

**NEW BHARATH MATRICULATION HIGHER SECONDARY
SCHOOL, THIRUVARUR**

STANDARD - 1

PHYSICAL EDUCATION

YOGA &

HEALTH EDUCATION

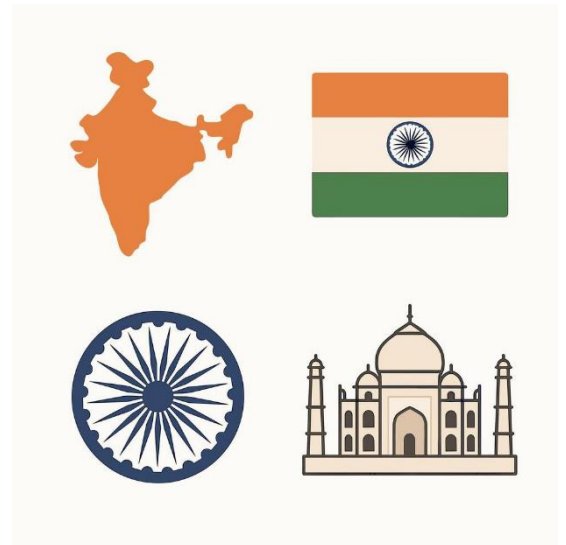


THE NATIONAL ANTHEM

Jana-Gana-Mana-Adhinayaka Jaya he
Bharata - Bhagya - Vidhata
Punjaba - Sindhu - Gujarata - Maratha
Dravida - Utkala - Banga
Vindhaya - Himachala - Yamuna - Ganga
Uchchhala - Jaladhi - Taranga

Tava Subha Name Jage,
Tava Subha Asisha Mage,
Gahe Tava Jaya Gatha.

Jana - Gana - Mangala - Dayaka, Jaya he
Bharata Bhagya Vidhata
Jaya he, Jaya he, Jaya he,
Jaya JayaJaya, Jaya he.



Mahakavi - Rabindranath Tagore

OLYMPIC OATH

"In the name of all competitors, I promise that we shall take part in the Olympic Games, respecting and abiding by the rules that govern them, committing ourselves to a sport, without doping and without drugs, in the true spirit of sportsmanship, for the glory of the sport and the honour of our teams."



"An honest man is the noblest work of God."

- Alexander Pope

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1. OBESITY

Obesity is a big problem. The percentage of obese people has been on the rise in the past few years.



Basic causes of obesity:

- (i) Obesity is caused by poor diet,
- (ii) Lack of exercise
- (iii) Watching too much TV program
- (iv) Playing video game too much etc.,

Getting children to work out may be very difficult at first because they would be starting something completely new and would actually have to move around, not just sit on a couch the whole day and do nothing.

However, with proper motivation and presentation of the various benefits achieved from working out, child would want to look and feel better.

A proper diet consisting of healthy amounts of protein, carbohydrates and healthy fats needs to be maintained.

2. A to Z ALL IN SPORTS

SPORTS ALPHABET:

Afor Asana

(Asana gives exercise for internal organs)

Bfor Boxing

(Boxing is a sport, fighting with fists)

C for Cricket

(A team consist of 11 players)

Parts of Cricket:

- Bat
 - Ball
 - Bails
 - Stumps
-

D for Discus Throw

(Discus is a throwing event)

E for Exercise

(Exercises keep us healthy and hale)

F for Foot Ball

(Foot ball is a major game, played by 2 teams of 11 players each)

Gfor Gymnastics

(Gymnastics develops flexibility and co-ordination)

Hfor Hurdles

(Hurdles is a Track events)

Ifor Indoor Games

(Chess meant for I.Q. Game)

Chess

Jfor Javelin Throw

(Javelin is a throwing event)

Javelin Throw

Kfor Karate

(Karate is a sport meant for self defense)

Karate

Lfor Long Jump

(Long jump is a field event)

1. Fast approach
2. Take off
3. Flight in the air
4. Proper Landing

Long Jump

Mfor Malkhamb

(Do malkhamb activities with helpers)

Malkhamb

Nfor National Flag

(We salute our National Flag)

National Flag

Ofor Olympic Torch

(Olympic torch meant for spirit)

Olympic Torch

Pfor Pole Vault

(Pole vault is a jumping event)

Pole Vault

Qfor Quick March

(Quick March reminds us orderliness, discipline, followership etc.,)

Quick March

Rfor Relay Race

(Relay Race is also a track event)

Relay Race

Sfor Starting Block

(Starting block helps the sprinter for an instant speed)

Starting Block

Tfor Tennikoit

(Tennikoit can be played by singles and also doubles)

Tennikoit

Ufor Unity in Diversity

(We are all Indians. We are proud of it)

Unity in Diversity

V for Victory Stand

(Every one of us try to stand on the victory stand)

Victory Stand

W for Wrestling

(Wrestling is a sport without weapon)

Wrestling

X for XYSTS

(Portico used by athletes)

Gymnasium

Y for Yacht

(Yacht is a small boat used for competition)

Small Boat

Z for Zeus

(Zeus is a God for Greeks)

Worshiping God

3. MARCHING

Marching must form an essential part of Physical education in Schools. It brings about orderliness and discipline, good posture and correct alignment of body. It also helps to get co-ordination of body parts, briskness, self confidence, group units etc.,



Single Line Formation :

1. Tallest on my right.
2. Shortest on my left.
3. In a single line
4. Class - fall in

Student form a line with the tallest on their left and the shortest on their right of the line, others stand at their height. And they Stand in "Stand at ease" position.

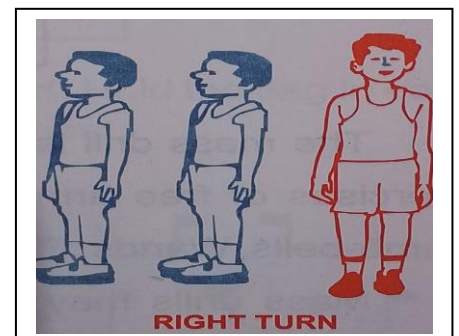
DIFFERENT FORMS OF TURNING :

- (i) Right turn
 - (ii) Left turn
 - (iii) About turn
-

MARCHING

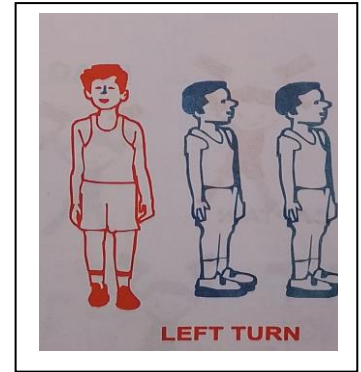
1. RIGHT TURN :

- Students stand in attention position.
- Body should be turned 90 degree to the right. Pivot to the right with the rightheel and left toe on the ground.
- Raise the left leg 6 inches above the ground and join with the right leg. Both the hands should be kept very close to the body.



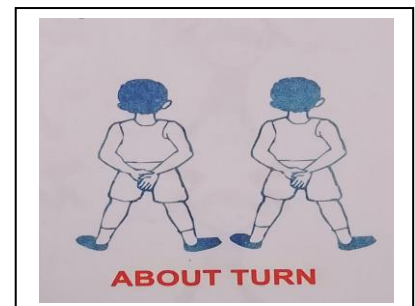
2. LEFT TURN :

- Students stand in attention position.
- Body should be turned 90 degree to the left. Pivot to the left with the left heel and right toe on the ground.
- Raise the left leg 6 inches above the ground and join with the right leg. Both the hands should be kept very close to the body.



3. ABOUT TURN :

- Students stand in attention position.
- Body should be turned 180 degree towards the right. Pivot 180 degree towards the right with right heel and left toe on the ground.
- Raise the left leg and join with the right leg. Both the hands should be kept very close to the body.



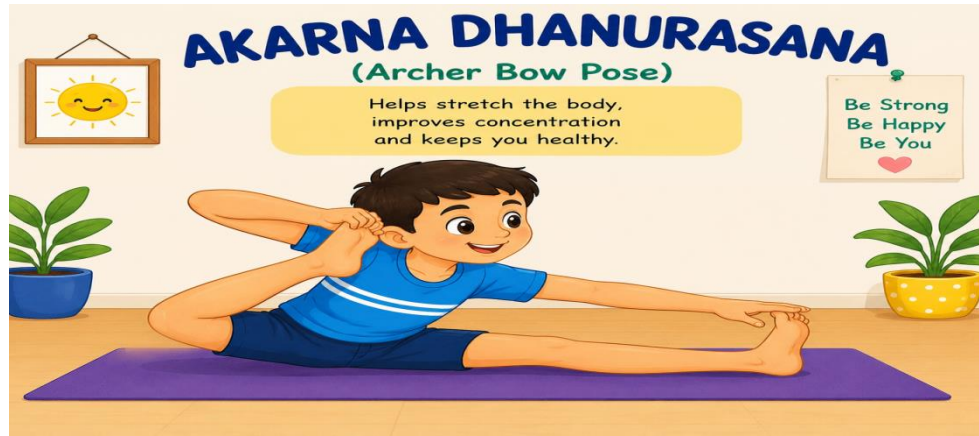
4. YOGASANAS



"Yoga makes the organs of the body active in their functioning and has good effect on internal functioning of human body".

— Sage Patanjali, the father of Yogasana.

4.1 AKARNA DHANURASANA



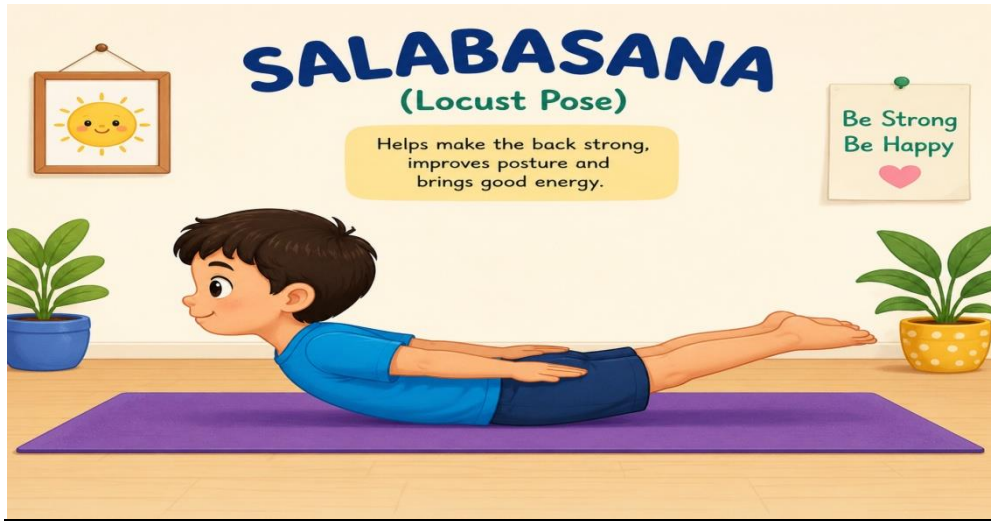
INSTRUCTION :

1. Sit on the blanket, stretch out the legs in front.
2. Hold the toe of the right foot with the left hand.
3. Hold the left toe with the right hand and try to stretch the right elbow backward as far as possible.
4. Bend the left leg slowly. Bring the left foot to the chin and the left knee to the left armpit as shown in the picture.
5. Change the leg and do the same again. Hold this position for a few minutes and come back to position.

Benefits :

1. This asana gives full exercise to the joints.
 2. It tones up the chest and the abdominal organs.
 3. It is good for the persons suffering from asthma and tuberculosis.
 4. It gives relief to constipation.
-

4.2 ARDHA SALABASANA



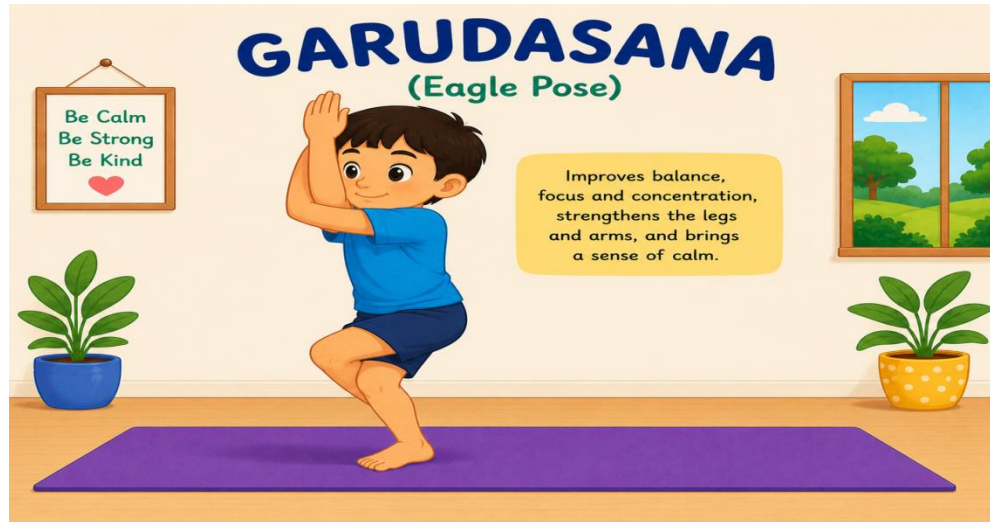
INSTRUCTION :

1. Lie on the stomach with face down on the ground.
2. Stretch out both arms beside the body and clutch the fists lightly.
3. The hands can also be placed under the thighs.
4. Hold this position for 10 seconds and come back to position.

Benefits :

1. This asana helps to eliminate waste matter accumulated in the intestine.
2. It reduces excessive fat.
3. It gives good exercise to the abdomen.
4. It activates the kidney, liver etc.,

4.3 GARUDASANA



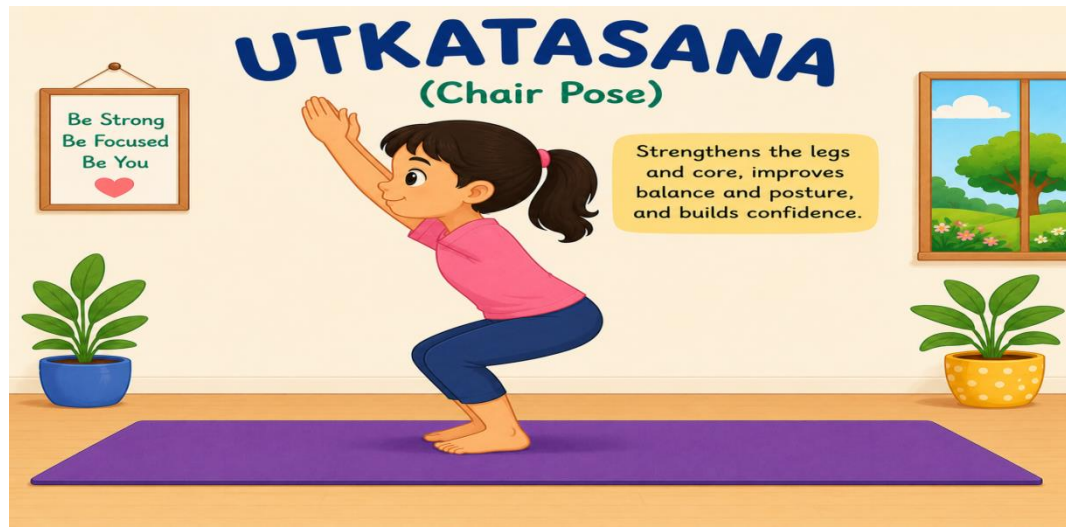
INSTRUCTION :

1. Stand erect on the carpet.
2. Keep the right leg straight on the ground and bring the left leg over the right thigh above the right knee as shown in the picture.
3. The left leg should be around the right leg as a creeper encircles the trunk of a tree.
4. The left thigh should be around the right thigh - Inter lock the arms as shown in the picture.
5. Hold this position for ten seconds. Change the hands and the legs alternatively.

BENEFITS :

1. This asana strengthens the legs.
2. Blood vessels are stretched out.
3. It removes the swelling of cells of the testicles.

4.4 UTKATASANA



INSTRUCTION :

1. Stand with legs together arms by the sides.
2. Slowly lower the trunk and sit on heels as shown in the picture.
3. The body will balance on heels.
4. Hold this position for ten seconds and back to position.

BENEFITS :

1. This asana strengthens the muscles of the feet.
2. It is good to those who suffer from elephantiasis.
3. It cures fistula, constipation and abdominal diseases.

5. TRACK AND FIELD EVENTS



Track and Field Athletics consist of the natural activities of running, Jumping, and throwing. Even though these activities are natural, efficiency in performance and better results can be obtained only by hard training and proper adoption of the techniques of the concerned events

5.1 RELAY RACE

A relay race is one of the most interesting items in the track event. It is a team event. In this race each runner is expected to cover a specific distance.

Four runners take part in a relay race. The first runner hands over the relay baton to the second runner and the 2nd to the third and so on. The fourth runner finishes the race.



TYPES OF RELAY RACE :

- (i) 4×100 metre relay
- (ii) 4×200 metre relay
- (iii) 4×400 metre relay races.

Techniques of changing the relay baton :

(i) Visual method

(ii) Non - visual method

VISUAL METHOD :



How it works (Visual Method):



The runner sees the teammate behind.



The runner looks back and passes the baton.



The teammate sees the baton coming.



The teammate takes the baton and runs.

Here, the receiver should adjust his start with that of the speed of the giver and should receive the relay baton by turning his head and eyes back and by stretching out his hand back.

NON VISUAL METHOD :



How it works (Non Visual Method):

-  The runner does not look back.
-  The runner keeps the baton in the same position (in the hand).
-  The teammate keeps a fixed distance.
-  The teammate stretches the hand and feels the baton.
-  The teammate takes the baton and runs.

As the incoming runner covers a short distance he / she feels no tired. So it is the incoming runner who places the baton in the open hand of the outgoing runner. The outgoing runner, gets the baton without noticing it. This method is suitable only for 4 × 100m. relay race.

GOOD RELAY

Relay Relay, No delay

Sprint event, Speed running

We are four, Winning sure

Thrilling race, there is chase



6. MAJOR GAMES

6.1 BASKET BALL



Basket ball is a game played on a court by two opposing teams. Points are scored by throwing the ball through an elevated horizontal hoop. An inflated ball is used in playing basket ball.

The game Basket ball was invented by Dr. A. Naismith, a Canadian by birth. The first rule book for Basket ball was published in 1895.

Basket Ball Terms

- Basket Board
 - Basket Ring
 - Low Dribbling
 - Shooting
 - Offence and Defence
 - High Dribbling
-

SKILLS OF THE GAME :

1. DRIBBLING :



Dribbling is an important skill in Basket ball. It is to move towards to the opponents ring by bouncing the ball frequently while running. The ball is pushed towards the ground with an open palm. Force is applied by the wrist movement.

2. CHEST PASS :



The ball should be passed forward by extending both the hands as shown in the picture. At the time of pushing the ball, place the left leg forward for more force.

3. LAY UP SHOT :



See the picture. The players are on the move with dribbling the ball towards the ring.

- i. The player reaches near the ring.
- ii. When the left leg lands on the ground, the ball is held with both hands ball is brought to the left side.
- iii. On the next step, the player push the ground with the left leg and jump upward.
- iv. On the next step, the player push the ground with the left leg and jump upward.
- v. Finally the ball is brought above the head and pushed up, aiming the goal by the right hand.

4. OVER HEAD PASS :



Take a stance with feet apart as shown in the picture. Hold the ball with both the hands. Bring the ball over the head. Push the ball forward with the wrist movement. Take another step to maintain balance. An execution of a goal with different stages of move.

6.2 KHO - KHO



Kho - Kho is an Indian sport played by two teams of nine players each who try to avoid being touched by members of the opposing team.

FUNDAMENTAL SKILL :

1. Proper Sitting
2. Getting up quickly
3. Proper kho-kho giving
4. Pole turning
5. Diving
6. Judgement kho
7. Single chain run
8. Double chain run
9. Fake Kho
10. Tapping etc.,

1. SITTING IN THE SQUARE :



The sitting chaser sits on his square keeping one foot forward and one foot behind as shown in the picture. The whole weight of the body should fall on the toes only.

2. GIVING KHO :



To give Kho, an active chaser should touch the sitting chaser by hand from behind and utter only the word "KHO" loudly. Refer the picture for clear understanding of the concept.

3. CHOOSING DIRECTION OF CHASE :

Bend the body completely forward keeping the hands as shown in the picture. The trunk should be parallel to the ground. Look up to watch the runners.

4. DIVING :

When the Kho is given, the player dives forward, towards the opponents. In the dive, hand should be extended to touch the opponent.

Terms Used

- KHO-KHO POST
 - Active chaser
 - Runner
 - Player sitting in the boxes
 - Opponents waiting outside the field
-

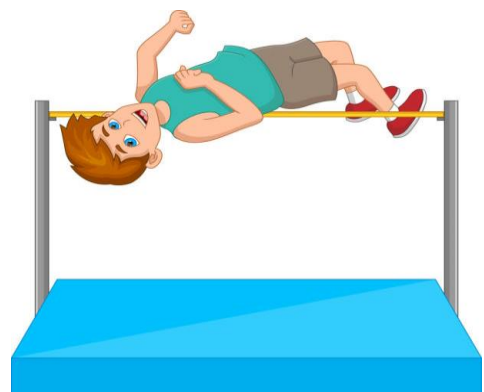
7. SPORTS RHYMES

Sports inspire us
to complete
Winning over losing
is much more sweet



We do it because
we love the game
Life without sports
would not be the same

Plenty of water we must
constantly drink,
As we push our bodies
to their very brink





Sports bring out our inner drive
To make the play we often dive
We sacrifice everything for our team
Because a championship is our
only dream.

Sports Terms

- Sprint Event
 - Skimming over the Hurdles
 - Fosberry Flop in High Jump
 - Victory Stand
-

7.1 DODGE BALL

Throw the ball towards the ball

In hope to hit somebody

Hit someone upon their body

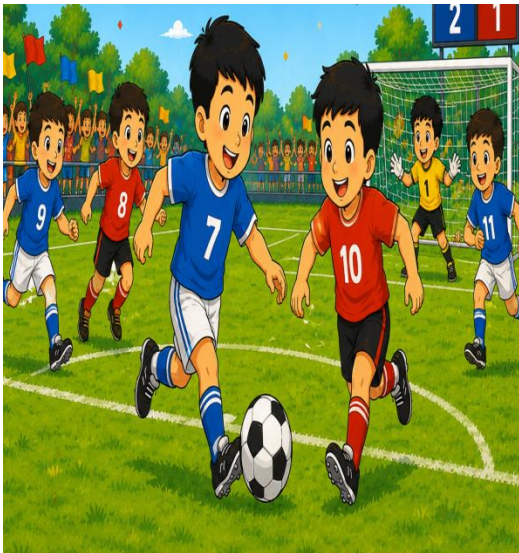
To put that person out

Dodge the ball, but do not pout

When the ball has put you out.



7.2 MERRY FOOT BALL



When the ball is kicked around the field

Or butted with one's head

When in play the hands stay free

Except for goalie in the cage.

7.3 JUMP ROPE

Around and round I swing the rope

As I skip to a nursery rhyme

Over my head, around my toes

I skip along in time



7.4 STRANGER – DANGER

Stranger may be danger

Even though they seem to be nice,

Stay away from stranger,

When you do not know them

When a stranger says, "Do not yell"

Yell real loud and run to tell

When a stranger asks you to come

Yell run! Go tell mom and dad



7.5 BALL ROLLS INTO THE STREET

When your ball rolls away from you
Do not chase into the street,
Stop! look left, right, then left again
When no cars, go get the ball.



7.6 TENNIS



Tennis ball racked back and forth
Racket miss to pass a score
Tennis players back and forth
Until one player miss a score.

7.7 GERMS GERMS EVERYWHERE GERMS

Germ, Germ, everywhere, germ
On your hands and in your hair
Wash your hands every time,
After bath room, after play time
Even on the toys you share,
Germs are hiding everywhere
Wash your hands all the time
Especially before, dinner time!



7.8 YELLOW, RED, GREEN

Yellow, cautions do not cross,
Red commands wait your turn
Green, Says okay to cross,
To arrive upon the yellow



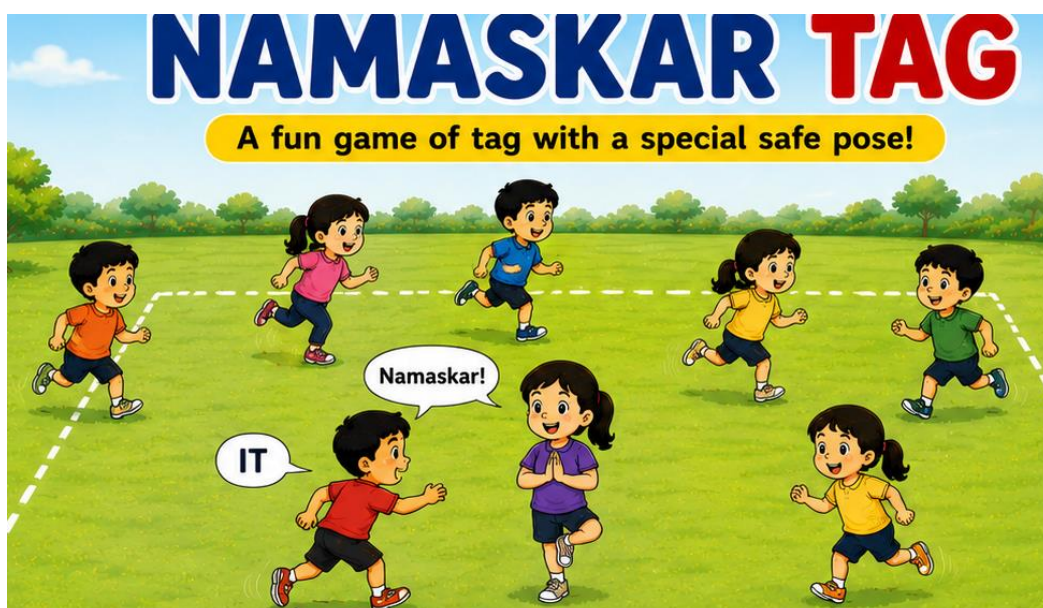
8. MINOR GAMES

Minor games are games of low organisation which involve simple skills and a few rules. They require a few or no equipment. A little area and a short duration of time. They can be adapted to any situation and can be played by different age groups.

8.1 NAMASKAR TAG

The players are scattered in the marked area and "it" attempts to tag them. A player is safe when he stands on one foot with the hands folded together, raised head high as Namaskar.

Each player may use this method of escape three times only and then they may escape only by running. Any one who is tagged becomes "it" and the game continues.



8.2 GOOD MORNING

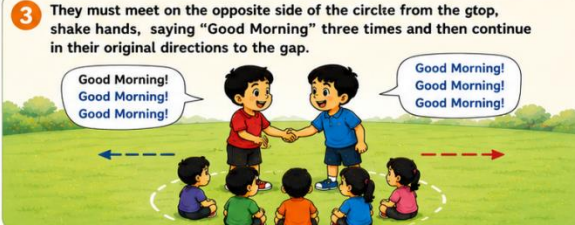
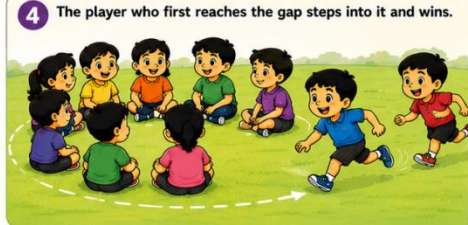
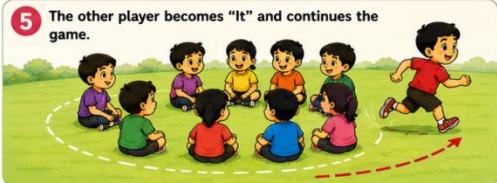
Arrange all the players except one in a circle, close together and facing in. The extra player, "It" is outside the circle. "It" runs around the circle and tags a player on the back and continue the run. One who is tagged leaves the circle and runs in the opposite direction.

They must on the opposite side of the circle from the gap, they stop, shake hands, saying "Good Morning" three times and then continue in their original directions to the gap.

The player who first reaches the gap steps into it and wins. The other player becomes "it" and continues the game.

GOOD MORNING

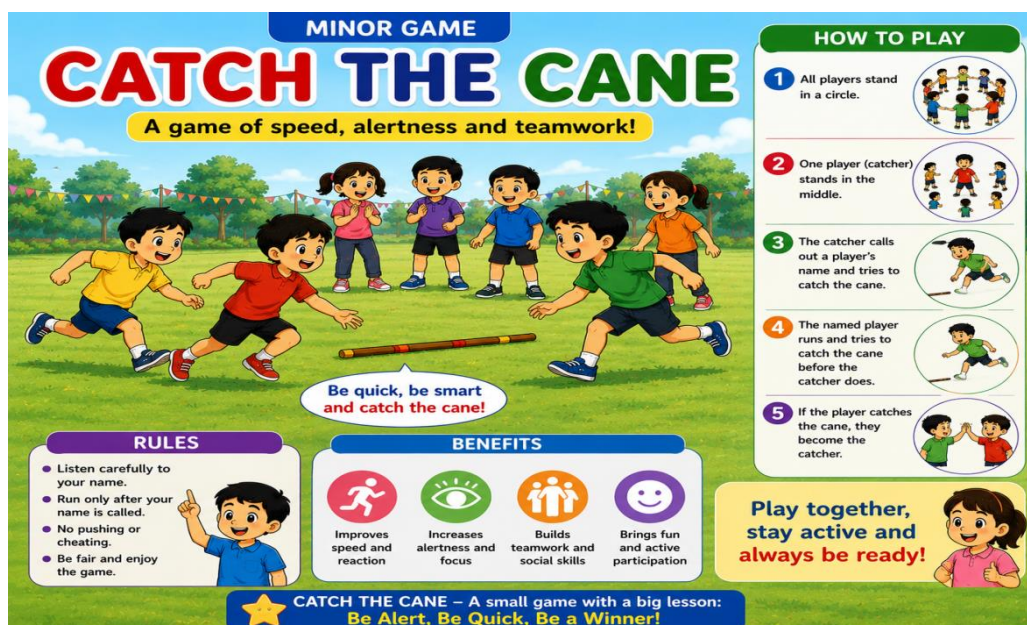
A fun game of running, tagging and greetings!

1 Arrange all the players except one in a circle, close together and facing in. The extra player, "It" is outside the circle. 	2 "It" runs around the circle and tags a player on the back and continues the run. The one who is tagged leaves the circle and runs in the opposite direction. 
3 They must meet on the opposite side of the circle from the gap, shake hands, saying "Good Morning" three times and then continue in their original directions to the gap. Good Morning! Good Morning! Good Morning! 	4 The player who first reaches the gap steps into it and wins. 
5 The other player becomes "It" and continues the game. 	KEY POINTS ★ Run quickly and watch carefully. ★ Tag gently. ★ Greet politely. ★ Play fair and have fun! WINNER  Be the quickest to the gap!

8.3 CATCH THE CANE

Arrange the players in a circle. Number the players. Select an "It", give him a one metre stick or baseball bat, and place him in the centre. "It" sets the stick upright on the floor and steadies it by placing his fingers on top.

He calls a number and the player holding that number starts for the stick attempting to catch "It" before "It" hits the floor. In the mean time "It" takes the player's position in the circle. If the player succeeds, he returns to his position and "It" holds the stick again. If he fails, he become "It".



8.4 COME WITH ME

Arrange all the players except one in a circle, facing in. Each player marks his spot on the floor. The players sit behind their marks. The odd player, "it" has a stick and walks around inside the circle.

He taps his stick in front of a player and says "come with me", where-upon the player falls in behind "IT" and places his hands on "IT" shoulders. This continues until "IT" has three or four followers. He then says "Go home" and all dash for a vacant place. The player failing to secure a place is "it" for the next game.



9. HEALTH EDUCATION

Health education is the basis of preventive medicine. It provides us knowledge about various diseases and also the methods by which they can be prevented. Health education aims at building a healthy individual, healthy environment and a healthy society.

DEFINITION:

Health is defined as **“A state of complete physical, mental and social well being and not merely the absence of disease or infirmity”**.

— WHO

The topic “Health” can be studied under the following heads.

1. Physical Health
2. Mental Health
3. Social Health

PHYSICAL HEALTH:

Physical health denotes the normal functioning and growth of all parts of the body.

MENTAL HEALTH:

Mental health denotes self satisfaction, self control and self adjustment of an individual.

SOCIAL HEALTH:

Social health denotes the ability of an individual to adjust with the Society.

HEALTH AND NUTRITION:

A good nutrition is essential for normal growth, development and maintenance of health.



BALANCED DIET:

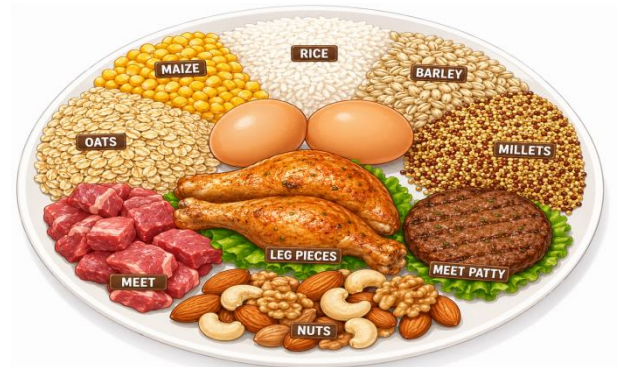
A balanced diet is defined as a food which contains adequate amountsof

- (i) carbohydrates
- (ii) proteins
- (iii) Fat
- (iv) Vitamins
- (v) Minerals.

Composition of Balanced Diet:

CEREALS:

Cereals include rice, maize, barley, oats and millets.



PULSES:

Pulses include peas, beans, lentils, and gram. Pulses contain a high amount of protein vitamin B and minerals.

LEAFY VEGETABLES:

Leafy vegetables includes spinach amaranths, and cabbage. They contain a high amount of carotene, vitamin 'C' calcium, Iron, riboflavin and folic acid.

ROOTS AND TUBERS:

Roots and tubers include potatoes, Tapioca, Carrot, Onion, and radish. They contain a high amount of Starch.

MILK:

Milk is a complete and perfect food. It contains carbohydrates, proteins, fat, vitamins, water and minerals.

FAT AND OILS:

Fats and oils include groundnut oil, mustard oil, coconut oil, Ghee, Butter and fat of meat. They are good sources of energy and fat soluble Vitamins.

MEAT AND FISH:

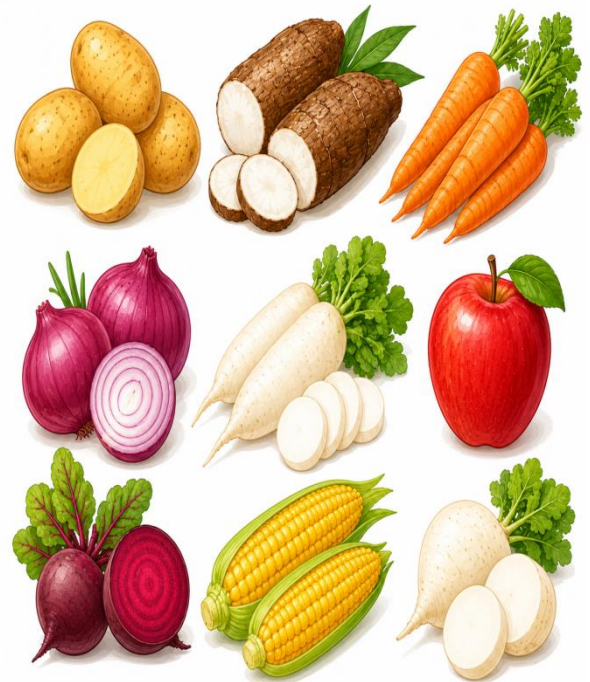
Meat and fish contain a high amount of protein.

EGG:

Egg has all food factors except carbohydrates and all vitamins except Vitamin – C.

FRUITS:

Fruits contain Vitamins – C and minerals especially sodium and potassium.



10. SAFETY EDUCATION

The safety of children is potentially at risk from accidents and injuries, as well as crime. Providing a safe environment, putting preventive measures into practice, and teaching children methods of self protection are all, ways and means to reduce the potential harm to children.

Do not fly kite standing on the terrace wall.



Use the Zebra line to cross the road.

Do not play in-side the House



Do not board on a running bus

Do not play on a Road





Do not poke finger into a moving table fan

Do not accept any thing from strangers.



11. PYRAMIDS

Pyramids are group activities where the tall and the short, stout and the lean, skilled and the unskilled could be assigned places of prominence. It is a co-operative activity with emphasis on symmetry and beauty. The number of participants may vary from two to twelve or more.



12. LET US LEARN

1. Basket ball was invented by James Naismith.
2. Ancient Olympic was started in the year 776 B.C.
3. The birth place of Shuttle Badminton is India.
4. The modern Olympic was started in year 1896.
5. 64 Boxes are there in the Chess Board.
6. The Height of the women's volley ball net is 2.24m metre.
7. The Height of the goal post in foot ball is 8 feet.
8. The Duration of gents kabaddi is 20-5-20 minutes.
9. Heptathlon Competition consists of 7 events.
10. Ten Hurdles are kept on the track in Hurdle race.
11. The diameter of the Discus circle is 2.50 m.

12. The diameter of the shotput circle is 2.135 m.
 13. The distance of marathon race is 26 miles 385 yards.
 14. 16 Feathers are there in the shuttle cock.
 15. 2 points will be awarded for 'Lona' in Kabaddi.
 16. The colour of the olympic flag is white.
 17. 5 Fouls make a player disqualify in basketball.
 18. The national animal of India is Tiger.
 19. Harry Crow Buck established the Y.M.C.A. College of physical Education in Chennai in the year - 1920.
-

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