

Health & Physical Education

Standard

VII

Activity Book



GOVERNMENT OF KERALA
DEPARTMENT OF GENERAL EDUCATION

Prepared by
State Council of Educational Research and Training (SCERT)
Kerala
2024

THE NATIONAL ANTHEM

Jana-gana-mana-adhinayaka, jaya he
Bharata-bhagya-vidhata.
Punjab-Sindh-Gujarat-Maratha
Dravida-Utkala-Banga
Vindhya-Himachala-Yamuna-Ganga
Uchchala-Jaladhi-taranga.
Tava shubha name jage,
Tava shubha asisa mage,
Gahe tava jaya gatha,
Jana-gana-mangala-dayaka jaya he
Bharata-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 respect to my parents, teachers and all elders 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 & Physical Education



Prepared by

State Council of Educational Research and Training (SCERT)
Poojappura, Thiruvananthapuram 695012, Kerala

Website : www.scertkerala.gov.in, **e-mail** : scertkerala@gmail.com

Typeset and design by : SCERT

First Edition : 2024

Printed at : KBPS, Kakkanad, Kochi-30

© Department of General Education, Government of Kerala

Dear friends,

The Kerala Curriculum Framework (KCF 2023) has been designed as an educational approach to shape a future society that is mentally, physically and socially healthy. Creative learning processes for health and physical education need to be formulated, adhering to the holistic perspective of the curriculum. This activity book for class VII has been designed to ensure quality education in the field of health and physical education which is an integral part of the current system. The activity book provides ample opportunities for playing, building stamina and making friends. It introduces us to great sports personalities, dimensions of a playing field as well as various playing surfaces, through diverse activities.

The curriculum inspires students to be an active part of the work culture of the society including domestic and agricultural activities. The book is an initiative that works towards creating an optimum level of health related physical fitness by increasing muscle strength, cardio respiratory fitness and flexibility. The holistic improvement in the proportion of the body, coordination of the muscular and nervous system, self confidence, concentration, energy levels are some of the aspects featured in the activity book. It also throws light upon the practice of a few yogasanas. As part of a balanced approach, this book provides information on all basic aspects of first aid for strain, muscle pull, sprain etc.

The activity book is designed to create a foundation for an individual to create a balanced lifestyle for optimum health. It is essential to regularly evaluate the awareness of students in matters concerning health and physical education and provide support towards a holistic development. Regular participation in sports and games helps imbibe values and develop a positive attitude in an optimum manner. The aim of this book is to make education more interesting and to create a healthy society.

Dr. Jayaprakash R.K.

Director, SCERT

TEXTBOOK DEVELOPMENT TEAM

Advisor

Dr K.P. Manoj
University Director of Physical Education,
University of Calicut

Chairperson

Prof. (Dr) Bijukumar K.
Head, Department of Physical Education
M. G. College, Thiruvananthapuram

Experts

Arun Jyothi S.
Assistant Professor,
Department of Physical Education
Govt. Women's College,
Thiruvananthapuram

Dr Ajesh C. R.
Assistant Professor,
Department of Physical Education
E.K.N. M. Govt College,
Elerithut, Kasaragod

Participants

Chithralekha M. S.
Physical Education Teacher (HS)
Govt VHSS for Deaf,
Jagathi, Thiruvananthapuram

Dr Ambili C. P.
Lecturer, DIET,
Idukki

Ajith Varghese
Physical Education Teacher (H.S.)
O. K. K. S. G. H. S. S. Ramantali,
Kannur

Abdu Rahiman P.M.
Physical Education
Teacher (HS)
R. G. M. R. H. S. S.
Nulpuzha, Wayanad

Nihas N.
Physical Education Teacher
(HS) G. H. S. S.
Bhootakulam, Kollam

Bibin Babu
Physical Education
Teacher (HS)
Govt. M. G. H. S. S.
Chadayamangalam, Kollam

Divin Dixon
Physical Education
Teacher (HS)
G. H. S. S. Kadancheri,
Malappuram

Shabir V.
Physical Education
Teacher (HS)
Govt. Brennan H. S. S.
Thalassery, Kannur

N.T. Rajeev
Drawing Teacher
Govt. HSS Thariyode,
Wayanad.

Balakrishnan Kathirur
Drawing Teacher (Retd.)
Govt.HSS.
Muppathadam, Ernakulam.

Harikrishnan G.
LTA, Govt. VHSS for Girls,
Kottarakkara

Ajith G. Krishnan
B.R.C. Kollangode,
Palakkad

Shaji Mathew
Artist, Pathanamthitta

Krishnasree G.
HST English
GHS Pappanamcode
Thiruvananthapuram

Jyothi R.J.
NVT English
GVHSS Mavelikkara

Rajalakshmi S.
HST English
Govt. Model HSS Venganoor
Thiruvananthapuram

Dr Pradeep C.S
Vocational Teacher
Govt. Sports school, Kannur

Academic Coordinator

Dr P.T. Ajeesh
Research Officer, SCERT



State Council of Educational Research and Training (SCERT)

Poojapura, Thiruvananthapuram 695 012

CONTENTS

1. Let's Play for Friendship	07
2. Fitness through Games.....	19
3. Safety in Sports.....	39
4. The First Step Towards a Sports Culture.....	51
5. Let's Learn about Various Surfaces	61
6. Appendix	66

EXPLANATION OF SYMBOLS

Special Info



Activity



Instructions



Assessment



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)



Let's Play for Friendship

Physical Activities

Observe the pictures.

The children in the picture are engaged in different physical activities.



Which all physical activities are they involved in?

Let's discuss in class.

Now, let's fill the table given below.

Picture	Name of physical activity	Picture	Name of physical activity
1		4	
2		5	
3		6	

Which are the physical activities that you involve in?

?

What are the changes that you observed in yourself while involving in physical activities?

- _____
- _____
- _____
- _____

- _____
- _____
- _____
- _____

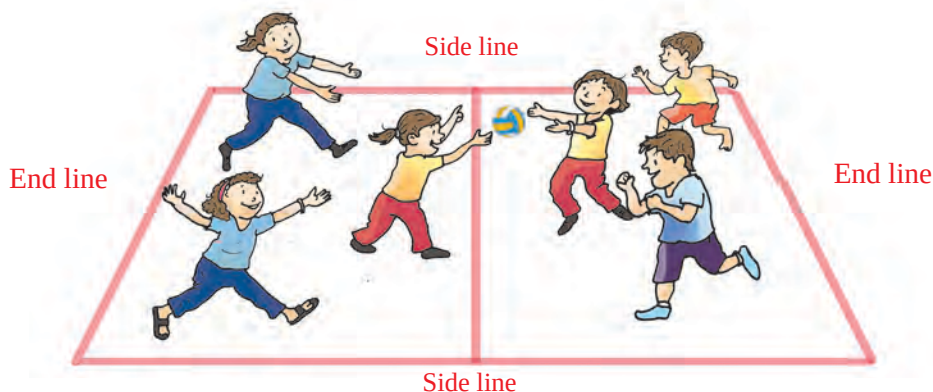
By involving in physical activities, the various organs of our body function effectively resulting in better health.



Activity :1

Tikki -Takka

The students divide themselves equally into two teams as shown in the picture. They play in a marked area.



Instructions

- Two teams stand on either side of the play field.
- The team that wins the toss can start the game.
- All the players have to pass the ball only with their hands. A goal is scored when a player successfully crosses the opposing team's endline with the ball.
- Players should not snatch the ball in a manner that causes injury to the opponent.
- The instructions of the teacher must be followed.
- The team that scores maximum goals in the stipulated time wins the game.





Activity :2

Pressure Football

Look at the picture. Four goal posts of equal dimensions are seen in the playfield.



Instructions

- The students divide themselves into two teams of equal number.
- The team that wins the toss can choose to attack or defend.
- The attacking team should try to score maximum goals in the given time.
- After the given time, the defending team becomes attackers and the attacking team will defend.
- The attacking team can score goals in all the four goal posts.
- The team that scores maximum goals wins.

What did you feel after the game? Tick (✓) the relevant boxes.

• Felt happy	☐	• Felt thirsty	☐
• Body temperature increased	☐	• Felt tired	☐
• Started panting	☐	•	☐
• Started sweating	☐	•	☐



Advantages of engaging in physical activities daily.



Special
Info

Physical Activity

Any bodily movement produced by muscles and requires energy expenditure.

- Strengthen the bones and muscles.
- Help in growth and development.
- Prevent lifestyle diseases.
- Increase immunity.
- Improve sleep quality.
-
-
-
-
-



Special
Info

Exercise

Exercise is a planned, structural and continuous movement that aims at improving and maintaining physical fitness.

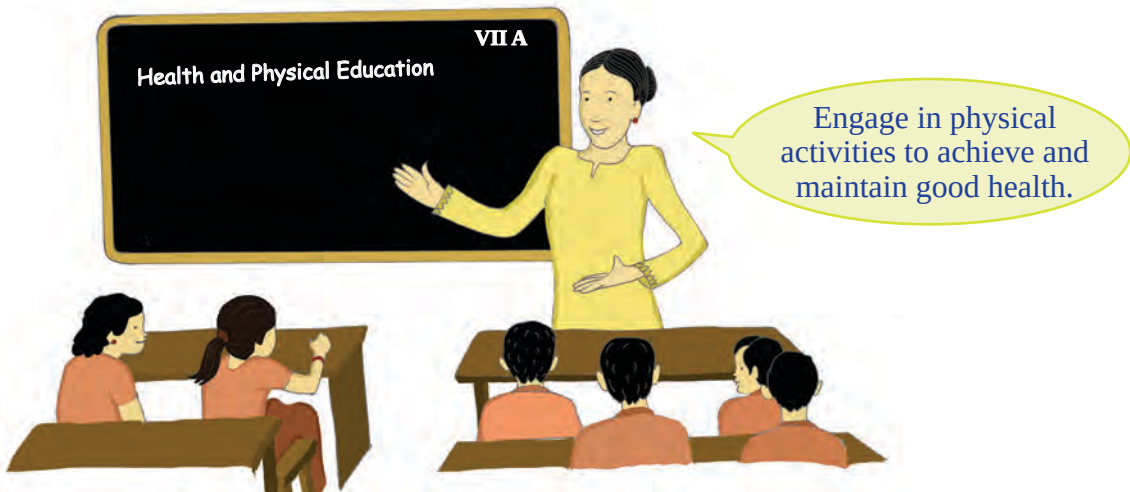
These benefits are experienced due to the proper functioning of the various organs of the body. These changes help in increasing the efficiency of the organ system. Therefore, engaging in games and physical activities must be made a habit for maintaining good health.

Let's practise for health.

- Go for morning/evening walks.
- Use all the opportunities available to engage in leisure activities and competitive sports.
- Ensure full participation in physical activities at school.
- Involve in domestic and agricultural activities.
- Make cycling a hobby.
-
-
-



Food and Nutrition

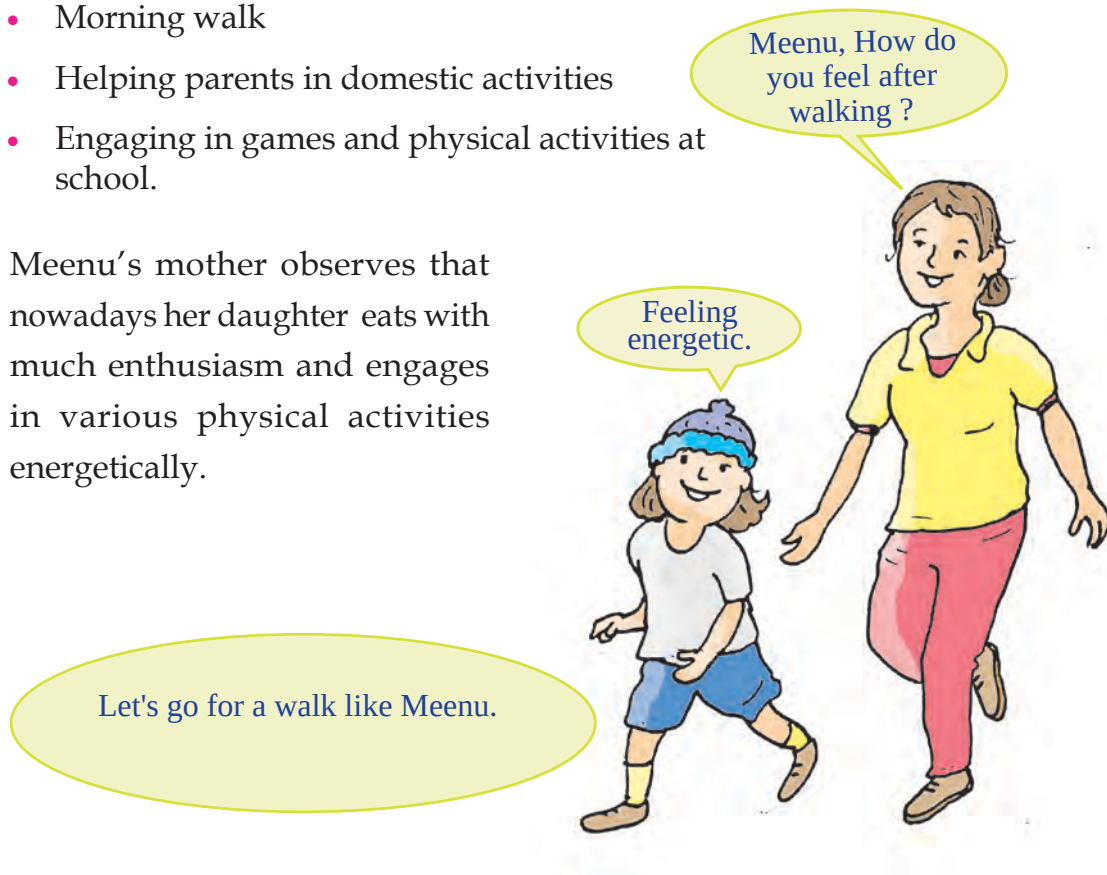


Meenu changed her daily activities as per the instructions of the teacher.

Meenu's daily activities

- Morning walk
- Helping parents in domestic activities
- Engaging in games and physical activities at school.

Meenu's mother observes that nowadays her daughter eats with much enthusiasm and engages in various physical activities energetically.

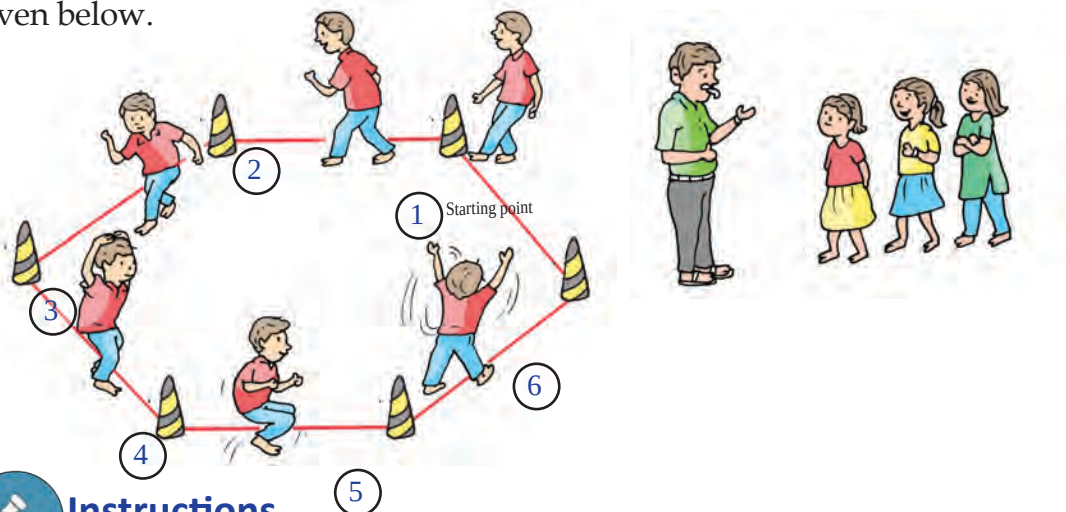




Activity :3

Graceful Walking

Arrange the cones on the ground as shown in the picture. All the students should stand at the starting point at an equal distance from each other. Walk around the area marked with cones doing some exercises, according to the instructions given below.



Instructions

- Walk one lap anti clockwise from the starting point.
- Walk on your toes from the starting point to the second cone.
- Walk on your heels from the second cone to the third cone.
- Clap your hands overhead and walk towards the fourth cone.
- Move to the fifth cone by bounding.
- Rotate the arms and walk towards the sixth cone.
- Walk as fast as possible to the starting point.



Assessment

- Who all performed 'Graceful Walking,' effectively? Evaluate each other and write your observations.

.....

.....

- Write your experiences of 'Graceful Walking.'

.....

.....



Learn more about the essential sources of energy required while engaging in physical activities.



Activity :4 Nutrient Clusters

Let's form different groups on the basis of nutrient composition.

With the help of the teacher, each student gives himself the name of a food item.(e.g. rice, mango, tomato, blackgram...) Then the students group themselves on the basis of nutrients present in the food item.

Special Info Nutrients in food
• Carbohydrate • Protein • Fat • Vitamins & Minerals



Carbohydrate



Protein



Fat



Vitamins and Minerals

Did you find any difference in the strength of the groups? Why?



Macronutrients and Micronutrients

The difference is demonstrated on the basis of the proportion of Macronutrients (carbohydrate, protein and fat) and Micronutrients (vitamins and mineral salts).



Diet Composition

We should follow a diet in which the nutrient components are evenly distributed. Such a diet is called a balanced diet.





Activity :5

An ideal food plate

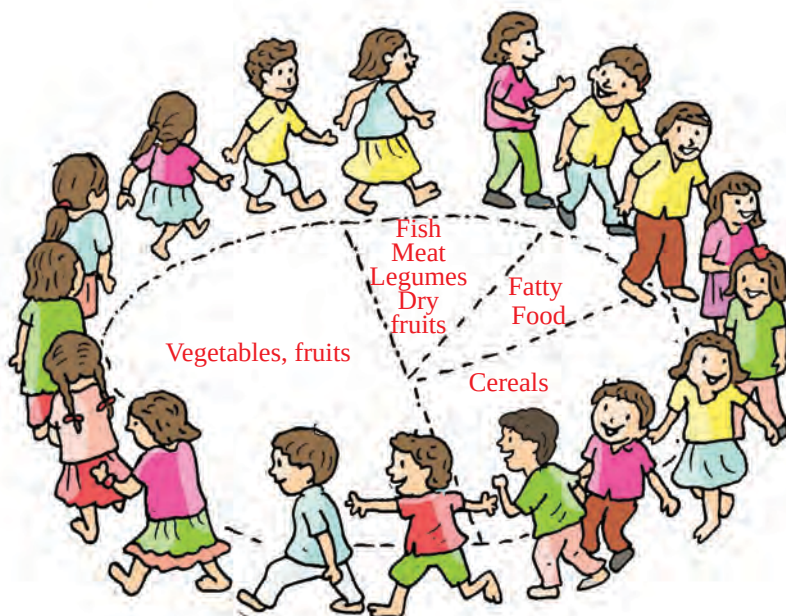


Origin: ICMR
(Indian Council of Medical
Research)



Food Plate

To learn more about balanced diet, let's prepare a food plate consisting of the essential nutrients required for our daily activities.



Instructions

- children who have adopted the names of various food items, stand in a circle that represents a model food plate.
- When the teacher signals 'start,' the students walk briskly in the clockwise direction. They stop when instructed to do so.
- The teacher calls out a category and the students belonging to that category flock together in the designated area of the circle. (e.g. If the teacher calls out the category 'vegetable' all students having the names of vegetables flock together in the area designated to vegetables).
- Follow this process to complete a model food plate .
- The students in the circle should do exercises in accordance to the 'start' and 'stop' signals given by the teacher.



A person who engages in physical activities, in addition to the daily activities requires a diet that includes energy yielding food items. The proportion of the food component depends on the duration and nature of physical activities.

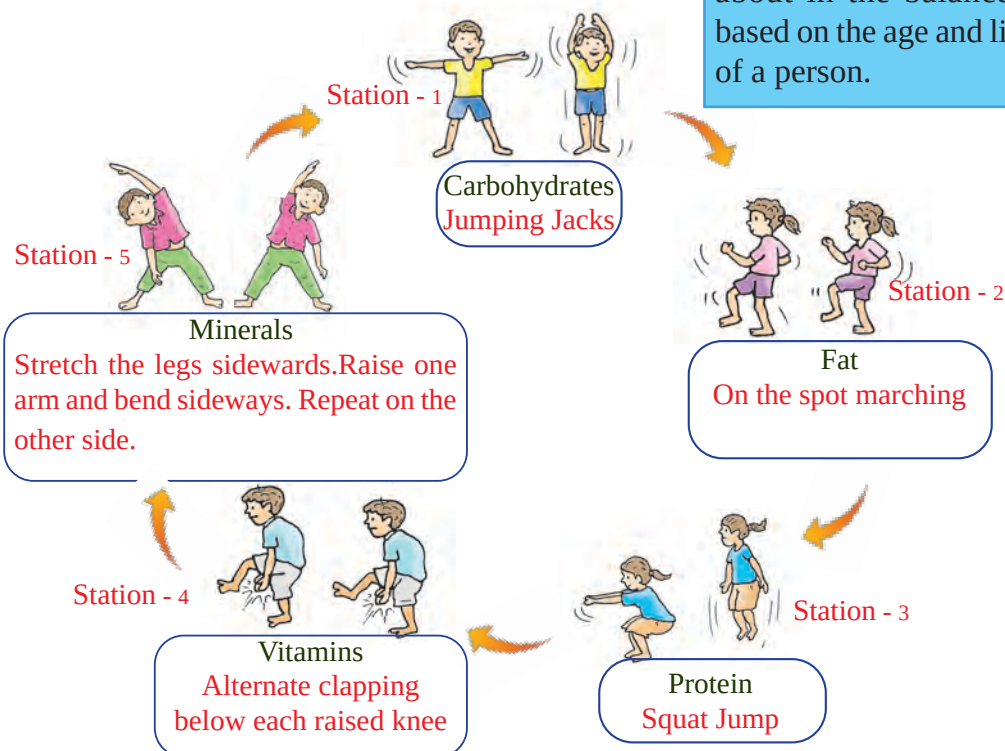
Primary Function	Nutrients
Energy yielding	Carbohydrate/Fat
Body building	Protein
Boosting immunity, Supporting metabolic activities	Vitamins/Mineral salts

Let's engage in a physical activity that helps us understand the basis of the nutrient structure.

Activity :6

Energy Circuit

Each group is made to stand on the station named after a nutrient component as shown in the picture. The exercise for each station is described below.



Balanced Diet

A balanced diet is one that consists of all the nutrients essential for good health in the right proportion and quantity. Changes should be brought about in the balanced diet based on the age and lifestyle of a person.





Instructions

- Exercise continuously for 30 seconds at each station.
 - 10 seconds break can be taken after every 30 seconds of exercise.
 - After a break, each group moves clockwise to the next station and continues the exercise of that station.
 - This process is continued till all the groups pass through all the five stations.
- Hope you have noticed that at each station we have done a different exercise.



Assessment

- Who performed the Energy Circuit activity effectively? What factors are to be kept in mind to excel in this activity?

.....

.....

.....

.....

Make physical activity a habit... Ensure good health

One can achieve significant changes in the body by engaging in various physical activities. It is important to do exercise and also take rest proportionally. One should adhere to a balanced diet that is adjusted according to the nature of the physical activities to ensure better health and nutritional status.





Assessment

I. Put a '✓' mark in the relevant box.

- 1) Engaging in regular physical activities results in better health.
(Yes ☐ / No ☐)
- 2) All the nutrient components must be included in the same quantity in a balanced diet. (Yes ☐ / No ☐)
- 3) The nutrient components must be altered according to the different physical activities. (Yes ☐ / No ☐)

II. Choose the correct answer.

- 1) Nutrient components that help in body building.
carbohydrate, minerals, protein, fat
- 2) Which one of the following is not a result of a physical activity.
A – An enhanced financial status
B – Proper use of leisure time
C – Helps in creating good relationships
D – Weight management

III. Fill in the blanks.

1. While engaging in a physical activity; panting, sweating and thirst occurs due to the effective functioning of
2. Adiet is one that consists of all nutrients in the right proportion and quantity.

IV. Find the odd one out.

- 1) Puttu, kadala, appam, chappatti
- 2) Carbohydrate, fat, protein, vitamin

V. Match the following

1	Carbohydrate	-	Butter
2	Protein	-	Vegetables
3	Fat	-	Pulses
4	Vitamins	-	Rice



VI. Find and write.

- 1) Write examples of the changes that occur to the body due to regular physical activities.
- 2) Write examples of energy yielding food.
- 3) Classify the nutrient components based on their functions.
- 4) Why is physical activity required in our daily life?
- 5) What are the possibilities of doing physical exercise a part of daily routine?
- 6) What are the functions of nutrient components?

VII. Draw the model of a food plate for a person engaged in sports activities.

VIII. Prepare a list of food items you consume in a day. Then write the nutrient components of each item. Examine the list and find out whether the food that you consume is a balanced one or not.





Fitness through Games

We have learned in the previous classes that engaging in games and physical activities constantly helps to develop physical fitness.

Let's play a game to know more about physical fitness.



Activity : 1 Googly



Instructions

- Children should divide themselves into two equal teams.
- The team which wins the toss receives the ball and starts the game.
- The student who holds the ball must not run.
- The ball should be passed by hand from one to another, and not to be thrown. When a member of the opposing team is touched using the ball at the back, below the neck and above the waist, one point is awarded to the playing team. The game is to be continued like this for a fixed duration.
- Once the stipulated period for the first team is over, the opposing team will be allotted the same time.
- The team with the maximum number of points will be the winner.

Could you play Googly effortlessly?

Share your experiences.

.....

.....

Individual physical fitness has a crucial role in achieving performance in games effortlessly and excellent.



Activity : 2

Flocking Together



Instructions

- Children must divide themselves into equal teams.
- As shown in the picture each team has a player at home base with a ball. Station 1 has two students, Station 2 has three students and Station 3 has four students respectively.
- In order to bring the students standing in bases 1, 2 and 3 to the home base, the student in the home base should hand over the ball to one student in any of the bases. Then they should return together to the home base.
- To bring the students of Station 1 to the home base, the student at the home base must hop to and fro. In the same manner, to bring the students from Station 2, the student from home base must jump. To bring those from Station 3, the student at the home base must run.
- The students reaching the home station will get only one chance to bring back the students from other stations.
- The team that brings all its players back to the home base first, will win the game.





Activity : 3

The King of the Circle



Instructions

- Children should stand inside the circle.
- As per the directions of the teacher, tie your hands behind and use the shoulder to push the opponent out of the circle.
- The student who stays in the circle till the end, will be the winner.
- The circumference of the circle can be reduced proportionally to the number of students in it.



Assessment

- Write your experience of playing 'Flocking Together' and 'The King of the Circle.'

.....

- Who were able to perform well in 'Flocking Together' and 'The King of the Circle?' Why do you think they were able to perform well?

.....

Muscular Strength

You were able to perform well in the game due to health and fitness factors known as muscular strength. It plays an important role in engaging in day to day activities and all physical activities.



Special
Info

Muscular Strength

Muscular strength is the ability of the muscles to produce force.





Activity : 4

Running Ball



Instructions

- Divide into two groups of equal numbers.
- Use two balls at a time in the play field.
- Each team has to begin playing from the back of their respective endline by passing the ball.
- A team will score a point when they cross the endline of the opposition with the ball held in their hands. Following this, the team that has scored the point will restart the game from behind their respective endline.
- While passing the ball if it goes out of bounds through the sideline, the game will resume from there and the opposition will get the possession of the ball.
- The team that scores the maximum points within the stipulated time is the winner.

Note

- The ball must be passed only using the hands.
- If the members of opposing team obstructs forward movement, the ball has to be passed to one's own team members.
- While passing the ball, do it in a safe manner without causing injury.

Muscular Endurance

Muscular endurance is required to perform well while playing 'Running Ball.'

You might have sensed that your heartbeat and breathing became faster while playing.



Muscular Endurance

Muscular Endurance is the capacity of the muscles to function effortlessly for a longer time without fatigue.

Cardio-respiratory Endurance

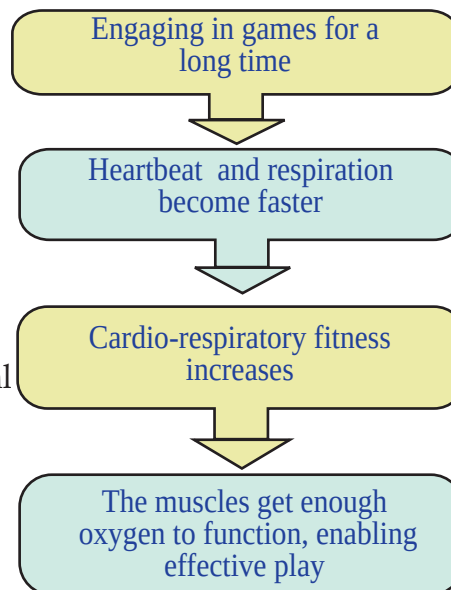


Special
Info

Cardio-respiratory Endurance

Cardio-respiratory endurance is the ability of the heart and the respiratory system to deliver oxygen for the functioning of the muscles engaged in physical activity for a long time.

Recovery is as important as taking part in physical activity and games.



Activity : 5

Let's familiarise ourselves with some recovery exercises.

Do the exercise as shown in the picture. Hold each position for a maximum of 10 seconds. Do each exercise on other side of the body.

Move your head gently to either side as well as forward and backward, to stretch your neck.



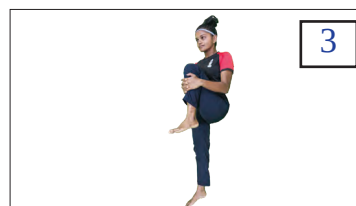
1

Pull one hand backward with the help of the other.



2

Bend your knee and hold it close to your chest. Repeat the process with the other leg.



3



4



Push against the wall as shown in the picture. Do this exercise till you can feel the muscle stretch in the calf muscle.

5



Hold the ankle close to the buttocks.

6



Lunge forward bending the knee till a stretch is felt in the muscles of the rear leg.

7



Bend forward to touch the ankle. Bend till you feel a stretch in the back muscle of the thigh.

8



After sitting on the floor, bend forward, stretching the hand forward with palms outstretched.



Special
Info

Flexibility

Flexibility is the range of movements at the joints.

Flexibility

Such exercises help in stretching the muscles and ligaments, thus improving the overall flexibility of the joints. Flexibility is a component of health related physical fitness just like muscular strength, muscular endurance and cardio-respiratory endurance.



Activity : 6

Body Composition

Body composition is an important factor in overall physical fitness. It is defined on the basis of proportionate distribution of bones, muscles and fat. To a great extent, it depends on heredity, food habits, environment and participation in physical activities. There are many methods to understand body composition. Let's learn how to calculate Body Mass Index (BMI) using weight and height.

The weight of the child in the picture - 42 kilogram

Height - 145 centimeter

$$\begin{aligned}\text{Body Mass Index (BMI)} &= \frac{\text{Body weight (kg)}}{\text{Height}^2(\text{mt})} \\ &= \frac{42}{(1.45)^2} \\ (\text{BMI}) &= \frac{42}{2.10} \\ &= 20\end{aligned}$$

Try to analyse BMI by referring the table below.

AGE		10	11	12	13	14	15	16	17+
MALE	LE	14.3	14.6	14.9	15.1	15.6	16.2	16.6	17.3
	UE	21.0	22.0	22.0	23.0	24.5	25.0	26.5	28.0
FEMALE	LE	13.7	14.0	14.5	14.9	15.4	16.0	16.4	16.8
	UE	23.5	24.0	24.5	24.5	25.0	25.0	25.0	27.0

LE: Lower end of BMI, UE: Upper end of BMI

Source: Total Physical Fitness Programme

From the table, we can see that the BMI of the child is within the correct range.

Follow the formula to find your BMI.

$$\text{BMI} = \frac{\text{Weight (kg)}}{(\text{Height})^2 \text{ (in metres)}} = \dots\dots\dots$$

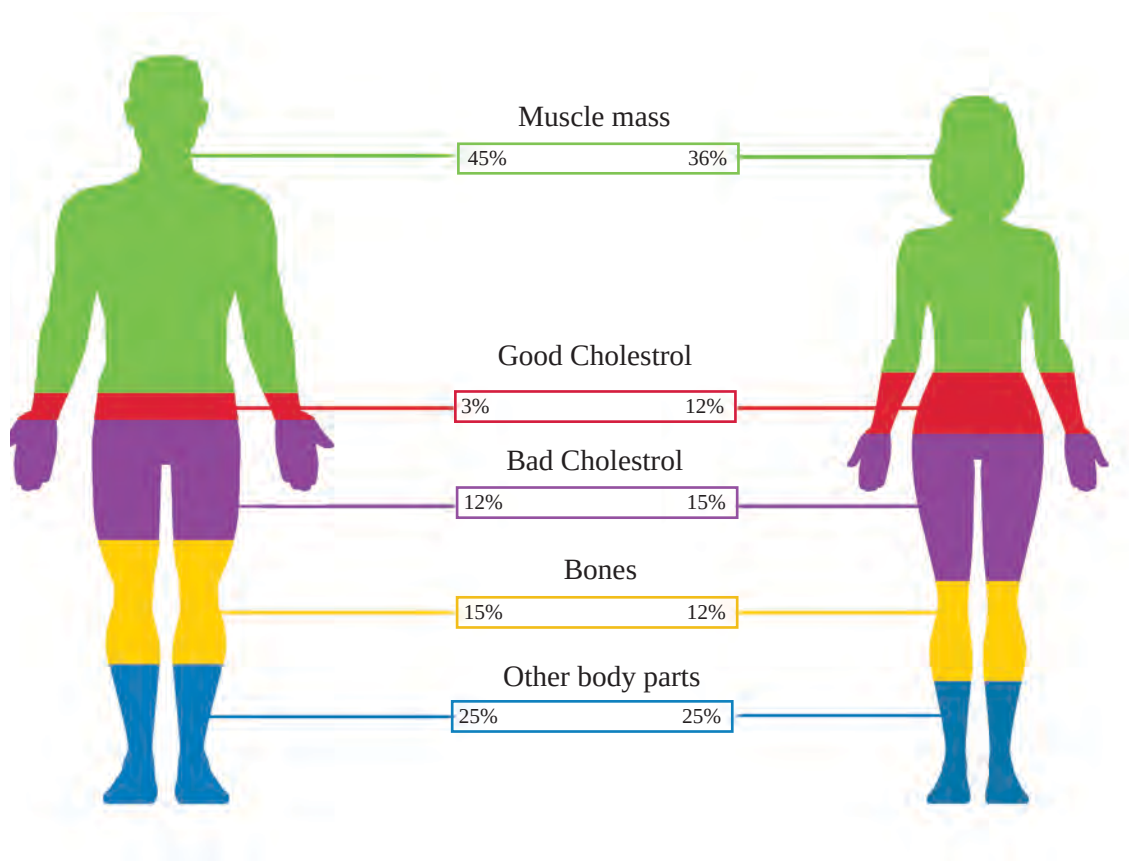


Body composition

Body composition is the proportional ratio of lean body mass, fat body mass and water content in the body.



With the help of the picture given below, understand the general structure of the body.



Health related physical fitness, which includes factors like cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition, can be improved by engaging in sports and physical activities regularly.

Health related physical fitness components play an important role in carrying out day to day activities effectively. It is important to develop these components to prevent hypokinetic diseases and to excel in sports.



Let's Strengthen our Posture



Kichu : "Hi Achu, did you notice that the player with Jersey No 10 is playing very well?"

Achu : "That is Sidhu. During the previous interschool tournament he was selected as the best player."

Kichu : "How precisely he passes the ball! I too want to play like him."

Achu : "You're right. Why do you think Sidhu plays so beautifully?"

Kichu : "I don't know. Let's ask our teacher."

Achu : "May I ask you something, teacher?"

Achu : "Why is Sidhu able to play so well in the Football match?"

Teacher : "Do you also want to play like him?"

Achu : "Yes, teacher we too want to play like him."

Teacher : "Why not? You can also do it. I will tell you how it can be done through a game."



 Activity : 7

The Elephant that Slipped



Instructions

- Stand in the marked playfield as shown in the picture.
- One of you will be the chaser and all the others will be the runners.
- The chaser will try to tag others.
- The students who have been touched by the chaser need to place a hand over the area where they were touched, and must attempt to touch the others.
- The game should continue in this manner as per the direction of the teacher.
- Care must be taken to stay within the marked playfield.

Did the chaser find it difficult to touch the runners? What do you think is the reason?



Assessment

- What were the difficulties experienced by the chaser while trying to touch you? Discuss and write.

.....

.....

.....

.....





While running, the chaser faced greater limitations than usual. This made running more difficult. Coordinating the various movements of the body and running have thus resulted in an overall increase in efficiency. The different postures that you studied in the previous classes (sitting, standing, running, jumping etc) can thus be used effectively when you play a game with different types of movement. When posture is improved, the joints will become more flexible and movements, more effective.

Teacher : "Shall we try to understand why Sidhu is able to play Football so well? Let me try to make it clear."

Together with his Football playing skills, Sidhu also demonstrates excellent and efficient body posture. This helps him play in an efficient and skilful manner. Thus, to become a good player with developing skills that are unique to a game, a player should be able to adopt postures that are good and effective, as per the situation.

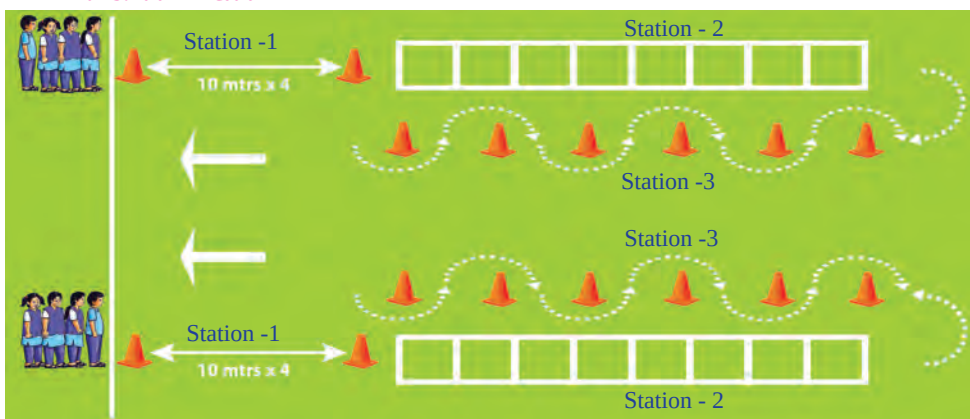
Achu : "Teacher, we have understood the importance of the posture."

Kichu : "We shall also exhibit such a good performance in next year's competitions."



Activity : 8

Train Run



Instructions

- Divide into teams as shown in the picture.
- The runner standing first in each group will perform shuttle run (10mx4m) in the first station between the cones. Then proceed to the second station.
- Once the first runner completes the circuit for the first station and moves forward, the runner standing second in line can move to the first station in the same manner.
- Meanwhile the first runner has to perform double leg hop over the ladder placed in the second station to reach the third.
- At the third station the runner has to run in a zig zag manner among the cones placed there.
- The runner now completes the third station and joins behind the team.
- The team that completes this process wins.



Assessment

- Write your experience of playing 'Train Run'.
.....
.....
- Who performed well in the 'Train Run' run activity? Assess each other and find out.
.....
.....



What are the movement skills demonstrated by your friends in the game 'Train Run'?
List out the skills that were demonstrated and tick (✓) the relevant box.

Movement skill	The best	Average	Needs Improvement
Running			

Benefits of a good posture

- Improves the aesthetics of the body
- Makes movements graceful and efficient
- Leads to a better coordination of the neuromuscular system
- Improves respiration, circulation, digestion and strength of the back
- Achieves body balance, confidence, concentration and energy levels

Posture Deformities

Deviation from keeping a good posture will lead to adverse effects. This in turn, causes postural deformity over a period of time, which makes it difficult for an individual to perform her day to day activities.

Find out the reasons behind postural deformities and list them below.

- Incorrect methods of doing exercise
- Imitation
-
-
-
-



Precautions to be taken for ensuring the best posture.

- Create awareness about the benefits of good posture.
- Make balanced diet a habit.
- Make sure you get enough sleep and recover yourself.
- Use proper dress and footwear.
- Safety rules must be followed while lifting and carrying heavy objects.
- Engage in regular exercise that improves muscular strength.
- Engage in physical activities that improve strength and flexibility.
- It is essential to achieve basic physical fitness to perform day to day activities and physical activities.

It is essential to possess a good posture in order to perform our day to day activities efficiently. Life will be better and effective if maintaining a good posture is made a habit.



Yoga Olympiad

Yoga Olympiad is a programme that has been implemented to identify and help students who possess significant talent in yoga from the general education stream in the country. The Yoga Olympiad is conducted at the school level to the national level. The SCERT coordinates the Olympiad at the state level and the NCERT, at the national level.

YOGA

By practising Yoga, one can achieve flexibility, coordination and balance. Through this, one can achieve overall physical fitness and health. Let's learn four yogasanas that need to be a part of our daily routine.

- Vrikshasana
- Ardhashalabhasana
- Pashchimothasana
- Ardha Halasana





Activity : 9

Vrikshasana

This yoga posture involves standing on one leg with arms raised, just like a tree.



Stage - 1
Starting position



Stage - 2

Place the flexed right leg on the left upper thigh, with the help of the right hand.



Stage - 3

Breathe in, raise the arms sideways overhead and hold the palms together, with fingers pointing upward.

Stage - 4

Breathe out, lower the arms back to the starting position.



What was your experience while doing Vrikshasana?

- Improves concentration
-
-
-





Activity : 10

Ardhashalabhasana

The performer's posture will appear like a butterfly that is settled in Shalabhasana.



Stage - 1

Starting position



Stage - 2

Prone lying position- Hands close to the body with the chin pressed on to the floor.



Stage - 3

Breathe in, raise the right leg without bending the knee with the chin pressed on to the floor. Hold this position for as much time as you can do it comfortably. Repeat this using the other leg.



Stage - 4

Breathe out, lowering the raised leg slowly.

What was your experience while doing Ardhashalabhasana?

- Improves cardio vascular system
-
-
-





Activity : 11

Pashchimothasana

This posture is known as Pashchimothasana as the back (pashchim) is stretched (uthanam) forward to the maximum.



Stage - 1
Starting position

Stage - 2
Breathe in and raise the two arms overhead with palms facing forward. The body should be slightly bent forward.



Stage - 3
Breathe out, bend the body from the hip forward without bending the knee and try to grasp the big toes and make the forehead touch the knees. Place the elbows on both sides of the legs and hold the position for as long as you can do it comfortably.



Stage - 4
Breathe in, raise the arms over head and sit straight.

Stage - 5
Breathe out and come back to the starting position.



What was your experience while doing Pashchimothasana?

- Improves the flexibility of the hips
-
-
-

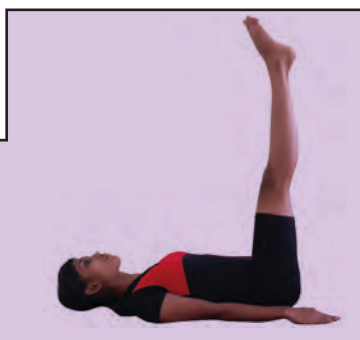




Activity : 12

Ardha Halasana

This posture looks partially like a plough and is thus called Ardha Halasana



Stage - 1

Starting position -
Supine lying position



Stage - 2

Breathing in, point the foot forward and slowly raise the legs upto 90° without bending the knees. Stay in this position as long as you are comfortable.



Stage - 3

Breathing out, lower the leg back to the starting position.

What was your experience while doing Ardha Halasana?

- Controls blood pressure
-
-
-





Assessment

I State whether the statements given below are true or false using a tick (✓) mark.

1.	When health-related physical fitness increases, you can do physical activities with ease.	True	False
2.	While doing a physical activity, it is not important to take rest.	True	False
3.	The ability to continue physical activity without fatigue is called muscular endurance	True	False
4.	Muscular strength is not included in the health-related fitness component.	True	False
5.	Regular exercise, a balanced diet and timely rest are the components of health-related physical components.	True	False

II Match the following.

1	Pashchimothasana	-	Health-related physical fitness
2	Muscular strength	-	Yogasana
3	BMI	-	Flexibility
4	Range of motion	-	Body composition

III. Write notes.

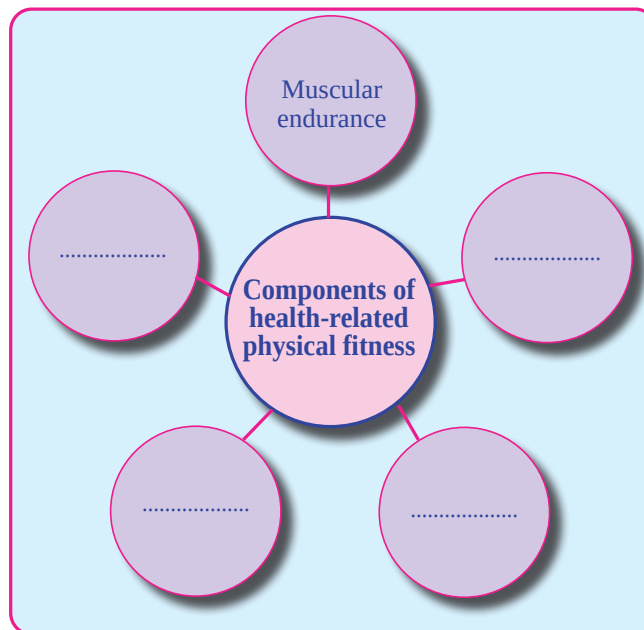
1. Write the reasons for postural deformity and how it can be prevented.
2. Write two advantages/uses of good posture.
3. Write three corrective measures for bad posture.
4. List down the components of health-related physical fitness.
5. Write down the stages of vrikshasana, shalabhasana, pashchimothasana and ardha halasana

IV. Make an album.

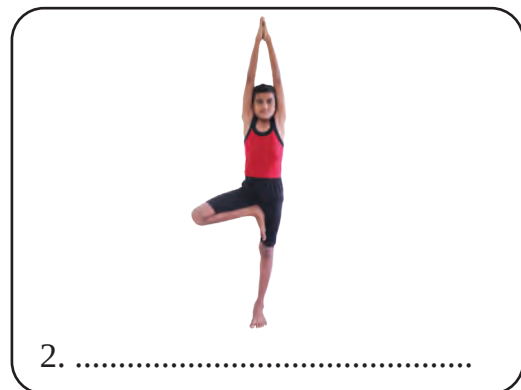
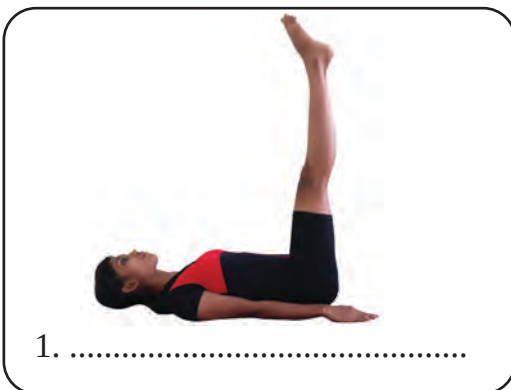
Prepare an album of your various yoga postures.



V. Complete the chart using components of health-related physical fitness.



VI. Identify the yogasana.





Safety in Sports



Picture 1



Picture 2



Picture 3



Picture 4

Look at the pictures. Children seem to be involved in many activities. What are they?

Discuss in class.

Can you suggest a few other activities?

- Cleaning the house
-
-

-
-
-

It is not fair and safe to play games like cricket and football inside the house. Have you ever played games like Hand-Cricket or Rock Paper Scissors that can be played indoors?

Can you suggest any other similar game? Share your experience while participating in such games.

.....

.....

.....

.....

Various Sports Activities



In the above pictures, you can see children involving in various physical activities. Such activities help us acquire the ability to deal with real life situations.





Activity : 1

Emergency and Rescue

Read out the news.



Four little siblings who went missing after a plane crash, were found 40 days later in the lap of mother nature without a scratch.

An amazing news

The Amazon forests acted as a nurturing mother to the four children, cradling them in her lap for 40 long days, protecting them from leopards, snakes and piranhas. It was undoubtedly the last prayers of their dying mother that saved the siblings. Rescuing the four children aged eleven months, four, nine and thirteen years, unhurt after their plane crashed in the Colombian Amazon jungle on May 1st turned out to be the most amazing news not just for Columbia, but the world as well.

Let's discuss the situation that the children in this news report had to face and the skills that helped them survive.

Note the ideas that evolved from the discussion.

.....

.....

.....

.....

.....

.....



Did you understand the skills and competencies that helped the children survive the dangerous situation?

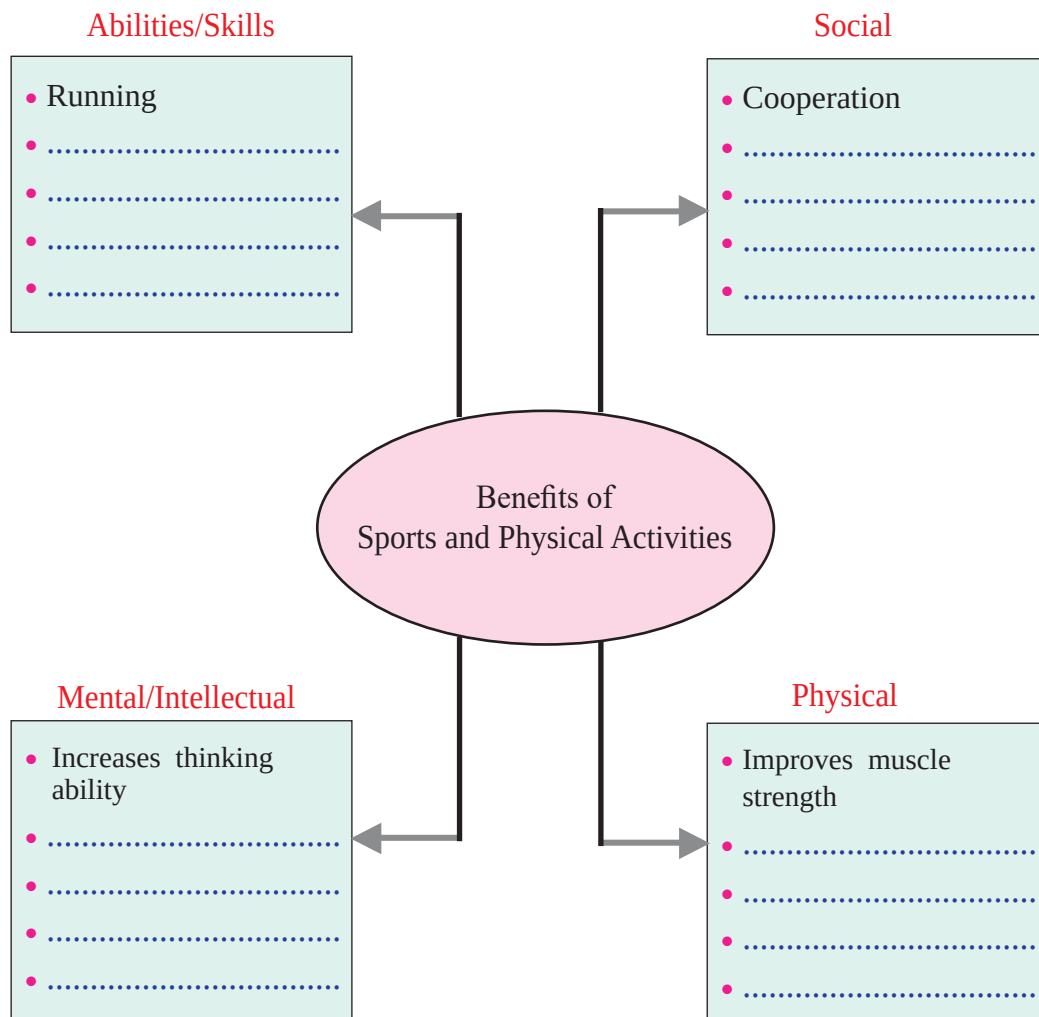
Physical activities and games provide us several opportunities to acquire skills and abilities needed to face emergency situations.



Activity : 2

Benefits of Physical Activity

Write the benefits of participating in sports and other physical activities.



First Aid in Emergency Situations

Eriksen's narrow escape from death

Danish Footballer Christian Eriksen collapses.....match suspended.

Copenhagen: In the 43rd minute of Denmark's game against Finland in the Group B match of the Euro Cup, Danish midfielder Christian Eriksen collapsed in the field. The medical team on the field administered first aid to the player and transferred him to the hospital for specialist treatment. The match was suspended. The game resumed when it was confirmed that Eriksen was out of danger.



The Euro Cup Football Match between Denmark and Finland was on 12 June, 2021. As the match progressed, Denmark's Christian Eriksen collapsed in the field. Prompt intervention of fellow players and timely administration of first-aid and medical assistance saved his life.

Many types of injuries occur in the field. The reasons for these may vary. If you have come across such incidents, mention them in the space given below. Describe how you dealt with such situations.

.....

.....

.....

.....

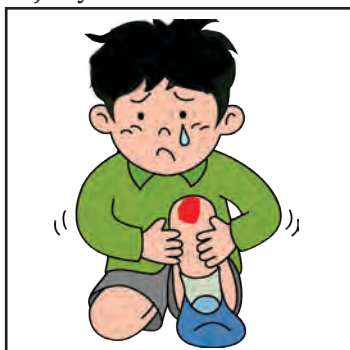
.....



Activity: 3

Situations that Lead to Injury

Look at the pictures given below. Write down the situations that led to the injury.



Abrasion

.....
.....



Contusion

.....
.....



Fracture

.....
.....

Activity: 4

First Aid for Injuries

Write the First Aid to be given when your friend sustains an injury or has a contusion while playing.

Abrasion



.....
.....
.....
.....
.....
.....
.....

Contusion



.....
.....
.....
.....
.....
.....
.....



Muscle Cramps



Examine the picture and explain what happened to the player. Have you or your friends ever been through such situations?

Share your experience in the space given below.

.....

.....

.....

.....

Muscle Cramps

Contraction and relaxation of muscles help us to move. But in certain situations painful and involuntary contractions occur in our muscles. This is called Muscle Cramps.

Main causes of muscle cramps

- Dehydration
- Vitamin and mineral deficiency
- Muscle fatigue
- Extreme cold/heat
- Lack of warming up/cooling down
- Intensive training without rest

First Aid



The picture shows first aid being administered for hamstring muscle cramps.





Self-management of hamstring cramps.

First Aid for hamstring cramps

- ◆ Stop the activity and take rest.
- ◆ Stretch the affected muscle gently.
- ◆ Wrap ice in a cloth and apply the icepack on the affected area.
- ◆ Drink water.

If muscle cramps occurs frequently or persists for a longer duration, seek medical assistance.

Make it a habit to:

- do warming up exercises before and cooling down exercises after an activity.
- drink plenty of water.
- consume food that is rich in vitamins and minerals.
- improve physical fitness.



Sprain



Can you explain what happened to the player's ankle?

Explain the situations that can lead to ankle injury.

.....

.....

.....

.....

.....

.....

Sprain

Sprain is the injury to the ligament.

Symptoms:

- Severe pain
- Restricted movements
- Swelling around the affected area



Special
Info

Ligament

A ligament is a connective tissue. The primary function of a ligament is to connect two bones together, particularly in the joints.



Strain



Did you understand what happened to the players in the picture?
Have you seen or experienced similar situations?
Narrate your experience below.

.....

.....

.....

.....

.....

.....

Strain

A strain is an injury to muscles or tendons.

Symptoms:

- Severe pain
- Discolouration of skin in the affected area
- Swelling around the affected area
- Restricted movements

First Aid

Let's learn the First Aid administered for sprain/strain, referred to as PRICE.



PRICE refers to:

- P - Protect (protect the injury from further damage)
- R - Rest (give rest)
- I - Ice (ice wrapped in a cloth shall be applied on the affected area)
- C - Compress (compress or bandage the injured area firmly)
- E - Elevate (elevate the affected area to reduce swelling)



Knowledge of First Aid is essential for timely and confident management of injuries that occur during a game or in other situations.





Assessment

I Mark the following statements as true or false using a tick (✓) mark.

1. Do not apply ice for muscle cramps.
(True ☐ / False ☐)
2. First Aid should be given for injuries that happen during a game.
(True ☐ / False ☐)
3. First Aid is the immediate care given before seeking medical assistance.
(True ☐ / False ☐)

II Answer the following.

1. Write a note on PRICE, the First Aid procedure given for sprain.
2. Explain the First Aid administered for strain.
3. Write down the main causes of muscle cramps.
4. Write down examples of abilities that can be achieved through sports.

III Visit a physical training centre near your school. Prepare a report on the various facilities available at the centre and their use.





The First Step Towards a Sports Culture



Indian team which secured the gold medal in the 4x400m Mixed Relay

Let's go through the news.

Bangkok: Indian team clinched the gold medal in the 4x400m mixed relay.

The news headline is about the Indian relay team which bagged the gold medal in the 4x400m mixed relay at the Asian Athletics championship on 15 July, 2023 in Thailand. Relay is an event which requires both physical fitness and teamwork. The collective effort of the Indian relay team comprising Shubha Venkatesan, Rajesh Ramesh, Aishwarya Kailash Mishra and Amoj Jacob facilitated this golden achievement.



Activity : 1

Features of Relay Race

What are the unique aspects of the competition mentioned in the news?

.....

.....

.....

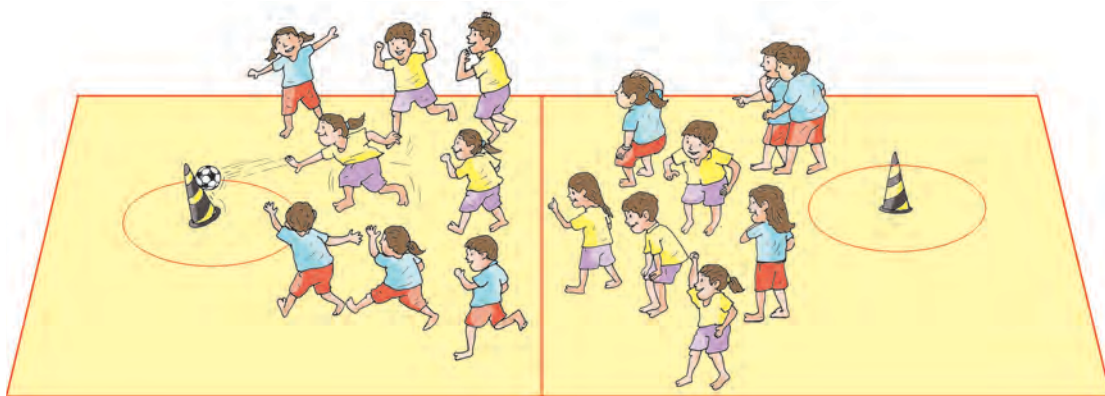
Add more facts.

Golden Achievement	=	Physical fitness	+	Coordination	}
.....	+		+	Teamwork	



Activity : 2

Bombing the Post



Instructions

- Children should divide themselves into two teams of eight members each.
- The play area is divided into two equal halves(zones)
- Each team should consist of four attackers and four defenders.
- Attackers should stand in the opponents' half and defenders in their own half.
- Players standing in one zone should not enter the other zone.
- A cone should be placed inside a restricted area at both ends of the field, which is marked 1 to 2 metres away from the end line.
- The game will start with a toss of the ball from the centre line. The team that gets the ball can pass the ball and continue the game.
- No one is allowed to enter the restricted area.
- The attackers should pass the ball by hand and try to hit the opponent's cone. If they succeed, they will get one point.
- Players cannot run with the ball.
- Defenders should try to prevent the opponents from scoring.
- After every two points, the players (attackers and defenders) should change the zone.
- The team that scores more points in the given time will be the winner.





Assessment

- Share your experience about 'bombing the post' game.
.....
.....
- Who performed well in the game? Why did they excel in the game?
.....
.....
- Benefits of the game.

Locomotor ability.....

-
-
-



A helping hand to special needs

Inclusive Sports



Inclusive sports is the inclusion of students with special needs along with others under a common sports law or regulation. Through this, the right to equal participation can be ensured.



Activity : 3

Regional Sports Meet

Sports events are organised locally to provide opportunities for people of all ages. Discuss such events and make notes.

(Indicators: *Keralotsavam*, Annual Sports Day of Clubs)

.....

.....

.....

.....



Activity : 4

Mixed Throwball



Instructions

- Children split themselves into two teams of 9 each.
- The teams should stand on either side of the net inside the court.
- The team that wins the toss should start the game by throwing the ball over the net to the opponents' court.
- The members of the opponent team should catch the ball and throw it back.
- If the ball lands inside the court or touches the body and goes out of the court, the opponent will get a point.
- If the ball lands outside the court, the other team will get a point.
- The team that scores gets the chance to throw the ball.
- The team that scores 15 points first, will win the game.



Assessment

- Share your experience about the game.

.....

.....

.....

- Who excelled in the game of Mixed Throwball? Assess each other.

.....

.....

.....



 Activity : 5

Let's Identify the Games



Identify the games and classify them on the basis of games which have a written bylaw and those that do not.

Games with bylaw		Games without bylaw	
1		1	
2		2	
3		3	
4		4	

We often play games that don't have written rules. We can modify the rules of these games according to the situation. Let's get acquainted with some of these games.



 Activity: 6

One-Legged Tag



Instructions

- Children split themselves into two teams of equal number.
- One team should stand inside the play area.
- Three players from the opponent team should become catchers.
- The three catchers should hop inside the court and try to touch the opponents.
- The rest of the players from the catchers' team should stand outside the court. If the catcher gives a pass, their team mates can substitute them.
- Only three catchers are allowed inside the court at a time. If the catcher tags any of the opponents, they should step out of the court and start supporting their team.
- If the three catchers are able to tag out all the players inside the court, their turn will be over.
- Next, the catchers' team should enter the court and the game will continue.
- The team that took less time to tag out all the players will be the winners.
- This game can be made more interesting by changing the number of catchers and by further modifying the rules.

Benefits of playing the game

- Mental happiness
-
-
-



 Activity: 7

Finding the Colour



Instructions

- Children split themselves into 3 or 4 teams.
- The teams should stand in a row as shown in the picture. Four cones of different colours (e.g. orange, yellow, blue, red) are placed at the end line.
- As soon as the 'Start' signal is given, the first player in each team will run in a zig zag manner among the cones towards the endline.
- While running in a zig zag manner, when the first player crosses the second cone, the teacher raises the previously prepared coloured cards/flags (orange, blue, red and yellow).
- If the teacher shows an orange flag, the player should touch the yellow cone. If the yellow flag is shown, the blue cone should be touched. For a blue flag, the player needs to touch the red cone and finally if the teacher shows the red flag, the player should touch the orange cone.
- The player who touches the correct cone first wins one point.
- The game is continued in this manner till each and every player gets a chance.
- The team with maximum points wins the game.

Orange	= Yellow
Yellow	= Blue
Blue	= Red
Red	= Orange

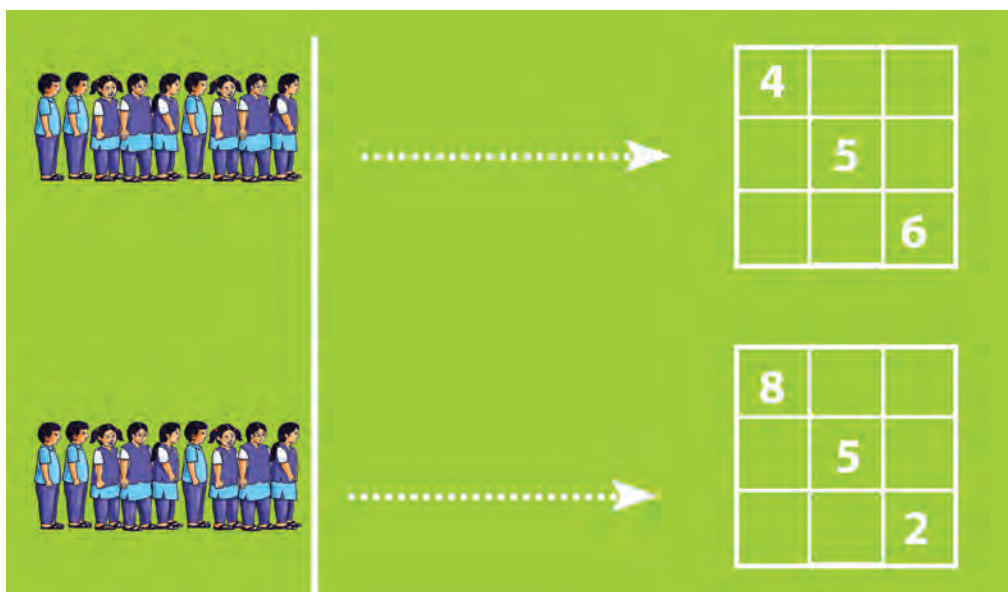
Benefits of playing the game

- Improves physical fitness
- Increase in cognitive ability
-
-



 Activity: 8

Magical Squares



Instructions

- Children split into two teams and stand behind the line drawn at a fixed distance from the Magical Square.
- Each team should collect the sheets of paper with numbers 1 - 9, prepared by the teacher.
- Use the paper clues you have obtained to fill in the squares.
- As shown in the picture, the numbers have been written at three places in the boxes drawn on the field.
- Those who get the numbers drawn on the box should stand on that square.
- Now the remaining six squares must be filled in with numbers, horizontally and vertically, to get a total of 15. The team that completes the task in a short time will win the game.

Benefits of playing game

- Improves logical thinking
- Team cooperation
-
-



Activity: 9

Hit Hit



Instructions

- Children split into four teams of equal members.
- The teams should stand around the playing area that has four sides.
- A ball is placed at the centre of the playing area. The team should try to hit that ball with the ball in their hand and make it cross the opponents' endline.
- The team that gets the ball across the endline in this way gets one point.
- Continue the game again, by keeping the ball in the middle.
- A football can be kept in the middle and softer balls like volleyball or tennis balls can be used for throwing.

Abilities gained through the game

- Mental happiness
- Communication skills
-
-



Activity : 10

Share your experience while playing the game.

.....

.....

.....

.....

.....

During leisure hours we waste time on mobile phones, TV and video games due to the unavailability of friends or due to other inconvenience. Instead, we can spend our time effectively through these kind of games. From now on, make sure to utilize the little breaks you get more effectively.



Assessment

1. What are the achievable values of inclusive sports at all levels of society?

- Equality •
- •
- •

2. Which among the three pictures given below is the best activity that helps to improve health?



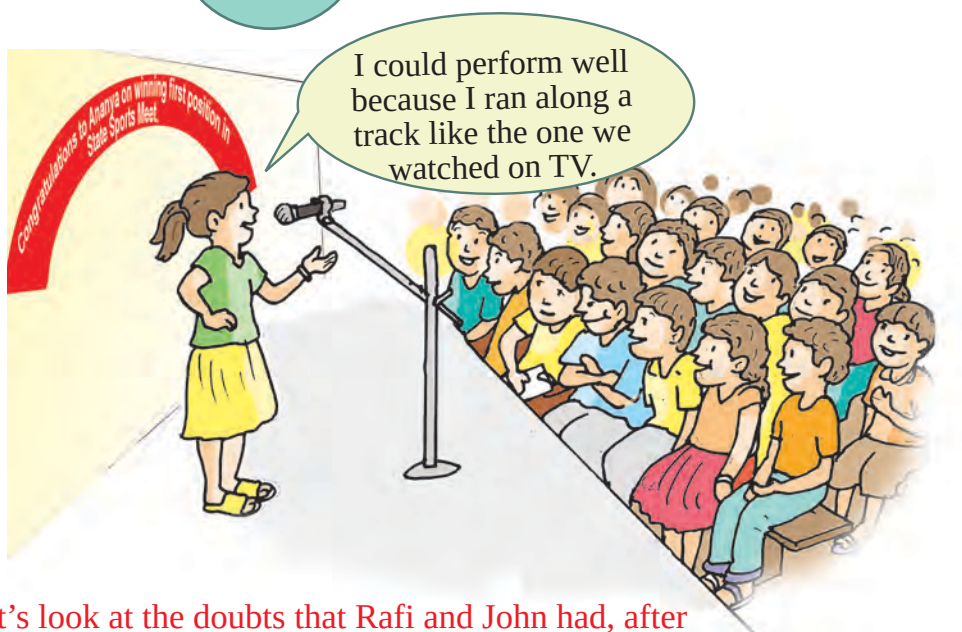
3. Share a few indigenous games you know.

-
-





Let's Learn about Various Surfaces



Let's look at the doubts that Rafi and John had, after the felicitation programme.

Rafi : On which type of ground would Ananya have competed, at the state level competition?

John : Anyway, those would be of national and international standards. That's why she said they looked like the ones seen on TV. Even we have such grounds in our place.

Rafi : So, are all games held on different grounds?

John : Yes. There is a difference between the track on which running events are conducted and other playfields, isn't there?

Rafi : So each game is played on a different surface, isn't it? Let's ask teacher.



Where are running events usually held?

.....

.....

.....

Usually, athletics are conducted on mud and synthetic surfaces. Similarly, different games are played on different surfaces. Let's learn about the different surfaces on which each game is held.



Activity : 1

Surfaces and Games

Identify and write down the games that can be played on the surfaces given in the pictures.
(Football, Athletics, Volleyball, Tennis etc)

Clay Court



• Football

•

•

•

•

•

•

Grass field



• Football

•

•

•

•

•

•



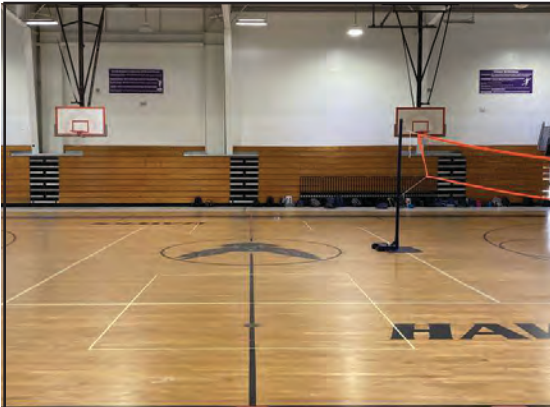
Synthetic



- Athletics

-
-
-
-
-

Wooden Court



- Volleyball

-
-
-
-
-

Turf



- Football

-
-
-
-
-



Mat



• Kabaddi

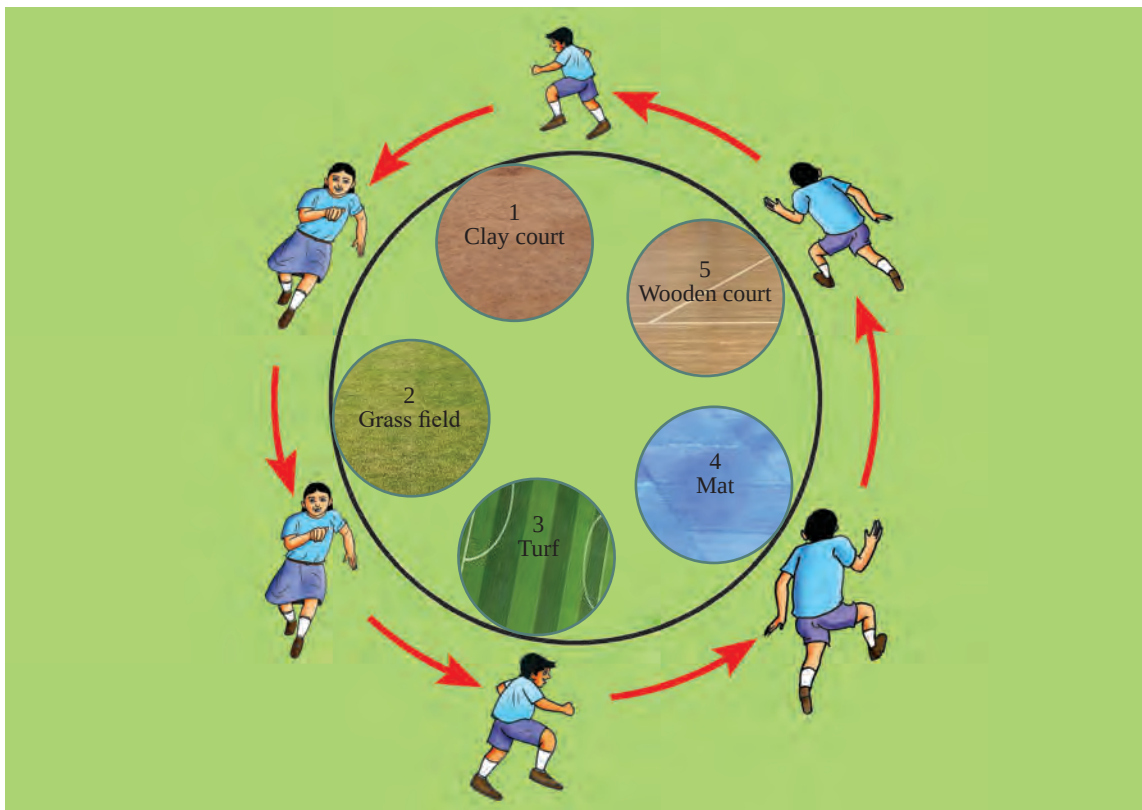
-
-
-
-
-

Discuss in class, the distinctive characteristics and advantages of different surfaces.



Activity : 2

Around the Round





Instructions

- Names of various surfaces are written on five small circles within a bigger circle as shown in the picture.
- Children should run around the big circle, according to the instructions of the teacher.
- As soon as the teacher gives the command 'stop', everyone should stop running.
- Then the teacher calls out the name of a game.
- Children identify the surface on which that game is played and stand inside the corresponding circle. For example, if the teacher calls out 'Kabaddi', children must stand inside the circle on which 'Kabaddi' is marked.
- The child standing inside the correct circle gets a point. The game continues and the child who gets maximum points within the time given, wins.

Share your experience about the game.

.....

.....

.....

While choosing playing surfaces better performance in sports and safe participation are given importance. Therefore, depending on the nature of games, the playing surface will also vary.



Assessment

I. Match the following

Games		Surface	
1	100 metre race	A	Turf
2	Hockey	B	Mat
3	Basketball	C	Synthetic
4	Kabaddi	D	Wooden court

II. Write short notes on various surfaces.

III. Visit a modern track/stadium near your school. Understand the characteristics of that surface, prepare a note on it and present it in class.

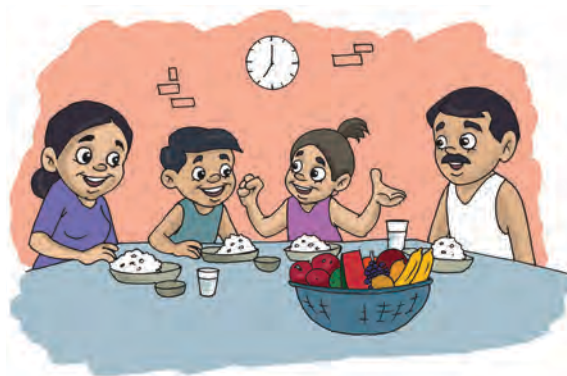


Appendix

Lifestyle Formation

Food habits

- Dine with your family.
- Avoid the use of digital devices during dining.
- It is better to eat one hour after and 2 to 3 hours before doing exercise.
- Never skip your breakfast. Chew food properly and eat slowly.
- Drink two to three litres of water that is boiled and cooled.
- Ensure rainbow diet (fruits and vegetables of different colours).
- Avoid adulterated fast food, carbonated drinks and junk food as far as possible.
- Have dinner at least 2 to 3 hours before going to bed.



Exercise habits



- Enjoy doing exercise with family members. Give preference to aerobic exercises like walking, jogging, cycling, swimming etc.
- children of the age group 5 to 7 must do aerobic exercise for atleast one hour daily. They should indulge in strength training for 3 days a week (Source - WHO).



A Regular Day

- 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. Visit 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 out for a walk, if you have one.
- Reduce screen time used for entertainment purpose.

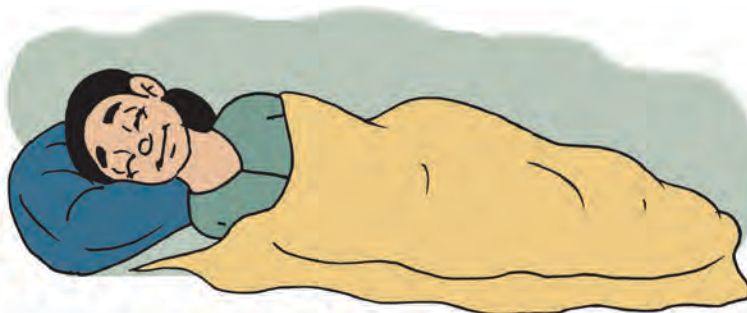


Study time

- Doing simple exercises and listening to music during short breaks in studies help you to remain active.
- Pressing the stress ball/squeeze ball during study hours reduces stress.
- Create a regular schedule for homework.



Sleep



- Schedule your sleep.
- World Health Organization (WHO) recommends 9 to 12 hours of sleep for children of 6 to 12 years of age and 8 to 10 hours of sleep for those of 13 to 18 years.
- One can sleep in supine or sideways position so as to maintain the natural curves of the back.
- Stop using electronic devices half an hour before going to bed. Keep such devices at least 1 metre away from your body.

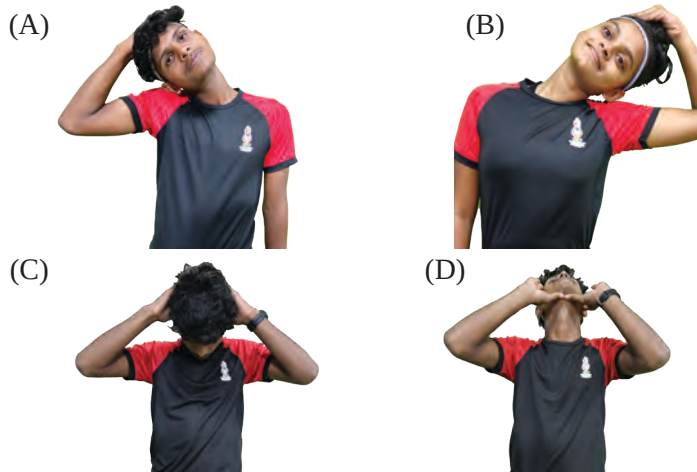
There might be certain changes in your routine during holidays. However, it is better to ensure that you exercise, eat, study, enjoy and sleep on time even during holidays.



Warming up

- Warming up is the preparatory phase prior to a physical activity or sports event. It will help to enhance performance and prevent injuries.
- All stretching exercises should be held for a specific period of time and repeated in the reverse direction.
- All other exercises should be practised around 10 times and repeated on the other side of the body.

1. SIDEWAYS NECK STRETCH



2. OVERHEAD SHOULDER STRETCH



3. WRIST EXTENSION STRETCH -1



4. WRIST EXTENSION STRETCH -2



5. SHOULDER STRETCH



6. CROSS ARM SHOULDER STRETCH



7. REVERSE SHOULDER STRETCH

(A)



(B)



8. SPINAL TWIST



9. ARCH BACK AND STRETCH



10. SIDE BEND STRETCH



11. QUADRICEPS STRETCH



12. TOE TOUCH



13. CALF STRETCH



14. TORSO BENDS AND HOLD

(A)



(B)



(C)

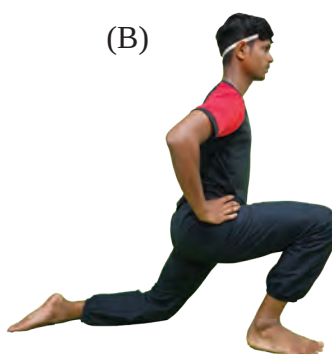


15. KNEELING HIP FLEXOR

(A)



(B)



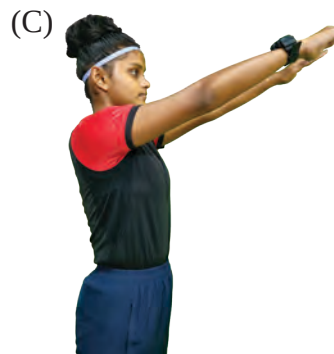
16. SIDE LUNGE AND JUMP



17. ARM CIRCLE



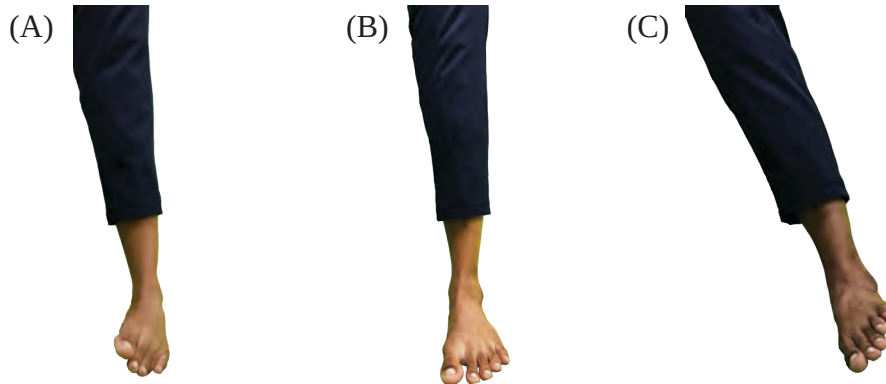
18. ARM ROTATION



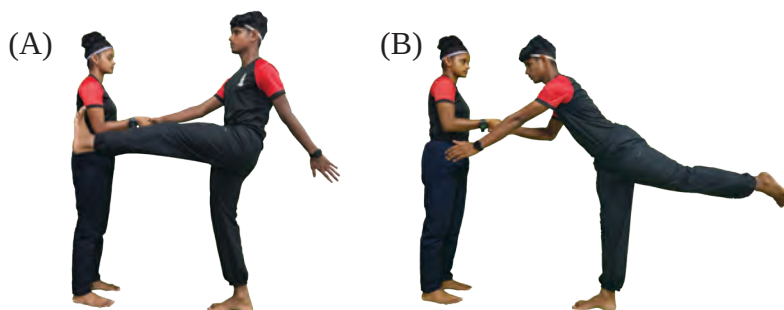
19. HIP CIRCLE



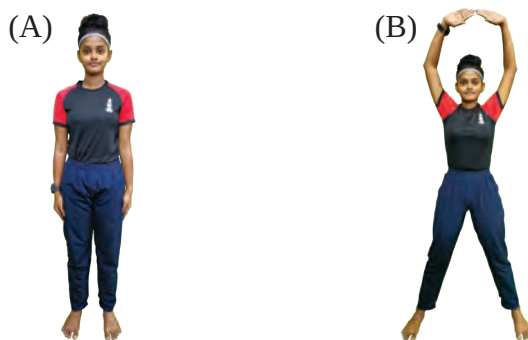
20. ANKLE INVERSION AND EVERSION



21. LEG SWING: FORWARD AND BACKWARD



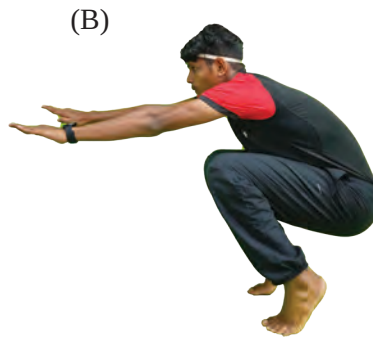
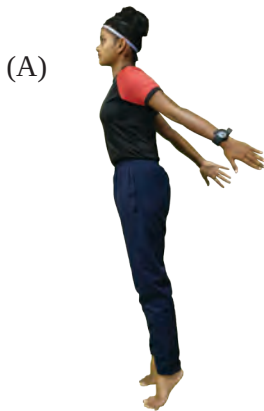
22. JUMPING JACKS



23. ALTERNATE FORWARD JACKS



24. TUCK JUMPS



25. SUMO SQUAT JUMP



26. FOREARM PLANK EXERCISE



27. Major activities (perform any one of the activities for 10 minutes)

- Cycling, swimming, etc.
- Going up and down the stairs continuously.
- Jogging (start with low intensity and gradually increase the pace)
- Perform various exercises using skipping rope.
- Play any fun game 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 to recover fast, prevent injuries and improve performance.
- Hold all stretching exercises for around 10 seconds and performed on the other side of the body.

1. WALK SLOWLY



2. JOG SLOWLY



3. SLOW JOGGING (with arms relaxed and raised to the side)



4. SLOW WALKING AND JOGGING (with both arms bent forward.)



5. NECK STRETCH

(A)



(B)



(C)



(D)



6. OVERHEAD SHOULDER STRETCH



7. WRIST EXTENSION STRETCH -1



8. WRIST EXTENSION STRETCH -2



9. SHOULDER STRETCH



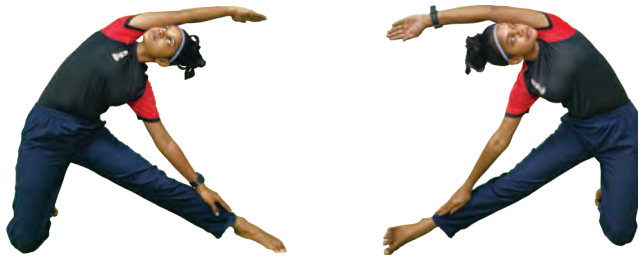
10. CROSS ARM SHOULDER STRETCH



11. ARCH BACK AND STRETCH



12. SIDE BEND STRETCH



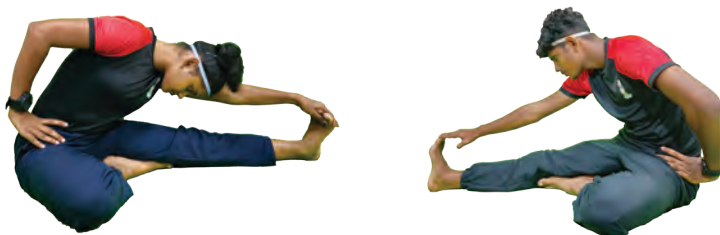
13. HAMSTRING STRETCH



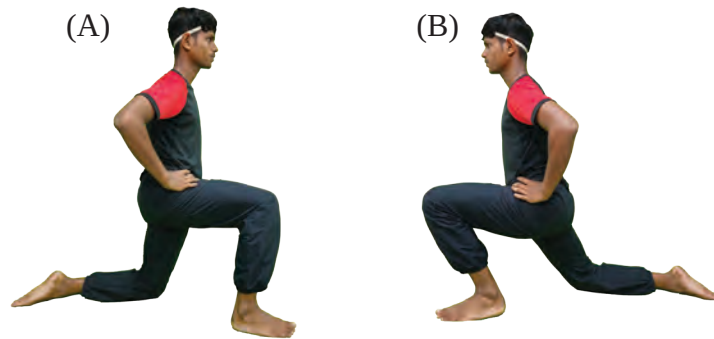
14. QUADRICEPS STRETCH



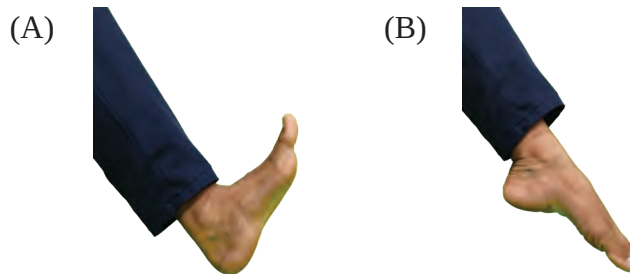
15. CALF STRETCH



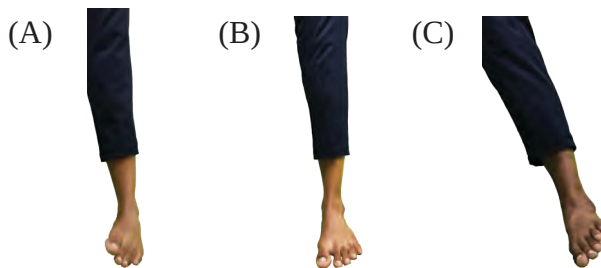
16. KNEELING HIP FLEXOR



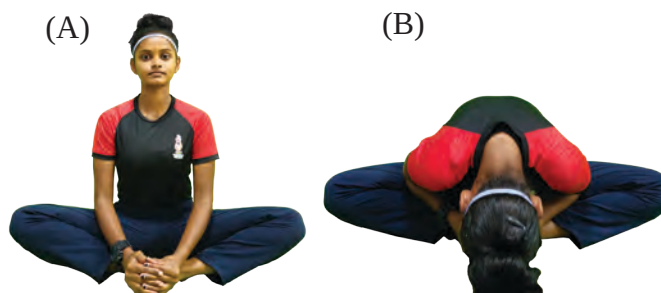
17. DORSI FLEXION & PLANTAR FLEXION



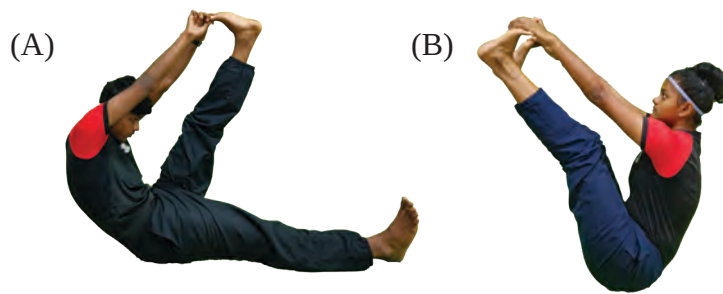
18. ANKLE INVERSION AND EVERSION



19. BUTTERFLY STRETCH



20. LYING HARMSTRING STRETCH



21. LIE DOWN AND RELAX



NOTES

[illegible]

This image shows a full-page view of a notebook or worksheet template. At the top, there is a light red rectangular header section. Centered within this header is the word "NOTES" written in a bold, black, serif typeface. Below the header, the rest of the page is white and filled with horizontal ruling lines. These lines are evenly spaced and extend across the width of the page, providing a structured space for writing.

This image shows a full page of a notebook or worksheet. At the top center, the word "NOTES" is written in a large, bold, red serif font. Below the title, the entire page is filled with horizontal dotted lines, providing space for writing. The background of the page is a light blue color.

This image shows a full page of a notebook or worksheet. At the top center, the word "NOTES" is written in a large, bold, red serif font. Below the title, the page is filled with horizontal dotted lines, providing space for writing. The entire page has a light blue background, and there are thin black vertical lines along the left and right edges.

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 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. | • Protection against neglect. |
| • Right to life and liberty. | • Right to free and compulsory education. |
| • Right to maximum survival and development. | • Right to learn, rest and leisure. |
| • Right to be respected and accepted regardless of caste, creed and colour. | • Right to parental and societal care, and protection. |
-
- Major Responsibilities**
-
- | | |
|---|---|
| • Right to protection and care against physical, mental and sexual abuse. | • Protect school and public facilities. |
| • Right to participation. | • Observe punctuality in learning and activities of the school. |
| • Protection from child labour and hazardous work. | • Accept and respect school authorities, teachers, parents and fellow students. |
| • Protection against child marriage. | • Readiness to accept and respect others regardless of caste, creed or colour. |
| • Right to know one's culture and live accordingly. | |

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