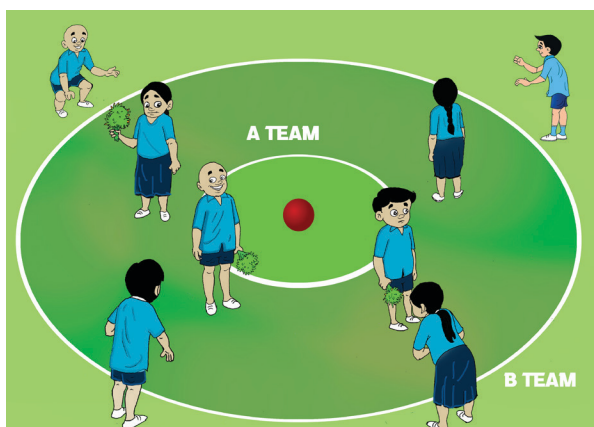
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Let's play another folk game...



Activity : 2

'Guardian of the Treasure'



This traditional game has been played by children in villages for generations. Draw a large circle with a radius of 10 metres and a smaller circle with a radius of 5 metres at its centre, both sharing the same centre point as shown in the picture. Place a ball (or a similar object) in the centre of the circles.



Rules and Regulations

- Divide the children into two teams, 'A' and 'B', with equal number of members.
- At the start of the game, the children from Team A should stand inside the circle, while those from Team B should stand outside the circle.
- Each team gets five minutes to play.
- The children inside the circle must hold long leaves (grass, broom, or similar objects) in their hands.

- When the teacher whistles, Team B's players should attempt to take the ball which is inside the inner circle.
- Team B players must try to take the ball from the circle, while Team A players use the leaves in their hands to hit Team B players below the knees to stop them.
- Team A players are not allowed to enter the smaller inner circle.
- If a Team B player is tapped below the knees, they are out from the game, and Team A scores points proportional to the number of players eliminated.
- If any Team B player successfully grabs the ball without being tapped and brings it out of the larger circle, Team B scores five points.
- The game ends when all Team B players are out or when the time is up.
- The teams then switch roles, with Team A standing outside the circle and Team B inside.
- After both teams have played, the team with the highest points is declared the winner.



Assessment

1. Write about your experience playing "Guardian of the Treasure."

.....

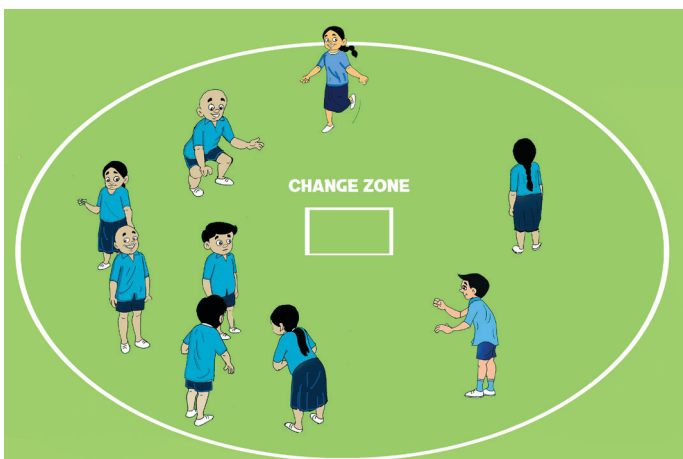
.....

.....



Activity : 3

Hopping Tag



This game involves one player hopping on one leg inside a circle, trying to tag others.

Draw a circle with 5 metre radius as shown in the picture.



Rules and Regulations

- Adjust the size of the circle according to the number of children.
- The hopping child must hop only on one leg. To switch legs, they must go to the change zone that is marked in the play area.
- If the hopping player tags another, the tagged player becomes the hopping child and the previous hopping child starts running.
- The game restarts from the change zone.
- The play continues for a set time, and the player who gets tagged the least number of times is declared the winner.
- As per the teacher's instruction, when the game starts, the first hopping turn of the student is not counted in the final score of that student.



Assessment

1. How do people usually refer to this game in your area?

.....

2. Who performed the best in this game? Share your experience.

.....

.....

.....

.....

.....

Sports Literacy

Sports literacy is a general understanding of the actions and habits that must be practised to maintain physical, mental, social, and emotional balance. We need to develop a good sports culture to attain an excellent sports literacy.

Let's understand how the game of 'chess' has grown into the sports culture of a country.

Chess is a significant contribution of India to the World of Sports. It originated from the ancient game of 'Chaturanga', which was played in India. Chennai, the capital of TamilNadu, has a strong sporting culture which has produced many chess grandmasters

and international players in modern India. Chennai, the capital of Tamil Nadu is often referred to as 'The land of Chess' and 'The factory of Grandmasters'.

India's first International Master - Manuel Aaron, World Champion and Grandmaster - Viswanathan Anand, Woman Grandmaster - S.Vijayalakshmi, were all from Chennai. Rameshbabu Praggnanandhaa - the youngest International Master and the second youngest grandmaster in the world and Gukesh Dommaraju, who won the World Championship at the age of 18, are all residents of Chennai. (Data as of 2024). Of the 37 grandmasters in India, 27 are residents of Chennai.

Their success has increased young people's interest in chess, paving the way for the formation of academies and coaching centres across Chennai and the growth of sports culture.



Viswanathan Anand



Rameshbabu Praggnanandhaa



Gukesh Dommaraju

Are there any institutions in your area that provide training in sports?

List those institutions and the sports items they train in the table below.

Centre/Location	Sports
Pirappancode, Thiruvananthapuram	Swimming
Govt. Higher Secondary School, Nirmamaruthur, Malappuram	Kho Kho

You learned about basic movements in class 5.

Now, let's learn more about free movements.

Free Movements

Free movements involve combining basic movements with other activities.



What do you see in the picture?

- Some children are walking
-
-
-

Basic movements such as walking, running, and jumping are combined with other activities to create free movements.

Examples: Dribbling a ball while walking, Juggling a scarf while moving.

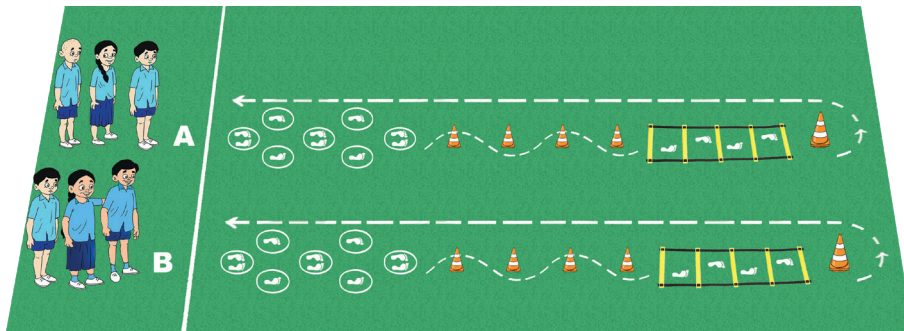
Let us explore free movements through a game.



Activity : 4

Tuck Tuck Jump

Prepare the play ground as shown in the picture.



Rules and Regulations

- Divide the children into two teams of equal numbers 'A' and 'B'.
- When the game begins, the child standing in front of the starting line jumps with both feet into the first circle.
- From there, jump into the next two circles, placing one foot in each circle.

- After jumping into the circles as described earlier, jump with both feet into the next circle and do the same for the following circles.
- Then, run in a zig-zag pattern through the cones ahead.
- At the end, run forward on a marked ladder line, placing one foot in each column.
- After rounding the final cone, run back to the starting line and tag the next player in line to continue the game.
- The game continues until all team members have done the activity. The team that finishes first is declared the winner.

Did you enjoy the game?

-
-

What are the basic movements that you carried out in this game?

- Jumping
- Running
-

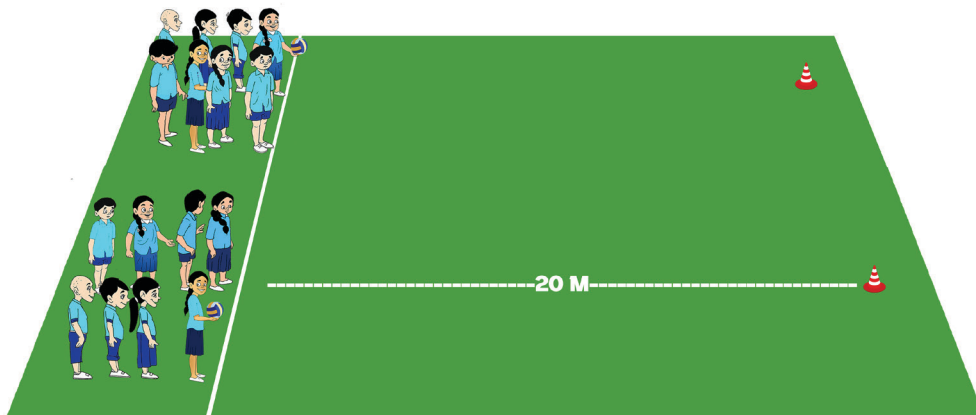
What free movements did you carry out in this game?

- Zig-zag running through cones
-
-
-



Activity : 5

Throw and Run





Rules and Regulations

- Divide the children into two equal teams - 'A' and 'B'.
- Line up both teams behind the starting line, as shown in the picture.
- Provide each team with a ball (e.g., football, basketball, volleyball).
- Place a cone 20 metres ahead of the starting line for each team.
- When the teacher gives the signal, two players from each team start the game.
- The first two players pass the ball to each other (using a chest pass or push pass) while moving forward.
- After reaching the end line, they return while passing the ball using a bounce pass.
- Both players must use sideward running while moving forward and backward.
- On returning, they hand the ball to the next players in line, and the game continues.
- The game ends when all team members have completed the activity. The team that finishes first wins.

Discussion about the game

Did you enjoy the game? Why?

-
-
-



Assessment

Did you notice some players performing exceptionally well? Why were they successful?

- Cooperation
-
-
-
-

Rhythmic Movements

What do you see in the picture?



When we engage in physical activities, we do both basic and free movements. But when we dance to the rhythm of music, are we only performing such movements? Have you ever observed?

Rhythmic Movements

Rhythmic movements are those performed rhythmically, systematically, continuously, and in coordination. Examples: Aerobics, Zumba dance, Gymnastics.

Some Rhythmic Movements

Rhythmic Gymnastics

This is a combination of gymnastics and dance, performed rhythmically with music. It uses props like ribbons, hoops, and balls.

Aerobic Dance

Various exercises are performed rhythmically as a dance form with musical support.

Lezim Dance

This is a traditional folk dance performed using an instrument called "Lezim" that produces rhythmic sounds.

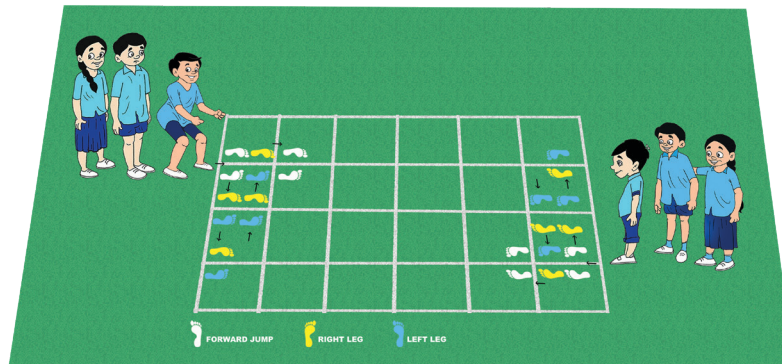
Discuss and record the rhythmic movements you have performed.

- Dancing
- Exercising
-
-

Let's try an activity involving rhythmic movements.



Activity : 6 Left... Right... Left...



Set up the play area as shown in the picture.



Rules and Regulations

- Divide the children into two teams of equal members, 'A' and 'B'.
- Team 'A' gets the first chance.
- Team 'A' members should stand in two equal rows at the left corners of both sides of the play area.
- When the teacher gives the start signal, the children in the front of each row should jump into the squares in front of them, placing each foot in respective squares.
- Then, they must jump with same speed and rhythm, saying 'right, right, left, left, front'.
- Once the first child gets to the third row, the next one in line starts jumping.
- This continues until all team members from both sides reach the opposite side of the play area without colliding. This marks the end of Team 'A's turn.
- Then team 'B' repeats the process.
- The team that completes the task in the shortest time, without collisions, and follows the exact instruction is declared the winner.
- This game can also be played with the assistance of music.

Which team performed the best in the game?

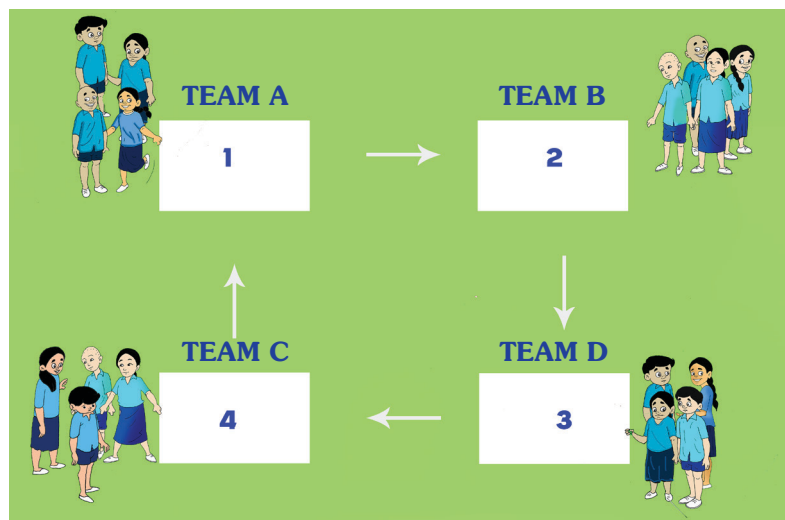
Why were they successful?

- Coordination among members
- Understanding of the game
-
-



Activity : 7

One Tree, Many Branches



Divide the children into four teams and place them at four stations as shown in the picture.



Rules and Regulations

- Four exercises, each lasting 30 seconds, are arranged at the stations.
- Start the activities when the music begins, and stop when it ends.
- Then, after a minute of rest, the teams can enter the next station in a clockwise direction and continue the activity.
- During the rest period, instruct the teams to walk.
- Station 1: Activity: Juggle a ball with both hands.

When the music starts, throw the ball in the air with your right hand and catch

it with your left hand. Then throw the ball up with the left hand and catch it with the right hand. Repeat the process.

- Station 2: Activity: Spin a hula hoop (or similar object) with your waist.

When the music starts, stand with feet shoulder-width apart and rotate your waist to control the hula hoop in a rhythmic and steady manner.

- Station 3: Activity: Juggle two scarves/towels using both hands.

When the music starts, throw the scarf in your right hand upwards while passing the one in your left hand to the right hand. Use the left hand to catch the thrown scarf. Repeat this with both hands alternately.

- Station 4: Activity: Skip with a rope on one leg.

Start skipping when the music begins. Use any leg to skip as per your comfort.

- Once you have gained enough practice at each station, this can be done as a competition.
- The team's score will be determined by the number of children who successfully complete the task at each station.
- The team with the most points at the end of the last station will be declared the winner.

1. Who were the best performers in the game?

How were they able to do so?

- Ability to coordinate activities.
-
-

2. Did the music make the activities easier and more enjoyable? Write your notes.

.....

.....

.....

.....



Assessment

1. What are the examples of free movements?

-
-
-
-

2. Write a few examples of rhythmic movements.

-
-
-
-

Follow-Up Activity

You have learned about games like "Naatan Panthu Kali", "Guardian of the Treasure", "Hopping Tag", etc. Similarly, collect information about folk games prevalent in your locality. Organise competitions in your school with the help of your teacher.

5

Playing in tune with the Environment

Our country is rich in its natural beauty. It is our responsibility to live in harmony with nature and protect it without destroying the environment. In class V, we have learned about different types of environment and eco-friendly games.

Complete the table given below:

Environment	Eco-Friendly Games
• Backwaters • • •	• Vallam Kali (Boat Race) • • •

Observe the picture



The image shows 'Maramadi Mahotsavam', a traditional country side bull race festival held in the paddy fields after harvest in Kerala. It was a celebration for the country folks. Selected bulls with strength and vigour were brought even from neighbouring villages, so as to intensify the spirit of the competition.

Are there similar environment-related games or activities in your locality?

The response of Eby, a sixth grader to the teacher's question is given below.

During Onam, we kids used to play "Bear Game" (Karadikali), covering our entire body with dried banana leaves, vines and face masks.



The bear dance moving from house to house singing onam songs brought joy to everyone.

Are there any similar eco-friendly games in your area? Discuss it in class.

Prepare a note.

.....

.....

.....

Let's get to know some of these eco-friendly sports activities that exist in various regions.

1. Mud Sports

Mud sports are games played in mud or loose soil.

Certain games related to mud sports are mentioned below.

Write the names of games below the pictures. Use the following table to identify the game.



.....

.....



Table : Eco-friendly games

Sport item	Details
Mud Wrestling	Wrestling match conducted in loose soil.
Mud Bogging	Jeep race through mud, ditches and rough terrain.
Mud Run	A running race covering muddy terrain laden with obstacles.
Mud Football	Playing football on a muddy surface following the rules of football.
Mud Bike Race	Off-road bike race through muddy tracks that aims to cover a specific distance in the shortest time.
Mud Volleyball	Volleyball played on muddy ground with slightly modified rules, and with six players in a team.

Activity: 1

Watch a video of games related to mud sports.

Write about your experience watching the game.

2. Beach Sports

Beach sports are recreational sports played on the sandy shores of beaches.

Let's have a look at a few games.



Picture 1



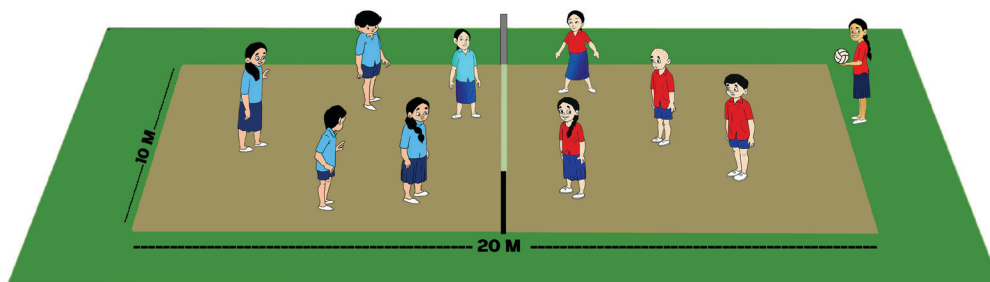
Picture 2

Can you name the games shown in these images? Write one sentence about each game.

Picture 1	
Picture 2	

Activity: 2

Tennis Volley



Set up a play area similar to the one shown in the picture.



Rules and Regulations

- Tie a net or similar object 1.5 metres above the ground across the centre of the play area.
- When the teacher signals, one player from the team that has won the toss serves the ball with the foot to the opponent's court.
- If the serve hits the net, lands outside the court, or falls back into the serving team's court, the opposing team gets one point and the next serve.
- The team can play the ball only after it has been served by the opponent team and bounced once in their court.
- The ball must be returned to the serving team's court within a maximum of three passes.
- Any part of the body can be used to pass the ball.
- If more than three passes are made within the court, or if the ball goes out of the opponent's court, the opposing team earns one point and the next serve.
- The first team to score 15 points wins.

Did you enjoy this game?

What other games related to Mud volley are known to you?

-
-
-

3. Adventure Sports

Adventure sports are recreational sports that involve risky and challenging situations.

Abhilash Tomy

Abhilash Tomy, a former Indian Navy officer and Malayali, became the first Indian to circumnavigate the world alone in a sailboat in 2013. The Golden Globe Race is a solo sailing race that involves sailing around the world without the aid of modern technology.



In 2018, during this race, Abhilash Tomy's boat was struck by a massive storm, causing severe damage to the boat and leaving him with a critical spinal injury. Stranded 3,000 kilometres away from land for several days, he was eventually rescued by naval forces after days of relentless effort.

Considering the severity of his injuries, no one expected Abhilash Tomy to participate in such a life-threatening race ever again. But he participated in the 2022 Golden Globe Race and overcame numerous challenges to finish at the second place.

He has showed us that mental strength, determination and a positive attitude can help overcome any crisis in life.

Different environmental conditions provide opportunities for various adventure sports.

- Let's explore some adventure sports conducted in water (sea, water bodies, rivers).



1. Body boarding



2. Sailing



3. Scuba Diving



4. Surfing

- Let's learn about adventure sports conducted in the sky:



1. Skydiving



2. Bungee Jumping

- What are the adventure sports conducted in mountains and hilly regions?



1.



2.

Activity : 3

Watch a video about adventure sports.

Write about your experience.

.....

.....

.....



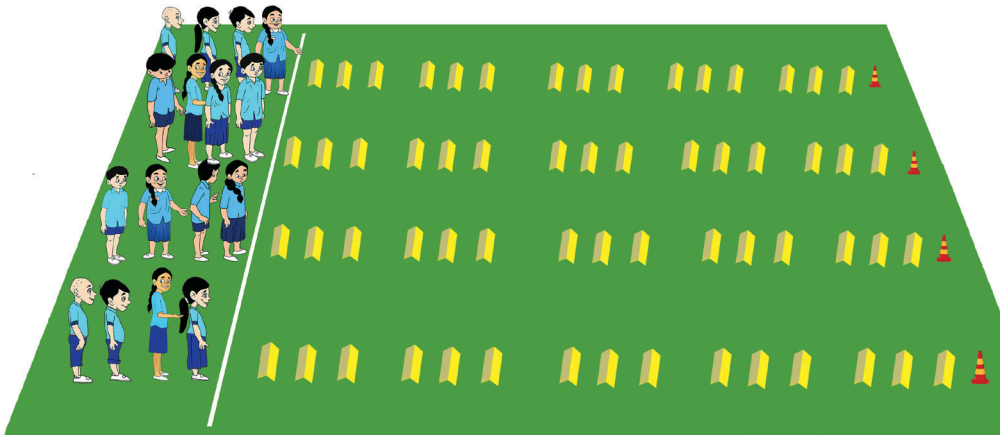
Assessment

- Present the prepared notes in class.
Who prepared the best notes?



Activity : 4

Penta Relay



Set up the play area as shown in the picture. Use 15 cones, training hurdles, or similar objects as hurdles.



Rules and Regulations

- Divide the students into four equal groups.
- When the start signal is given, the first player from each team must cross the hurdles in all five zones as described below, then run around the last cone and return to their team.
 - Zone 1: Hop on one leg.
 - Zone 2: Jump with both legs.
 - Zone 3: Turn to the left and jump with both legs.
 - Zone 4: Turn to the right and jump with both legs.
 - Zone 5: Perform a 180-degree jump.
- All team members must complete the activity.
- The team that finishes first is declared the winner.

In what environments can this game be played?

- Muddy surfaces
-
-
-

What are the factors that helped you face the challenges in these games?

- Jumping ability
-
-
-

4. Winter Sports

Winter sports are games that take place on playing fields made of snow or ice.

Let's get to know some examples of winter sports:



1. Snowboarding / Snowblading



2. Figure Skating



3. Skiing



4. Curling

Shiva Keshavan

Represented India in six consecutive Winter Olympics from 1998 to 2018.



Winter Olympics

Similar to the Summer Olympics, the Winter Olympics is a sporting event held once in every four years during winter. It began in 1924 in France.

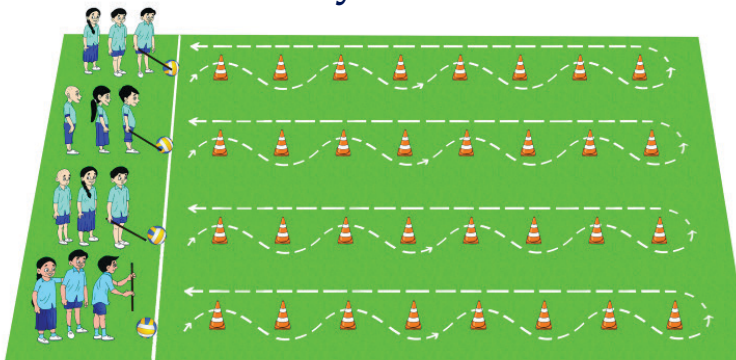
Activity : 5

Watch a video on Winter Sports.

Write your experience of watching the game.

Let's play a game.

Activity : 6 Dribble Run Relay



Rules and Regulations

- Divide the children into four equal teams.
- Set up the play area as shown in the picture. Make them stand behind the starting line as shown in the picture.
- Give a hockey stick or similar stick and a football/volleyball to the first player of each team.
- Place eight cones 1 metre apart in front of the starting line.
- When the teacher signals, the first player must dribble the ball using the stick through all the cones and then pass the ball using the stick to their teammate.
- Afterwards, the first player passes the stick to the second player.
- Continue until all players in the team have completed the activity.
- The first team to finish is declared the winner.

Who played excellently well in the game?



Assessment

1. Classify the eco-friendly games given below.

(Mud Wrestling, Bungee Jump, Mud Bogging, Beach Football, Skiing, Snowboarding, Mountaineering, Scuba Diving, Beach Volleyball, Mud Bike Race, Figure Skating.)

Mud sports	Beach sports	Winter sports	Adventure sports

2. Which adventure sport is played under water?

.....

3. Identify the sport in the picture?



.....

4. Which is the sport shown in the picture?



.....

Appendix



LIFESTYLE FORMATION

YOUR DAY

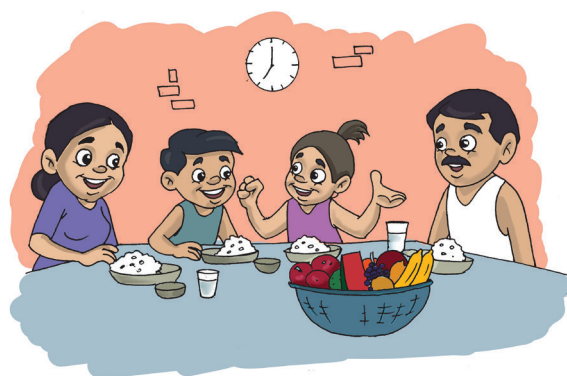
WARMING UP

COOLING DOWN

Lifestyle Formation

Healthy Eating Habits

- Eat meals with family members.
- Avoid using digital devices while eating.
- It is best to eat 2-3 hours before exercising and at least 1 hour after exercising.
- Never skip breakfast. Chew your food slowly and thoroughly.
- Drink at least 2-3 litres of boiled and cooled water daily.
- Include a variety of colourful vegetables and fruits in your diet (Rainbow Diet).
- Minimise fast food, soft drinks, and junk food.
- Eat dinner at least 2-3 hours before going to bed.



Exercise Habits



- Exercise with family members and enjoy it. Focus on aerobic exercises like walking, cycling, jogging, and swimming.
- Children aged 5-17 should engage in at least 1 hour of aerobic exercise daily and participate in muscle- and bone-strengthening activities at least three times a week. (Source: World Health Organisation)

A Regular Day in Life

- Engage in short-duration physical activities before going to school. Help your parents with domestic chores.
- You may go to school by walking or cycling. If you travel by a vehicle, find time to walk with your friends.



During class time



- Stretching should be practised during short breaks.
- Walk as much as possible while in school. Keep the habit of visiting the school library and lab everyday, so as to develop the habit of being physically active.

During Interval

- Use opportunities to walk and engage in leisure-time physical activities.
- Participate in curricular and creative activities as far as possible.



After reaching home

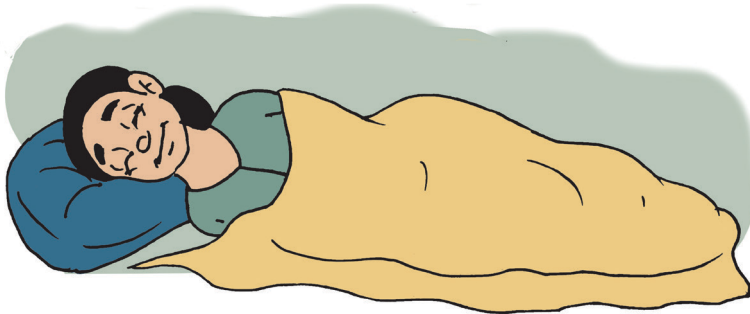
- Engage in recreational sports with family and friends. You can also take your pet for a walk, if you have one.
- Reduce screen time used for entertainment purposes.

Study Time

- Taking short breaks for light exercises and enjoying music during study sessions can help you stay more energetic.
- Using a stress ball or squeeze ball can help reduce stress.
- Complete your daily homework on time.



Sleep



- Develop the habit of sleeping early and waking up early.
- According to the World Health Organisation, children aged 6-12 should sleep 9-12 hours a day, and children aged 13-18 should sleep 8-10 hours a day.
- Maintain the natural curve of your neck and spine by lying straight or slightly inclined.
- Stop using electronic devices at least 30 minutes before bedtime, and keep them at least 1 metre away from the bed.

While there might be some changes to your routine on holidays, you should ensure that exercise, meals, studies, recreation, and sleep are followed on time.

Warming Up

- Warming up is the preparation stage before any physical activity or competition. It improves performance and prevents injuries.
- Hold each stretching exercise for a specific number of seconds and repeat on the opposite side.
- Perform all other exercises about 10 times and repeat on the other side.

1: Neck Stretch



2: Overhead Shoulder Stretch



3: Wrist Extension Stretch-I



4: Wrist Extension Stretch-II



5: Shoulder Stretch



6: Cross Arm Shoulder Stretch



7: Backside Shoulder Stretch



8: Side Stretch



9: Quadriceps Stretch



10: Kneeling Hip Flexor



11: Toe Touch



12: Calf Stretch



13: Cross Body Toe Touch



14: Side Lunge And Leg Lift



15. Shoulder Shrugs



16: Arm Circle



17: Arm Rotation



18: Hip Circle



19: Dorsiflexion & Plantar Flexion



20: Jumping Jacks



21: Leg Swing: Forward And Backward



22: Tuck Jumps



23: Squat Jumps



24: Push-Ups



25: Major activities (Perform any one of the activities for 10 minutes.)

- Various exercises using Hula hoops, Skipping rope etc.
- Cycling, swimming, aerobic dance etc.
- Going up and down the stairs continuously.
- Jogging (start at a slow pace and gradually increase the pace)
- Play any fun games you studied in the class.

Cooling Down

- This is a simple exercise done after a competition or physical activity to bring the body back to its original state. It helps speedy recovery, prevent injuries and improve performance.
- All stretching exercises should be held for around 10 seconds and performed on either sides also.

1. Walk Slowly



2. Slow Jogging



3. Relax the arms on both sides and run slowly



4. slow walking and jogging with both arms bent forward.



5. Neck Stretch



6. Overhead shoulder stretch



7. Wrist extension stretch-I



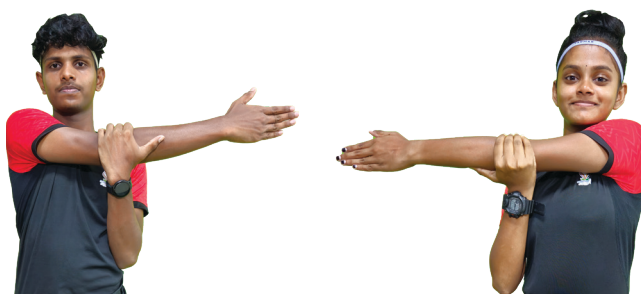
8. Wrist extension stretch-II



9. Shoulder stretch



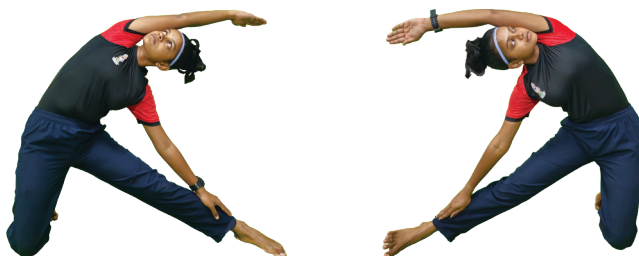
10. Cross arm shoulder stretch



11. Standing back bending stretch



12: Side bend stretch



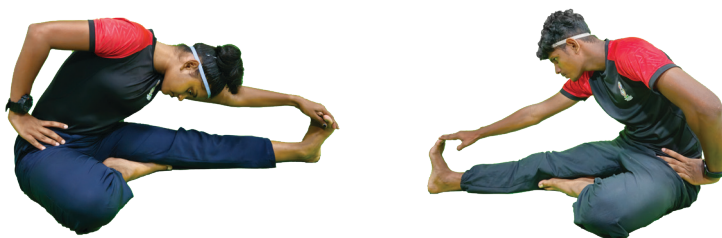
13: Hamstring stretch



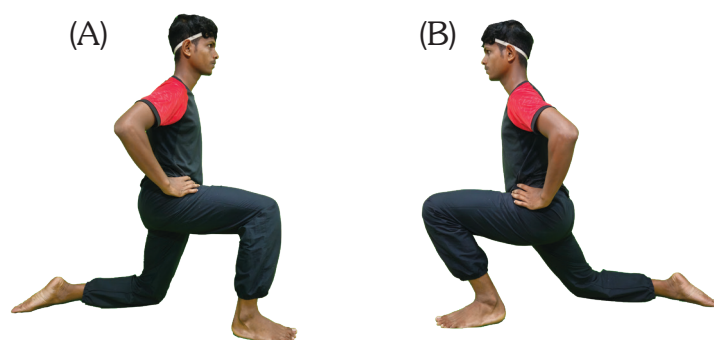
14: Quadriceps Stretch



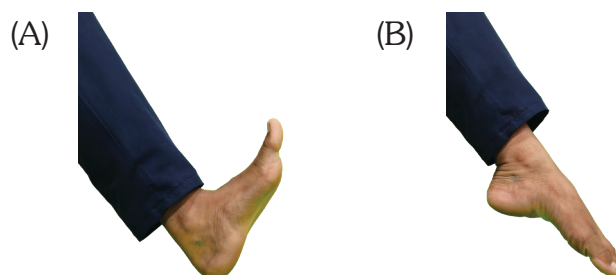
15: Calf stretch



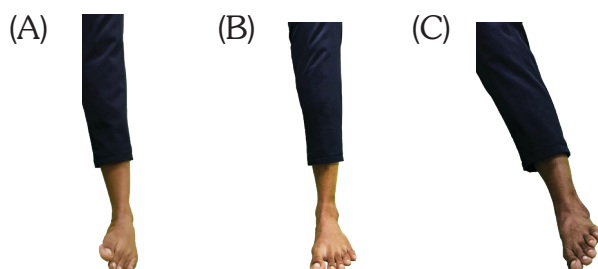
16: Kneeling hip flexor



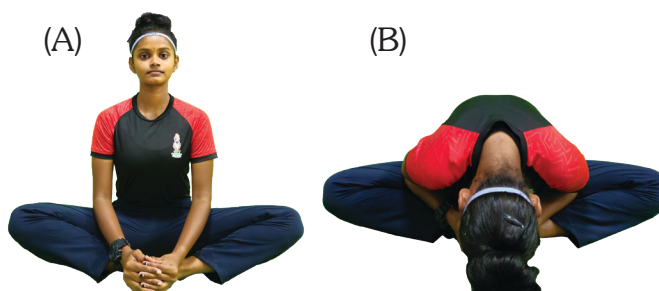
17: Dorsi flexion & plantar flexion



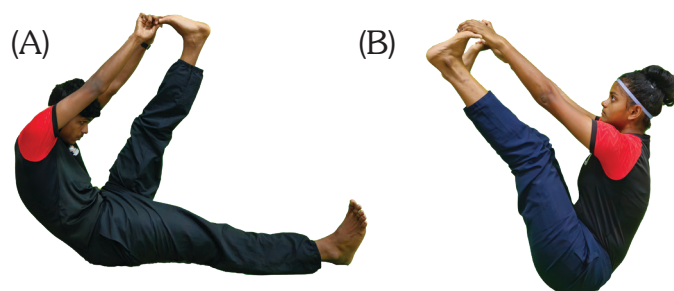
18: Ankle inversion and eversion



19: Butterfly stretch



20. Lying Hamstring Stretch



21. Resting Position.



Notes

[illegible]

CONSTITUTION OF INDIA

Part IV A

FUNDAMENTAL DUTIES OF CITIZENS

ARTICLE 51 A

Fundamental Duties- It shall be the duty of every citizen of India:

- (a) to abide by the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- (b) to cherish and follow the noble ideals which inspired our national struggle for freedom;
- (c) to uphold and protect the sovereignty, unity and integrity of India;
- (d) to defend the country and render national service when called upon to do so;
- (e) to promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- (f) to value and preserve the rich heritage of our composite culture;
- (g) to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- (h) to develop the scientific temper, humanism and the spirit of inquiry and reform;
- (i) to safeguard public property and to abjure violence;
- (j) to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievements;
- (k) who is a parent or guardian to provide opportunities for education to his child or, as the case may be, ward between the age of six and fourteen years.

CHILDREN'S RIGHTS

Dear Children,

*Wouldn't you like to know about your rights? Awareness about your rights will inspire and motivate you to ensure your protection and participation, thereby making social justice a reality. You may know that a commission for child rights is functioning in our state called the **Kerala State Commission for Protection of Child Rights**.*

Let's see what your rights are:

- Right to freedom of speech and expression.
- Right to life and liberty.
- Right to maximum survival and development.
- Right to be respected and accepted regardless of caste, creed and colour.
- Right to protection and care against physical, mental and sexual abuse.
- Right to participation.
- Protection from child labour and hazardous work.
- Protection against child marriage.
- Right to know one's culture and live accordingly.
- Protection against neglect.
- Right to free and compulsory education.
- Right to learn, rest and leisure.
- Right to parental and societal care, and protection.

Major Responsibilities

- Protect school and public facilities.
- Observe punctuality in learning and activities of the school.
- Accept and respect school authorities, teachers, parents and fellow students.
- Readiness to accept and respect others regardless of caste, creed or colour.



Contact Address:

Kerala State Commission for Protection of Child Rights

'Sree Ganesh', T. C. 14/2036, Vanross Junction

Kerala University P. O., Thiruvananthapuram - 34, Phone : 0471 - 2326603

Email: childrights.cpcr@kerala.gov.in, rte.cpcr@kerala.gov.in

Website : www.kescpcr.kerala.gov.in

Child Helpline - 1098, Crime Stopper - 1090, Nirbhaya - 1800 425 1400

Kerala Police Helpline - 0471 - 3243000/44000/45000

Online R. T. E Monitoring : www.nireekshana.org.in