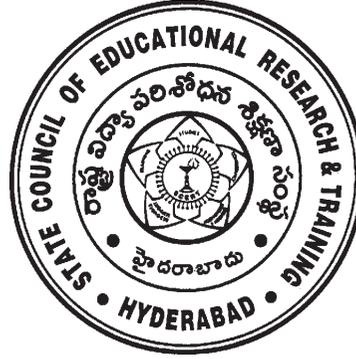


# **Draft Syllabus for Public Comments and Suggestions**

# ఆరోగ్య వ్యాయామ విద్య

పాఠ్యప్రణాళిక 1 నుండి 10 తరగతులు



రాష్ట్రవిద్య, పరిశోధన, శిక్షణ సంస్థ

ఆంధ్రప్రదేశ్, హైదరాబాదు.



**PHYSICAL EDUCATION**  
**CURRICULUM - I TO X CLASSES**



# CLASS - I

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Body Awareness	Who am I?	Description about self and surrounding.	Mirror, live examples of child's own body.	Observing mirror image and self portrait.
	What are the variation of my body parts?	Identification of Body parts, (Head, neck, chest, abdomen, eyes, nose, ears, legs, mouth).	Charts, models, drawing, pictures.	Observation of body parts, showing of body parts, with body mapping.
	How does my body move?	Different types of fundamental movements.	Live examples and study materials.	Observation, Demonstration, Invitation and practices of natural movements (Sitting, standing, walking, running etc.,)
	How do we sit / stand / walk / sleep?	Correct postures.	Posters, charts (Materials for) Demonstrations.	Demonstration, standing, sitting, walking, sleeping.
	How do we take care of our body.	Joy and pride of keeping the body clean.	Pictures, charts study materials.	Observation, Demonstration and practices of washing hands.
<b>2. Movement Awareness</b>				
Growth and Development	What different body parts are involved in different movements?	Body parts and various movements.	Models observation of own body and that of peer group.	Observation, imitation and participation.
	How body parts and sports equipments are related?	Relation ship between different body parts and sports equipment.	Equipment like ball, bat, rocket, shuttle cocks etc.,	Touching, feeling and identifying shapes, utility and purpose of the sports equipment.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Natural activities	How do movements take place in Nature?	Natural observation.	Pictures stories.	Imitation of Animals, Birds, Motor Vehicles etc.,
<b>3. Food and Nutrition</b>				
Need of food	Why do we eat food?	Food as a source of energy for work and play.	Food at home/tiffin Mid-day Meals study materials.	Play-way activities using picture stories.
Eating habits	Why should we wash hands before and after eating?	Hygiene and cleanliness.	Soap and water, plates, pans, serving utensils.	Demonstration and practices.
	Why we must not waste food?	Wastage of food eating as per need importance of not wasting food.	Food at home/tiffin Mid-day meals.	Discussion and demonstration sharing of experiences.
	Why must we brush teeth and rinse mouth?	Cleanliness of the body.	Neem-twigs and other locally available safe cleaning equipment and materials, Tooth paste, Tooth brushes.	Discussion and demonstration sharing of experiences.
Sharing	Why is it a pleasant experience when we share food?	Culture of sharing appreciating someone else's food enjoying different tastes.	Food at home/tiffin special foods on festival days.	Demonstration teacher's participation in eating with children sharing of experiences.
<b>4. Rhythmic activities</b>				
Physical Involvement	How to walk? How to run? How to jump?	Body movements.	Drums whistles	On drum beat clapping with hand, leg, walking running slow, hopping.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>5. We and our Environment</b>				
Need of water in the body	Why should I drink water?	Importance of water in the body.	Charts.	Activities facilitating explanation and understanding.
Use of toilets	Where do I go for toileting?	Proper use of toilet.	Posters, visual aids.	Sharing of experiences, discussion and demonstration.
Cleaning up after meals	Why do we clean up after taking food. How do I keep surrounding clean before and after eating meals.	Cleanliness self and environment. Healthy habits.	Mid-day meals tiffin. Taking meals at home.	Sharing of experiences. Discussion and demonstration.

## CLASS - II

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Body Awareness	What are our sensory organs?	Awareness about sensory organs : eyes, nose, ears, skin, tongue.	Live examples of own body, charts.	Demonstration of function of each sensory organ.
	How can I maintain cleanliness	Cleanliness of skin mouth, nose, teeth, ear and eyes.	Water, soaps, tooth, brush, paste and other locally available safe cleaning equipment and materials.	Action songs demonstration observation sharing of experiences.
<b>2. Movement Awareness</b>				
Body Movements	What are the fundamental movements? How high can I reach? How far can I go?	Movements.	Open space cones, markers, ropes, hanging rods, swings, old tyres, hoops.	Walking in straight line circles, zig zag, running variations. Hop, jump. Leaping, galloping, skipping.
	What are the other forms of movements?	Movements.	Card-boxes / boxes / cubes / wands Indian clubs, lime poneer	Balancing, sackracing stretching, pushing, pulling twisting, bending, sitting, postures, lifting, carrying, falling. Standing on one leg.
	How do I clap? How do I clap to count? How do set rhythm with music? Can I jump to the count.	Rhythms.	Whistle, music clap, rope ball, ribbons benches etc.	Demonstration Clapping + clapping on count. Bounce the ball on the music children act as ball and bounce on music.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
	Can we fly like a bird? Can we walk like an animal? Can we move like a fan? Can we sway like a tree.	Imagination imitation and mimic.	Examples of various birds animals, objects etc.,	Swinging of arms, body rotation. Clock-wise and counter. Clock-wise movements sway like a tree. Motion/action songs related to movements.
Action Songs	How do we respond to the action songs?	Rhythm.	Musical instruments, Audio-visual aids.	Local songs. Local Rhythms.
<b>3. Food and Nutrition</b>				
Colours of food	What are different colours of food items?	Identifying the colour of foods.	Various kinds of food items in Tiffin, Mid-day meals, Meals at home.	Identifying colours while eating together mid-day meals or tiffin.
Tastes of food	Which are different tastes?	Identifying different tastes - sweet, sour salty etc.,	Various kinds of food items in Tiffin, Mid-day meals, Meals at home.	Identifying colours while eating together mid-day meals or tiffin.
Sources of food	Where does the food come from? Who produces food? Where? Where do we buy food from? Where is the food prepared at home?	Sources of food farmer (Farm, field etc.,) Ration-shop, other shops, canteen, kitchen.	Mid-day meals materials pictures / illustrations.	Question - answer Discussion regarding awareness about shops providing food items mock-shop (Action as shop keeper and consumers cooking food etc.,)
Different foods in different seasons	Which food do we eat every day?	Seasonal food items, vegetables fruits etc.,	Mid-day meals tiffins, fruits which are locally available.	Questions - answer songs.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>4. Safety and security</b>				
Getting help during emergency	Whom / Where should I go for help in emergency at home / school during sickness on injuries in school bus?	Reporting to the teacher in the event of injury and or sickness in school (Class - room / play ground). Reporting to the elders in the event of injury and / or sickness.	Black board charts.	Demonstration and discussions. Demarcation of sports grounds / play fields, cleaning and keeping it free from hazards, i.e. Removing glass, paper, plastic etc.
Safety Rules	What hinder safe play? How can we avoid mishap and injuries?	Common mishaps in school, ground road home and preventions.	Stories, pictures, posters.	Identification of play area, surroundings, courts, school.
<b>5. We and our environment</b>				
Sources of safety	What are the sources of safety?	Sources and quality of the water we take.	Source of drinking water in school home.	Visiting sources of drinking water and listing them for usage.
Drinking water	Why we drink water?	Drinking of water.	Source of drinking water in school, home and public places.	Discussion in the class.
Use of toilets	Where do we go for toileting? How do we keep the toilet and myself clean?	Proper use of toilet. Cleanliness after toileting.	Posters, visual aids, toilets (open and closed).	Sharing of experiences discussion and demonstration.
Cleaning up after meals	Why do we clean up after taking food? How do we keep surrounding clean before and after eating meals?	Cleanliness (Self and environment). Healthy habits.	Mid-day meals tiffin. Taking meals at home and picnic.	Sharing of experiences discussion and demonstration.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>6. Physical activity</b>				
Relays and tag games	What is physical activity? What is tag game?	Physical movements.	Chunnam and whistle.	Relays, walking relay ball relay, kangaru relay, frog jump, elephant.

## CLASS - III

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Growth and development. Breathing	How do we breath?	Basic understanding of breathing pattern and body sounds.	Own body charts, models.	Demonstration and imitation (Actions of stomach and chest). Normal and deep breathing. Huffing, puffing, sneezing etc.,)
Sensory organs seeing	How do we see?	Basic understanding of hearing.	Pictures / Charts / Models of ears and mechanism of seeing.	Demonstration and limitation (Closing and opening of eyes). Seeing far / near.
Hearing	How do we hear?	Basic understanding of hearing.	Pictures / Charts / Models of ears and mechanism of hearing.	Demonstration and limitation (Keeping your hands on the ears).
Tasting	How do we taste?	Basic understanding of taste.	Tongue, nose and skin.	Listen to teacher / each other.
Smelling	How do we smell?	Basic understanding of smell.		Listen to various type of sounds.
Skin	How do we know the sense?	Basic understanding of skin.	Charts / posters models.	Compare the types of sounds (automobiles, songs, TV programmes, music, drum water etc.,)  Avoid listening to high volume of music - disadvantages).

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Healthy Habits Hygiene	What should we do to maintain personal hygiene?	Maintaining cleanliness of our body (hair, eyes, nose, teeth, ears, nails, skin). Proper toilet habits importance of proper clothing and foot wear proper play and rest.	Charts, posters, models.	Demonstration and discussion. Action songs.
<b>2. Movement education</b>				
Neuromuscular coordination	How do we combine various physical movements.	Neuromuscular coordination coupling of movements : e.g. Can we combine : Walk and run Sit and stand Stop and walk Hop and walk Bend and roll Walk and run/leap Walk and jog Walk, jog and run Forward and backward running	Open space lime powder for marking the ground.	performance of neuromuscular co-ordinating activities like jogging, running, hopping, leaping, rolling etc.
Strength and judgment	What is throwing and catching?	Developing strength judgment and decision - making.	Open space, balls of various sizes, lime powder for marking the ground.	Throwing and catching in pairs and in groups (Simple and manipulative).
	How do we throw and catch any object? How far and why can I throw the object?	Throwing / catching the ball. Developing strength judgment and decision - making.	Open space, balls of various sizes, lime powder for marking the ground.	Throwing to various distance and catching from various distance. Throwing the ball for the least and highest.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Co-ordinative abilities	How do I run with my partner holding him/her?  How can I toss?	Eye-hand, eye-leg and neuro muscular co-ordination and motor fitness. Tossing and decisionmaking.	Open space lime powder for marking of the ground.	Throwing to various distances and catching from various distances.  Throwing to ball for the farthest and highest.
Combative skills	Can we move (pull, push) the objects around us?	Combative actions.	Wall, sports equipment, partners.	Hard pull / push Line pull / push Back to back pull / push Wall - push.
<b>3. We and our environment</b>				
Cleanliness of surroundings	How can we keep our surroundings clean & beautiful.	Maintaining cleanliness of classrooms, play ground toilets and bath rooms, home, room, utensils.	Class-room, playground, toilet bathroom, home, room, sitting table chain, school bag lunch box, other utensils chinks, paints, posters.	Demonstration for using various equipment like from and dust pan, disposal of waste. Discussion.
<b>4. Food and nutrition</b>				
Likes & dislikes about food	What are food items that we like most? What are the food items that we don't like and why?	Habit of appreciation of food. Removing unfounded dislikes.	Mid-day meals tiffin, meals at home, fruits, which are easily and locally available.	Question - answer songs . Experience sharing.
Wholesome diet	Why should we take whole some diet?	Constituents of food (energy, body building protection). Implications of junk food. Frequency of taking food.	Whole some food items Charts. Posters. Mid-day meals.	Demonstration of food material. Observing implementing mid-day meals programme using picture story.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Variety of food	Why do we include various food items in our meals.	Importance of including a variety of food items in diet and frequent eating sum ptuous diet.	Tiffin, food at home, Mid-day meals.	Discussion and demonstration (Exercises depicting food functions). Bring variety of foods on particular days. Special foods during festivals. Discussion on chart of balance diet.
Junk food	What is junk food?	Quality of food.	Baked food. Food on food path.	Demonstration and explanation.
<b>5. Safty and security</b>				
Keeping safe	What can we do to keep our selves safe and how?	Safety measures. Fire, electricity, fire crackers, water, animals and insect biles, sharp objects insecticides.	First-aid materials (Creation of standard first aid kit). Available safety gadgets materials.	Demonstration group discussion sharing experiences.
First aid	How to do first aid? What is first aid?	Safety education.	First-aid kit, books and materials, Charts.	Demonstration, explanation group discussion.
<b>6. Social health</b>				
Family	Who looks after me at home?	Concept of family - Family as a support system. - Co-operation. - Respect for each other and elders. - Respect for other gender.	Open space story pictures.	Group activities and games story-play and discussion based on story sharing of experiences.
Social relations	What do our elders feel?	Communication with grand parents, parents, neighbours and teachers.	Picture sotiries on social interactions home, school.	Sharing of experiences on talking to grand parents / parents / neighbours / teachers about their childhood.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>7. Consumer health and sports services</b>				
People / personnel as caretakers	Who will help me when I am sick or injured, tired or uncomfortable?	Role of family, teachers, health / sports professional.	Pictures study materials.	Discussion role-play story AV-aids.
Use of toilets	Where do I go for toileting? How do I keep the toilet and myself clean?	Proper use of toilet cleanliness after toileting.	Posters, visual aids toilets (Open and closed).	Sharing of experiences discussion and demonstration.
Cleaning up after meals	Why do we clean up after taking food? How do I keep surrounding clean before and after eating meals?	Cleanliness (Self and surroundings). Healthy habits.	Mid-day meals tiffin. Taking meals at home.	Sharing of experiences discussion and demonstration.
Surroundings	Why should we keep surrounding clean?	Healthy habits.	School. Home. Locality.	Demonstration. Discussion.

## CLASS - IV

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Heredity and environment	In the family, whom do I resemble physically? Whom do I resemble in my behaviour?	Role of heredity & environment in shaping self (height, weight, habits, voice temperament etc.)	Total family photograph. Photographs of twins look alike people in the family. Materials on child's own experience in family, school and community.	Stories sharing of experiences of children's life.
<b>2. Movement education</b>				
Physical exercise	Why do we exercise?	Objectives of exercises good for health and fitness. Base for sports performances. Importance of warm up, rest and sleep.	Open space charts. Whistles, lime powder for working.	Exercise on two, four and eight counts. Calisthenics, jogging, running, simple stretching general warm up exercises from toe to head and head to toe.
Speed and power	How fast can we run? How high can we jump? How far can we throw?	Speed power.	Stop watches open space measuring tape.	Sprinting, running in variation vertical jump. Standard broad jump. Running long jump.
Co-ordination	Can I do rolling with my partner? Can I roll on the line? Can I roll on the bench or beam?	Co-ordinating motor ability with partners and objects?	Mats or soft surface with carpet on it. Open space / under.	Rolling with partners (double / triple). Free play informal games & sports.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Rhythm and Reflexes	Can I perform on command / Rhythm?	Reaction time. Responding to command.	Whistle. Clapper.	Position of on your marks and "Go". Positions of attention, Stand-at-ease, Right-turn-left turn, about turn. Marching on the spot (Kadamthal).
<b>3. We and our environment</b>				
Lighting and ventilation	Why do we need light and air?	Importance of adequate lighting and ventilation for health?	Charts, experiments field visits, observations.	Sharing of experiences on requirement of air and a well lit environment.
Water & water supply	How is water supplied to the people?	Difference between clean and dirty water, sources of water supply. Agencies responsible for water supply.	Charts, experiments field visits, observations.	Sharing of experiences on requirement of air and a well lit environment.
<b>4. Food and nutrition</b>				
Food and hygiene storage	Which are the food item that get spoil soon and which don't?	Basics of food storage and hygiene.	Pictures, food items in mid-day meals & programme.	Demonstration and discussion.
Food path in the human body	Where does the food go when we eat?	Functional digestive tract.	Charts and pictures models.	Demonstration and discussion.
Malnutrition	What is malnutrition and its causes?	Malnutrition and causes of malnutrition. Deficiency problems obesity.	Pictures study materials.	Discussion.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>5. Social health</b>				
Social relation	How many friends do you have in neighbour hood and in school?	Social relation, Home neighbour hood, society.	Pictures stories other study materials.	Discussion, sharing of experiences from home neighbour hood, society.
Fears and security	What things are you afraid of in your daily life?	Types of fear, introduction to coping skills.	Materials on child's daily life experiences work book.	Interactive activities focused on experimental learning.
Play relation	How do we play together?	Interpersonal relations and belongs, Recreational skills.	Markers, cones etc.,	Circle games, Tag games, Relay activities and minor games.
<b>6. Sports services</b>				
Human resources and services of play and health programme	Who can help me to learn games and sports? Who can help me in case of injury. Whom can I approach in emergency?	Teacher, captain trainer. Emergency on road in park, play ground school, home Ambulance, First-aid 101, 108, 100. Dispensary, hospital primary health centre, child help line.	Pictures and charts and available resource material.	Discussion visit to stadium, PHC / Hospital, Fire station. Demonstration of First Aid kit illustration.

## CLASS - V

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Functions of the body	How does my body function?	Understanding of the body systems i.e., functional anatomy and physiology, skeleton, muscular, respiratory, circulatory digestive excretory.	Charts Models Study materials Own body.	Discussion. Demonstration. Breathing exercises.
Postures	Why should we have correct postures?	Correct postures :- Sitting, walking, running, lying, lifting objects	Charts Pictures Study materials.	Demonstration and practice, postures while sitting, walking, running, lying posture while lifting objects posture while working on computers.
Worms	How are we affected by worms? How can you treat worms? How can they be prevented? What are the symptoms of worm infection/ Infestation?	Description of worms, reasons for being, affected by worms, sources of worms, routes of entry of worms in the body. Proper use of toilet & washing hands.	Charts, model life, specimen school health services. Study materials.	Story telling, School health checkup, Situational analysis.
<b>2. Sports skills abilities</b>				
Functions of the body	What are the popular games in our region, which we can play? What are the games of Indian origin?	Local games. Games of Indian origin.	Games without apparatus, Lime powder for making of ground, whistle.	Demonstration and discussion playing locally popular games, recreation games local popular games like kabaddi, kho kho.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Co-ordination flexibility. Balance and timings	What are the ways to have my body in control and balance.	Self-testing activities and use of large mats.	Wooden boxes of different heights mats.	Demonstration & practice of skills turns and jumps dive and roll, cart wheel.
Track & field events	How can I perform like an athlete?	Basic skills:- Running Jumping Throwing	Stopwatch, lime powder for marking, relay batons, bamboo sticks, rope for high jump, long jump, measuring tape	Demonstration & practice of skills track events jumps, long jump, high jump, cricket ball throw.
<b>3. We and our environment</b>				
Personal hygiene	How can I observe personal hygiene? Why do we need toilets?	Cleanliness different types of toilets.	Study materials field visits and locally available resources.	Demonstration and practice on all aspects of personal hygiene and cleanliness. How to use toilets at home & school. Experience sharing on habits of personal hygiene.
Water purification community level	What are the methods for water purification at the community level?	Processes of water purification at community level.	Locally available resources indigenous practices.	Arrange field visits to the local water purification and distribution plant.
<b>4. Food and nutrition</b>				
Food culture	What are our traditional food habits?	Traditional food habits and health.	Locally available resources in various cultures.	Question - Answer experience sharing demonstration of different ways of eating.
Nutritive values of food	What are the nutritive values of different foods?	Food values.	Food items recipes.	Preparing food and discussing about food values while sharing meals.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Eating places	What precautions should be taken while eating out side?	Do's and don't's of eating out side.	Charts, pictures out side road side and eateries - dhabhas.	Visits the places to observe and note the findings.
<b>5. Safety and security</b>				
survival skills	What should I do in the event of natural calamities?	Prevention and principles of safety hazards of water, fire and natural disasters.	Study meterial Charts Posters	Demonstration, Interaction, Opportunities to develop confidence in water, fire and natural calamities.
<b>6. Health and sport services</b>				
survival skills	Physical resources and seinceof play fitness and health management.	Stadium club, Sports clubs, Sports centres community centes, Dispensary hospital, Primary health centres.	List of health fit ness centres.	Information session group work. Resource material prefereable a list of addresses and means to contact (Address, Telephone numbers) and transport available routes etc.,

## CLASS - VI

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Growth and development	What is growth and development?	Meaning of growth equipment / marked wall weighing machine.	Height - measuring equipment / marked wall.	Measuring height and weight of the student.
	Difference between growth and development.	Differene between quantitative and qualitative changes.	Charts, posters, school health services.	Discussion variations in height and weight.
	How do boys and girls are similar and different?	Physical characteristics - concepts of body image.	Models, charts Norms of / weight Records of Anthro poetic movement.	Group - discussion and experience - sharing.
	How does my body function?	Functional organs systems in relatio to health fitness.	Figures charts photographs.	Work book / Group work.
Bones	What are the different kinds og bonrd in our body? How are they joined to each other? How are they formed? How can we make our bones healthy?	Bones and their function. Nutrients for Bone formation.	Pictures of the skeletal system (back and front).	Feeling and counting the bones of the body as one sees a picture of in Physical activities like running, jumping, skipping.
Common injuries of bones	What do I do for a broken bone?	Keeping bones healthy first aid for fractures.	A card board pipe, a piece of rope or thread to show vertabva.	Show chart, discussion on experience.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Disabilities and difficulties	How do I perceive differently abled persons?	Different kinds of disabilities. Learning to understand and to help persons with physically disability.	Study materials pictures and other illustrations of differently abled people performing differently roles.	Walking up the stairs, visiting the toilet, writing on the black board, eating your food after tying your knees with a rope wrapping your fingers with a cloth discuss on the difficulties faced.
Postural defects	What are the different postural defects?	Remedies.		Check - list Demo and feed back Corrective exercises.
Protection from the diseases	Why do we fall sick? How does the body protect us from disease? How can we help improve our immunity? What is immunization?	Immunity and immunization brief description of the immune system : causes of illness role of immunization experience of illness disease pain discomfort. Common health problems check class IX (Science syllabus).		Make separate groups of girls and boys and make a chart of the types exercise each person does on each day of the week. Discuss these. Also discuss what are the things one does to relax is there a difference between the boys and girls?
<b>2. Physical fitness</b>				
Physical fitness	Are we healthy? Am I physically fit? How can we become more fit?	Concept of health concept of physical fitness. Strength endurance and flexibility.	Charts Information Material Work-book Motivational techniques Pictures of athletes and sports persons Sports bulletins Sports records Making and breaking	Class room session on physical fitness. Discussion explanation.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Introduction to components of physical fitness	How fast can we run? How strong are we?	Assessing speed. Assessing strength.	Open space. Lime powder. Medicine balls. Minimum strength. Test 30M & 40M dash.	Demonstration and performance practical exercise like running, short sprint, broad jump, 600 mtr. run.
	How flexible I am? Can I coordinate my movements?	Test for flexibility. Co-ordinative abilities.	Sprints - dash running. Strength - squats. Medicine ball exercises etc., sit and reach - test. Test for flexibility minor games, aerobics, folk dance (Solo, pair, group) Folk dance resources (Music / equipment)	Demonstration and performance practical exercise like running, short sprint, broad jump, 600 mtr. run.
Leaders and followers	How we can be ready for instruction? Are we able to import or follow instructions?	Formations: Line, file, circle, oval, triangle diamond, rectangle, square, pyramid, working / response to command, working / response to command, working formation and groups.	Markers Microphone / PA system Drum	Count-in-two / three making students to form the desired formation and perform some kind of group activity in a particular formation.
Player and sports personship	How can we become sports persons?	Learning motor skill observing ethical values Participation in competitive sports. Regards for rules regulations and judgments. Team spirit.	Material on fundamental skills. (Reinforcement of previously acquired skills and fitness. Track and field gymnastics forward roll backward roll. Sideward roll balance on one leg. Catand scissor jump. 180° tur on leg. Team games (any two) Kabbadi, Kho-kho, Volleyball, Judo, Basketball, Cricket.	Demonstration, Practice (Individual and groups and team)

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Important of yoga	Suitable for me and why should do asanas and pranayam?	Asanas.	Video clips.	Vrikshasan, Bhujangasan, Shalabhasana, Pranayam, Jalasthanbana, Vayusthanbana, Power yoga.
<b>3. We and our environment</b>				
Microbes - useful and harmful	What are microbes? What are the different types of micro organisms.	Microbes - useful and harmful how they cause disease and how they are useful?	Observation.	Observing the conversion at milk to curds. Fermentation for idlis and bread. Demonstrate the useful effect of microbes by curdling milk in the class room; raising of dough. Talk about soil micro organisms and how they help maintain soil fertility.
Water borne diseases	How water borne microbes cause disease?	Water and food borne diseases.	Charts, models, slides, field visits.	Role play-A group of children could represent disease causing organisms some of them can represent children suffering from these diseases, in-built message of prevention and protection from these water and food borne diseases. Call a local doctor nearby PHC / Hospital / Clinic and let the children interact with him / her.
<b>4. Food and nutrition</b>				
Purchasing, consuming and preserving nutritious food	What is the availability of food? What are the food methods of preservation and why should we preserve food?	Diversity of Indian foods, seasonal and locally available food purchasing food and economics of foods, consuming patterns based on economic levels, food practices and preservation of food values, cooking methods.	Locally available foods, posters charts. Local markets shops, work-book.	Explanation method visits to presentation and processing units sharing of Experiences. Preparing the locally food items that can be preserved.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>5. Safety and security</b>				
Safety out side the school.	How can we prevent and manage minor injuries? How to transport the patient?	Accidents - safety outside school (during excursions) first aid - wounds dressing etc. Patient condition.	Bandages, cotton tapes, medicine, chart and posters, videos.	Demonstration / visit to a local clinic / dispensary and disaster demonstration. (display of the site)
<b>6. Social health</b>				
Gender sensitivity	What are the socially constricted role for men & woman in the family?	Gender and gender difference : feticide ; sharing of work responsibility. Stereo type work roles. Proper gender roles.	News paper cuttings, charts.	Discussions, experience sharing, case study - Drama.
<b>7. Consumer health and sports services</b>				
Patient's right	Does patient have any right?	Concept of patients' right.	Electronic media coverage, news paper.	Discussions / sharing of personal experience, listing of different competitions.
Sports awareness	What is olympics and its history?	Olympics flag torch emblem motto, ideals.	Pictures. Reading material.	Sports quiz regarding general awareness according to the level of the students.
Sports day's	What is sports day?	Other games and sports.	News papers, magazines.	Olympics flame making project. Sports - badges, collection of sports material, stamp collection, videos, clipping, visit to local stadiums, books. Group work, project work.
Safe water and role of local bodies	What are the services government provides regarding safe water? Are the services adequate?	Agencies providing safe water.	Agencies study materials.	Visitors to local bodies Group work, Project work.

## CLASS - VII

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Concept of body image	Whom do you consider beautiful? Is physical beauty the only thing that makes a person beautiful and likeable?	Concept of beauty, body image. Mis conception about body image.	Advertisements about cosmetics, clothes etc., Stories and life experience.	Information. Sharing experiences of great personalities. Examples of famous players, actors / actresses etc.
<b>2. Sports skills</b>				
Motor skills	How many more activities we can play?	Opportunities to play games and sports.	Play ground. Gymnastic beams & benches mattresses.	Fundamentals of track & fields events - 100 M. run, 600 M. run / walk. Basic gymnastic balance on one leg, jumps, turn 360 degree. Games (Asper available facilities) : foot ball hockey, basket ball, cricket, kho-kho. kabaddi, badminton, volley ball, swimming, judo, wrestling etc.
Rhythm	How do we move smartly?	Developing ability of marching responding to command, limited space, group-work, formations.	Microphone / PA system Markers Drum.	Marching on command Marching formations Exercising with apparatus Lezium, Dumbells, Tipui wonds, Hoops, Ropes, Balls, Ribbons, Kolatam. Aerobics and other group activities.
Yoga	Why do we do Asanas? What is Mudra?	For health full living postures.	Yoga charts posters of yogic practices.	Orientation to yoga. Gomukhasana, Yogamudra, Viprikavani, Sarvangasana, Matsyasana, Malasasana, Shavasana.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Kolatam	Why do we do Kolatam? What is jada Kolatam?	For health fall living and to developing hands shoulder trunk physically. Fit. Making different formations by doing activity to develop postures.	Kolatam figures. Postures of kolatam practices.	Orientation to Kolatam. Kolatam single person steps, with two persons, with four persons, various formations.
<b>3. We and our environment</b>				
We and environment	What are vectors? What are life cycles of different vectors?	Vector's life cycles for prevention & treatment of illness.	Charts, Models, experiments, Real life situations, observations.	Watch mosquitoes under a microscope. Write about its life cycle.
Fractures	What is fracture Types of fracture Compound fracture Complex fracture Green stick fracture Impact fracture	Knowledge about bone and its structure.	AV. Aids, poster, charts.	Demonstration and explanation.
Environmental pollution and health	What is good environment? What are the sources of environmental pollution & how we can prevent it.	Concept of good surroundings. Different sources of environmental pollution & its effects on health, steps for prevention of pollution.	Locally available resources in various cultures.	Question - Answer experience sharing, demonstration of different ways of eating.
<b>4. Food and nutrition</b>				
Preparing foods	How to cook nutritious food?	Preparing traditional and latest recipes.	Some recipes.	Making some recipes.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
	What is the relation between food and festival and celebration?	Preparing foods for celebration, festival / special occasion, food value of health.	Meals prepared by students. Study material.	Listing of festival foods. Organizing a small community meal or class meal (pre/post any festival).
Calorific value of food	What is a calorie ?	Food values.	Books, research papers.	Work shop.
<b>5. Safety and security</b>				
Common injuries	How we deal with common injuries?	Simple common injuries, identification & treatment.	First - aid box.	Practices & role play.
<b>6. Socail health</b>				
Community health	What is our responsibility towards the health of self and community?	Social Responsibility - our role as a change agent.	Work book on health and habits. Checklist of responsibilities and self assessment proforma.	Community based projects.
Peer and social pressures	Did any friend pressurize you to smoke a cigarette or drink alcohol or try a drug? How to say no? What are the ways of avoiding it?	Peer pressures, ability to say no. Health hazards of smoking alchol and drugs abuse.	Advertisements, Wrapping papers, Warnings on packets etc., of related items; informative material.	Discussion, role play.
Adapting to situations and changes	How to cope-up with the stress of changing age and growth?	Changes occuring during the growth.	Material, observation of self and others.	Discussion followed by guidance.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Outstanding personalities in health & sports	Who are your role models? How can they influence our society and culture? How did these personalities contribute to discipline and society?	Role models in relation to different games and sports.	Role modes big movies, posters, T.V., radio magazines, news papers, highlighting local / panchayat level achievers etc.	Story - telling. Life - Experiences. Discussion about the local heroes, outstanding students in the school or currently popular personality in any field.
Positive use of leisure time	When you are free what is that makes you happy? What makes it difficult for you to do things that make you happy? How can you reduce these barriers?	Creative / eqiure	Material chart poster film.	Play, exercise, reading, books poetry, singing, dancing, play - models. Identifying individual potentials through observation. Guidance to find way for utilizing time.
<b>6. Consumer health and sports services</b>				
Govt. health services	What are the Govt. health services? How does advertisement affect healthy behaviour?	Structure and function of different levels of health care. Role of advertisement on health.	Literature, information, bulletins, circulars brochures, news letters etc. News papers, films, radio, electronics & print media.	Meeting with Government health functionaries. Visit to local sub-centre / dispensary salt assessment, creating advertisement.
Sports scholarships and Awards giving Agencies	Is there any scholarship in sports for winning medals or for participation in sports?	Availability of scholarships at school Zonal / Inter Zonal / District / State / National / International level.	Information bulletins Brochures News clippings etc.,	Preparing cost of the scholarships and / or awards available (Spelling name, amount, eligibility duration etc.,)

## CLASS - VIII

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Mental health	What is the difference between mental health and mental illness?	concept of mental health and mental illness.	Charts posters materials.	Observation of behaviour of people around (home neighbour society school etc.,) and in different situations (happiness sorrow winning, losing etc.,) followed by discussion and counselling.
Growth and development	What are the major causes of defects in eyes and ears?	Role of heredity and environment defects related to eye and ear.	Models charts School Health Services.	Discussion School health check up Referral and follow up.
Emotional development	Why am I in such a bad mood? How can you take control of it? When do I get angry?	Emotional changes concern for physical appearance, assertion of individual identity existing social values and norms.	Reading Material Books.	Discussion and other co-curricular activities and games and sports.
	How can I manage my anger? What is shyness, what are the causes of shyness? What can some one do about shyness? How can you overcome it?	Moods, anger, shyness etc. Identification of causes for mood swing during adolescence and strategies to overcome it?	Reading material books. Charts depicting different moods.	Discussion and over co-curricular activities and games and sports.

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
Target/ goal setting and identifying strategies to achieve if	What are your goals? How can you achieve them or not achieve them? How can you be positive? How can you focus on accomplishments and not on failures?	Goal - setting identifying own strength and weakness. Planning strategies to achieve set goals.	Reading Material Books.	Each student could draw a hexagon and write one goal they have in life in its center. Then on each side of the hexagon write the answer to the following questions. Is your goal clear? Is it realistic? Is it achievable? When can you achieve it? What will you have to do in order to achieve it? How will you know when you reach it? Setting goals for your physical accomplishments competing against own / others sports records and performance. Evaluating the opponent team and planning own team's strategy.
<b>2. Orientation to sports skills</b>				
Sports skills (For recreation) (For competition)	Can we recreate through physical activities? How many more games we can play?	Recreation through physical activities. Learning of basic sports skills. Fundamental skills of any two major games as per the availability of facilities.	Reading material. Depending upon the nature of recreational activity. Learning of basic sports skills. Fundamental skills of any two games (major) as per the availability of facilities.	Activities recreational games badminton, table tennis et., Team games, modified games. Foot ball, Hockey, Basket ball, Cricket, Kho-Kho, Kabbadi, Volley ball, Swimming, Judo, Wrestling etc. <b>TRACK AND FIELD GYMNASTICS</b> Match practice (before / after school)
	How can we test our agility?	Agility for fitness.	Measuring tape stopwatch, whistle, open space, lime powder for marking.	Pushes / Modified pushups. Bent knee situps, Shuttle run.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Yoga	What are the asanas and kriyas we can perform?	Flexibility static contraction of muscles. Concentration balance.	Charts, Posters, Graph, Photographs of yogic practices.	Performance of Halasana, Ardha Mastyendrasana, Paschimotasana. Gomokhasana (Baddhasta) Bhadrasama Tadasana. Uddiyana Bandha Agnisara
<b>3. We and our environment</b>				
Water and hygiene sanitation	What is the importance of water conservation? How do we prevent water wastage at personal level, family level and community level. Using water wisely.	Water hygiene and sanitation, water management, kitchen garden, using water.	Field visits Charts, Slide, Models.	Harvesting structure in the school. Raise and maintain the kitchen garden. Demonstration of water management in home and school.
Seeding banking	What is seeding banking and how to do it?	Seed banking, learn, about indigenous seed varieties and its impact on hearth.	Seeds, Soil, Water etc.,	Collection of seeds of all locally grown crops and making an indigenous seed bank in the school.
<b>4. Food and nutrition</b>				
Food practice	What are the different types of food practices?	Food choices and mixes shifts in food practices, Globalization of food practices, Seasonal food and festivals, Fasting, nutritional anemia.	Charts and posters.	Discussion and sharing the experiences of peer group.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
GM (Generally modified food)	What are the GM foods?	GM foods - debate about the usefulness and the harm that these foods can cause.	Reading materials, Picture of GM food samples.	Debate on the GM foods amongst the children.
<b>5. Safety and security</b>				
Safety from animals and treatment of animal bites	How can we prevent and treat immediate attack on our body from animals?	Knowledge about providing first aid incase of snake bite, animal attacks, dog.	Use of first aid materials to tackle the problems.	Demonstration preparing practical file mentioning steps to tackle animal attack.
First aid	Where is treatment available? What are the situations which require first aid?	Bites, Hospitals, PHCS.	Material First aid-box.	Along with providing first aid. Roleplay practical class of first-aid, bandaging PRICER-Prevention Rest, ICE, Compressor Elevation and Rehabilitation.
<b>6. Social health</b>				
Qualities of socially healthy person	Am I a socially healthy person?	Listening to others doing negotiations making decisions, being assertive, being confident, carrying for nature, doing activities for relaxation, reacting to strangers, caring of the aged.	Resources material Media material.	Discussion Experience - sharing (Peer groupP Guidance and counselling.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>7. Consumer health and sports services</b>				
Health programme and Blood banks	Do health services respond to our needs?	National health programmes including NHRM (National Rural Health Mission). Blood banking, blood groups and blood safety. Patient's rights, role of School and Grampanchayat, Community	Information bulletins brochures, news letters.  Information bulletins, brochers, news papers.	Group-project on Experiences with health services in family and community organising blood donation camp.  Campaign.
Role of media and advertising	What is the influence of the media and advertising on our health and / sport promotion?	Role of active media advertising and health advertising and sports.	Resource material.	Project to gather advertisement related to health and sports. information.

## CLASS - IX

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Illness and Disease	Why do we become sick? How can I manage illness recovery from disease?	Cause of illness knowledge about various kinds of diseases.	Health charts, Books web sites dedding with the knowledge, models.	Discussion, demonstration & explanation.
Communicable and non communicable diseases	Are you aware of these diseases.	Knowledge about communicable diseases and also information on reproductive health RTI/ STI, Risk factors, nyths and his conceptions of HIV / AIDS, responsible social, Behaviour.	Reference books, Charts Web sites dealing with the knowledge models.	Discussion, demonstration & explanation.
Growth and development	What are the factors affecting growth and development.	Hesidity, environment Socio-personal factors. Psychological security suicides adn its preventions & illness, emotions, relations ship self concept, not self steen.	Slories, charts, websites about knowledge, models.	Discussion & explanation seminar.
<b>2. Orientation to physical education &amp; sports education</b>				
Physical Education	What is physical eduation what are the objectives of physical education?	Importance of physical education.	Study material reference books.	Demonstration, participation interactive session. Discussion.
Warmup and cooling down	What is warmup? How to get ready for activity?	Importance of warm-up cool down.	Play ground.	Playing games measuring pulse before-during-after the activity.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Physical fitness	What is physical fitness	Fitness and its components like, strength, speed, endurance, flexibility co-ordination.	Stopwatch, tape, operators, books.	Conducting the Runs, Jumps, Throws, Pullups, Pushups, vertical standing broad jump.
Measurement of growth	Can we measure our growth of body.	Understanding of growth.	Hight and weight stand, tape index table.	Demonstration, Record for file.
Sports training	What is sports training? How it useful for better performance?	Level of Training, Physical, Psychological, Environmental factors.	Play ground, stopwatch whistle, measuring tape.	Practical method. Demonstration paly way method.
Fatigue, load second wind	What is fatigue? What is load? What is second wind?	Basic knowledge about trainings.	Reference books.	Practical, Demonstration of trainings.
Yoga	Why yoga need?	Importance of yoga.	Charts, posters, visuals.	Practical performance for yoga and asenas.
Knowledge and proficiency in sports and motor skills acquisition	How the games will play? How the skills will develop?	Rules and Regulations of various sports and skills.	Play fields of various games and sports. Videos, Visuals.	Play way of Badminton, Basket ball, Cricket, Foot ball, Gymnastics, Hockey, Khabaddi, Kho-Kho, Swimming, Table tennis, Tennis, Volley ball, combative, Judo, Wrestling.
<b>3. We and our environment</b>				
Wastes egregation & management	What is waste segregation? How is it managed?	Degradeble and non degradable waste.	Laboratory of the school, compost pits.	Observing compost pit visits of recycling units.
<b>4. Food and nutrition</b>				
Dietary require-ment of human body	What is the need to eat more food?	Knowledge about food and sports DIET.	Charts, posters, dietary recommedations. Information bulletins.	Dieting charts, Sports and games diet chart.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>5. Safety and security</b>				
Biological differences	What are the changes occur? Why these changes occur?	Individual difference between boys and girls.	Stury material figures, Models, Videos.	Intraction, lecturers, discussion.
Menstruation	What is menstruation? How can you keep clean during menstruation?	Menstruations and its common problems. Emotional changes several health, Hygine Genital Hygiene. Need for cleanliness during menstruation.	Films, models of reproductive.	Life skills foused activities. Question Box. STI/RTI/ARSH Skills
Seneecal abuse and sexual harassment.	What is sexual abuse? What is sexual harassment?	Touch including unwanted Touch, Prevention of sexual abuse, Life skills, Gender sensitization, Gender equality.	Case study, stories, journals clipping.	Story telling, Role plays, Life skills, Discussion.
<b>6. Social health</b>				
Social customs	How do social customs affect our health?	Impact of social customs on health, age at marriage, Breast feeding, family and community self discipline.	Books, Reading material, Chart.	Discussion, Debate case study.
Community education	How can we educate community on healthy living?	Community awareness of health case.	Charts, Posters, Books, Websites.	Demonstration and presentation.
<b>7. Consumer health and sports services</b>				
Health promoting agencies. Rights and Responsibilities	What are rights and responsibilities for protedy on health, organization promoting sports?	Consumer right and reponsibilities on health knowledge about organizations and federations.	Websites Organizations Classroom teaching.	Lectures visiting nearest association or participation in the agenies. Assessments.

# CLASS - X

Theme / Sub Theme	Questions	Key contents	Resources	Activities / Processes
<b>1. Human Body</b>				
Systems of human body	Effects of exercise on various systems of human body.	Knowledge about the systems, take, respirations, circulations digestive, nerves, muscular, endocrine, reproductive excretory.	Charts, models, A.V. Aids.	Demonstration of various exercises and making students to work on various standardized tests and record their respective fitness levels in a practical life.
Growth and development	Why does a person need to understand physical, psychological and physiological during adolescence?  Can we measure our blood pressure, pulse rate respiring rate and circumference of body parts.	Process of growing up hormonal changes, development of secondary sexual characteristic, conceptions, pregnancy sexual development nocturnal emission. Basic pharmacology and how does it has impact on the human body and illness. Vital statistics knowledge about measuring BP, pulse rate, parts circumstence.	Materials. A.V. Aids.  Instruments of B.P. operator, stethoscope.	Discussion Interactive session.  Demonstration of measuring B.P. Pulse rate respiring rate and Mid-arms. Circumference and students collecting date of then classmates the date collected to be recorded in practical file on quarterly basis.
<b>2. Orientation to physical education &amp; sports education</b>				
Physical Education	Relation of other subjects.	Knowledge of other disciplines.	Books and material.	Interactions application of Maths, Science, Sociology, Psychology in games and sports activity.
Tournaments	What are the various types of tournaments.	Knowledge about fixtures, scheduling of matches.	Fixtures of various tournaments.	Knockout league Combination tournaments ladder, stair case method.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
Sports and games	History and origin of various sports and games?	History.	Reference book web sites.	Track & field, Sports and games any two Badminton, Basket ball, Cricket, Football, Gymanastics, Hockey, Kabaddi, Kho-Kho, Swimming, Table Tennis, Tennis, Volley ball, Combatives, Throw ball, Judo, Wrestling, Preparing record.
Rules and regulations	What are the Rules of IOC and International Federation?	Knowledge about various games and sports Rules and regulations.	Reference book web sites.	Practices with situations.
Play fields dimensions	How to mark a play field or track and field?	Measurements and dimensions of various play fiedls.	Books, play gardens, websites - knowledge.	Practical experience visit of various play fields.
Projectiles	How does the object move in the air?	Angulars.	Videos, pictures.	Demonstration and practice.
Training methods	What are the training methods?	Methods for progressive achievement.	Books, Vidioes, Scientific Instruments.	Circute training, Fortleg, Resistance, High attitude Intervel, Repitition, Weight training, Strength.
Yoga	How to over come stress and strain?	Role of yoga.	Videos, Photos, Books.	Practice of Asanas.
Awards	What are the awards given for outstanding persons in sports field?	Knowledge about the awards.	Books, Journals, Magaziner.	Collection of material for record work.
<b>3. We and our environment</b>				
Community living	How we live in community?	Community participation.	School, Locality.	Leadership Qualities, Community involvement cultural practice.
Functions organisations	How to organise?	Programme making.	School Functions, home functions, Local function	Decision Making.

<b>Theme / Sub Theme</b>	<b>Questions</b>	<b>Key contents</b>	<b>Resources</b>	<b>Activities / Processes</b>
<b>4. Food and nutrition</b>				
Pesticides Electromagnetic Radiations	Awareness of nuclear issues electromagnetic radiations.	Knowledge about nuclear and electromagnetic radiation.	Books and material websites.	Preparation of charts and record of nuclear and electromagnetic radiation.
Dietary planning	Why is dietary planning need?	Knowledge about the diet and food quality.	Charts and Dicturs of Diet and Calories.	Discussions and preparations of Diet charts.
<b>5. We and our environment</b>				
Precaution while taking medicines	What precaution do we have to take? How is it useful?	Knowledge about medicines.	Medicine charts.	Lectures and discussions.
Drugs and steroids	How can these be harmful to our body?	Ways of preventing drug abuse.	Videos, Journals, Websites, Books.	Lectures and discussions.
<b>6. Social health and health services</b>				
Education about health. Role of Institutions, School, _____ for promotion	How can we secure our future? How can we educate people about their health? How does school promote health?	Thinking for future health.	Materials, Journals.	Maintaining health record.
Health service	Health Insurance plans career health care.	Health care plans.	Case study materials.	Discussions, lecturers.
Government agencies promoting games and sports in India	What is the role of government in sports and games?	Knowing SAI, Sports School, Physical Education, Institutions, Yoga Institutions.	Literature, Institute profiles, Websites.	Projects. Interactive session.