

NEW BHARATH MATRICULATION HIGHER SECONDARY SCHOOL
THIRUVARUR

STANDARD - 5

PHYSICAL EDUCATION

YOGA AND

HEALTH EDUCATION

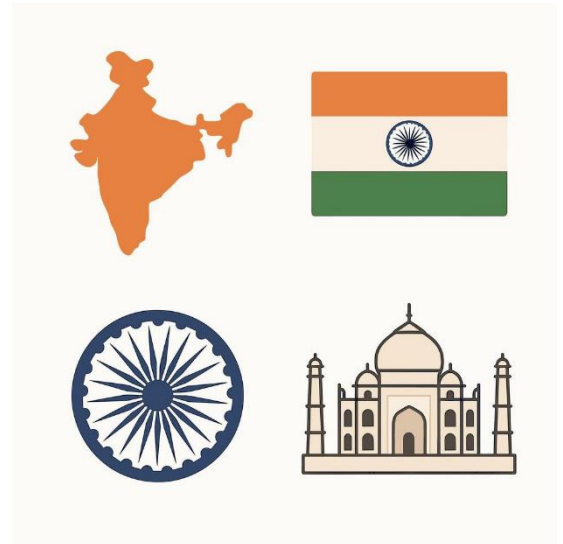


THE NATIONAL ANTHEM

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

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1. WARMING UP EXERCISES

Where you are novice or an expert it is essential to warm up and stretch your muscles before involving any vigorous activity. Hence is a basic warm-up routine is necessary before a work-out session, your basic warm up should last between 5 and 10 minutes.



Jogging:

Jogging is an activity of running at a gentle pace as form of physical exercises. Some gentle jogging for a few weeks before the event can prevent any aching of stiffness.



2. Physical Education

Physical Education, help us stay fit, active, and healthy. These activities make our body strong and our mind calm.

Physical Education (P.E.) includes games, exercises, running, jumping, and sports activities.



Benefits of Physical Education:

- Keeps the body strong and healthy.
- Increases confidence and discipline.
- Builds strong muscles and bones
- Improves fitness and flexibility
- Develops teamwork and leadership
- Enhances concentration and confidence
- Promotes healthy habits

Physical Education Activities for Kids

- Warm-up exercises
- Running and jogging
- Relay races
- Jumping activities
- Mass drills
- Team games
- Stretching exercises
- Balance and coordination activities



3. 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.

3.1 HASTA PADASANA

HASTA PADASANA



INSTRUCTION:

1. Stand erect and arms upward.
2. Breath out and bend down without bending the knees.
3. Place the palms on the ground as shown in the picture
4. Touch the knees with the forehead keeping knees straight.

BENEFITS:

1. This asana cure the abdominal diseases.
2. It strengthens the chest and the hands.
3. It cures the diseases of the toes.

3.2 Rajah Kapotasana



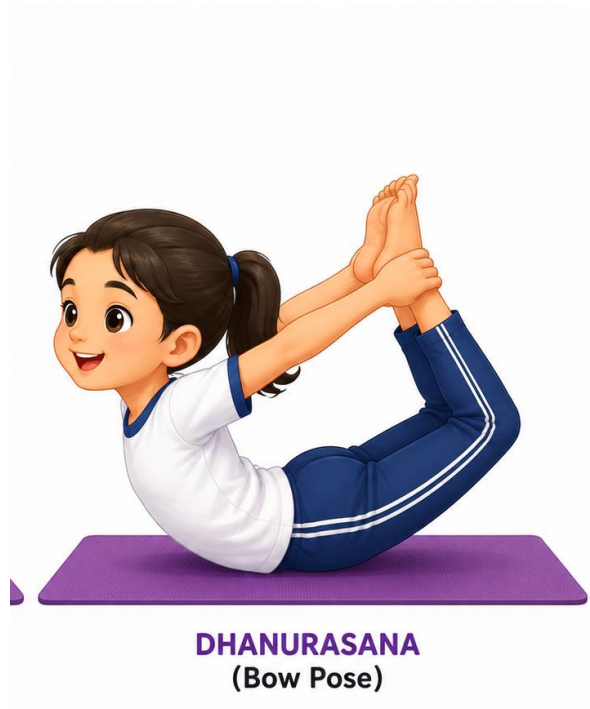
Introduction

1. It is a back-bending and hip-opening asana.
2. The pose resembles a pigeon with its chest lifted proudly.
3. It requires flexibility, balance, and concentration.
4. This asana is usually practiced after warming up the body properly.
5. It is included in intermediate and advanced yoga practice.
6. Rajah Kapotasana helps connect the body and mind through controlled breathing and posture.

Benefits of Rajah Kapotasana

1. Improves flexibility of the hips, spine, chest, and shoulders.
2. Strengthens the back muscles and improves body posture.
3. Enhances concentration, balance, and mental relaxation.

3.3 Dhanurasana (Bow Pose)



Introduction

1. It is a backward-bending yoga asana that stretches the entire body.
2. The pose is performed by lying on the stomach and holding the ankles with the hands.
3. Dhanurasana improves flexibility and strengthens various muscles of the body.
4. Regular practice of this asana helps improve physical fitness and concentration.

Benefits of Dhanurasana

1. Strengthens the back, shoulders, arms, and leg muscles.
2. Improves flexibility of the spine and helps maintain good posture.
3. Enhances digestion, energy levels, and concentration

4. TRACK AND FIELD EVENTS

Track and field Athletics consists 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.



4.1 Sprint Events:



100 m, 200m and 400m races are called sprint events.

The skills involved in sprint events:

1. Starting
2. Strides in running
3. Finishing

Types of Starting methods:

1. The Bunch Start
2. The medium
3. The Elongated start

The Bunch Start:

The runner places the front foot about 19 inches from the starting line and the rear foot about 29 inches from it. This type of start provides a high elevation, a favorable body lean and a faster foot action.

The Medium start:

The runner places the front foot about 15 inches from the starting line and the rear foot about 34 inches from it.

The Elongated Start:

The runner places the front foot about 13 inches from this starting line and the rear foot about 41 inches from it.

Starting of the Sprint Events:

There are three commands that a starter gives while starting the race.

- On your marks
- Set
- Go



4.2. LONG JUMP

The **long jump** is a track and field event in which athletes combine speed, strength and agility in an attempt to leap as far as possible from a takeoff point. Along with the triple jump, the two events that measure jumping for distance as a group are referred to as the "horizontal jumps". This event has a history in the ancient Olympic Games and has been a modern Olympic event for men since the first Olympics in 1896 and for women since 1948.



Technique :

There are five main components of the long jump: the approach run, the last two strides, takeoff, action in the air, and landing. Speed in the run-up, or approach, and a high leap off the board are the fundamentals of success. Because speed is such an important factor of the approach, it is not surprising that many long jumpers also complete successfully in sprints. Classic examples of this long jump / sprint doubling are performances by Carl Lewis and Heike Drechsler.

Fundamental Skills :

There are four basic skills in the long jump events as given below

- ❖ Approach
- ❖ Take off
- ❖ Flight in the air
- ❖ Proper landing



5. SPORT RHYMES

5.1 COME OUT TO PLAY

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



5.2 SWIMMING

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



5.3 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



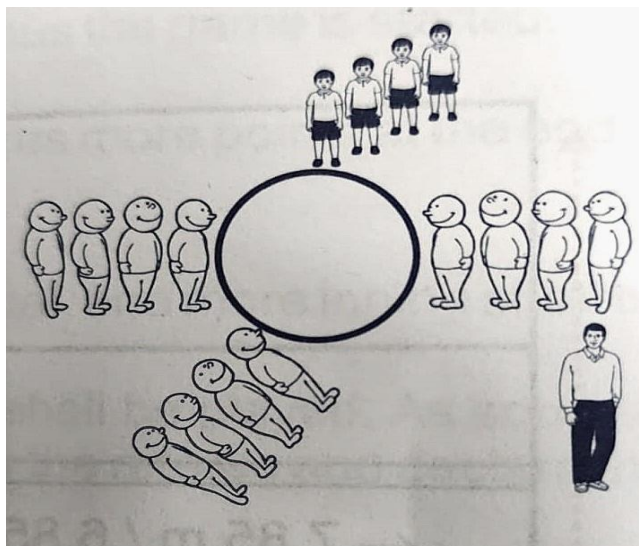
6. MINOR GAMES

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.

6.1 PARTNER SKIP AWAY

All players except two stand in a circle, facing in, arranged in pairs, each pair holding hands. The odd pair is 'It'. 'It' runs around the circle and tags the joined hands of one of the pairs in the circle. 'It' immediately turns around and runs around the circle in the opposite direction.

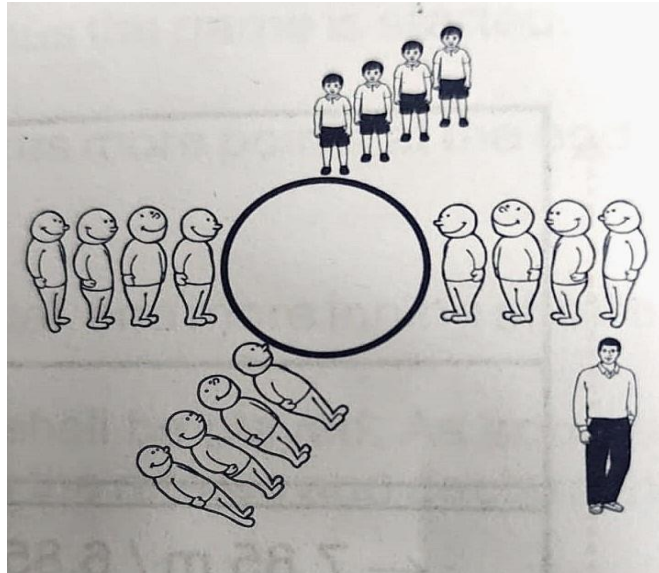
The pair tagged runs around the circle in the direction opposite to that taken by it. The pair reaching the vacant space first wins. The other pair becomes 'It' and continues the game.



6.2 SPOKE RACE

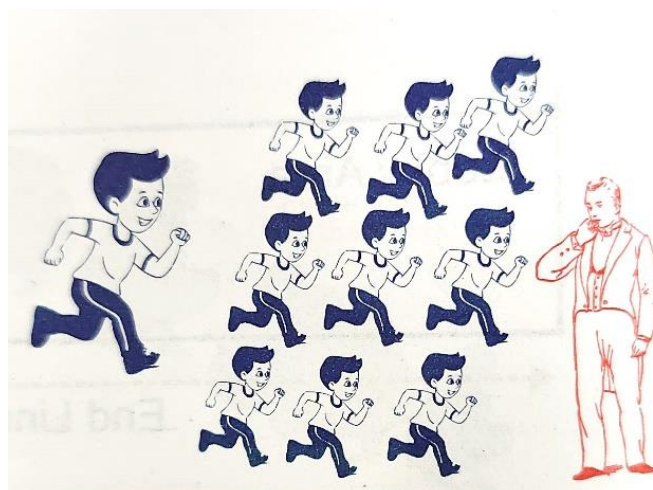
Divide the players into teams of five to eight, and arrange the teams as in the spokes of a wheel. At the signal the first player of each team runs around the circle to the right. The one reaching his original position first scores one point for his team.

At the next signal the second player of each team runs around the circle to the right. The one reaching his original position first scores one point for his team. Continue until all have run. The team which gets more points wins.



6.3 OSTRICH 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 arm under the knee of the leg raised in the air and grasping the nose. When 'it' is not near, they run. Each player may use this method of escape three times, and then they may escape only by running. Anyone who is tagged becomes 'it' and the game continues.



6.4 Double Hobble relay



Arrange the teams in file behind the starting line in pairs. The players place the inside arm around each other's shoulders and grasp the ankle of the outside foot raise backward with the hand. At a given signal, the pair hop to the turning line and back and sets off the next pair.

While the first pair hops to the turning line and back, the second pair gets into position to start. If players lose their starting position while hopping, they must stop and resume this position before continuing the race. The team finishing first wins.

6.5 HUMAN WHEEL BARROW RELAY



Arrange the teams in file behind the starting line in pairs. At signal, the first places his hands on the floor, the second player grasps his ankles and lift his legs as shown in the picture.

In this position they travel to the turning line. The front player.Travelling on his hands. On reaching the turning line they reverse their positions and return, touching off the second pair who repeat.

7. 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.

Health: Health is defined as a state of complete physical, mental and social well-being. The mere absence of a disease alone cannot be considered as health.



Physical health: Denotes the normal functioning and growth of all parts of the body and also the body as whole.

Mental health: Denotes self-satisfactions, self-control and self-adjustment of an individual.

Social health: Denote the ability an individual to adjust with the society.

The factors which determine the health of an individual are:

1. Nature of one's genes,
2. Environment in which one lives
3. Economic status
4. Lifestyle
5. Health care



Disease: The word disease in the literal sense means uneasiness to the body. Diseases can be caused by a number of factors like.

1. Infections
2. Malnutrition
3. Congenital defects
4. Endocrine disorders
5. Development of tumors
6. Allergic conditions etc.

7.1 NUTRITION AND HEALTH

The Role of Food in Maintenance of Good Health

Food plays a fundamental role in maintaining good health by providing the necessary energy, nutrients, and chemical compounds for the body to function, grow, and heal. Key roles include:

- **Supplying Energy:** Carbohydrates, fats, and proteins provide the energy required for daily physical activities, metabolism, and bodily functions like breathing.
- **Growth and Repair:** Proteins are vital for building, repairing, and maintaining tissues, muscles, and organs.
- **Immune System Support:** Vitamins (A, C, E) and minerals (zinc, selenium) boost the immune system, helping the body fight infections and diseases.
- **Preventing Chronic Diseases:** A balanced diet, rich in fruits, vegetables, and whole grains, reduces the risk of noncommunicable diseases (NCDs) like heart disease, diabetes, and certain cancers.
- **Maintaining Physiological Functions:** Nutrients regulate vital processes such as metabolism, blood pressure control, and cholesterol levels.
- **Digestive Health:** Fiber-rich foods support digestion and prevent conditions like constipation.



A Few Communicable Diseases

Communicable diseases also known as infectious or contagious diseases, are caused by microorganisms like bacteria, viruses, parasites, and fungi that can spread from person to person or via animals/vectors.

Common examples include:

- **Respiratory Infections:** COVID-19, Influenza (Flu), Tuberculosis (TB), Pertussis (Whooping Cough), Pneumonia.
- **Vector-borne Diseases:** Malaria, Dengue fever, Zika virus, Chikungunya.
- **Waterborne and Foodborne Diseases:** Cholera, Typhoid fever, Hepatitis A, Salmonellosis.
- **Sexually Transmitted and Blood-borne Diseases:** HIV/AIDS, Hepatitis B and C, Syphilis, Gonorrhea.
- **Skin/Direct Contact Diseases:** Scabies, Ringworm, Leprosy.

7. 2 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, paneer, 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 anemia (bloodlessness). It cleanses the blood and clears up skin eruptions. Spinach is used in various soups, cooked vegetable forms, mixed vegetables and juice forms.



Tomato is a juicy fruit, usually red, sometimes yellow. It contains vitamins A, B, and C, potassium salt and iron. It is a Wood purifier. Both in cooked and raw form it is tasty.

8. SAFETY EDUCATION

Causes of accidents

1. Driving faulty vehicle
2. Absent mindedness
3. Over confidence
4. Carelessness
5. Hurriedness
6. Ignorance
7. Inefficiency
8. Forgetfulness
9. Harsh driving etc.



The safety measures to be adopted at home

1. We should keep the medicines, insecticides etc. beyond the reach of the children.
2. Sharp materials like blade, knife, needle, axe, etc. should be kept in a locked room.
3. Toilet and bathroom should be kept neat and clean always to avoid slippery.
4. We should not permit the children to play near the deep pits or wells.
5. It is better not to permit children to handle electric materials, gas stove etc.
6. It is good to wear cotton dress materials while cooking.

The points to be borne in mind while walking on the road

1. We should walk only at the left extreme of the road always.

2. Road rules should be followed very strictly.

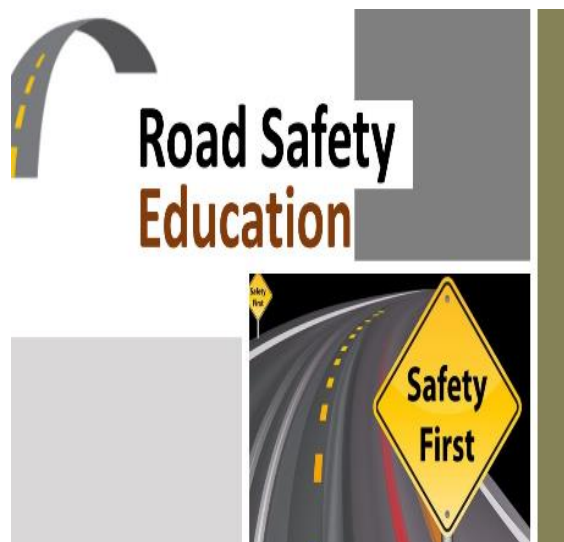
3. We should remove the rough materials like skin of plantain fruit, iron rod, glass pieces, etc. if found on the road.

4. We should use the one way traffics and under ground passage without fail.

5. We should check the vehicle whether in good condition, before use.

6. We should see the right side first, then at the left side before crossing the road.

7. We should not see here and there (looking the posters on the wall etc.) while walking on the roads.



The safety measures to be taken at school

1. Play field should be maintained properly, removing thorns and stones, ups and downs etc.

2. Playing courts except kho-kho field should be constructed mostly towards south to north to avoid sun rays.

3. Protected water should be supplied to the children in the school.

4. We should check the play materials whether in good condition, before use.

5. Long jump, high jump pits should be filled up with sand sufficiently.

6. Foam mattress should be used while practicing gymnastic exercises.



7. In the science lab, the chemicals should be handled very carefully.

8. School buildings and furniture should be maintained properly. Conducting classes in the damaged buildings should be avoided.

**“Fitness and Safety Begin
with
Awareness and Practice.”**

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