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UNIT 1

Importance of Physical Education and Well-being

In this unit, we will discover how regular physical activity can make us feel good and help us get along with others.

Here's what we will do:

1. **Games and Fun Activities:** We will play lots of fun games and have interesting discussions.
2. **Looking after each other:** We will learn to stay together, grow together and be happy for each other. We will also learn and explore how doing all that can make us happier, physically & mentally stronger and more successful.
3. **Safety First:** We will find out ways to: • stay safe while playing • avoid injuries • create a healthy environment for everyone.

There are some traditional games which are best to inculcate different values and cultural understanding. Also, they help in making a player fit and alert. Let's explore!

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Ice Water

Ice Water is a traditional game of togetherness. In this game, while having fun you will rescue teammates and support each other, despite being on standby. Play and Enjoy!

Warm-up	Activity	Cool-down	Circle Time
Torso Twist Squat Quadriceps Stretch	Ice Water	Floor Touch Calf Stretch Side Lunges Stretch	Being Together

How to play?

- Select a "Denner" who will chase other players in the game.
- If a player gets tagged 'ice' by the Denner, then that player must immediately freeze (stand still) at that place.
- To unfreeze a player, another player has to touch that player (frozen player) and say 'water'.
- The game can continue until all the players are frozen or for the game time is over.
- If one player gets tagged 'ice' more than three times then that player will becomes the Denner.

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Circle Time – *Being Together*

Discuss with your classmates, how will you feel if you are not allowed to play for the next 7 days and why?

Playing together makes you feel good and gives you joy.

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Seven Stones

Seven Stones is a local game played across India with different names. Such as *Satolia, Lagori, Pitthu, Norgoloi*, etc. It combines elements of agility, strategy, and teamwork, making it a popular outdoor activity enjoyed by both children and adults. Let's play and grow happily together!

Warm-up	Activity	Cool-down	Circle Time
Side Walk Back Walk Jogging Drills	Seven Stones	*Pashchimottanasana*	Growing Happily

How to play?

- Make two teams.
- Pile stones one on top of another and mark a line approximately 15 feet away from the stack.
- The first team will send a player to strike the stack in three chances.
- The fielding team places one player on the other side of the stack and if this player catches the ball directly thrown by the first team player, then that player will be out.
- The player from the first team will strike the stack and their teammates will run to put back the stack and yells *lagori, satolia* or *pitthu* or any other name of the game that is popular in the area.

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- If any player is striked out from the ball by the fielding team, then that player will be out and the game resumes.
- If the team yells before stacking all the stones, the full team will be out.
- And if the striking team put the stack back and yells before anybody gets out then they will get one point for that.

Circle Time – *Grow Happily*

Prepare a list of things or enlist the things, while playing the game of *Seven Stones*. You like the most or enjoyed the most and the things you didn't enjoyed at all.

Playing helps you to be active and stress free

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Aerobic Exercises

Aerobic Exercises are activities that increase heart rate and breathing for long periods. In these activities, we will learn to have fun while exercising. Let's explore different combinations of fun exercises!

Warm-up	Activity	Cool-down	Circle Time
Leaping and skipping jumps Hip and Pelvic Muscle Stretch	Aerobic Exercises	Arm Swingings Shoulder Shrug	Growing Strong

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How to play?

- Aerobic exercises combine rhythmic dancing moves with energetic music to create a dynamic and entertaining aerobic workout that requires oxygen for extended periods and hence, promotes heart health, endurance, and general fitness. Explore different aerobic exercises with the help of your teacher.



Circle Time – *Growing Strong*

Write a note on how regular aerobic exercises reduce panting?

Bones and muscles grow stronger if you exercise regularly and eat healthy food.

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Follow Me

Remember how we enjoy mimicking some character or person? It is fun to do with movements as well. Follow Me is a game of mimicking. Let's make a mirror image of each other's movement and have fun!

Warm-up	Activity	Cool-down	Circle Time
Sliding and Galloping Knee Hug and Quadriceps Stretch	Follow Me	Forward Lunges and Backward Lunges	Helping each other

How to play?

- Select one member who will demonstrate a different movement and others will follow.
- Now imitate the movement or directions, you just saw
  Example:- Animal walks, body rolls, jumps, stretches, balance on one leg.
- Switch the role after a set time. Everybody gets the chance to demonstrate different movements.

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Circle Time – *Help each other*

Share an instance with your classmates where you went out of the way to help someone, although that was inconvenient for you but you still felt good about it. Why?

Playing together helps in creating an emotional and social bond. You share values like fair play, following rules and respecting each other's performances.

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Number Game

Number Game has been adopted from the local game *Rumaal Jhapata*. Recall when you played the game with your friends.

Warm-up	Activity	Cool-down	Circle Time
Squat Floor Touch Calf Stretch	Number Game	Overhead Triceps Stretch Side Lunges Crossed Leg Toe Touch	Treating each other well

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How to play?

- Form a circle. Make two teams.
- Place a cone or marker in the centre.
- Players from both the teams will be assigned with same numbers. For example: 1 to 10 to team A and 1 to 10 to team B.
- Start moving in the circle as instructed by the teacher like jogging clockwise, jogging anti-clockwise, frog jump.
- While moving, teacher will call out a number. Any two players assigned with same number will approach the marker. One who touches the marker gets one point.
- Team with the maximum points will win.



Circle Time – *Treat each other well*

Share your opinion, what will you do if you see someone being treated badly during the play time?

Treat others, the way you wish to be treated.

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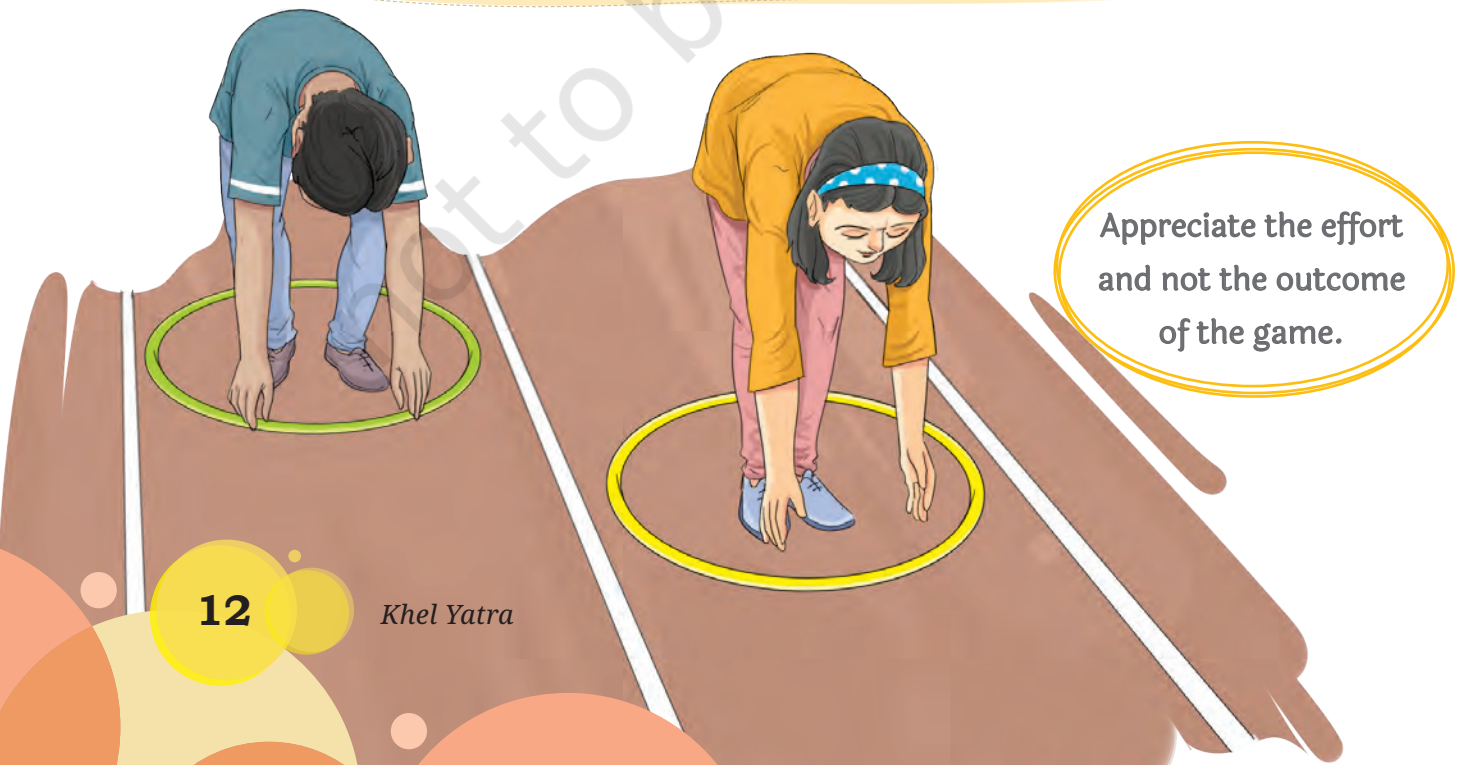
Hula Hoop Jump

Hula Hoop Jump is a game played using a ring. Learn to jump, manipulate and coordinate your body with the ring and be happy for each other

Warm-up	Activity	Cool-down	Circle Time
Shoulder Circles Groin Stretch Hip Circles	Hula Hoop Jump	Torso Twist Floor Touch Hamstring Stretch	Learn to be happy for each other

How to play?

- Make multiple teams.
- First player in each lane will get the hula hoop. Each lane will have one hula hoop, each for one player.



Appreciate the effort and not the outcome of the game.

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- Hoops will be placed on the ground in front of you.
- Start the race by jumping inside the hula hoops with both your legs.
- Lift the hoop off the ground and place it in front of you. Then jump again landing with both feet together.
- Repeat the process until you reach the end point.
- Run back towards the starting line and pass the hoop to your teammate.
- The team that finishes first will win the game.

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Circle Time – *Learn to be happy for others*

- Imagine, you won a game and everybody was cheering for you, narrate your reaction in the form of a poem.
- Have you ever, appreciated the opposing team players for their performance?