

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

STANDARD - 3

**PHYSICAL EDUCATION YOGA
AND
HEALTH EDUCATION**



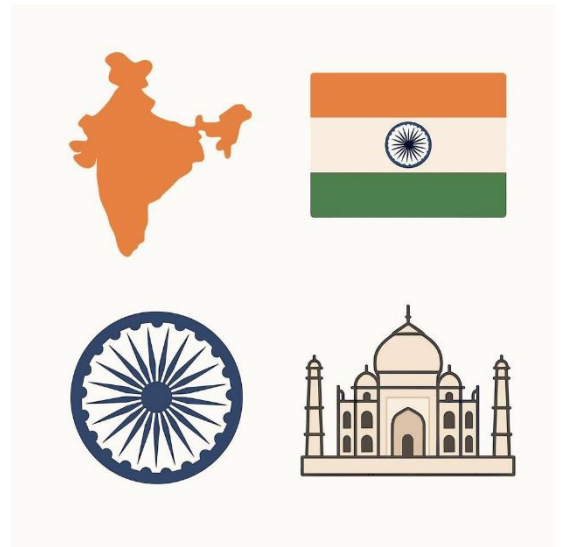
THE NATIONAL ANTHEM

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

Sl. No.	Description	Page No.
1	Marching	7
2	Mass Drills	11
2.1	Wand Drills	12
2.2	Hoop Drills	12
3	Exercise is a Boon For a Healthy Life	13
4	Gymanstics	15
4.1	Hand Stand	15
4.2	Backward Rolls	16
4.3	Cart Wheel	16
5	Yogasanas	17
5.1	Saravangasana	20
5.2	Halasana	21
5.3	Dhanurasana	22
5.4	Trikonasana	23
5.5	Sirasasana	24
6	Track and Field Events	25
6.1	Discus Throw	25
6.2	Hurdles Race	28
7	Major Games	30
7.1	Badminton	30
7.2	Cricket	31
7.3	Kabaddi	34
8	Sports Rhymes	36
8.1	Swimming	36
8.2	Table Tennis	36
8.3	Routine of a day	37
8.4	Come out to play	39
9	Minor Games	40
9.1	Circle relay	40

Sl. No.	Description	Page No.
9.2	Jumping on both feet relay	41
9.3	Kangaroo Jumping	41
10	Health Educations	42

1. MARCHING

Marching is an essential part of Physical Education in schools. It brings an orderliness, discipline, good posture and correct alignment of body, it also helps to get co-ordination of body parts, briskness, self confidence, group units etc.



1. Need of Marching:

Marching inculcates a sense of discipline, maintain good posture and physical fitness, smartness in appearance, followership qualities, Self confidence etc., and it is an important form of exercise also.

2. "Atten-tion" position:

Stand erect, keeping heels together. Feet in "V" shape an angle of 30 degrees. Arms down with fingers closed. Look straight without any body movements.

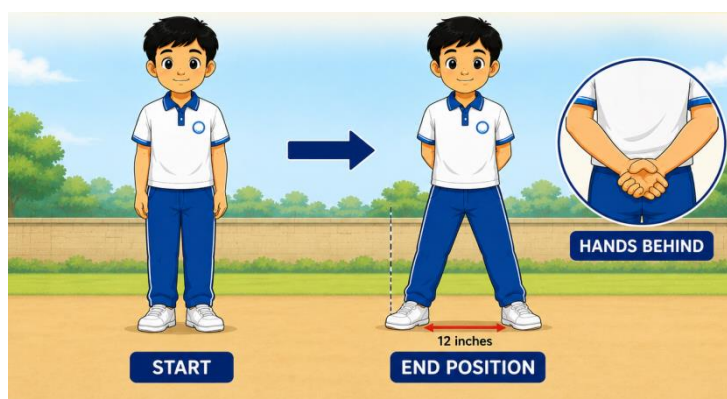
3. Class Fall in :

The tallest on the right 3 and the shortest on the left in a single line-class fall in. The students stand in. The students stand in“ Stand at ease” position.



4. "Stand-at ease":

The left foot will be carried 12 inches to the left side so that the weight of the body rests equally on both feet. At the same time bring the hands behind and place the right hand in the palm of the left, grasping it with the fingers and the thumbs. It is a simultaneous movement of arms and left foot.



5. "Right Turn":

Count 1: Turn to the right at an angle of 90 degree, pivoting on the right heel and on the left toe.

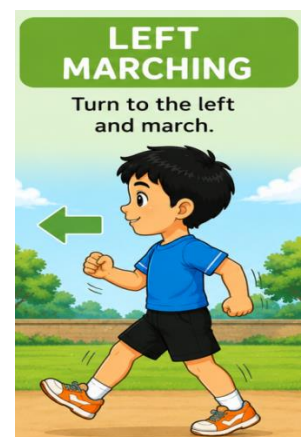
Count 2: Bring the left foot to the side of the right heels closed "V" shape with an angle of 30 degree. Look straight.



6. "Left turn":

Count 1: Turn to the left at an angle of 90 degree pivoting on the left heel and on the right toe.

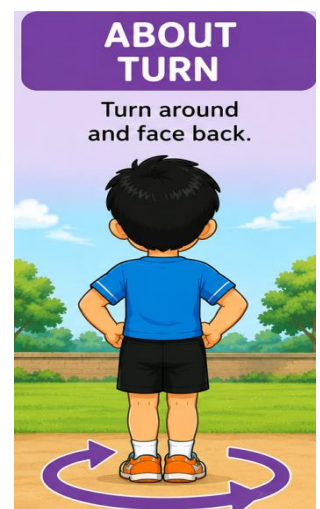
Count 2: Bring the right foot to the side of the left-heels closed. Look straight .



7. "About turn":

Count 1: Pivot the body back at an angle of 180 degree with the right heel and the left toe.

Count 2: Raise the left foot at knee level and keep near the right foot ending at "attention".



Note:

(i) The "about - turn" is always made right about. While giving a word of command to the students, the teacher or the captain will stand only in attention position. Arms close to the body while turning.

8. "Mark time march":

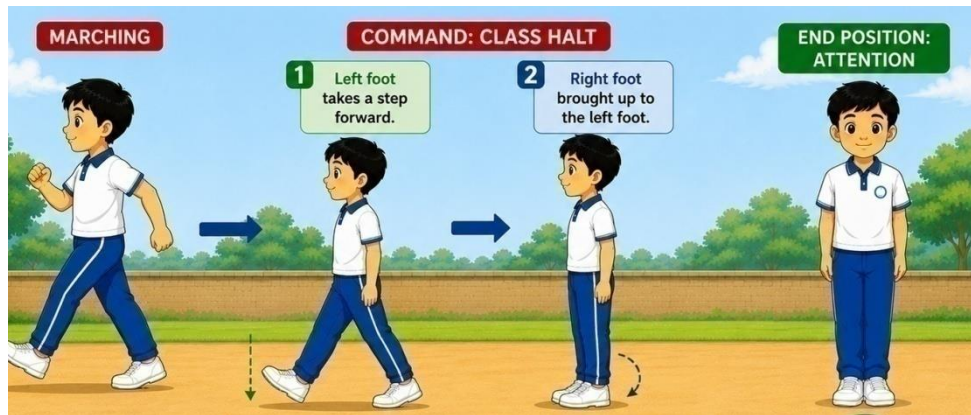
When the command is given, the students start the movement on their left and the teacher / captain says left, right, left, right etc., for a stop the command "class.... Halt," should be given which starts as the left foot beats the ground and ends as the right foot beats the ground.

9. "Quick March":



When the command Quick march / Forward march is given, the students should start with their left foot bringing their right arm forward. The teacher/captain should utter the word left, right, left, right etc., The rhythm should be about 120 steps per minute. For a halt, the command "Class... halt" should be given.

10. Class "HALT":



To bring the marching to a stop, the command "Class halt should be given, which should start as the left foot touches the ground and should end as the right foot touches the ground. The students will take two counts to come to a halt.

The left foot takes a step forward. The right foot brought up to the left foot to the position of "Attention."

2. MASS DRILLS

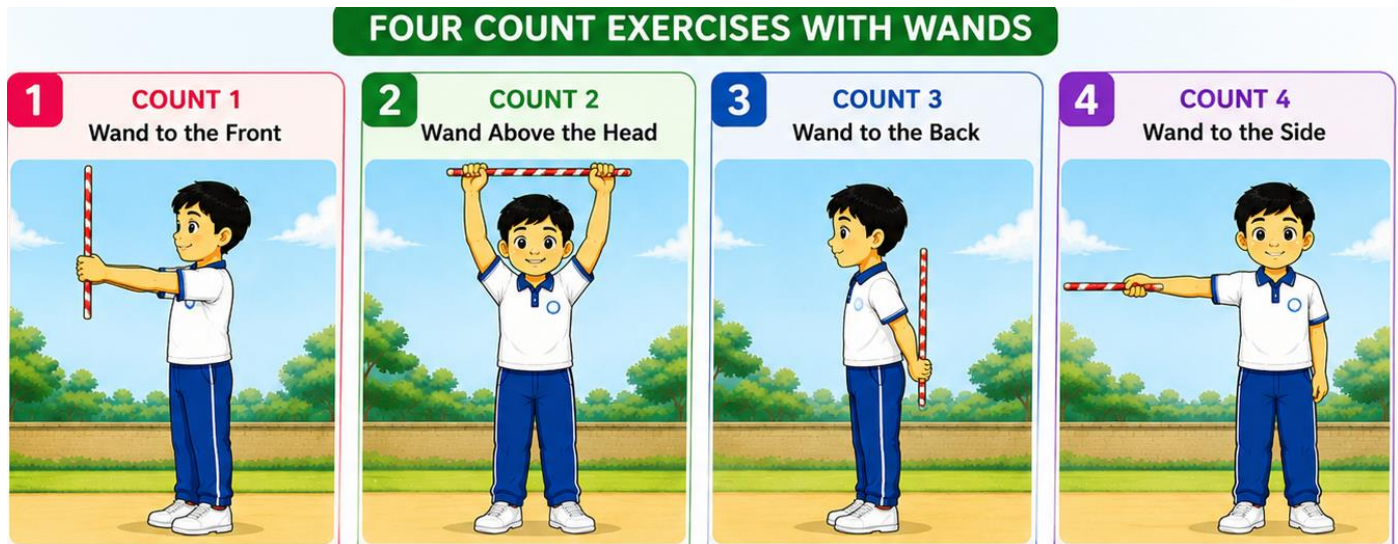
The mass drill is a group activity. It includes body building exercises of free arm type, exercises with light apparatus like Dumbbells, Wands, Flags etc.

Mass drills may be divided into formal and non - formal. Formal exercises are done to counts and commands. Non formal exercises are done by way of imitation, dramatization etc.,

2.1 WAND DRILLS

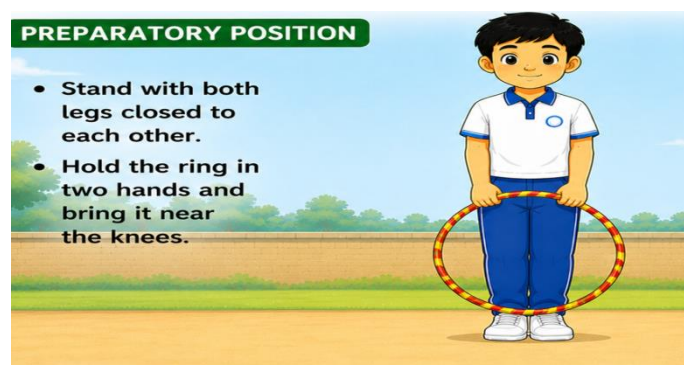
Performing four count exercises with wands, of about, 1% meters is called wand drills.

The wands can either be painted or decorated with colour papers.



2.3 HOOP DRILLS

Hoop drill form is used widely in major public functions. It is an exercise performed by holding hoops made of bamboo. It has now become very popular all over the world. If bits of white or color papers are pasted on the ring, the entire performance will draw much attention.



Preparatory position: Stand with both legs closed to each other. Hold the ring in two hands and bring it near the knees.

3. EXERCISE IS A BOON FOR A HEALTHY LIFE

Physical activity is vital for a child's development and lays foundation for a healthy and active life.

Early childhood services are ideally placed to foster the development of good physical activity habits early in life, and to encourage families to engage in regular physical activity.



The benefits of being active for young children include:

- (i) Promoting healthy growth and development.
- (ii) Helping to achieve and maintain a healthy weight.
- (iii) Building strong bones and muscles.
- (iv) Improving cardio vascular fitness.
- (v) Improving balance, co-ordination and strength.
- (vi) Maintaining and developing flexibility.
- (vii) Improving posture.
- (viii) Improving concentration and thinking skills.
- (ix) Improving confidence and self esteem.

(x) Relieving stress and promoting relaxation.

(xi) Providing opportunities to develop social skills and make friends.

SOCIAL ADVANTAGES OF SPORTS:

Exercise helps children to make more friends. When they join a local foot ball or a cricket team or participation in school sports it is helpful to them as they get to make new friends.

A new activity will also open up chances for an entirely new circle of friends for the kids



4. GYMNASTICS

Gymnastics is a sport practiced by men and women that requires balance, strength, flexibility, agility, co-ordination, endurance and control.

The movements involved in gymnastics contribute to the development of the arms, legs, shoulders, back, chest and abdominal muscle groups.



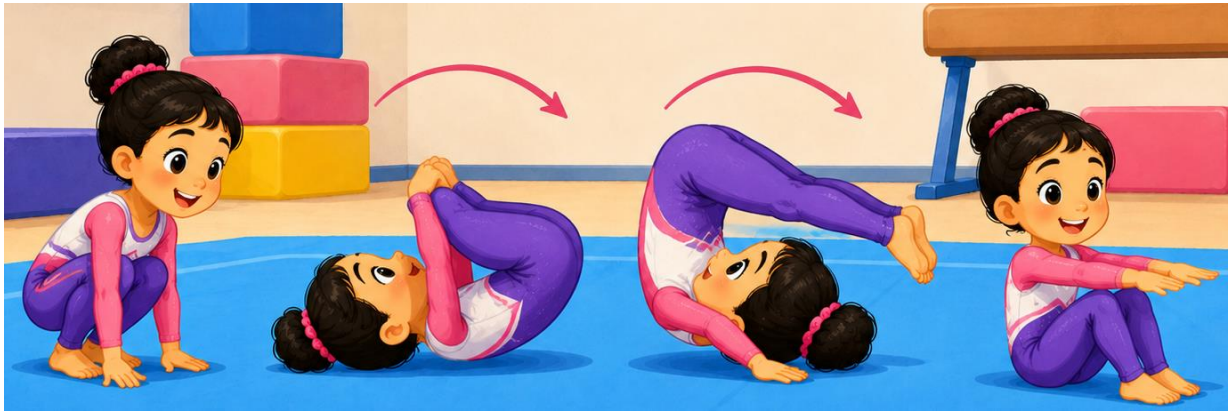
4.1 HAND STAND:

A hand stand is the act of supporting the body in a stable, inverted vertical position by balancing on the hands.

In a basic hand stand, the body is held straight with arms and legs fully extended, with hands spaced approximately shoulder width apart.



4.2 BACKWARD ROLL:



Perform backward roll by tucking the knees inward and pushing up on the hands to lift the hip and land on the feet.

Learn to stretch the neck, back and wrists before executing a backward roll. We may start exercising gymnastics when the child is three years old.

4.3 CART WHEEL:



1. Stand erect
2. Bend right - Keep the right palm on the floor
3. Lift the legs upward
4. Come back to standing position.

5. YOGASANAS



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

WHY YOGASANA?

1. Asanas give sufficient exercises to the internal organs of the body.
2. Yogasanas have a greater impact on the mind and the senses.
3. One who performs Yogasanas looks younger in age and lives longer.
4. The blood is purified.
5. The expansion of lungs increased.



SARVANGASANA
(SHOULDER STAND)

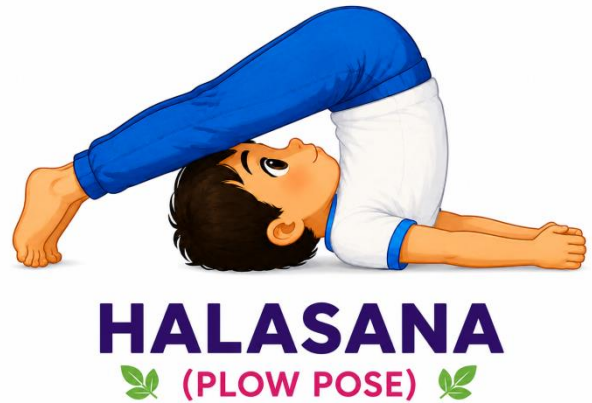
BENEFITS OF YOGASANA?

6. Yogasanas keep the body flexible.

7. One who practises Yogasanas becomes morally good.

8. Yogasana promotes intellectual development.

9. Diseases like constipation, gastric trouble, diabetes, blood, pressure, headache, etc, can be cured by practising Yogasana.



SUITABLE AGE FOR YOGASANAS:

10. There is no restriction of age and gender for Yogasana aspirants.

11. Early morning is the ideal time for practicing yoga.

12. Before practicing yoga, the bowels and the bladders should be emptied.

13. Asanas should be practised on a mat or a carpet.



14. One should remain silent while practicing Yogasanas.

15. The performer of asanas should take light food.

YOGASANA IS A BOON FOR US:

16. Women should not practise asanas four month after conception, four months after delivery and during menstruation.

17. Practicing many asanas on the first day should be avoided.

18. After practising Yogasanas, savasana should be performed at the end.



CHAKRASANA
🌿 (WHEEL POSE) 🌿

5.1 SARVANGASANA

INSTRUCTION:

1. Lie on the back with the body fully stretched.
2. Slowly raise the legs together.
3. Raise the legs, hip and the trunk to a vertical position.
4. Support the back with both the hands as shown in the picture.
5. Keep this position for 3 minutes and come back to position.



BENEFITS:

1. This asana diverts the flow of blood into the thyroid glands.
2. It supplies abundant flow of blood to all the roots of the spinal column.
3. It eliminates kidney troubles and the diseases of the urinary bladder

5.2 HALASANA

INSTRUCTION:

1. Lie flat on the back with arms stretched by the side.
2. Place the legs together and keep them straight.
3. Raise the legs up slowly and place the legs over the head.
4. Keep the knees and legs straight as shown in the picture.
5. Keep this position for two minutes and come back to position.



HALASANA
(PLOW POSE)

BENEFITS:

1. This asana strengthens the abdominal muscles.
2. It cures constipation, gastric troubles.
3. As it stimulates blood circulation, the face becomes bright and youthful.
4. It makes the spine flexible and elastic.

5.3 DHANURASANA

INSTRUCTION:

1. Lie prone on the stomach, facing downward. Keep the arms on both sides stretched.

2. Bend the legs at the knees.

3. Raise the arms and hold the ankles with the hands.

4. Raise the chest and the head as shown in the picture, and fill the lungs with air

Straighten, stiffen the hands and the legs. Keep this position for a few seconds and come back to position.



DHANURASANA
(BOW POSE)

BENEFITS:

1. This asana gives a good massage to the abdomen.

2. It cures rheumatism of the leg, the knees and the hands.

3. It reduces excess fat.

5.6 TRIKONASANA

INSTRUCTION:

1. Stand erect keeping a distance of about 2 feet between the feet.
2. Raise the arms sideward at shoulder level.
3. Bend the trunk to the left side and touch the left toes with the left hand.
4. Stretch the right arms upward.
5. Then touch the right toe with right hand.

Practice this asana for five times.



BENEFITS:

1. This asana relieves the pain in the joints.
2. It also mobilizes the spinal cord, and the hip.
3. It develops mental power.

5.7 SIRASASANA

INSTRUCTION:

1. Place the top of head on the clasped hands between the elbows.
2. Raise the legs slowly.
3. Keep the heels of the legs upwards as shown in the picture.

Keep this position for a few minutes and come back to position.



BENEFITS:

1. This asana adds to the mental power, improves memory.
2. It stimulates digestive glands.
3. It cures the diseases of the eyes, the nose, the head and the throat.
4. It also cures diseases like diabetes and asthma.

6. 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.

6.1 DISCUS THROW



The discus throw is an event in track and field competition, in which an athlete throws a heavy disc - called a discus - in an attempt to mark a farther distance than his or her competitors.

WEIGHT OF THE DISCUS:

The weight of the Discus for men 2 kg.

For women and junior boys 1 kg.

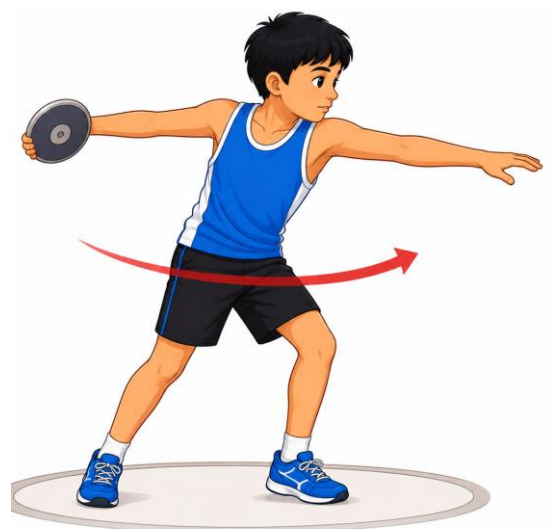
BASIC SKILLS INVOLVED IN THE DISCUS THROW

- i. Holding the Discus
- ii. Preliminary swings
- iii. Body rotation
- iv. The release of Discus

PROPER HOLDING OF THE DISCUS:

The discus should be placed flat against the palm of the hand with the edge held by the first joint of each finger.

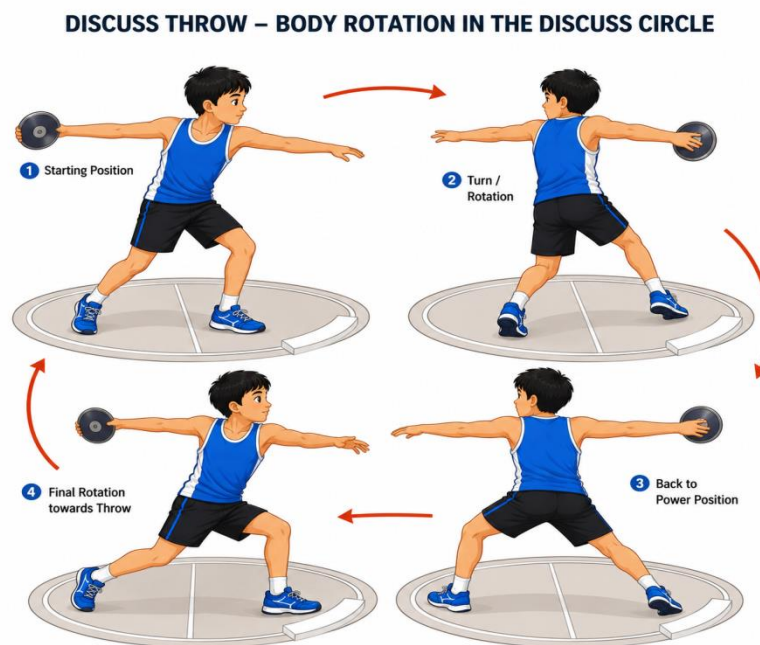
The Fingers are evenly spread to cover as much surface as possible. The thumb should be extended in a straight line with the forearm to secure full balance.



THE PRELIMINARY SWINGS:

The preliminary swings consist of backward and forward movement of the arm with the discus in the palm. Palm facing down during the entire swing. The action of swing helps to add force to the body turn and better throw.

THE BODY ROTATION IN THE DISCUS CIRCLE:



The Discus thrower should turn the body sharply to the left with the right arm fully extended. The rotation should be continued by shifting the weight of the body alternately to left and right foot. No pause should be permitted between the termination of the body turn and the beginning of delivery.

THROW OF A DISCUS:



The thrower should take a stationary position in the circle. The Discus should fall within the 40 degree sector line. After throw, the competitors should leave only from the rear half of the circle. The competitor should take his throw within one minute after a call.

6.3 HURDLES RACE

Hurdles is a type of track and field event. The contestant must negotiate a series of hurdles placed on the track lanes.



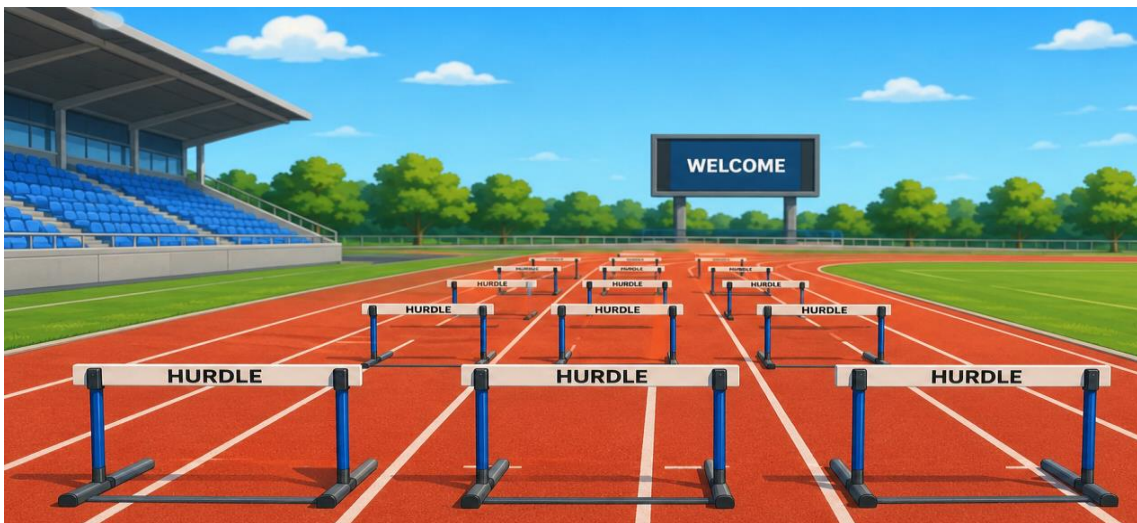
Height of the Hurdle :

For men 0.914 metres and for women 0.840 metres

BASIC SKILLS

- i. Approach
- ii. Skimming over the hurdles.
- iii. Landing

The competitor should run fast as sprint event. When approaches the hurdle, the leading leg moves forward as shown in the picture and the other leg must be brought up laterally over the hurdle. The coordination of all the parts of the body is needed for a successful clearance of the hurdle.



Important Rules Are To Be Followed:

- i. All the hurdlers should run to their own lanes through out the race.
 - ii. If a hurdler deliberately knocks down any hurdle by hand or feet he will be disqualified.
 - iii. The hurdler is not disqualified if his body brushes against the hurdles.
 - iv. Every hurdler should clear ten hurdles in a race.
 - v. All track rules will be applicable to the event of hurdles also.
-

7. MAJOR GAMES

7.1 BADMINTON

Badminton is a game with rackets in which a shuttle cock is hit back and forth across a net.



Although it may be played with larger teams, the most common forms of the game are "singles" (with one player per side) and doubles (with two player per side).

Formal games are played on a rectangular indoor court points are scored by striking the racquet and landing it within the opposing side's half of the court.

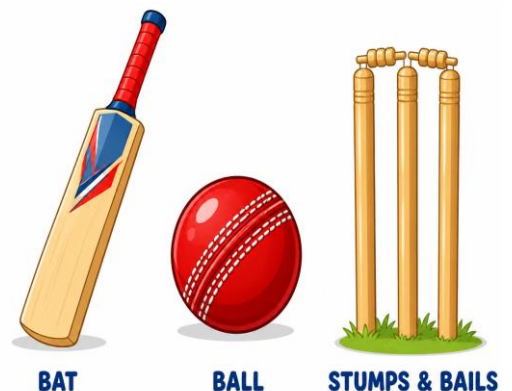
1. Badminton service
2. Basic stance
3. Defensive high clear
4. Drop shots
5. Smashing etc.,



7.2 CRICKET

Cricket is a bat and ball game played between two teams of eleven players each on a track Cricket field. There is a 22 yard long pitch with a target called the wicket at each end.

Each phase of play is called an innings during which one team bats, attempting to score as many runs as possible, whilst their opponents field.



Depending on the type of match, the teams have one or two innings and when the 1st inning ends; Except in matches which results in draw, the winning team is the one that scores the most runs, including any extras gained.

BASIC SKILLS:

1. Batting
2. Catching
3. Wicket keeping
4. Fielding etc.,



BATTING SKILLS:

- (i) Preventing the ball from hitting the wicket.
- (ii) Avoiding being hit in the legs in front of the wicket.
- (iii) Avoid hitting catches to any fielders.
- (iv) Avoid being hit by the ball in a way that might cause injury.
- (v) Hitting the ball with the bat with precise placement, timing and strength to avoid fielders.
- (vi) Judging when it is safe to take a run, and taking the run.

BOWLING SKILLS:

Bowling is the action of propelling the ball toward the wicket defended by a batsman. A player skilled at bowling is called bowler.



CATCHING SKILLS:

When batsman hits the ball high, the fielders try to catch the ball, aiming to make the batsman out.



GOALS OF BOWLING:

- (i) Get batsman out.
- (ii) Prevent batsman from scoring runs.



WICKET KEEPER :

The wicket keeper's major function is to stop deliveries that pass the batsman.



7.3 KABADDI



Kabaddi is an Indian game. Each side shall consist of 12 players, seven players shall take part in the game as a team and the remaining five players shall be the substitutes.

DURATION:

A match shall be two halves of 20 minutes each with 5 minutes rest.

SCORING:

Each side shall score one point for every opponent out or put out. The side which scores a "Lona" shall score two points extra.

The side which scores the highest number of points at the end of the game shall be declared winner.

FUNDAMENTAL SKILLS:

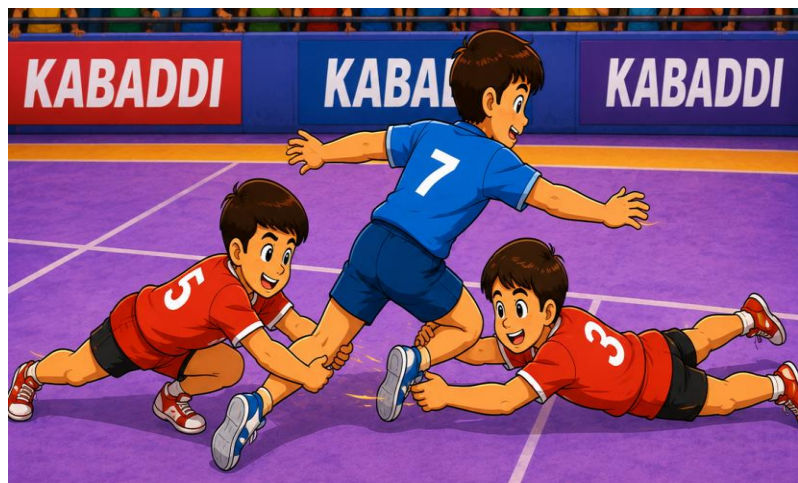
1. Offensive Skills:

- (i) Toe touch
- (ii) Forward Kick
- (iii) Back Kick
- (iv) Side touch



2. Defensives skills:

- (i) Wrist catch
- (ii) Ankle catch
- (iii) Knee catch
- (iv) Thigh catch
- (v) Waist catch etc.,



8. SPORT RHYMES

8.1 SWIMMING

Fluttering feet, stroking arms,
Propel one on the water surface
Dare not watch the other Swimmer,
Concentrate to win the race.



8.2 TABLE TENNIS

Table tennis is an interesting game
We are ready to entertain
We have guts to win the game
No matter whatever opponent
claim





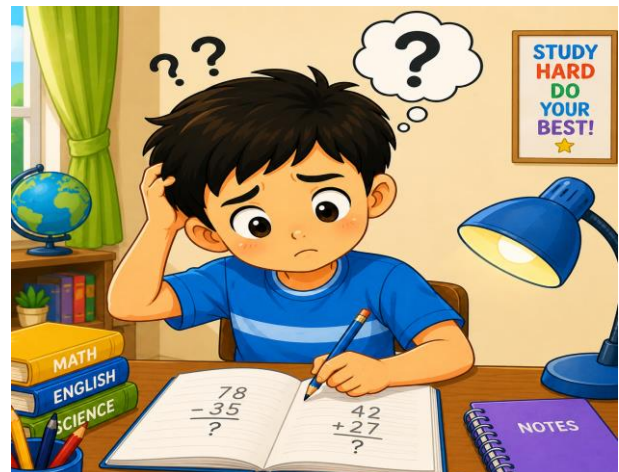
Don't think we can't play, man!
 We have to play with our plan
 Winning or losing is part of the game.
 Participation is more important forget
 not Jee!

8.3 ROUTINE OF A DAY



I am an early bird; to see the dawn
 of the world
 I do attend, all the natural calls
 I brush my teeth; and have a bath,
 Next I go for the prayer of oath

I thank god; and Pray for all
 To keep us perfect without a fall
 I sit to complete all my home task
 Before no one to ask



I take food and dress up myself
I expect not mummy's help
I walk upright smart and straight
To reach my school in time all right



I listen the class with a note and a
pen
To catch their words and deeds so
keen
I stand first to answer the Quest
I go ahead to achieve the next



We hear the bell proclaiming the
drills
Is it not really a thrill
You play, I play everyone play
This day gives me a life of gay.



8.4 COME OUT TO PLAY

Ball Ball! Foot ball
you and I are very tall
Stick! stick! Hockey stick
See, I am always brisk



Daily go for meditation
It relieves for stress and tension
Rosy you play tennikoit
It will reduce your body weight

Don't struggle in the dark world
Come out to play in the open field



9. MINOR GAMES

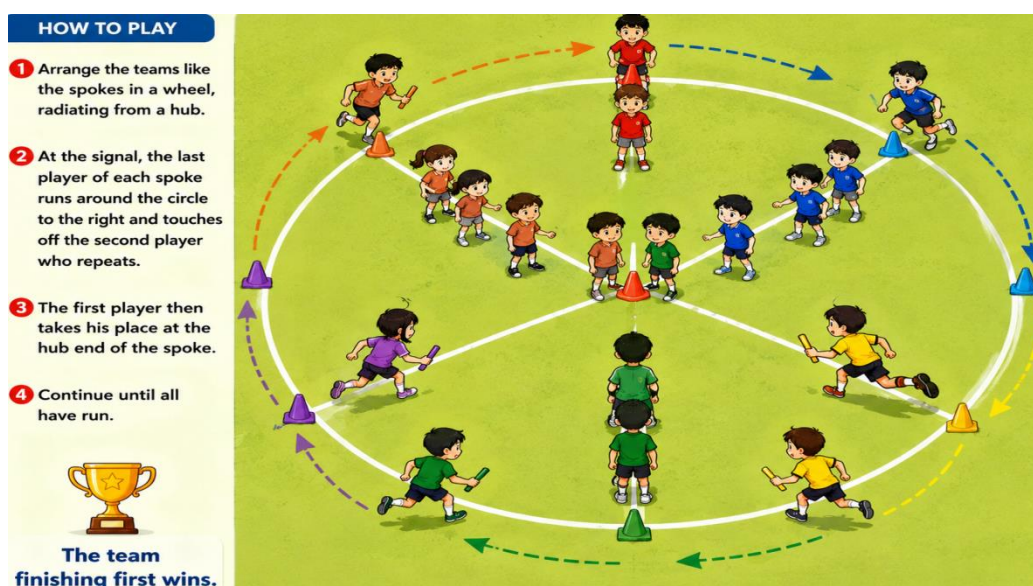
Minor games are games of low organisation which involve simple skills and a few rules. They require a few or no equipment. A little area and a short duration of time. They can be adapted to any situation and can be played by different age groups.

9.1 CIRCLE RELAY

For the Master:

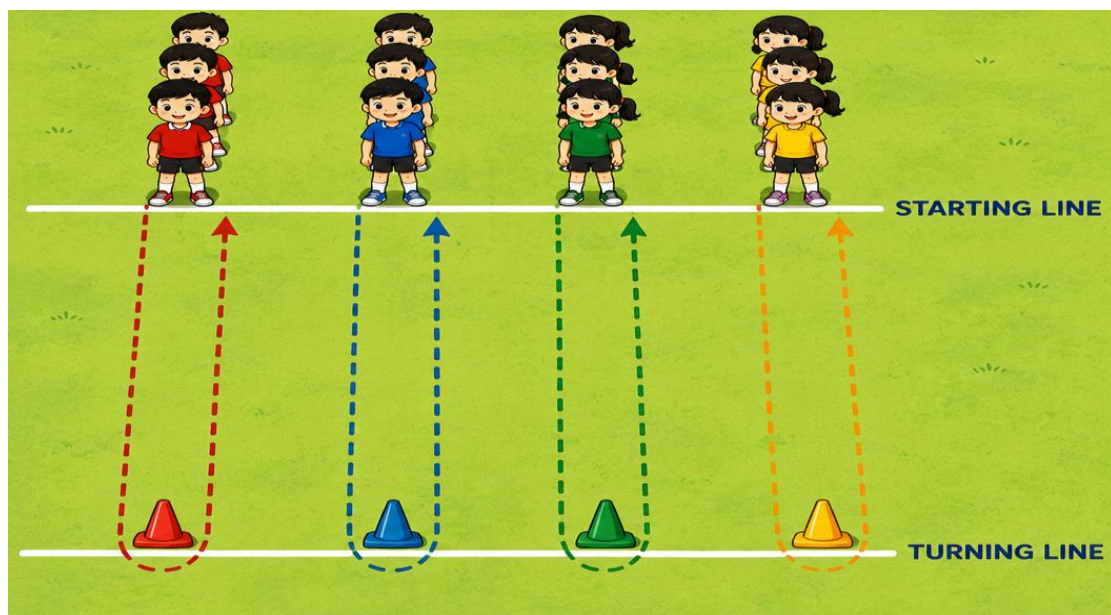
This is a good type of relay when space is too limited for straight - away races. Arrange the teams like the spokes in a wheel, radiating from a hub. At the signal, the last player of each spoke runs around the circle to the right and touches off the second player who repeats.

The First player then takes his place at the hub end of the spoke. Continue until all have run. The team finishing first wins.



9.7 JUMPING ON BOTH FEET RELAY

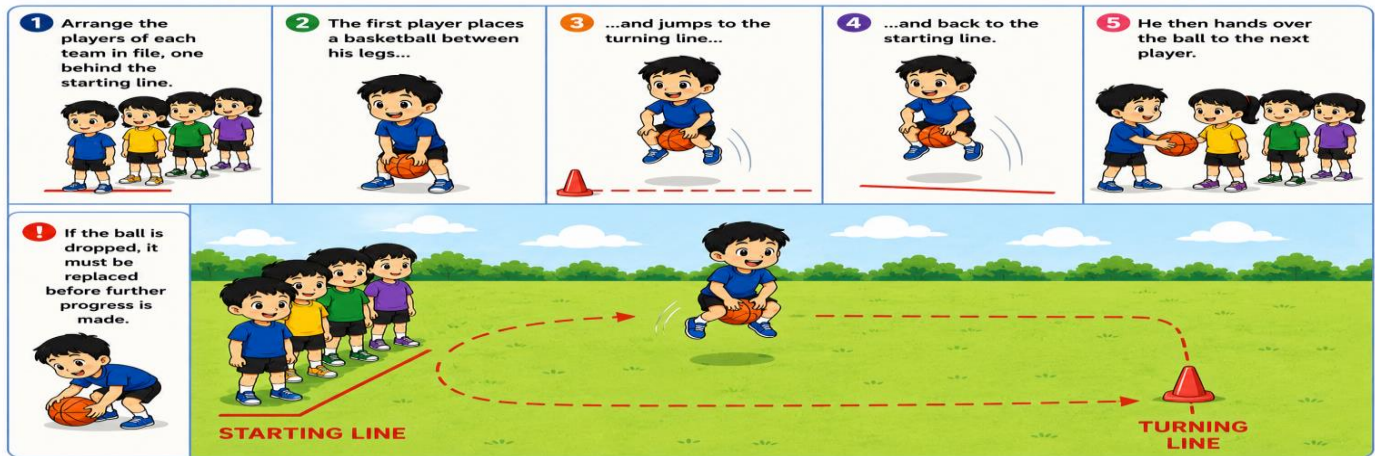
Arrange the teams in parallel files facing the starting line. At signal, the first player of each team jumps on both feet to the turning line, and returns by jumping on both feet to the starting line, and touches off the second player, who continues the game. The team finishing first wins.



9.8 KANGAROO - JUMPING RELAY

Arrange the players of each team in file, one behind the starting line. The first player places a basketball between his legs and jumps to the turning line and back to the starting line. He then hands over the ball to the second player. If the ball is dropped, it must be replaced before further progress is made.

8 KANGAROO - JUMPING RELAY



10. 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".

VEGETABLES AND FRUITS:

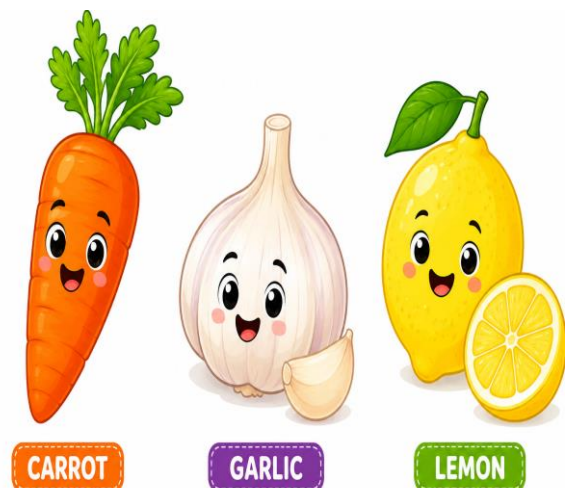
Apple is rich in phosphorus and iron. Hence it provides excellent brain tonic, it sharpens memory.

Bitter Gourd purifies blood and reduces sugar level in the blood. As it generates heat in the body, one should not take excessive quantity of this vegetable.

Carrot, a vegetable with a sweet reddish or yellowish tapering root, is rich in vitamin E. It generates fresh blood and provides glow to the skin. Fresh carrot juice is applied on the skin to treat burns.

Date, the fruits of the date, are rich in iron, they increase muscular weight when eaten with ghee.

Fibre in diet helps to prevent ulcer, an open sore in skin or mucous membrane and colon (greater portion of the large intestine) cancer.



Green leafy vegetables and drumstick are rich in fibre. Lack of fibre causes constipation - the root cause of many diseases.

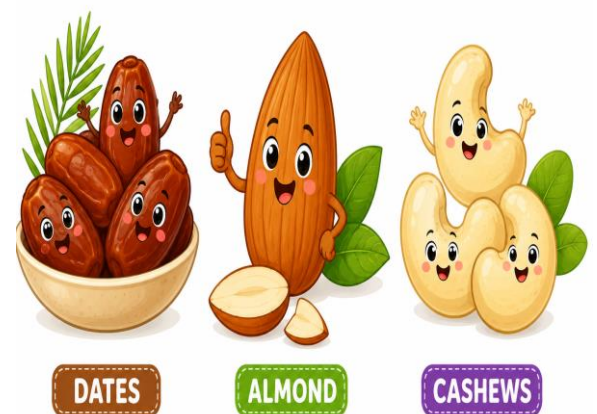
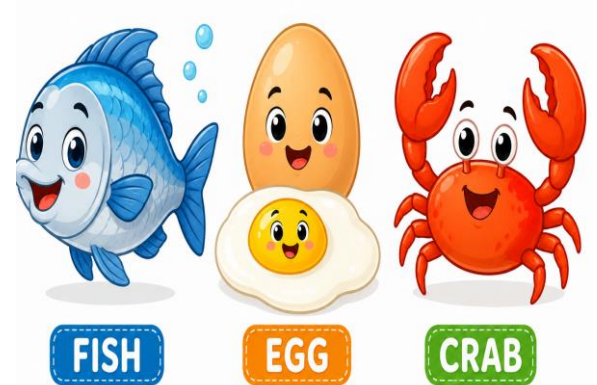
Garlic, a bulb with a strong taste and smell, is believed to lower blood pressure and blood cholesterol. Regular consumption of garlic protects us from cold.

Honey is full of essential nutrients. It works as the perfect pick-up, when your energy levels are down.

Lemon, a citrus fruit contains vitamin C, potassium, and calcium. It is good cough reliever.

Milk is the only complete food for the baby. It is the only source of vitamin B in the diet of vegetarians. It can be consumed in many forms as curd, panner, cheese, milk, shakes, and ice cream.

Nuts, which include groundnuts, almonds, cashew nuts, walnuts and peanuts are rich in minerals, proteins and fats. Nuts are useful in treating the common cold.



Oats help to remove bile acids. It has the potential to lower blood cholesterol, stabilise blood sugar levels and combat inflammation.

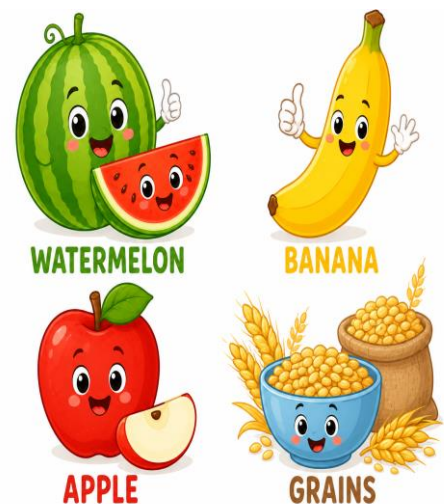
Potato is known as 'King of Vegetables', It is rich in protein, vitamin C, Carbohydrates, iron and amino acids. Diabetics, heart patients and patients with high blood pressure should avoid eating potato.



Radish, a white or red root is eaten raw in salads. It is useful for removing stones in kidneys and gall bladder. Its hot effects help in quick digestion and cold effects keep skin soft and glowing.

Spinach, a vegetable with juicy leaves, thick and fleshy is a rich source of iron. Hence it is used for iron deficiency variety of anaemia (bloodlessness). It cleanses the blood and clears up skin eruptions.

Spinach is used in various soups, cooked vegetable forms, mixed vegetables and juice forms.



Watermelon is rich in protein, carbohydrates, sugar, iron, phosphorus and calcium. A large sweet fruit with much juice it provides 16 calories of energy. Watermelon is used in Chinese and Ayurvedic medicine.



Yoghurt is high in calcium and phosphorus that are vital for strong bones and teeth. It contains vitamin B2 that helps release energy from food, and B12 that is essential for a healthy nervous system. It lowers cholesterol.

Supported by:

MANAGEMENT COMMITTEE

Mr. G.NAGARAJAN, B.A.,(FOUNDER)

Mrs. N. BRAHADAMBAL, B.A., (CORRESPONDENT)

Rtn.Dr. N.MURALIDHARAN, M.A., M.Phil, B.Ed.,D.Litt,(USA)(PRINCIPAL)

Mrs. S.ARUNA MURALIDHARAN, M.Sc., B.Ed., M.Phil,(VICE-PRINCIPAL)

ADMINISTRATIVE COMMITTEE

NALLASIRIYAR Mrs. R.KAMALA, B.Sc., B.Ed., (VICE - PRINCIPAL)

NALLASIRIYAR Mrs. N.VIJAYALAKSHMI, M.A., B.Ed., (VICE - PRINCIPAL)

Mrs. S.BHUVANESHWARI, B.A., B.Ed.,(VICE-PRINCIPAL)

NALLASIRIYAR Mr. A.RAJADURAI, M.Sc., M.Phil., B.Ed., (CO -ORDINATOR)

Mrs. V.KAVITHA, M.Sc., B.Ed., (CO-ORDINATOR)

First Edition : JUNE 2026

Edited By:

Mr. S. SARAVANA THAMIZHAN, M.E.,

Ms. S. NIRANJANA, B.Sc.,

Copy Right:

**NEW BHARATH EDUCATIONAL AND CHARITABLE TRUST,
THIRUVARUR**

Publication:

NEW BHARATH SIRAGUGAL.

