



ASHA MODERN SCHOOL

A BETTER YOU

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-VI

(SESSION 2023-2024)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

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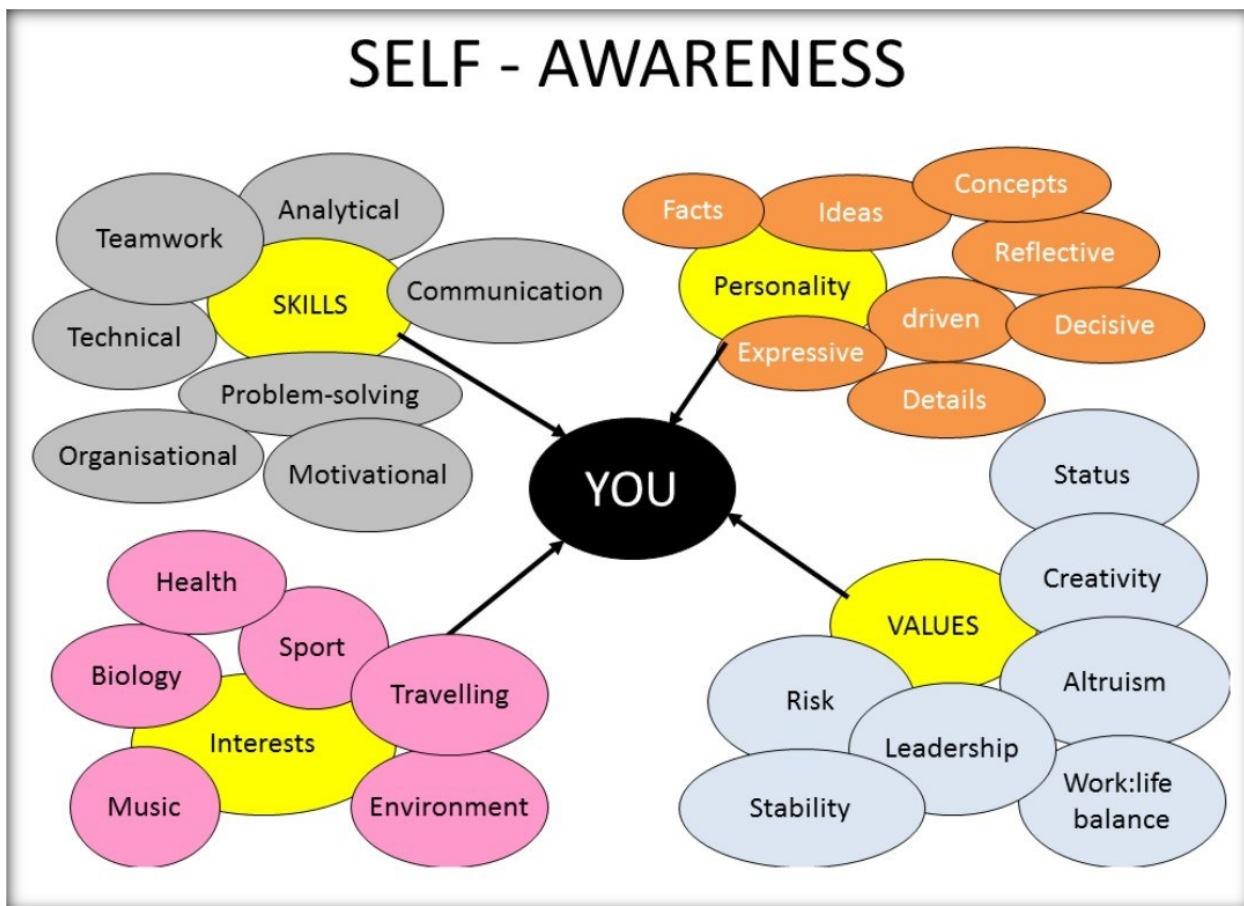
CHAPTER -1

SELF-AWARENESS

What is Self-awareness?

- Self-awareness involves being aware of different aspects of the self including traits, behaviors, and feelings.
- When we have self respect i.e. respect for ourselves, we behave well and treat ourselves well. We also expect others to behave well with us and treat us well.

Self-awareness can be established by being assertive.



What do you mean by being assertive?

- Being assertive means telling people clearly and firmly what you feel. Being confident, staying positive, knowing our feelings and speaking up can help us be safe and keep others around us safe too.

Being Assertive

1. Say how you feel
"I feel annoyed"

2. Describe what has happened
"When you..."

3. Say what you need
"I need..."
"I would like..."

The infographic features three superhero characters: a blue one with a red cape, a yellow one with a purple cape, and a purple one with a yellow cape. Each character is associated with a step in the assertive communication process.

ASSERTIVENESS VS. AGGRESSION

Assertiveness is the quality of being self-assured and confident without being aggressive. There is a difference between being assertive and being aggressive. Aggression includes violence, a raised voice and threatening body-language. On the other hand, when one stands up for one's rights in a calm and positive way, without humiliating or hurting the other person, it is known as assertiveness. Assertiveness is an effective skill that each one of us can develop, if we do not have it already.

An important aspect of being assertive is saying 'NO' when required. When a person is too timid and unable to stand up for himself, people take advantage

of them. For example, if a student is bright and studious, but very timid in manner, a bully can force this person to finish his/her homework, or carry his/her school bag to class. Therefore, the ability to say 'NO' assertively is necessary and prevents soft - hearted person from being taken advantage of.

HOW ASSERTIVE PEOPLE ACT

- Find it easy to express
- Set clear boundaries
- Have better control over their emotions
- Have high self esteem
- Are more adaptive

HOW NON-ASSERTIVE PEOPLE ACT

- Fear being judged
- Find it difficult to say no
- Find it difficult to open up
- Easily targeted by bullies

EMOTIONAL HEALTH AND THE POWER OF POSITIVITY

In the same way that we take care of our body by bathing, grooming and wearing smart clothes, we also need to take care of our mind and emotions. A person who is emotionally healthy is likely to be happier, more hopeful, balanced and positive in life.

Emotional health refers to one's ability to accept and manage feelings through challenges and change.

An emotionally healthy person is one who accepts all emotions as natural, and understands that emotions can be controlled. This person is better at getting the most out of being positive.

WHAT DO POSITIVE THOUGHTS SOUND LIKE?

- * Excited: I am going to the zoo today! I am going to have so much fun.
- * Confident: I have studied a lot for this test. I am going to score well.
- * Content: I had so much fun at the party today. I love my friends.
- * Enthusiastic: I want to be a better player, so I am going to practice harder.
- * Grateful: My parents take such good care of me. I want to make them happy.
- * Loving: It's my sister's birthday tomorrow. I want to surprise her with a party.

WHAT DO NEGATIVE THOUGHTS SOUND LIKE?

- * Jealous: All the teachers like Aryan. They don't appreciate my work as much.
- * Upset: I am never able to live up to the expectations of my parents.
- * Rejected: I wish my friends included me in their plans. They seem to have more fun without me.
- * Frustrated: No matter how much I practice, someone else gets selected to play for the school.
- * Dismayed: I always give gifts to my friends but they never remember my birthday.

Benefits to practicing self-awareness

- It can make us more proactive, boost our acceptance, and encourage positive self-development.
- Self-awareness allows us to see things from the perspective of others, practice self-control, work creatively and productively, and experience pride in ourselves and our work as well as general self-esteem.
- It leads to better decision making.
- It can make us better at our jobs, better communicators in the workplace, and enhance our self-confidence and job-related wellbeing.

5 Ways to Increase Your Self-Awareness

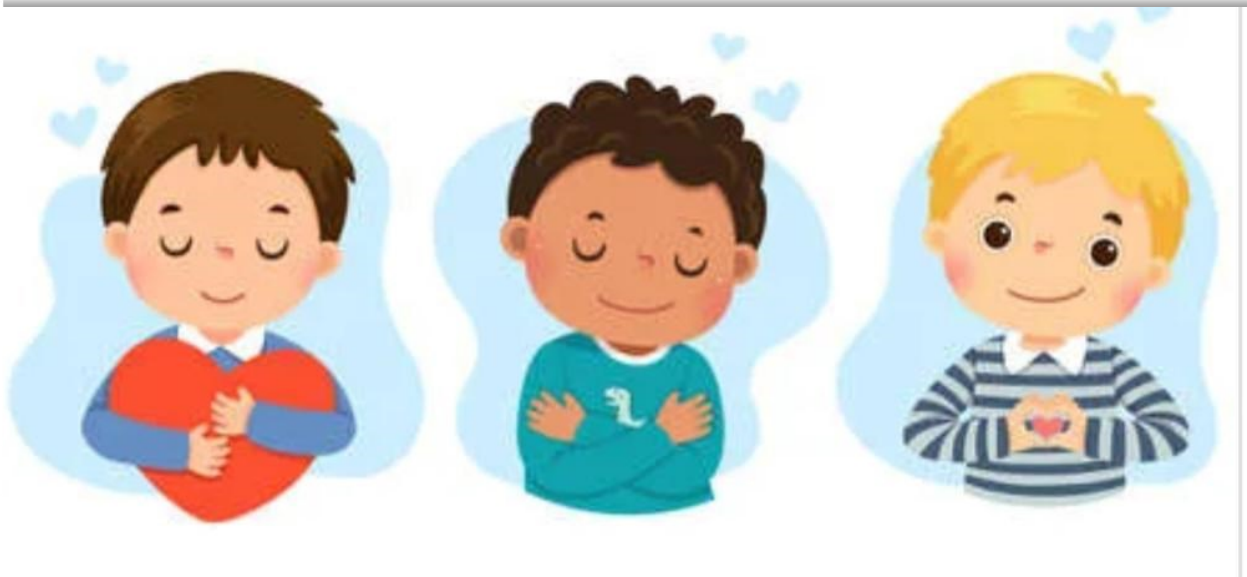


- 1) CREATE SPACE AND TIME
 - a. Connect with yourself daily
 - b. Avoid digital distraction
 - c. Carve out solitude
- 2) PRACTISE MINDFULNESS
 - a. Pay attention to your inner state as it arises
 - b. Try mindful walking, eating, listening
- 3) JOURNAL YOUR AWARENESS
 - a. Process your thoughts through writing
 - b. Record your inner states
- 4) PRACTISE LISTENING
 - a. Pay attention to speaker
 - b. Observe emotions and body language
 - c. Don't judge or evaluate
- 5) GAIN A DIFFERENT PERSPECTIVE
 - a. Ask for feedback

UNIT - 2

RESPECT YOUR BODY

Respecting your body means treating it with dignity and meeting its needs. Instead of thoughts that bring you down, stop and replace them with positive or respectful statements. Your body is unique, but your personality, relationships, and values are much more important than your physical



appearance.

YOU CAN RESPECT YOUR BODY BY:

- Appreciating what it does for you each and every day.
- Realizing that you deserve to eat and you need to eat.
- Wearing clothes that fit you comfortably.
- Moving in a way that you enjoy and that makes you feel good.

You are the boss of your body. Every body part has a role to play. We must respect each body part. Some parts of our body are private. We keep our private parts covered for health, hygiene, safety and dignity.

• **What is privacy?**

Privacy means to keep information about you and your matters to yourself. When something is private to a person, it usually means that something is inherently special or sensitive to him.

- **OUR PERSONAL BOUNDARY BELONGS TO US.**

Boundary is like a fence that sets a limit. Although invisible, it is important because it helps us feel safe and good. This invisible boundary belongs to us just like our body, feelings and thoughts do. Boundaries are different for different people. We should be assertive and confident of ourselves to understand our own boundaries.

What is a personal boundary?



The personal boundary is about how we let others treat us. We set this boundary for Ourselves - that is why it is called personal.

Why is it important to set personal boundaries?

It is important to set personal boundaries because when someone else enters your personal space – the space right next to you or very close to you - it may make you feel afraid, uncomfortable or uneasy.

For example - When someone touches you or looks at you, you may feel angry, embarrassed or uncomfortable.

- **YOUR BODY TALKS TOO**

We like to tell people what we think and feel about the things that happen around us. We do this in many ways: talking, writing letters, drawing pictures, etc. Sometimes, we also use signs to let others know how we feel.

For example - When we agree with something, we nod our head to say 'yes'. When we don't like something, we shake our head to indicate our dislike. This means that we talk with words and also with actions.

What is a physical posture?



The way we sit, stand and walk is called our physical posture.

What is body language?

Our physical posture and the way we move our head, hands and eyes while speaking tell others many things about us. This is called body language.



For example - When we shake hands with others is also a part of our body language.

What is the right body language?

To show you are confident and aware, you need to do the following while sitting, standing, walking around and talking to people:

1. Keep your head up.
2. Keep your shoulders and back straight.
3. Look into a person's eyes when you talk or listen to them. This is called meeting their eyes on making eye contact.
4. Be steady in your physical posture instead of fidgeting, shifting weight on your legs etc.

Always be AWARE , CALM, RESPECTFUL AND CONFIDENT. Such body language will make others listen to you more and bother you less.

UNIT – 3

EMPATHY: TREAT OTHERS THE WAY YOU WANT TO BE TREATED

Empathy is about stepping into someone else's shoes and trying to feel and perceive things the way they do.



Empathy is the ability to understand and share the feelings experienced by someone else. It's what connects us to our fellow humans. We encounter several situations in our daily life that call for empathy in order to understand others. Some of the ways in which we can show empathy are by:

- practising tolerance
- being by others' side during their times of need
- making eye contact
- being a good listener

- paraphrasing others' feelings

Practising tolerance: Tolerance means allowing others to be themselves and accepting them as they are. We should not try to change others but instead, allow them to express their opinions and appreciate their points of view, even if we do not always agree with them. For instance, if your sibling wants to have a particular food that you do not like, you can show tolerance by letting that food to be cooked instead of fighting over it. Similarly, if you are discussing a particular issue with your friends and one of them has an opinion different from yours, you could allow for the disagreement to remain without holding a grudge against that person.

Being by others' side during their times of need: Empathy can be expressed by being physically present near your close ones in their times of need. Gestures such as holding their hands or putting an arm around their shoulders when they are feeling down can reassure them.

Making eye contact: Making eye contact also helps establish an emotional connection with another person. For example, if your friend does not get selected in the audition for an important role in the school play, you can convey that you understand how he/she feels by looking at your friend in the eye as an expression of reassurance.



Being a good listener: Listening without interrupting communicates that

- we are genuinely interested in what the other person is saying.
- we care for the person and respect his/her feelings.
- we accept what the person is saying without making any judgments.

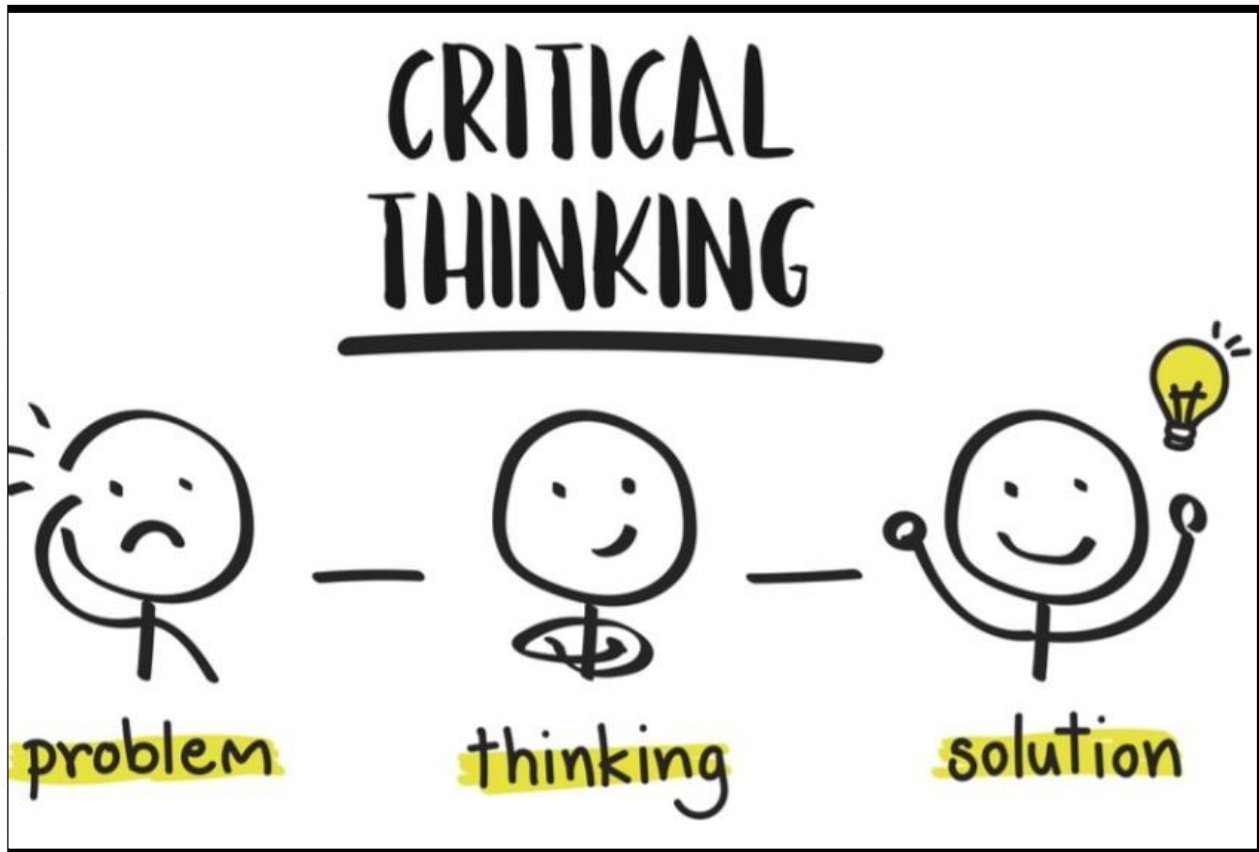
Active listening can be communicated by gestures such as nodding or through eye contact.

Paraphrasing others' feelings: Paraphrasing means expressing the meaning of what we hear using different, and in most cases, fewer words. Paraphrasing helps you mirror the other person's feelings. For example, if someone says, 'I am down in the dumps with these exam results', then we can paraphrase it as, 'I understand that you are upset about it'; or if someone says, 'I wish I could slam the door on his face', then we could say, 'You seem to be quite angry'. Such paraphrasing helps convey to the other person that we understand what they are experiencing or feeling.

Learning empathy makes us better human beings. It helps us emotionally connect with other human beings. When we are sad or hurt and someone just listens to us or is by our side saying, 'I understand what you are going through', makes us feel much better. Similarly, understanding and respecting others' feelings and showing our care by being by their side during their times of emotional crisis also helps us feel good. Thus, empathy generates happiness around us through a ripple effect.

UNIT - 4
CRITICAL THINKING

- What is Critical Thinking?



Critical thinking is the ability to think clearly and rationally, understanding the logical connection between ideas. In essence, critical thinking requires you to use your ability to reason. It is about being an active learner rather than a passive recipient of information.

Critical thinkers rigorously question ideas and assumptions rather than accepting them at face value. They will always seek to determine whether the ideas, arguments and findings represent the entire picture and are open to finding that they do not.

For example - A plumber evaluates the materials that would best suit a particular job.

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Someone with critical thinking skills can:

1. Understand the links between ideas.
2. Determine the importance and relevance of arguments and ideas.
3. Recognize, build and appraise arguments.
4. Identify inconsistencies and errors in reasoning.
5. Approach problems in a consistent and systematic way.
6. Reflect on the justification of their own assumptions, beliefs and values.

Critical thinking is thinking about things in certain ways so as to arrive at the best possible solution in the circumstances that the thinker is aware of. In everyday language, it is a way of thinking about whatever is presently occupying your mind so that you come to the best possible conclusion.

- **What is the importance of critical thinking?**

It is important to teach students how to ask good questions, to think critically, in order to continue the advancement of the very fields we are teaching. If students learn to think critically, then they can use good thinking as the guide by which they live their lives.

- **How to improve critical thinking?**

Key steps to improving critical thinking include:

*Analyze *Interpret *Present *Evaluate

- **Critical thinking exercises**

1. Try to read more about world leaders and the problems that they faced while solving those challenges.

2. Read books that are based on issues and authors that can help you to get exposed to new ideas and will dare you to think in a different manner.

3. By analyzing other classmates. This means that you don't irritate them,



rather learn the positive habits they include and practices that lead them to better results. This needs a healthy communication that can help you to gain better insights into the different strategies that can be used for effective learning.

UNIT - 5

BODY SHAMING

- **Meaning**

Humiliating others on their physical appearance in front of them or others is called body shaming. Body shaming is also known as Name-Calling.

For example - Telling a person that he is too fat - as fat as a hippo, too skinny



- as skinny as grass, or his legs are too thin - as thin as a matchstick.

- **What are people body shamed for?**

People are often body shamed for various medical conditions like obesity, cleft lip, crooked teeth, crooked eyes, vitiligo, albinism, strabismus and more.

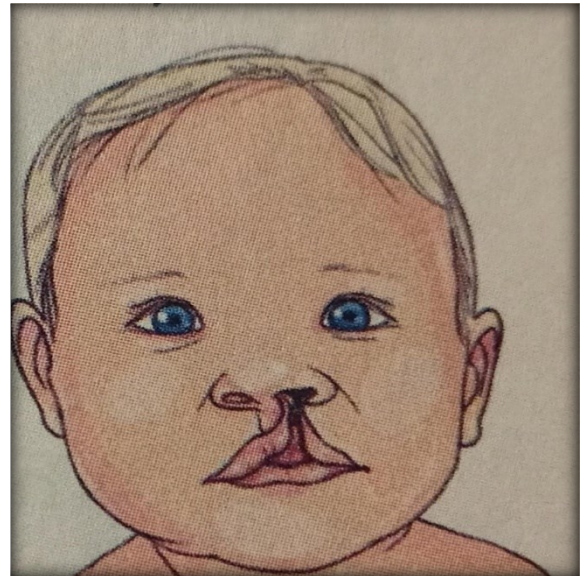
- **Understanding a few terms**

- 1. Albinism**

Humans, animals and even plants can have albinism, a condition that gives people a kind of pale appearance. It is noncontagious, incurable and an inherited medical condition by birth (congenital).

- 2. Cleft lip/palate**

They are birth defects that occur when a baby's lip or mouth do not form properly during evolution. They can be treated with surgery.



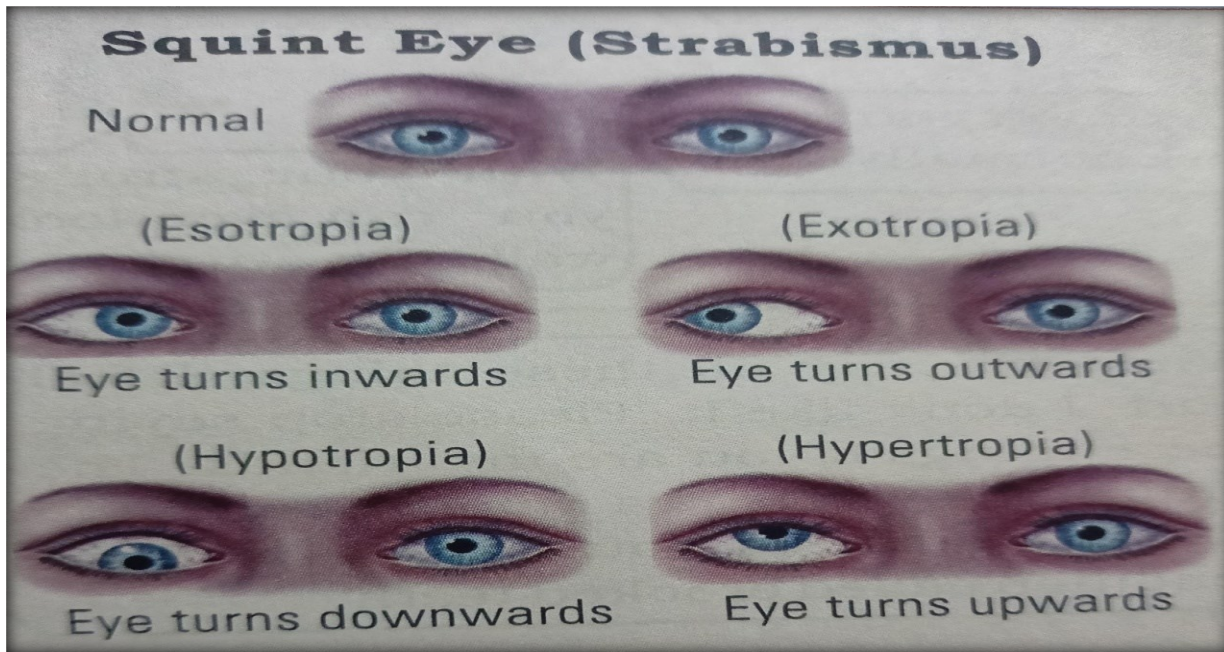
- 3. Vitiligo**

A disease that causes the loss of skin colour in blotches. Vitiligo occurs when pigment-producing cells die or stop functioning. It can affect people of any age, gender or ethnicity.



of

4. Strabismus



Disorder in which the eyes don't look in exactly the same direction at the same time. Causes of strabismus can include nerve injury or dysfunction of the muscles controlling the eye.

- **How is body-shaming manifested?**

Body-shaming manifests in many ways:

- 1) Criticizing your own appearance**

Criticizing your own appearance through a judgment or comparison to another person.

For example- "I'm so ugly compared to her." "Look at how broad my shoulders are."

- 2) Criticizing another's appearance in front of them.**

For example- "With those thighs, you're never going to find a proper outfit."

- 3) Criticizing another's appearance without their knowledge.**

For example- "Did you see what she's wearing today? Not flattering." "At least you don't look like her!"

Body shaming often leads to comparison and shame, and perpetuates the idea that people should be judged mainly for their physical features.

- **How can body-shaming affect a person?**

Body shaming can negatively affect a person in many ways. Body shaming may lead to:

- a. Low self-esteem
- b. Eating disorders
- c. Anxiety
- d. Depression
- e. Body image disturbance
- f. Body dysmorphic disorder

- **How do we challenge body shaming?**

- 1) Practice identifying why you are upset about a situation.
- 2) Identify who in your life is body-positive.
- 3) Find something (or things!) you LIKE about your body.
- 4) Body Positivity is Important.
- 5) Acceptance: Stop Hiding.
- 6) Self-Love: Be Kind to Yourself.

UNIT - 6

BULLYING

- **Meaning**

Bullying is when a person keeps doing or saying something on purpose to make someone else feel hurt, sad or embarrassed.

Someone who bullies others is called a bully.



- **Four kinds of bullying**

1. **Physical bullying** is easy to see. Someone is being physically harmed and we know for sure that it is wrong.

For example- Hitting, slapping, pushing, pinching, punching, pulling hair, kicking, poking, making someone trip, breaking someone's things, etc.



2. **Verbal bullying** is when bullies use words to bully people.

For example- Threatening, making harmful comments, using bad words, name-calling and continuously making fun of someone etc.

3. **Social bullying** is not always easy to see while it is

happening. It can be more hurtful than physical and verbal bullying.

For example- Spreading lies and rumors about someone, telling others not to be friends with them, or keeping them out of games, activities, etc., on purpose.

4. **Cyber bullying** is bullying someone on the Internet or on the phone.

For example- Making blank calls or saying rude things on the phone, sending rude messages, making hurtful comments on WhatsApp, Facebook and other social media sites etc.

Bullying someone is a cruel thing to do. It is very hurtful and painful to the person being bullied. If others are bullying someone, you should never join in, even if the bully is your good friend. You should either tell the bully to stop, or stop being friends with the bully."

- **What to do if you are being bullied?**

It is important to know what you can do to be safe if you are being bullied.

1. Try to keep your body language calm and confident while the bully is trying to bully you. Take deep breaths. Use the 7-Step Guide to Safety to be safe. Say "NO!" and ask the bully to stop, or you will tell others about their behavior. If possible, get away to somewhere safe.

2. Try to always be with someone in places or situations where the bully will try to bully you.

3. Try to talk to the bully, not fight with them.

4. Tell a trusted adult that you are being bullied. If you are nervous about telling, ask a friend to be with you when you tell.
5. If the first person you talk to isn't helpful, tell someone else. Don't give up!

- **What to do if you see someone else being bullied...**

When you see someone being bullied, here's how you can help them:

1. Be a friend - spend time with them so they are not alone. This makes it more difficult for others to bully them.
2. Don't stand quietly and watch them being bullied. Ask the bully to stop, or get help. If you cannot, then go away and inform someone, otherwise the bully may feel encouraged to bully more.
3. Tell an adult who can help make the bullying stop.
4. Tell the person being bullied to tell an adult they trust.

Telling is not the same thing as telling tales or tattling. Tattling is what you do to get someone into trouble. Telling is what you do to get someone out of trouble.

Telling your friends how you feel is a good thing to do. If they care about you, they will stop saying or doing the hurtful thing. If they don't listen to you and continue to say or do the hurtful thing, then they are not being a friend.

UNIT - 7

TEACHING LIFE SKILLS THROUGH MEDITATION

Mindfulness meditation is all about awareness and being in the moment—focusing on your body and surroundings without making any judgments. Everyone will be able to benefit from meditating as a family.

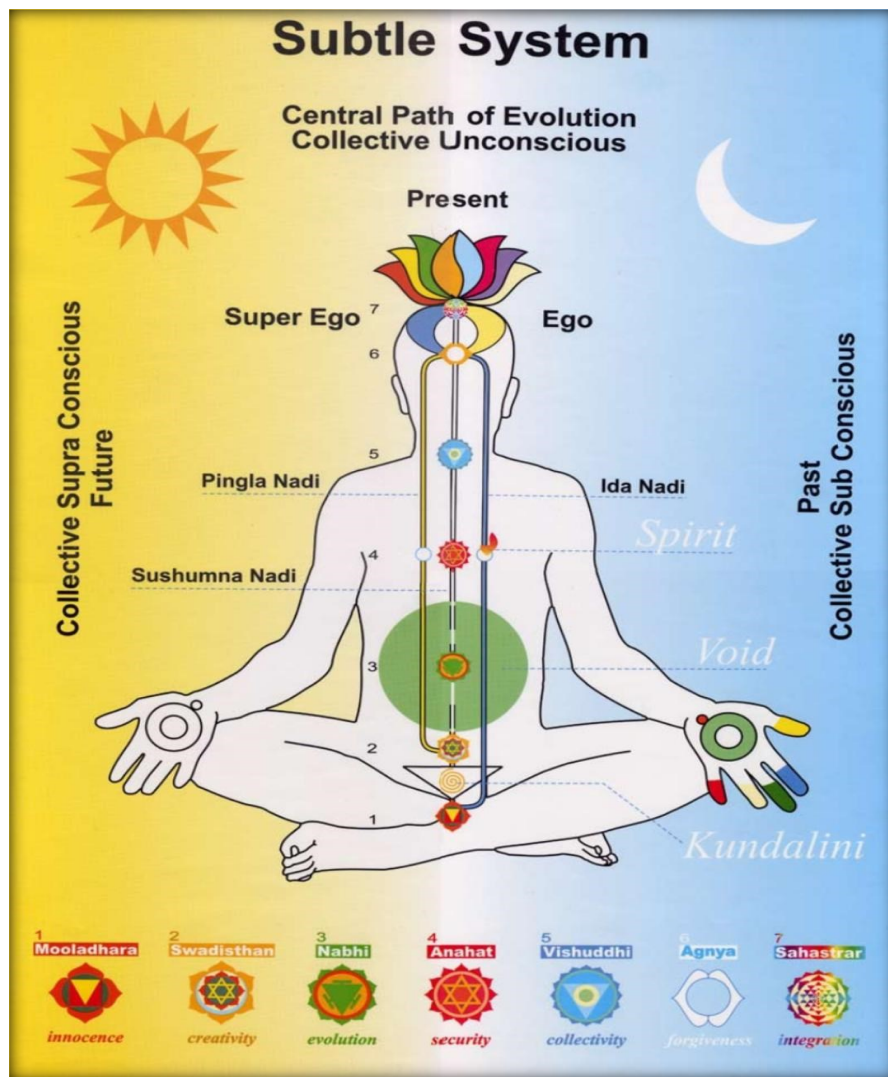
Meanwhile, mindfulness meditation can be used to teach children how to pay



attention to their surroundings, improve their memory and develop a positive self-concept.

Meditation harnesses the power of the inner energy already within you known as the subtle energy, or Kundalini energy. This inner energy system includes a complete system of energy channels and energy centers, or chakras, of which is associated with specific human characteristics and traits. The energy centers are the accumulators of qualities and traits within us. And the Spirit is our ultimate soul, or root of our existence. It is the ultimate and

deepest level of our identity. It is who we ultimately are as individuals. These key energy system components work in synchronicity to drive every aspect of our well-being — cognitive, emotional, physical and spiritual.



The ten top skills that a regular meditation practice can help you to develop are -

1. Being Present

Being present with ourselves gives us the insight we need to understand our moods and emotions, and even the way these are reflected in the physical signs our body gives us.

2. Learning to consciously relax

The deep breathing and present moment awareness that comes with meditation can help you to relax at will during other times of your life.

3. Witness your thoughts without judgement.

The ability to witness your thoughts without judgement means you are no longer controlled by them or any negativity they bring up. This is an incredible benefit of meditation.

4. **Focus and concentration**

When you can focus on an object or on your breath without being distracted you strengthen your ability to concentrate and hold your attention for a period of time.

5. **Intuition**

The simple practice of tuning into yourself regularly deepens this connection and makes it a natural way for you to clarify what you want and which direction to take based on no other authority than your own wisdom.

6. **Mindfulness**

It's the ability to be in the moment and pay attention to whatever is happening in a way in which you are fully aware.

7. **Being open minded**

When you meditate you are practicing non-judgement, learning to simply observe and accept things as they are. This encourages a truly open mind in the rest of your life, helping you to remain an observer of situations rather than someone with limited preconceptions. It can also help you to remain curious, spontaneous and creative.

8. **Listening to your body**

Meditation teaches you to become sensitive to the messages your body sends you.

9. **Listening to your inner child**

Meditation can awaken you to some deep areas within your psyche that need your attention.

10. **Boosting creativity**

Meditation can help you to hone your ability to create and visualize.

Meditation can give you the motivation and courage to think outside of the box, see things in new ways and create with confidence at home or at work.

UNIT - 8

EXAM STUDY SKILLS (Handling Exam Stress)

Practice makes you perfect! Everything new is like a challenge but regular practice can make it easier. The same applies to your study for exams. Repetition may seem silly, but it is a proven method for training your brain!

EXAM HANDLING SKILLS

Important to study regularly: This is important for students of every age to be regular in their efforts. Studying occasionally and being irregular works against you. It is better to study for one hour every day rather than three hours in one go once a week. Also, it is important to revise briefly whatever you have studied the previous day. This practice improves memory.

Important to have specific ways of preparation: You, as a learner should try different productive techniques and identify which technique of preparation works the best for you. It could be making detailed written notes, studying alongside a parent, or you may be most productive in the early mornings.

Important to understand your own preferences: You should know your personal strengths and weaknesses. For example, you may realise that you are good at mathematics and find it difficult to write well in English composition, or vice versa. You need to work harder on your weak areas to score better marks.

BUILDING UNDERSTANDING 'Exam' and 'unit tests' are words we all dread.



We just wish for them to be over. However, it is natural to feel tense and nervous about giving exams. The whole process-the tension build-up before the exam, the hurried writing and forgetting what we had studied, during the exam, and then the fear of finding out what we scored-are all very stressful. In most cultures, including India, a person's importance among friends and family is also tied up to how well they score in exams.

You would be surprised to know that even brilliant students fear exams. While they need not worry about getting a passing grade, they do worry about maintaining their position. Since for them, a poor score or grade may be met with rejection, disapproval and disappointment from their parents and teachers. The pressure to excel at all times adds to their stress.

HANDLING EXAMS EFFECTIVELY

Are exams really unbeatable monsters? Or is there a way to handle them better, with less stress and more success? The key to coping well with exams lies in the way you study for them.

Exam study skills refer to a collection of aids which help us to take in and organise new information. These aids also help in better and longer retention of this information. Some of these aids are:

1. **Active reading and listening skills:** To develop these skills, one can follow the REAP method.

It requires one to:

- Read: Reading a section.
- Encode: Rewrite the key idea in your own words.
- Annotate: Make relevant notes.
- Ponder: Think about what you read, discuss it with others and read related materials.

2. **Use of flash cards:** Flashcards are visual cues on cards where a whole process is described in a precise flowchart form which helps in revising key concepts quickly.

3. **Visual imagery:** Visualising the learnt content in the form of diagrams, images and pictures helps to learn, recall and retain information for longer.

4. **Acronyms and mnemonics:** Using acronyms (short forms such as WHO for World Health Organization) and mnemonics helps us to memorise a list or sequence better. For example, one can use the following mnemonic to learn better-‘Never Eat Shredded Wheat’. Starting with North, the first letter of each word relates to a direction in clockwise order around a compass.

5. **Practice, practice, practice:** Practicing something repeatedly by either writing it down or speaking it out a few times ensures that you remember it better. You must have heard that maths problems require practice. The more times you go through something while studying, the more likely you are to understand it and remember it.

6. **Smart studying:** Follow the three R's for each new concept you study: Revise, Recall and Recite. This means that you should read everything at least two times, then close your eyes and recall it in your mind without reading, and then say it out loud. This will ensure that you remember it for a longer time.

These aids have been found to be useful in preparing for exams. And can be applied to all or most subjects.

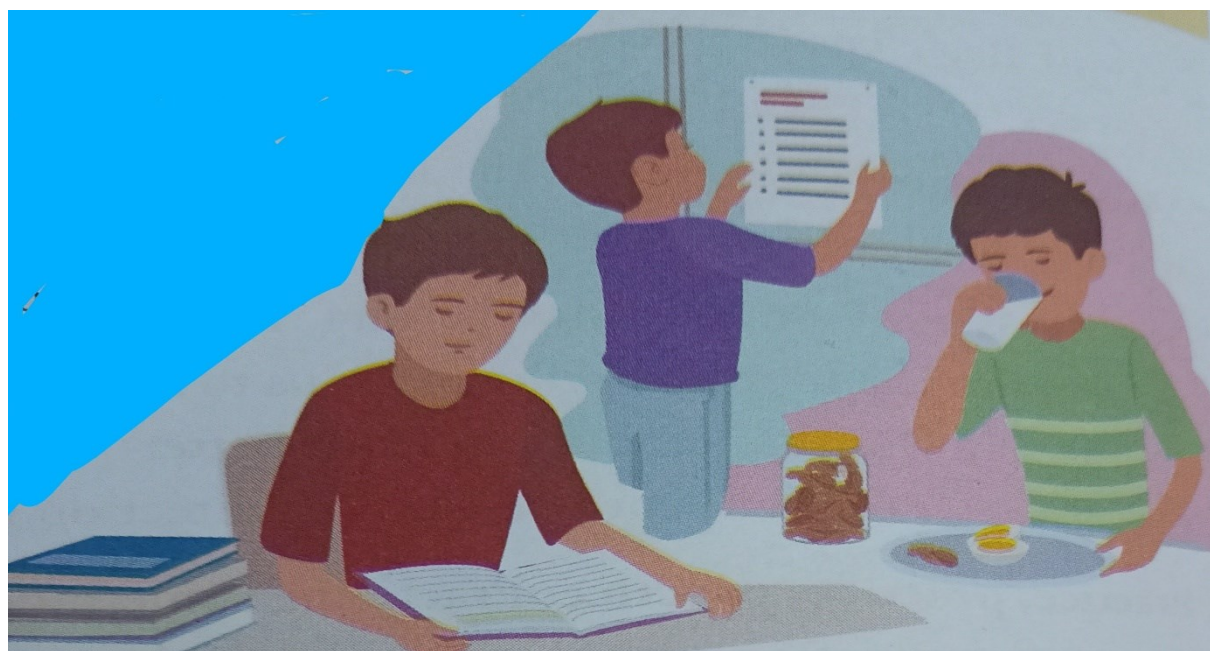
DOS FOR EXAM STUDY

- * Stay calm.
- * Revise every portion carefully.
- * Make written notes and understand. Writing aids memory and provides better clarity
- * Take help from a teacher or a parent, if required.
- * Be consistent in your study efforts.
- * Practice and revise each concept as many times as possible.



DON'TS FOR EXAM STUDY

- * Don't panic.
- * Don't go through something over and over or it may confuse you.
- * Don't merely memorise.
- * Don't do everything by yourself.
- * Don't skip regular study time because that will leave too much to do right before the exam.

☀️ Good students are not born just one fine day. They become good because they develop effective study skills and stick to them. Irrespective of what your



current grades are, you can improve if you practice more and develop your own study methods. Just believe that you can do it.

 Study environment is a big factor in how well you retain whatever you study. So, ensure that you sit down to study in a place that is neat and organised, quiet and comfortable. A study table and armchair are the best for your posture and concentration. You should avoid studying in bed as much as possible. Besides this, creating a time table  and sticking to it are best for creating a study routine and discipline. Eating nutritious foods such as eggs, milk, and almonds helps your memory and concentration and gives you more energy.

Exams: Get, Set , Go

- **Exams offer a chance to excel and win rewards:** Every student of a class is given the same opportunities, the same time to study, the same books and same school environment. However some students excel and some don't. It is important to realise that every student is capable of doing better than they are doing presently.
- **Exams measure progress:** If there are no exams, it would be impossible to measure how much a student has learnt and how far they need to go.
- **Assessment is necessary in order to set goals for the future:** Not only are exams necessary for assessing progress, they are also important for setting goals for students and teachers for upcoming classes.

Part-B

HEALTH

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PHYSICAL

EDUCATION

COMPILED BY: MANOJ SHARMA

CONTENTS

Term - 1

1. Growth and Development
2. Importance of Yoga In Life

Term - 2

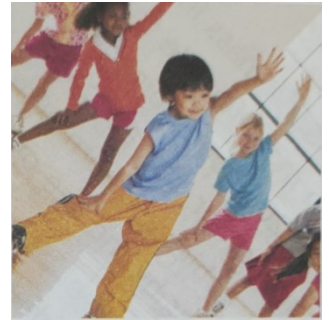
3. Physical Fitness
4. Yog Asanas

TERM - 1
UNIT 1: GROWTH AND DEVELOPMENT

- Physical Development
- Psychomotor Development

Definition

In the context of the physical development of children, growth refers to the increase in the size of a child, and development refers to the process by which the child develops his or her psychomotor skills.



The period of human growth from birth to adolescence is commonly divided into the following stages:

Infancy: From birth to taking solid food.

Childhood: From taking solid food to the end of brain growth.

Juvenile: From the end of childhood to adolescence.

Adolescence: From the start of growth to reaching puberty.

The height of the average infant increases by 30% by the age of five months. And the height increases by 50% by the age of one year. The height of a five-year-old usually doubles relative to that at birth. The limbs and arms grow faster than the trunk, so that body proportions undergo marked variation as an infant grows into an adolescent. Different body systems grow and develop at different rates. For example, if infants grow in height as quickly as they do in weight, the average one-year-old would be approximately 5 ft. (1.5m) tall. Thus, weight increases faster than height and an average infant doubles his birth weight by the age of five months. and triples it by the age of one year. At two years of age, the weight is usually four times the weight at birth.

Physical Development

During the growth period, all major body systems also mature. The major changes occur in the following systems:

Skeletal system: At birth, there is very little bone mass in the infant body, the bones are softer and much more flexible than in the adult. The adult skeleton consists of 206 bones joined to ligaments and tendons. It provides support for the attached muscles and the soft tissues of the body. Babies are

born with 270 soft bones that eventually fuse together by the age of 20 into the 206 hard, adult bones.

Lymphatic system: The lymphatic system has several functions. It acts as the body's defense mechanism by producing white blood cells and specialized cells (antibodies) that destroy foreign organisms that cause disease. It grows at a constant and rapid rate throughout childhood, reaching maturity just before puberty.

Central nervous system (CNS): The CNS consists of the brain, the cranial nerves, and the spinal cord. It develops mostly during the first years of life. Although brain cell formation is almost complete before birth, brain maturation continues after birth. The brain of the newborn is not yet fully developed. But brain development up to age one is more rapid and extensive than was previously realized. At birth, the brain of the infant is 25% of the adult size. At the age of one year, the brain has grown to 75% of its adult size and to 80% by age three, reaching 90% by age seven. The influence of the early environment on brain development is crucial. Infants exposed to good nutrition, toys, and playmates have better brain function at age 12 than those raised in a less stimulating environment.

Psychomotor Development

During the first year of life, a baby goes through a series of crucial stages to develop physical coordination. This development usually proceeds from head to toe. For example, the visual system reaches maturity earlier than do the legs. First, the infant develops control of the head, then of the trunk (sitting up), then of the body (standing), and, finally, of the legs (walking). The head and trunk of the body develop before the arms and legs, and infants learn to control their neck muscles before they learn to direct their limbs. This development of physical coordination is also referred to as motor development and it occurs together with cognitive development, meaning the development of processes such as knowing, learning, thinking, and judging.

The stages of motor development in children are as follows:

First year: The baby develops good head balance and can see objects directly in his line of vision. He learns how to reach for objects and how to transfer them from one hand to the other. Sitting occurs at six months of age. Between nine and 10 months, the infant is able to pull himself to standing and takes his first steps. By the age of eight to 24 months, the baby can perform a variety of tasks such as opening a small box, making marks with a pencil, and correctly inserting squares and circles in a form board. He is able to seat himself in small chair, he can point at objects of interest, and can feed himself with a spoon.

Second year: At 24-36 months, the child can turn the pages of a book, scribble with a pencil and complete a form with pieces that are more complex than circles or squares. He can kick a ball and walk and run fairly well, with a good sense of balance. Toilet training can be started.

Third year: The child can now draw circles, squares, and crosses. He can build 10-block towers and imitate the building of trains and bridges. He is also achieving toilet independence. Hand movements are well coordinated and he can stand on one foot.

Fourth year: At that age, a child can stand heel to toe for a good 15 seconds with his eyes closed. He can perform the finger-to-nose test very well, also with eyes closed. He can jump in place on both feet.

Fifth year: The child can balance on tiptoe for a 10-second period, he can hop on one foot, and can part his lips and clench his teeth.

Sixth year: The child can balance on one foot for a 10-second period; he can hit a target with a ball from 5 ft (1.5 m), and jumps over a rope 8 of inch (20 cm) high.

Seventh year: He can now balance on tiptoes for a 10-second period, bend at the hips sideways, and walk a straight line, heel-to-toe for a distance of 6 ft. (1.8 m).

Eighth year: The child can maintain a crouched position on tiptoes for a 10-second period, with arms extended and eyes closed. He is able to touch the

fingertips of one hand with his thumb, starting with the little finger and repeating in reverse order.

The development of motor skills in the child goes hand in hand with the development of cognitive skills, a process called **cognitive development**.

Cognitive development can be divided into four stages:

Sensorimotor stage: At this stage, infants discover their environment using a combination of sensory impressions (sight, smell, hearing, taste and touch) and motor activities.

Preoperational stage: At this stage, children are not able to use information in rational and logical ways; rather they use images and symbols. They learn how to associate cause and effect and to represent something with something else. Speech development begins.

Concrete operational stage: At this stage, children understand elementary logical principles that apply to concrete external objects. They learn to sort things into categories, reverse the direction of their thinking and think about two concepts (such as length and width) simultaneously.

Formal operational stage: This stage is reached at adolescence. The individual can think in the abstract and speculate about probabilities and possibilities as well as reflect on their own thinking activities. The simultaneous development of motor skills and cognitive skills is commonly referred to as psychomotor development and it occurs with the maturation of the central nervous system (CNS).

UNIT 2: IMPORTANCE OF YOGA IN LIFE



Benefits of Yoga

Yoga is a practice that works on eight levels of development in the areas of mental, physical, spiritual and social health. When the physical health is intact, the mind is clear and focused. The main goals of yoga include:

- ❖ Physical Health
- ❖ Mental Health
- ❖ Spiritual Health
- ❖ Self-Realization
- ❖ Social Health

Reasons to Practice Yoga Regularly

Yoga is an art which connects our body, mind and soul together and makes us strong and peaceful. Yoga is necessary because it keeps us fit, helps burst stress and maintains our overall health. A healthy mind can concentrate well and do everything.

Yoga is important because by practising Yoga you are being benefited on the following points:

Inner Peace: Yoga helps achieve inner peace and fight against stress and other problems. Yoga increases the peace level in an individual and makes him become more joyful resulting in more confidence.

Healthy: A healthy person can achieve and do more work than an unhealthy person. Life nowadays is very stressful and there is lot of pollution around us.

This is a cause of numerous health issues. Just 10-20 minutes of yoga each day can help regain your health. Better health means better life.

Activeness: People nowadays feel lazy, tired or sleepy. Due to which they miss out most of the fun in life and are not able to complete their work correctly. Being active keeps you aware of the things happening around you and also helps you complete your work more efficiently and quickly. And one way to achieve this is by practising yoga regularly.

Flexibility: People nowadays suffer from joint pains, face difficulties while bending or touching their toes. Regular practice of yoga helps in relieving these pains. The effect can be seen in few days of practicing.

Increase Blood Flow: Yoga helps make your heart healthy and makes it work more efficiently by increasing blood flow in your body and veins. It helps in keeping your body oxygenated.

Power to Concentrate: Yoga helps your body to calm down and relax which means there is less stress and one can concentrate and focus quickly on his work. That is why children and teenagers are encouraged to do yoga because it helps them concentrate better on their studies.

Conclusion

Thus, yoga is a miracle and once followed, it will guide you the whole life. 20-30 minutes of Yoga per day can change your life in the long run by promoting a balance between physical, mental and spiritual health.

TERM - 2
UNIT 3: PHYSICAL FITNESS

Components of Physical Fitness:

Running

Everyone knows that running is a great way to get into shape, but it also can benefit almost every part of the person's body. Following are the benefits of running.



1. **Running Improves Health:** Running is actually a great way to increase overall level of health. Research shows that running can lower the chances of heart diseases and diabetes.
2. **It Prevents Diseases:** It helps in preventing many diseases like cancer, stroke and high blood pressure.
3. **It helps in losing Weight:** Running is one of the best forms of exercise for losing or maintaining a consistent weight. It is a leading way to burn off extra calories and that it is the second most effective exercise in terms of calories burned per minute, following only after cross country skiing.
4. **Running Boosts Confidence:** Not all of the benefits of running are physical. Running can provide noticeable boost in one's confidence and self-esteem.
5. **It Relieves Stress:** Stress can actually cause a number of health and mood problems. It can also diminish appetite and sleep quality. Running forces the boost human body to exert excess energy and hormones. Running also helps to reduce chances of developing tension headaches.
6. **Running has the Power to Eliminate Depression:** Running is an excellent solution to eliminate depression.

Running is incredibly beneficial to the body, mind and spirit. Even short runs can leave a person feel more energized, more focused and better able to enjoy all that life has to offer.

Cardio-respiratory endurance

Cardio-respiratory endurance is the ability of the heart and lungs to provide the working muscles with oxygenated blood for a prolonged period of time. Poor CRE will result in the player becoming breathless more quickly and unable to keep up with play or maintain a high skill level. Decision making will also be affected and longer rest periods will be needed to aid recovery.

Strength

Strength is the maximal force that a muscle can exert as it contracts. Strength can be further divided into static (the muscles contract and hold one position), dynamic (the muscles move contracting and extending) and explosive strength or power (the muscle contraction happens at high speed).

Muscular endurance

Muscular endurance is the ability of a muscle or a group of muscles to perform repeated contractions for extended periods of time without tiring. If the muscles tire, due to poor muscular endurance, then the performer will be unable to make effective use of the muscles. A swimmer requires muscular endurance in the upper body to be able to consistently use the arms for the duration of the race.

Flexibility

Flexibility is the range of movement possible at a joint. It helps performers to stretch and reach further. It is also known as suppleness.



Speed

Speed allows the whole body to move quickly. For instance in sprinting, or part of the body may move quickly, e.g. in throwing a cricket ball.

Power

Power is a combination of using strength and speed at the same time. Activities that involve jumping require power in the legs.

Agility

Agility is the ability to change the position of the body quickly, precisely and with control. This uses a combination of speed and flexibility. This helps team players dodge their opponents or turn to track back in defence.

Balance

Balance is the ability to retain the Centre of gravity above the base of support when stationary (static balance) or moving (dynamic balance). This helps gymnasts maintain their position and prevents players from falling over at speed. Muscles work together to keep the body in a balanced position.

Timing

Timing is the ability to apply an action or movement at an exact moment and with the correct emphasis. It helps long jumpers take off at the board.

Coordination

Coordination is the ability to move two or more body parts together, in a smooth and fluent action.

Reaction time

Reaction time is the time between the presentation of a stimulus and the onset of a movement. This helps swimmers to make a fast start.

Mental preparation (or mental rehearsal)

This is when a performer thinks about and visualises a successful performance before they carry it out.

Concentration

Concentration is the ability to stay focused on and be fully aware of what is going on around you.

Confidence

Confidence is having a positive frame of mind, in which you feel that you can perform successfully. For example, in football, you feel confident when you could control the ball with one touch, dribble past the defender and strike the ball at goal on target.

Motivation

Motivation is the internal feelings and/or external encouragement by coach/spectators, which make you want to do well.

Relaxation: Relaxation is the ability to free the mind from tension and anxiety when under pressure.

UNIT 4: YOG ASANAS



Poses of Surya Namaskar

SURYA NAMASKAR

Step 1 (Prayer Pose)

Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet. Expand your chest and relax your shoulders. As you breathe in, lift both arms up from the sides and as you exhale, bring your palms together in front of the chest in prayer position.

Step 2 (Raised Arms pose)

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the objective is to stretch the whole body up from the heels to the tips of the fingers. To get maximum benefits, you may pull the pelvis forward and ensure reaching up with your fingers rather than going backwards.

Step 3 (Hand to Foot pose)

Breathing out, bend forward from the waist, keeping the spine erect. As you exhale completely, bring the hands down to the floor, beside the feet.

Step 4 (Equestrian pose)

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

Step 5 (Stick pose)

As you breathe in, take the left leg back and bring the whole body in a straight line and keep your arms perpendicular to the floor.

Step 6 (Saluting with eight points or parts)

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

Step 7 (Cobra pose)

Slide forward and raise the chest up into the cobra posture. You may keep your elbows bent in this pose, the shoulders away from the ears. Look up. As you inhale, make a gentle effort to push the chest forward; as you exhale, make a gentle effort to push the navel down. Tuck the toes under. Ensure you're stretching just as much as you can; do not force.

Step 8 (Mountain pose)

Breathing out, lift the hips and the tail bone up, chest downwards in an 'inverted V' (A) posture. If possible, try and keep the heels on the ground and make a gentle effort to lift the tailbone up, going deeper into the stretch.

Step 9 (Equestrian pose)

Breathing in, bring the right foot forward in between the two hands, left knee down to the floor, press the hips down and look up and place the right foot exactly between the two hands and the right calf perpendicular to the floor. In this position, make a gentle effort to push the hips down towards the floor, to deepen the stretch.

Step 10 (Hand to foot pose)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary. Gently straighten the knees and if you can, try and touch your nose to the knees. Keep breathing.

Step 11 (Raised Arms pose)

Breathing in, roll the spine up, hands go up and bend backwards a little bit, pushing the hips slightly outward. Ensure that your biceps are beside your ears. The idea is to stretch up more rather than stretching backwards.

Step 12 (Relax pose)

As you exhale, first straighten the body, and then bring the arms down. Relax in this position; observe the sensations in your body.

Benefits of Surya Namaskar

1. Improves Blood Circulation of the Body

Due to the active process of inhalation and exhalation, the lungs are constantly ventilated and the blood remains oxygenated. It's a great way of detoxing the body and helping it get rid of excess carbon dioxide and other toxic gases.

2. Mantra to Weight loss

When done at a fast pace, it is a great cardiovascular workout that stretches the abdominal muscles while simultaneously helping you reduce excess weight around your stomach. The asanas also result in toning the arms, abs and giving great flexibility to your spine.

3. Benefits Skin and Hair

It improves the blood circulation that aids in bringing back the glow on person's face; preventing the onset of wrinkles, making skin look ageless and radiant. It also prevents hair loss and the ageing of hair.

4. Anti-anxiety and Calming Properties

Surya Namaskar helps to improve memory and the nervous system.

NATRAJASANA

How to do Lying-down Body Twist (Natrajasana)

- ❖ Lie on your back with arms horizontally stretched out in line with the shoulders.

- ❖ Bend your knees and bring your feet close to your hips. The soles of the feet are fully on the ground.
- ❖ Swing the knees to the left until the left knee touches the ground (right knee and thigh are resting on the left knee and thigh). Simultaneously, turn the head to the right and look at your right palm.
- ❖ Feel the stretch in the thighs, groin, arms, neck, stomach and back as you hold the pose. With each exhalation, relax deeper into the pose.
- ❖ After a few minutes, you may slowly turn the head back to the centre, and straighten the torso and legs.
- ❖ Mirror the pose on the other side.

Benefits of the Lying-down Body Twist (Natrajasana)

- ❖ Stretches the spine and quadriceps.
- ❖ Brings deep relaxation to the body and mind.