



Government of Karnataka

Physical Education

7

Seventh Standard

(Revised)

Karnataka Text Book Society (R.)

100 Feet Ring Road,
Banashankari 3rd Stage, Bengaluru-560 085

PREFACE

“If education were identical with information, the libraries would be the greatest sages in the world and encyclopedias would be the rishis. We need life building , man making and character forming education Our country needs men with nerves of steel, muscles of iron and gigantic will which nothing can resist, which can penetrate into the mysteries and secrets of the universe and will accomplish their purpose in any fashion even if it meant going down to the depths of the ocean, meeting death face to face.” – Swamy Vivekananda

Swamy Vivekananda’s concept of education could be realized only when the system of education provides opportunities for the learner to train his/her body on healthy lines, acquire useful knowledge and competence to translate this knowledge into producing useful goods and services and a strong spirit with the power of Dhi.

The first aspect of education is taken care of physical education, health education and yoga. All the three form part of the curriculum recently revised, based on the principles of NCF 2005 and KCF 2007. Physical education has been a part of the curriculum from class I to X. It is made formal from class VI.

Accordingly textbook committees have been formed with representation from universities, colleges and schools. The syllabus for each class includes physical exercises, sports, games and yoga. The textbooks provide practical suggestions to the learners about various physical activities, sports and games. “Learning by doing” has been the guiding principle in each of the activities provided.

It is for the first time that Physical Education has been made an examination subject and CCE is extended to this subject. Procedures of evaluation both summative and formative have been evolved. Teachers are going to be trained in these aspects.

The Textbook Society expresses grateful thanks to the Chairpersons, Members, Scrutinizers, Artists and the members of the State Editorial Board for helping the Textbook Society in producing these books. The Society also thanks the printers for bringing out the books in a very attractive form.

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CHAIRMAN'S NOTE

Physical Education, with its varied topics and activities, has been an integral part of the curriculum, and plays an important role in the life of a student. Physical Education is an indispensable part of education enables the holistic development of the child. Today there are books which have scientifically designed lessons on physical education ways of evaluating it and explanation of the practical and theoretical aspects of the subject. It is a well-known fact that great souls of yore through the practise of yoga and pranayama, could discern all the events of the world seated at one place. The attempts being made today to improve physical stamina and thereby eradicate ailments and bad habits from society are highly appreciable. Efforts are being made through Physical Education to cultivate physical, mental, emotional, intellectual and spiritual awareness among students. The Karnataka government as recommended in the report of Dr.L.R.Vaidyanathan has prepared Physical Education textbooks under the chairmanship of Dr. Anand Nadiger and made physical education an examination subject in primary and high schools from 6th standard to 10th standard. For this to be implemented, trained teachers and proper playgrounds are necessary. The Education department is looking into this matter.

After scrutiny of the prepared study material and topics, the Karnataka Textbook Society, within the framework of NCF- 2005 and KCF- 2007 has, produced revised Physical Education textbooks for classes 6th to 10th. I thank the Managing Director and Co-ordinator of Karnataka Textbook Society for giving me this opportunity to prepare the revised textbook. I hope the text lends itself to easy teaching by teachers and happy learning by students. I welcome all suggestions and opinions regarding the textbook.

This textbook has been produced after fruitful discussions by all the committee members, and their experiences and opinions have been incorporated in the text. I express my gratitude towards all the textbook committee members, the Co-ordinator and the Karnataka Textbook Society officials who extended their whole-hearted support in bringing out this textbook.

**Prof. Shankar Narayan
Chairman**

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About the Review of Textbooks

Honourable Chief Minister Sri Siddaramaiah who is also the Finance Minister of Karnataka, in his response to the public opinion about the New Textbooks from standard one to ten, announced, in his 2014-15 budget speech of constituting an expert-committee, to look into the matter. He also spoke of the basic expectations there in, which the Textbook experts should follow: “The Textbooks should aim at inculcating social equality, moral values, development of personality, scientific temper, critical acumen, secularism and the sense of national commitment”, he said.

Later, for the production of the Textbooks from class one to tenth, the Department of Education constituted twenty seven committees and passed an order on 24-11-2014. The committees so constituted were subject and class-wise and were in accordance with the standards prescribed. Teachers who are experts in matters of subjects and syllabi were in the committees.

There were already many complaints, and analyses about the Textbooks. So, a freehand was given in the order dated 24-11-2014 to the responsible committees to examine and review text and even to prepare new text and review if necessary. Afterwards, a new order was passed on 19-9-2015 which also give freedom even to re-write the Textbooks if necessary. In the same order, it was said that the completely reviewed Textbooks could be put to force from 2017-18 instead of 2016-17.

Many self inspired individuals and institutions, listing out the wrong information and mistakes there in the text, had send them to the Education Minister and to the ‘Textbook Society’. They were rectified. Before rectification we had exchanged ideas by arranging debates. Discussions had taken place with Primary and Secondary Education ‘Teacher Associations’. Questionnaires were administered among teachers to pool up opinions. Separate meeting were held with teachers, subject inspectors and DIET Principals. Analytical opinions had been collected. To the subject experts of science, social science, mathematics and languages, textbooks were sent in advance and later meeting were held for discussions. Women associations

and science related organisation were also invited for discussions. Thus, on the basis of all inputs received from various sources, the textbooks have been reviewed where ever necessary.

Another very important thing has to be shared here. We constituted three expert committees. They were constituted to make suggestions after making a critical study of the text of science, mathematics and social science subjects of central schools (N.C.E.R.T), along with state textbooks. Thus, the state text books have been enriched basing on the critical analysis and suggestions made by the experts. The state textbooks have been guarded not to go lower in standards than the textbooks of central school. Besides, these textbooks have been examined along side with the textbooks of Andhra, Kerala, Tamil Nadu and Maharashtra states.

Another clarification has to be given here. Whatever we have done in the committees is only review, it is not the total preparation of the textbooks. Therefore, the structure of already prepared textbooks have in no way been affected or distorted. They have only been reviewed in the background of gender equality, regional representation, national integrity, equality and social harmony. While doing so, the curriculum frames of both central and state have not been transgressed. Besides, the aspirations of the constitution are incorporated carefully. Further, the reviews of the committees were once given to higher expert committees for examination and their opinions have been effected into the textbooks.

Finally, we express our grateful thanks to those who strived in all those 27 committees with complete dedication and also to those who served in higher committees. At the same time, we thank all the supervising officers of the 'Textbook Society' who sincerely worked hard in forming the committees and managed to see the task reach it's logical completion. We thank all the members of the staff who co-operated in this venture. Our thanks are also due to the subject experts and to the associations who gave valuable suggestions.

Narasimhaiah

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Textbook Review Committee

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Part - I Practical Group Games

Lesson-1



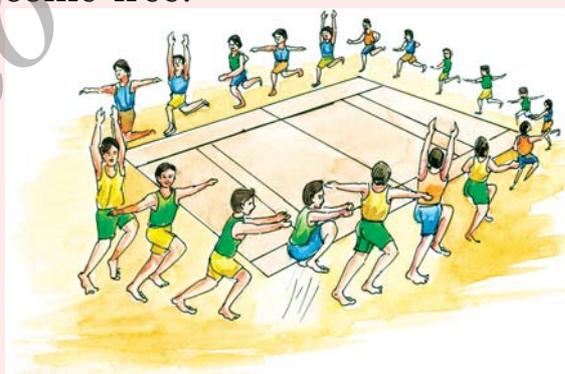
Kabaddi is a game of intelligence and sharpness. You learnt attacking offensive skills like raid, cant, entry, movements of raider, leg movements, leading foot and defensive skills like wrist catch, ankle catch, knee catch, thigh catch, chain catch etc. in the previous class. Here two types of skills are introduced.

1. Offensive skills : Scooping hand touch, combination raid, escape below the chain, anti-pushing tactic.

2. Defensive skills : Pushing tactics, chain catch.

Now let us learn the skills of lead-up activities.

Students should go around the kabaddi court by hoping, dancing, shuffling the legs doing combination raid by saying kabaddi, kabaddi. All the parts and joints of the body become free.



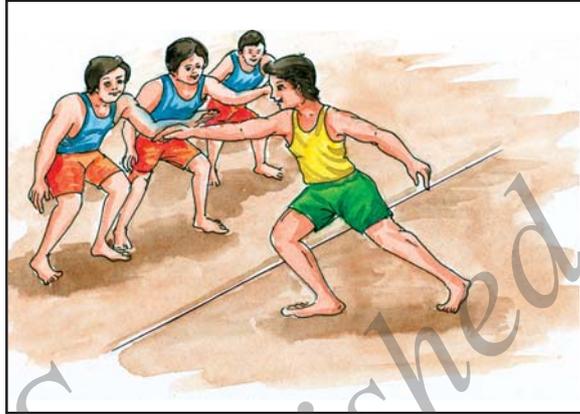
Remember:- A healthy person is an asset to the nation.

1. Offensive skills

(a) Scooping hand touch:

This skill is popular and the most commonly used. Here the raider, during a raid, extends his hand as far out as possible and tries to touch the opponents. To implement the skill, the raider should have quick leg movements

and should possess the ability to stretch out his hand and withdraw it as rapidly as possible.



(b) Combination raiding:-

Raider starts the cant from his court and plays according to his comfort. Shuffling the legs front and back without losing cant, the body should bend forward observing and anticipating the anti-raiders defensive tactics.



(c) Escaping below the

chain: Here chain formation (joining hands) is done in different ways to attack the raider. Immediately, the raider should use his muscle strength and break the chain or slip under the chain and escape.



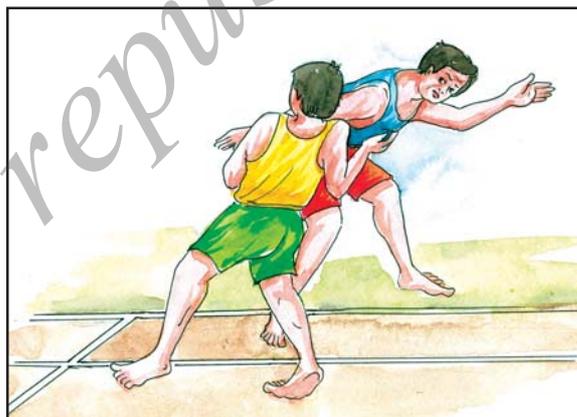
Even after using his strength if he is unable to escape, there is another technique of escaping. Suddenly he can fly up towards the middle line. The opponents would not have expected this type of escape.

(d) Pushing anti-tactics:- In this defensive skill, it is very important that the raider keeps complete control on his body which means the raider is made to go out of the line. This is called anti-tactic.

Defensive skills:-

- (a) Pushing:
- (b) Tactics
- (c) Chain catch

a.) Pushing: Intentionally pushing an opponent out of the court is against the rules of Kabaddi. Even then this is one of the common defensive skills used by a defender. While performing this skill, the following limitations should be observed.



- I. The raider should be blocked completely.
- II. With the assistance of other players the raider has to be lifted off the ground.
- III. The defender should be in contact with the raider, till he goes out of the court.

b. Tactics:- Kabaddi is a combination game of strength, intelligence and tactics. There are two types of tactics.

- a) Raider tactics.
- b) Tactics of anti raider

(A.) Raider tactics:-

- (1) Assessing the defensive pattern of the opponents.
- (2) Identifying the weakness of the opponent, raid(play) more in that area.
- (3) Control the body and always lean slightly towards the centre line.

(B) Tactics of anti-raider

- (1) Observing the feet movement and weakness of the raider, use anti-tactics to defeat (catch).
- (2) Changing the defensive tactics in accordance with the skill of the raider. (to catch hands, legs, thigh)
- (3) Changing the chain formation according to the movement of the raider.
- (4) Avoid unnecessary struggle.

(C) Chain catch- This skill is necessary to catch hold of the raider successfully. Chain catch enables all the players in the chain to catch hold of the raider when he rushes towards a weak player. It helps to stop the opponent from escaping and reaching the middle line by adopting the 2-3-2 and 2-2-2-1 pattern.

Some lead up games

Many skills, tactics and anti tactics should be practised in lead up games for the students.

1. Circle Kabaddi:- Mark a circle on the playground. Identify the centre line and divide into two groups. Spelling (saying) Kabaddi,

Kabaddi from the centre line, the raider should go to the opponent's court and try to touch them. Only the anti-raider who has been touched by the raider will have to try to catch the raider. Others cannot help him.

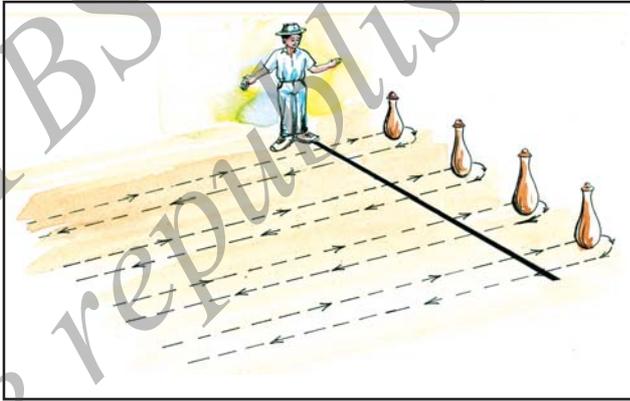


Rules:

- 1) The game is started immediately when the teacher blows the whistle.
- 2) This game can be played deciding time and lona.
- 3) Centre line is called cant line.
- 4) Which ever team touches maxium number of raiders, that team wins.

2 Backward run relay Kabaddi

Divide the students into two/four equal groups. When the teacher gives command, the first student in both the teams says Kabaddi, kabaddi and runs around Indian club or (any other thing) and returns running backward, claps his team-mate and sits behind. The team-mate who took the clap should play the same as first one played. Likewise both the teams should continue the game. The team which completes first is the winner.



Rules:

- (1) Till the team-mate comes and claps, the next player should not run.
- (2) The player who have played, will stand behind the line.
- (3) Two lines should be marked at a distance of 25 feet in the playground

Remember:- According to Herald Baro, "Games, excercises, dance and other activities that make a person to the achieve goal of education is called Physical Education"

Lesson - 2



Introduction: Kho-Kho is considered to be a form of conditioning activity suited for all other games. In the previous class, you have learnt the method of giving kho. Now let us learn about chasing skills, tapping from the back, surprise attack and escaping method etc.

I. Chasing skills

1. Rushing to the pole from the third square.
 - a) The chaser's skill
 - b) Running/defensive skills.
2. Tapping from the back
 - a) Heel touch
 - b) Shoulder touch
 - c) Tapping defensive skills
3. Surprise attack
4. Countering surprise attack
5. Making a pole dive
 - a) Pole dive after taking two steps.
 - b) Pole dive after taking three steps.
6. Countering the pole dive
7. Judgement kho

I Chasing Skills

1) Rushing to the pole from the third square.

a) The chaser's skill :

The attacker (chaser) after receiving the kho will rush with great speed towards the dodger who is running to the pole. He will try to chase by reaching with his arms forward, keeping a distance of about half a foot from the centre line.

b) Running / Defensive Skills :

After receiving kho, the active chaser attacks directly towards the pole, the one who is running escapes from the attack from first square and between the pole. In case the active chaser gives kho to the player in the second square, active runner should not run between pole and first square, looking at chaser, should run and stand near the pole.

2. Tapping from the back:

When the active chaser is quite close to the runner, and depending on the situation, controlling the speed, bends forward and tries to touch any part of the runner, it is called tapping.



a) Heel tapping : -

When the defender crosses the centre line, the chaser bends the body forward and touches the heel of the defender by the nearest hand. This is easy because while the defender's body bends forward, the heel remains back (behind).

b) Shoulder touching : -

When the active defender enters the middle line and runs parallel to the active chaser on the other side, the chaser can stretch his nearest hand and touch the shoulder of the defender.

c) Tapping defensive skills : -

When the active chaser tries to tap the defender, the defender tries to fake by doing body feints and change the chaser's direction. In the event of leg tapping, the runner skips forward by pulling the leg forward and moving the heels in a forward direction.

3. Surprise attack:-

This is a chasing skill used by active chaser which can be performed any time during a match. During the course of an innings, when the defender who is not being chased is not paying attention to the chaser, the chaser tries to touch that defender by sudden charge. This is called surprise attack. This skill is used according to the situation and not pre-planned.

4. Countering surprise attack:-

During a game situation the defender should observe the chaser carefully. When the need occurs, the dodger should keep changing his position to escape.

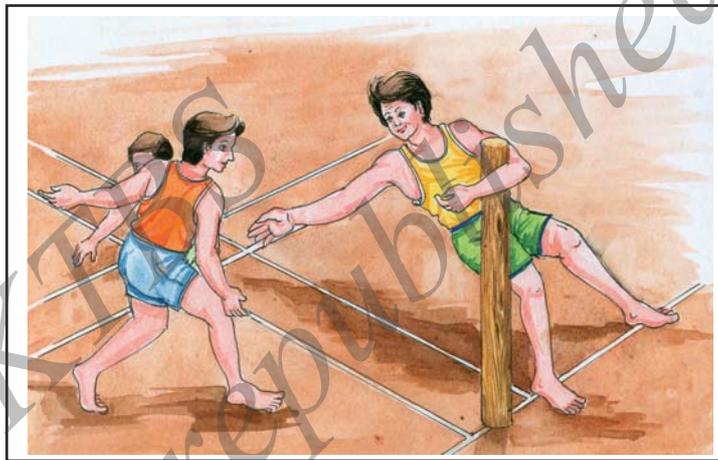
5. Pole dive :-

The chaser should take the support of the pole and touch the dodger, when he turns around the pole and is close to the centre line.

Types of pole dive:-

a. Pole dive after taking two steps (Distal Method):-

The active chaser who takes kho in the eighth square, for pole dive takes the leg opposite to the direction of travel, placed first towards the pole, the second step is taken in the free



zone, simultaneously the chaser takes support of the pole with right thigh and hooking the elbow of left hand around the pole and leans across the centre line, simultaneously he swings the free arm parallel to the ground.

Likewise when pole dive is taken to the left, the chaser takes the support of pole with right hand and left thigh. Simultaneously keeping his left arm parallel to the ground.

b) Pole dive after taking three steps (Proximal method):-

The active chaser who receives kho in the eighth square pole dives, taking first step towards the pole, with the leg nearest to it, the second step is a big one, with the third step placed inside the free zone. (simultaneously the chaser takes the support of the pole as said above in the distal method).

6. Countering the pole dive :-

When the defender confirms the pole dive of the active chaser, the defender should push the pole and take two steps beside the pole and should cross the centre line at the back of the eighth player.

If the chaser, one who pole dives does not go around the pole and moves in the same direction back, to catch the dodger, the dodger stands observing behind the eighth players and returns to the pole.

7. Judgement kho :-

When active chaser, chases the defender till the eighth square and when active dodger is near (closer) to the pole, the chaser fakes as if living kho to the team-mate. Afterwards to catch the dodger, the chaser makes judge kho. This skill is helpful to make out the dodgers.

If the defender is close to the pole, the active chaser can fake defender by acting as if giving kho to the eighth player and can pole dive. The active chaser can fake and give kho to the chaser.



Practising the skills in game situation

From the third kho, entering between the pole, tapping, faking, sudden attack., pole dive and method of third and sixth kho. All these skills should be practised practically, by the students.

Warming up activities:-

1. Running on the spot.
2. Run, touching all the lines in between the poles.
3. Practice of pole dive and pole turning.
4. On left and right side, run backwards and sideways.
5. Climbing up and down the steps continuously.

Points to remember:-

1. Chaser - active attacker
2. Dodger - active defender
3. Use wooden poles painted white
4. Sitting method -
 - a. Parallel toe method
 - b. Bullet toe method.

Activities:-

1. Can the chaser catch the dodger stepping on the centre line? Discuss in the class.
2. Can the sitter stand up, when the chaser comes to catch active runner? Discuss with friends.
3. When the first three defenders are out, before how many kho's should the next three defenders enter the court? Discuss.

Lesson - 3



Introduction:- Football is a popular game played by the maximum number of countries all over the world. This game includes the skills of speed running, movements of feet and endurance. In this class, let us learn some skills like the chip, kick, heading etc.,

1. The chip (short pass and long pass):-

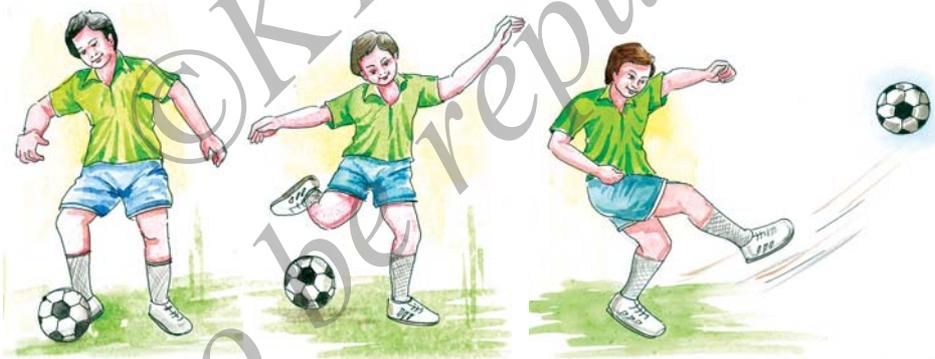
a) Short Pass:-

1. Approach the ball from behind about 2-3 steps.
2. The left leg should be placed about 9-10 inches behind.
3. Bend the left knee a little and lean the body slightly towards right.
4. Lean the body forward, bending slightly towards right and extend the arms to the right.
5. Keeping an eye on the ball, bring the right leg forward, so that the knee is over the ball.
6. Pointing your right foot down, kick the ball making contact at the centre and below the ball.

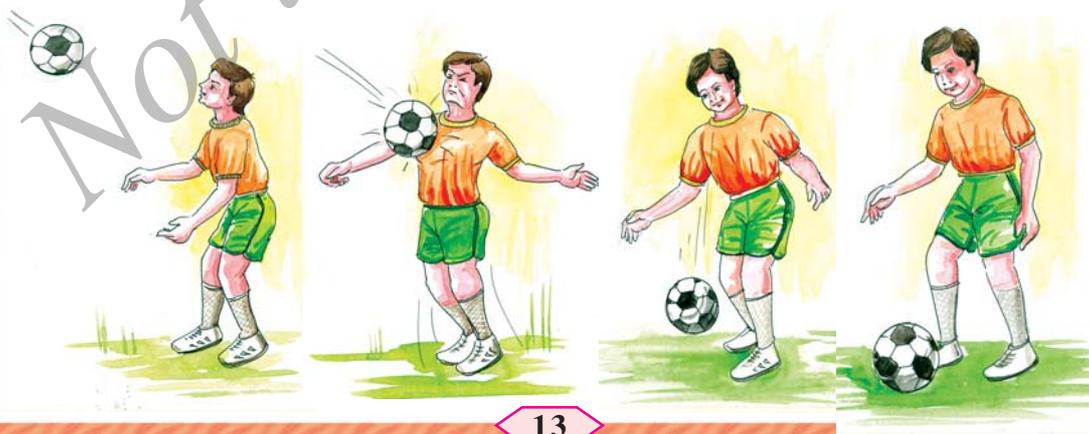


b) Long Pass:-

1. Approach the ball from behind about 2-3 steps.
2. The left leg should be placed about 9-10 inches behind the ball.
3. Bend the body slightly close to the left knee.
4. Lean upper body slightly backwards and to the right. Extend the arms to the right.
5. Keeping an eye on the ball, bring the right leg forward, so that the knee is over the ball.
6. Pointing your foot down, kick the ball making contact at the centre and below the ball.
7. As you kick, the body is leaned slightly backward.
8. After the kick, follow through with your leg continuing its swing, till it reaches about waist level.



2) Trapping the ball by chest:-



1. Observing the direction of the ball.
2. Trapping the ball by chest.
3. Sliding the ball from chest, drop it near the leg
4. Passing the ball to the co-player.

3) Full volley kick and half volley kick

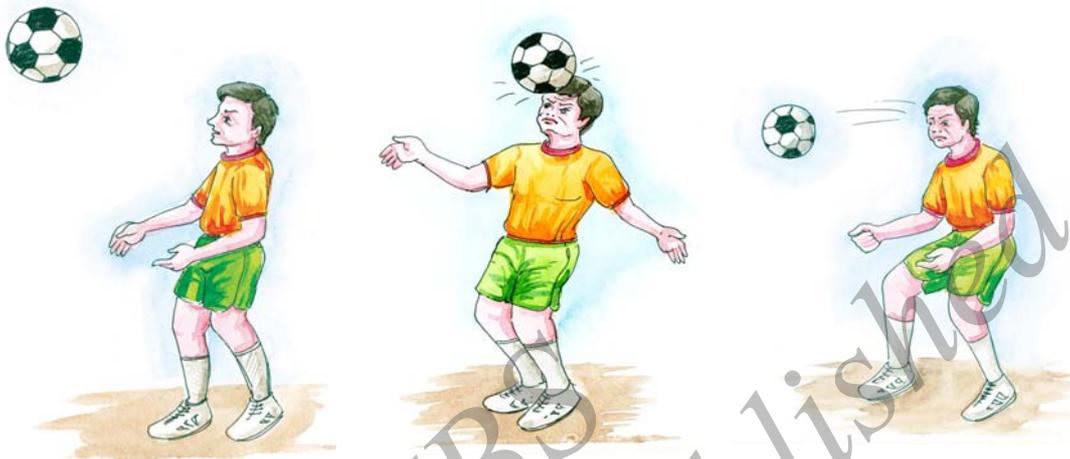


Volley : Kicking the ball before it bounces

Half Volley: Kicking the ball that has bounced in air.

1. Move towards the direction of the ball dropping to the ground.
2. Raise the right thigh to the waist level.
3. The lower part and foot of the right leg should be bent towards the ground.
4. Before the ball comes in contact of the ground, kick the ball forcibly with right leg front or up.
5. After kicking the ball, rise the lower part of right leg to the waist level.

4) Heading:-



1. Move towards the direction of ball.
2. Jump and contact with forehead.
3. Push the ball forcibly towards the passing direction.

Activity: Practise stopping the ball, short pass, long pass, kicking the ball to the right and left, Similarly, practise with right and left leg.



Lesson - 4

Atletics



Introduction:- Relay is a popular group game. Let us learn the practical method, skills and rules here.

There are two types in baton exchange method:-

- 1) **Visual method:-** The outgoing runner keeps his eyes on the incoming runner and collects the baton from his hand.

This method is used in 4x 400 m relay.



- 2) **Non-Visual Method:-** The outgoing runner takes the baton to his hand without looking at the incoming runner. This method is used in 4x100 m relay. (Non-visual method)



Methods of exchanging techniques:-

1) Upward pass technique:-

This baton exchange method is very popular.

Steps of learning relay:-

To teach the techniques of relay game to the juniors and new comers, Practice methods of some activities are given below. This helps the runner to develop specific skills.



Method-1



Method-2



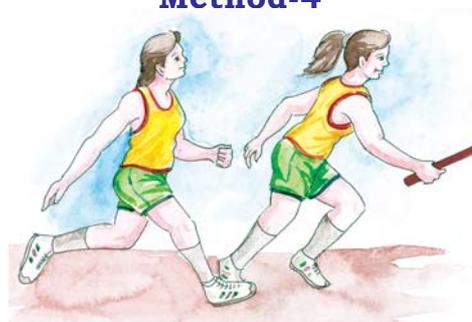
Method-3



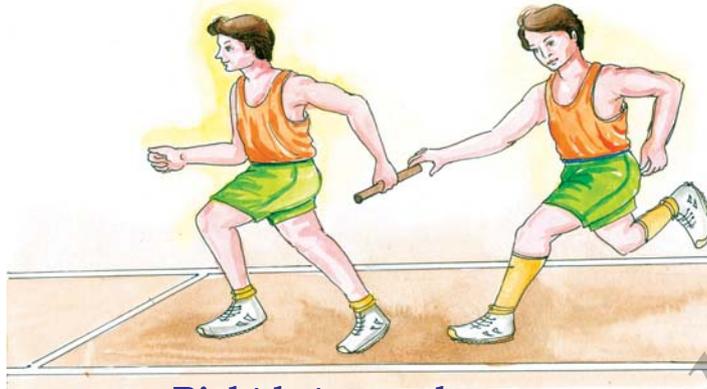
Method-4



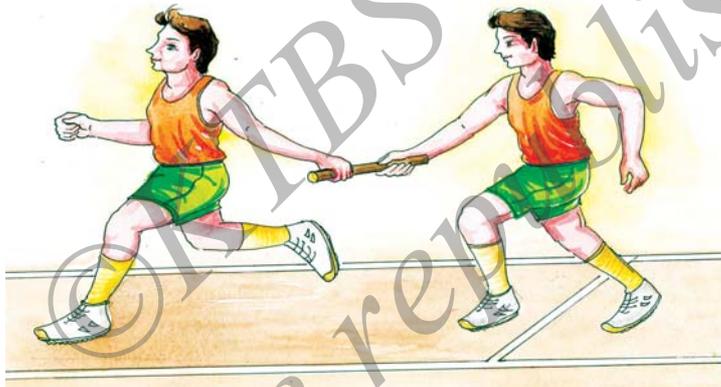
Method-5



Method-6



Right baton exchange



Wrong baton exchange

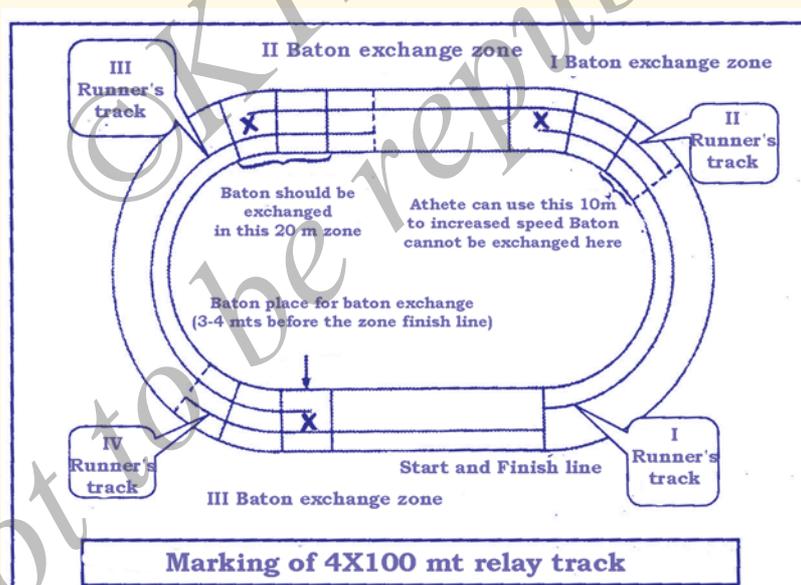
Activity:

A. Trying to catch chasing one another.

- By this the runner's beginning standing position can be corrected.
- As soon as the previous runner reaches the checkmark, the next runner begins running.
- When the runner starts running, he should not look back.
- Two runners should run fast, and ensure that baton exchange happens in the exchange zone only.

B. Safe baton exchange :-

- The main aim of this activity is the exchange of the baton safely from one runner's hand to another runner's hand.
- Practising baton exchange technique at the spot.
- After that, practising the baton exchange, while walking and while running slowly.
- After learning the skill completely, try to practise the baton exchange fast.
- While practising this activity, one should take care that the baton exchange is going right on mutual understanding.



Lesson - 5



Introduction: Among all living beings man is desirous. He dreams about being handsome, strong intelligent, having achievement in any field, expects everybody to identify and respect him etc., If such wishes arise in students, they guide them to reach their goal.

In physical education, athletics is very important. Here running, jumping and throwing are the three types. Now let us learn about shotput.

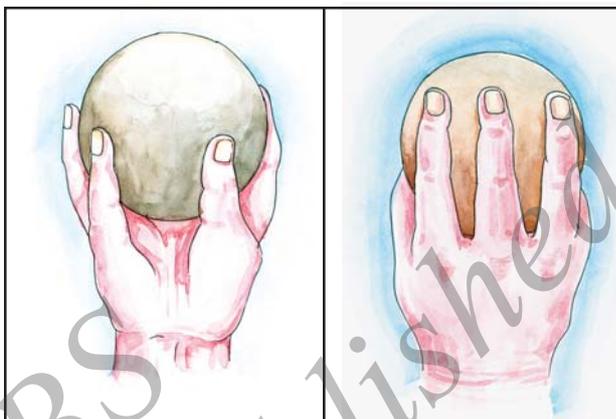
Shotput:

A Sports person's strength is used at a time in throws. Here, strength of shoulder is important. Pushing the throwing equipments in the right direction is important here. This is called exploding event. In the primary (initial) stage, shotput was used as practising activity. Afterwards it was thrown in 'V' shaped throwing area by standing firmly inside the throwing sector. Later on, it was practised in "Perry O'Brien" style. Firstly a simple style of throwing shotput was introduced by "**Perry O'Brien**" of America.

It was known by his name. After learning the skills in this style, the thrower uses-right order-right trick\plan\technique for success of the game.

1. Holding the shot:-

The participant lifts the shot with left hand, holds the shot firmly, spreading the fingers of the right hand. He sees that the shot does not touch the palm. (see picture-1)



Placement of shot:-

Place the shot comfortably on the shoulder, below and beside the ear, straight to the neck. (see picture-2)

2. Stand :-

The thrower putting equal weight on the shoulder width, slowly turns his back towards the sector, lifting the left hand and simultaneously, pushing left leg behind, most of the weight must be on the right leg, and stand on the toes of left leg. (see picture-3)

3. T. Position and Crouch:-

The thrower in standing position brings the left hand down and lifts the left leg. Participant's body is now in 'T' shape. In this position, balance of body is necessary. (see picture-4)

Crouch : The participant standing in 'T' shape should bend his body close to left palm and right knee, folding left leg, bend right leg slightly forward. (see picture-5)

“Perry O Brien style”



Picture-1



Picture-2



Picture-3



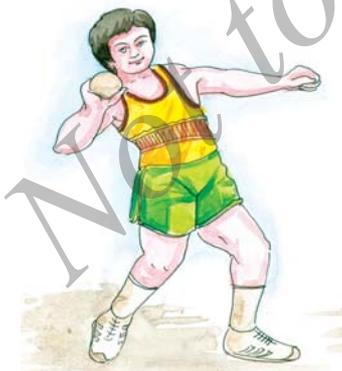
Picture-4



Picture-5



Picture-6



Picture-7



Picture-8



Picture-9

4. Gliding:-

From the crouch position, at the right time, the shot in the hand should explode with a quick movement of feet, pushing it into the throwing sector forcefully, using shoulder strength. (See picture 6,7,8)

In gliding, movements start from legs. Pushing back the ground by right leg and placing at the centre of the circle at right time, pressing the left leg at the bottom of toe-board. In this attempt, the movement of left leg should be lower than the waist level (straight and moving back quickly)

5. Release and Recovery :-

The shot pushed forcefully is released exploding and dropped to the throwing sector. It is very important to balance the body, after the shot is released. After releasing the shot, left leg should not come on the stop board, the front part of the body should be shifted back immediately. Here, the left leg goes behind, the right leg is moved front in place of left leg. All these skills should be practised by the students step by step. In the next step sports person will achieve a new method "Discofoot" (Turning throw).

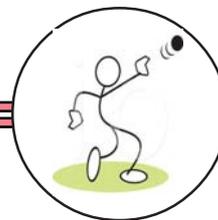
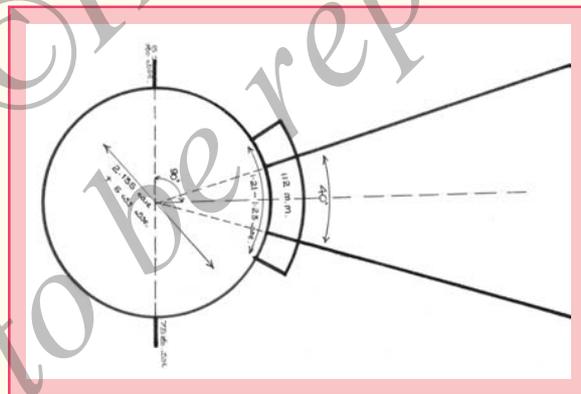
Lead up game

According to the throw, every student must be given a chance, using the strength, throwing the shot to long distance and to balance the body. Foul throws should be avoided by following common rules and points to be given.

Note:- During practice periods, warming up activities should be done. In the practising period teacher's observation is important. Problems can be avoided by alertness. Lead up games are essential and we can encourage good throws through lead up games.

Activity:-

1. Make a list of all the students in the class and enter points according to the distance of throw.
2. Tell (Instruct) the name of the skill and ask the student to show the learned skills of throwing and test (check) the memory.
3. Collect pictures of different stages of the method



LESSON : 6 RHYTHMIC ACTIVITIES



Following activities are learnt after this unit

- i. Dorukh method in hindi lazium.
- ii. age phalang method.
- iii. Peeche phalang method.
- iv. Sherdhez method.

INTRODUCTION: Lazium is one of the major rhythmic activities. It helps to develop neuro-muscular coordination, concentration, flexible body movement and endurance along with recreation to the children. In this unit let us learn the following activities of lazium.

1) DO RUKH:

Position: Pavitra hosiyaar position:



Count 1: Bend forward and fold the lazium above the left foot and it should be parallel to the ground.

2. Turn the body towards right (45°) and unfold the lazium between two legs.
3. Turning to left on right heel to opposite direction (i.e. 180°) bend the right knee with left leg straight. Hold the right elbow with 90° which will be upright to the ground and wooden stick should be inside of right hand elbow.
4. In the same position left hand straight parallel to the ground (turn towards right) and come to pavitra positon.
5. Bend forward and fold the lazium in front of right foot (as count 1 in Chaar Awaaz)
6. Turn the body toward left (45°) and unfold the lazium between two legs.
7. Turn towards left (original direction) bend the left leg with back leg straight (as count 3 of Chaar Awaaz) hold the right elbow with 90° which will be upright to the ground and wooden stick should be inside of right elbow.
8. Back to pavitra hosiyaar position (when unfold the lazium count 2 and 6) left arm should be straight, left palm outward only and right hand in the folding position with palm inward.

2. Aage Phalang:

Position pavitra hosiyaar position:



- Count 1:** Bend forward fold the lazium on left foot (as count 1 of Chaar Awaaz) which should be parallel to the ground.
2. Unfold the lazium between two legs with left hand straight, left hand palm outward and the right arm palm facing inward.
 3. Lift the right leg and turn toward anti clock direction (180°) and put the left leg forward (opposite direction to count 1) and do as pavitra count 3.
 4. Bend the left leg forward and come to pavitra hosiyaar position.
 5. Bend forward in the same direction and fold the lazium as pavitra count 1.
 6. Unfold the lazium between two legs.
 7. Lift the left leg and turn towards anti clock direction (180°) and put the right leg forward and do as pavitra count 3.
 8. Back to pavitra hosiyaar position.

3. Peeche phalang:

Position: Pavitra hosiyaar position.



- Count 1:** Bend forward and fold the lazium on the left foot which will be parallel to the ground.
2. Turn towards right (45°) and unfold the lazium between two legs.

3. Lift the left leg and turn on right heel (180°) to opposite direction (do as count 3 of pavitra).
4. Bend the left leg and come to pavitra hosiyaar position.



5. Face the same direction and bend forward and fold the lazium on left foot.
6. Turn the body towards right (45°) unfold the lazium between two legs.
7. Lift the right leg and turn on left heel (180°) towards opposite (when unfold the lazium (count 2 and 6) left hand should be straight, left palm facing side with right hand folded, same time right palm facing inside).
8. Bend the left leg and come to pavitra hosiyaar position (when unfolding the lazium, (count 2 and 6), left hand should be straight. left palm facing side with right hand folded, same time right palm facing inside)

4. Sher Dhaz

Position- pavitra hosiyaar position:



Count 1 : Bend forward and fold the lazium on left foot. Lazium should be parallel to the ground.

2. Turn the body towards right (45°) unfold the lazium between two legs. Meanwhile left hand stright, right hand folded and right palm facing inside and left outside.
3. Turn to the right (90°) and place the left foot on the 3rd corner of square (means do as count 3 of pavitra hosiyaar)
4. Bend the left leg and come to pavitra hosiyaar position.



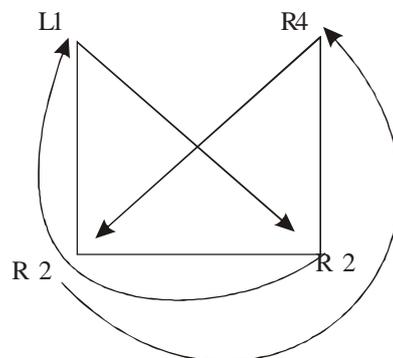
5. Bend forward and fold the lazium on left foot.
6. Unfold the lazium between two legs.
7. Turn the left foot to the left side i.e., (270°) in anti clock method and put right foot to fourth corner as shown in the figure and come to position as in pavitra count.3
8. In the same direction, bend the right leg and come to pavitra hosiyaar position.



1. Fold the lazium on right foot as count 1 of pavitra.
2. Turn both legs towards left and unfold the lazium between two legs.
3. Turn to the left i.e., 90° and place the right foot on third corner of the square as pavitra count.3



4. Bend the right knee and come to pavitra hosiyaar postion.
5. Bend forward and fold the lazium on right foot.
6. Unfold the lazium between two legs.
7. Turn on right foot to right side i.e., 270° in clockwise method and put the left foot to the first corner as shown in the figure and come to position as in pavitra count 3.
8. Bend the left knee and come to pavitra hosiyaar position.



Lesson - 7

Surya Namayaskar



12 steps

Introduction: The Sun is the source of energy. The Sun beams of early morning make the body energetic and help to improve our health. Surya Namaskar consists of 12 steps. Among 12 steps, 8 routine steps of Suryanamaskar make the body parts strong and energetic.

As explained in the following steps guide the students to do pooraka (inhale), rachaka (exhale) slowly, while doing the surya namaskar.

Step 1: Namaskarasana:(Namaskara mudrasana).

Fold both hands in front of the chest and feet together.



Prayer: Om Hirnmayena pathrena

Satya syapihitham mukham tatvam pooshan |
apavranu satyadharmaya

Dristaye om shanthy, om shanthy om
shanthyhi.||

Benefit: Mind gets peace and concentration.

Step 2: (Inhale) Urdvasana:

Inhale slowly and raise both the arms over the head and bend back. Hold the body like bow for some time.



Benefit : The muscles of neck and back strengthen.

Step 3 : (Inhale) Hasta Padasana:

Exhale slowly and bend forward. Keep both palms beside both feet keeping legs straight.

Benefit: More blood circulation to the part of head. Fat decreases.



Step 4 : (Inhale) Ekapada Prasarasana:

Inhale slowly, take the left leg forward and touch the heel and toes to the ground. Put the left feet between two hands, raise the chest and see front.

Benefit : Muscles of back loosen.

Step 5 : (Inhale) Dwipada Prasanasana: (dandasana)

Extend left leg back and join with right leg.



Benefit : Nerves of both hand and legs get strengthened.

Step 6 : (Exhale). Budarasana (Adhomukha swanasana).

Hold the body like triangle, push the head inside as much as possible, touch both heels to the ground.



Benefit: This helps to make the back flexible.

Step 7 : (Inhale- Exhale). ASTANGAPRANIPATHASANA:

(Prani-forehead, path-earth). Exhale and touch the chest, knee and forehead to the earth. Meanwhil stomach need not touch the earth. Totally eight parts of the body like forehead, palms, chest, knees, toes touch the earth. Normal breathing is enough in this position.



Benefit: It is very useful to chest part and breathing problems will be solved.

Step 8 : (Inhale). BHUJANGASANA:



Inhale slowly, Straighten the legs and push back the head as much as possible toward back and extend the toes back.

**Step 9 : (Inhale). Step 1
BHUDARASANA:**

Hold the body like triangle, push the head inside as much as possible, touch both heels to the ground.



**Step 10 : (Inhale). EKAPADA
PRASANASANA:**

Inhale slowly, take the left leg forward and touch the knee and toes to the ground. Put the left foot between two hands, raise the chest and see front.



**Step 11 : (Inhale). HASTAPADASANA OR
PADAHASTASANA:**

Exhale slowly and bend forward. Keep both palms beside both feet with straight legs.



Step 12 : (Inhale). NAMASKARASANA:

Fold both hands in front of the chest and repeat.

To complete one cycle (round) of surya namaskarasana in the 4th step stretch the left leg backwards. In the same way, practise all the 12 steps. Practise all the 12 steps twice. All parts of the body get exercised and achieve balance.



Lesson- 8

YOGASANA



INTRODUCTION: You have studied basic subject of yoga and some yogasanas in previous class. To get good result we have to practise yogasana in three steps. This year you will study about standing yogasanas.

NOTE:

1. Practise yoga slowly with relaxed body and calm mind.
2. Normal breathing is important while practising yogasana.
3. Normally our body will be rigid at the time of starting yogasana, gradually muscles will become flexible.
4. Be careful about body balancing while practising yogasana.

STANDING ASANAS:



Posture-8

1-8

2-6

3-5

4

1. THRI KONASANA: This yogasana seems like triangle in final stage. So it is called thrikonasana.

Method: Starting Position- Thadasana position.

- i. Extend the right leg towards right side 2 to 3 feet and keep hands on trunk.
- ii. Inhale and extend both arms sideward to shoulder level.

- iii. Turn right foot towards right for 90° and left foot 45° .
- iv. Exhale completely, bend to the right side keeping the right palm outside of the right foot and be in the same position for some time.

Note:

- * Elbow and knee should be straight in the final stage.

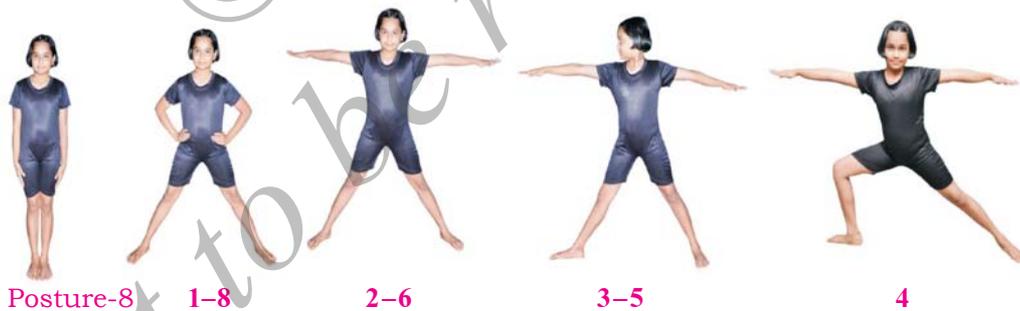
Benefits:

- i. Back pain and knee pain will reduce.
- ii. Muscles of chest will expand.
- iii. The rigidity of arms and leg will vanish.

**Inhale while bending.
Exhale while coming up.**

2) VEERABHADHRASANA:

Method: Samashithi :Thadasana position.



- i. Extend the right leg towards right side for 2- 3 feet and keep hands on trunk.
- ii. Inhale and extend both arms sideward to shoulder level.
- iii. Turn the right foot for 90° and left foot for 45° .

- iv. Bend right knee for 90° and be in same position with body balance for some time (repeat the same with left leg).
- v. Beginners need not stay for more time in the final stage. They can gradually increase the time.

Note: Whoever has knee pain should take care while doing this asana.

Benefit:

- 1. Muscles of hand and leg will become strong.

3) PADA HASTASANA:

Method: Sthithi : Tadasana position.



- i. Inhale slowly and extend the arms sideward to shoulder level.
- ii. Lift both the arms over the head.
- iii. Exhale slowly and bend forward. Keep both the palms beside the feet.
- iv Exhale and touch stomach, chest and face to the legs. Slowly come to the position.

Note:

- i. Legs should be straight and forehead should touch the knees.
- ii. Whoever has blood pressure and eye pain should take care while doing this asana.

Benefits:

1. Digestion improves and the muscles of trunk, thighs and legs will become stronger.

- 4) **VRIKSHASANA:** (Vriksha means tree. This asana seems like tree in the final step of the asana. So it is called vrikshasana).



Posture-8



1-8



2-6



3-5



4

Method: Stand in Thadasana.

- i. Fold the right knee and keep the foot on left thigh, the toes facing the ground.
- ii. Inhale and lift both the arms sideward to shoulder level.
- iii. Lift both the arms over the head and hold them in 'V' shape.
- iv. Join both the palms over the head, shift the body weight to left leg and maintain the balance. After a few seconds come to earlier position slowly. Repeat the same with left leg.

Note:

- If imbalanced while lifting the arms, you can put your arms on trunk.

Precautions:

- If you feel like falling down, you can leave your leg down.
- Whoever has giddiness, should be careful while doing this asana.

Benefits:

- i. Body balance and mental concentration increase.
- ii It helps to develop Neuro- Muscular coordination.

SITTING ASANAS:

1) THOLASANA: This asana looks like weighing balance in the final step. So it is called Tholasana.



Sthithi: come to rest position to samathala stithi (keep both arms beside and back- straight).

Method:

- i. Sit normally.
- ii. Keep palms beside hips of both sides.
- iii. Exhale and lift the body up as much as possible and try to hold the same for a few seconds in the final stage.

- iv. Breathe normally and bring the body down slowly.
- v. Unfold the legs and come to samathala sthithi. (starting position).

● **Note:**

- i. While doing this asana palms should be firm on the ground and elbow straight.
- ii Hold the shoulder normally and expand the chest part.

● **Precautions:**

- 1. Be careful if there is pain in the part of trunk and lower part of stomach.

● **Benefits:**

- i. Strength of arms increases and fat of the body will reduce.
- ii. Co-ordination of mind and body increases.
- iii Indigestion and stomach problem will reduce.

2) **UTHITA PADMASANA:**



Importance of the name- practioners of this asana lift the body up as much as possible in padmasana. So it is called Uthitha Padmasana

Starting Position- sit straight as shown in the figure.

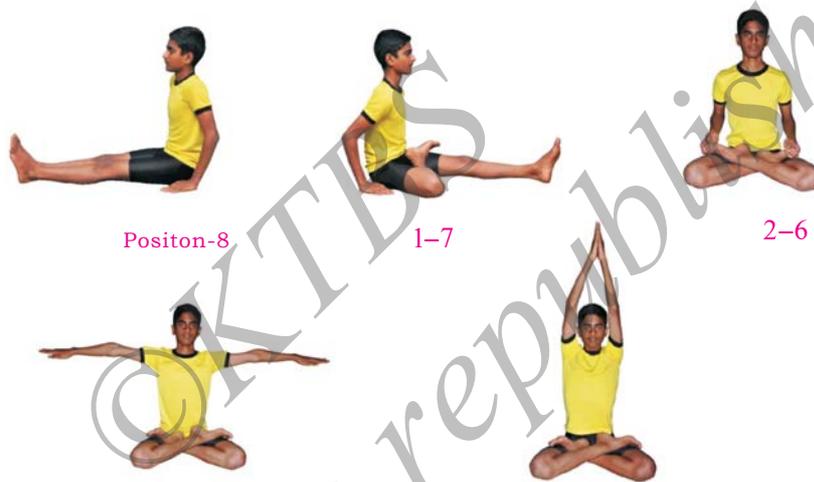
- i. Fold the right knee and place the right foot on left thigh.
- ii. Fold the left knee and place the left foot on right thigh.
- iii. Place both the palms beside your thigh firmly on the ground.

- iv Inhale slowly and lift the body up as much as possible transferring the body weight to both the arms equally. After a few seconds, come slowly to normal position.

3) PARVATHASANA:

Starting Positon: sit straight and extend both the legs forward.

- i. Fold the right knee and place the right foot on left thigh.
- ii. Fold the left knee and place the left foot on right thigh.

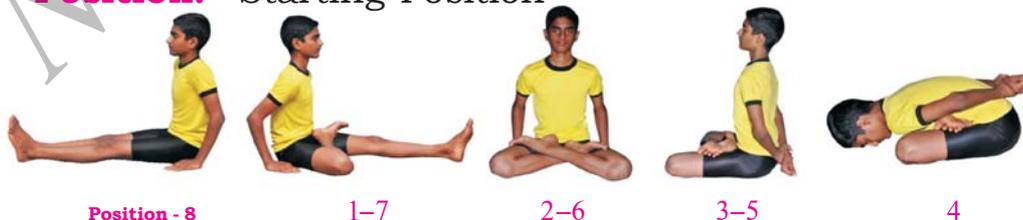


- iii. Inhale slowly and extend the arms sideward to shoulder level.
- iv Lift both the arms over the head and join the palms in namaskar position. After a few seconds, come to normal position.

Benefits: It helps to strengthen stomach, shoulder, ribcage and nerves of arms.

4) YOGA MUDRASANA:

Position: Starting Position



Method:

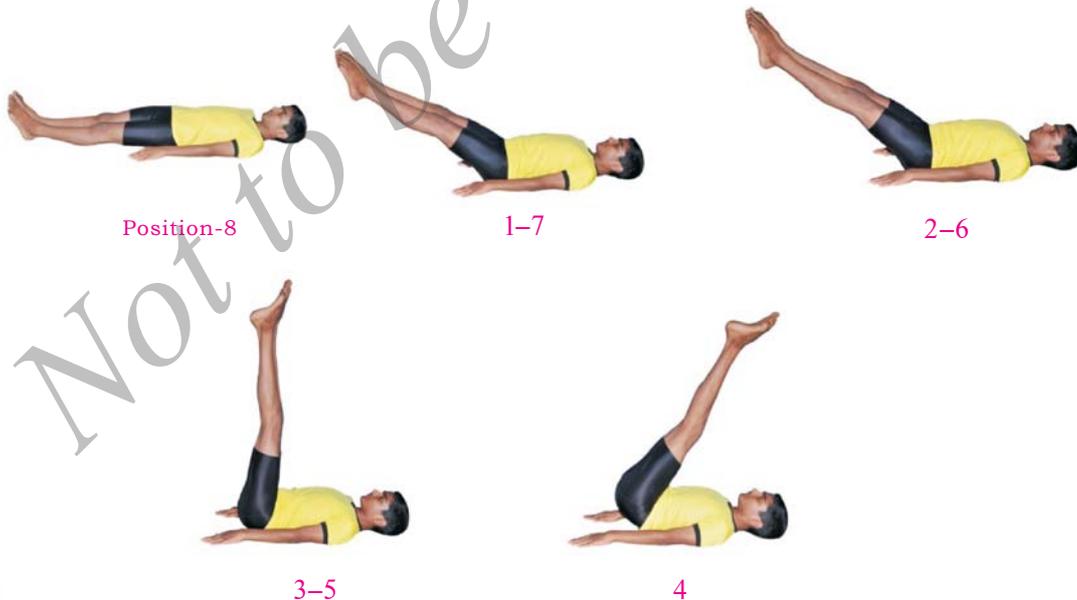
- i. Fold the right knee and place right foot on left thigh.
- ii. Fold the left knee and place the left foot on right thigh.
- iii. Bring both the arms behind the body as shown in figure.
- iv. Exhale slowly and bend forward and touch the forehead to the ground.
- v. After a few seconds exhale and come to normal position.

Precautions:

- Whoever has stomach and back pain, should take care while doing this asana.

Benefits:

- i. The flexibility of back improves.
- ii. Stomach pain and headache decreases.

SLEEPING ASANAS:**1. UTHITA DWI PADASANA:**

UTHA' means lift up. **Method:** Position- supine position.

- i. Inhale slowly and lift both the legs to 30°.
- ii. Lift both the legs up to 60°.
- iii. Lift both the legs up to 90° and hold them perpendicular to ground.
- iv Try to bend back more than 90° as shown in figure. After a few seconds in final position, come back to supine position.

Precautions:

- Whoever has stomach pain should be careful while doing this asana.

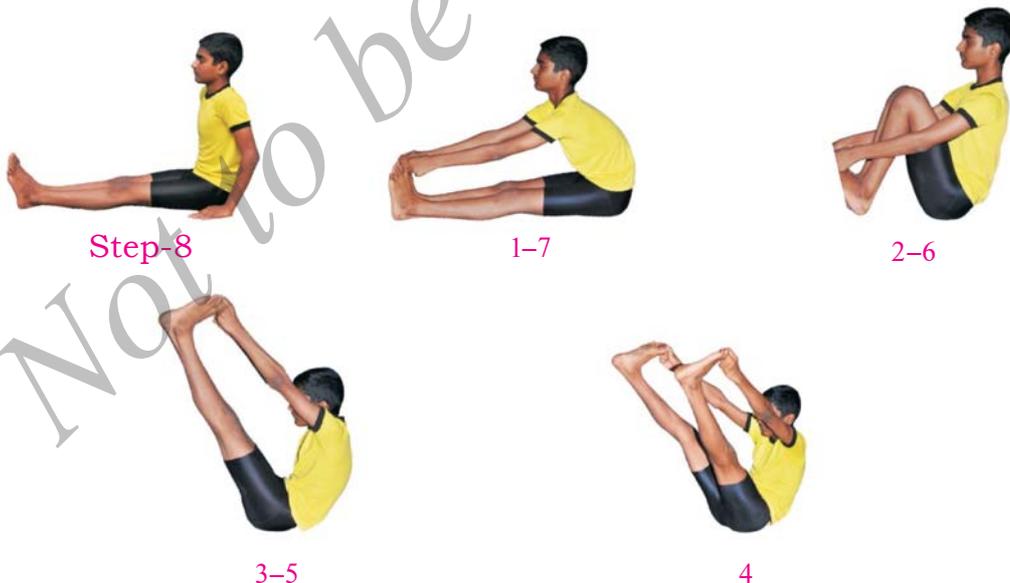
Benefits:

1. This asana helps to decrease the gas trouble,
2. indigestion and piles.

PADA SPARSHA MERU DANDASANA:

1. Hold the toes with both the arms and lift the leg upwards.

Position: Starting Position



Method:

- i. Hold both the toes with both the arms in samathala sthithi.
- ii. Lift both the legs up slowly.
- iii. Maintain the balance and stretch the legs forward.
- iv. Breathe normally and make the legs apart as much as possible and be in the final position for a few seconds and slowly come back to the position.

Note:

The whole body weight has to be transferred completely on hips and legs should be straight.

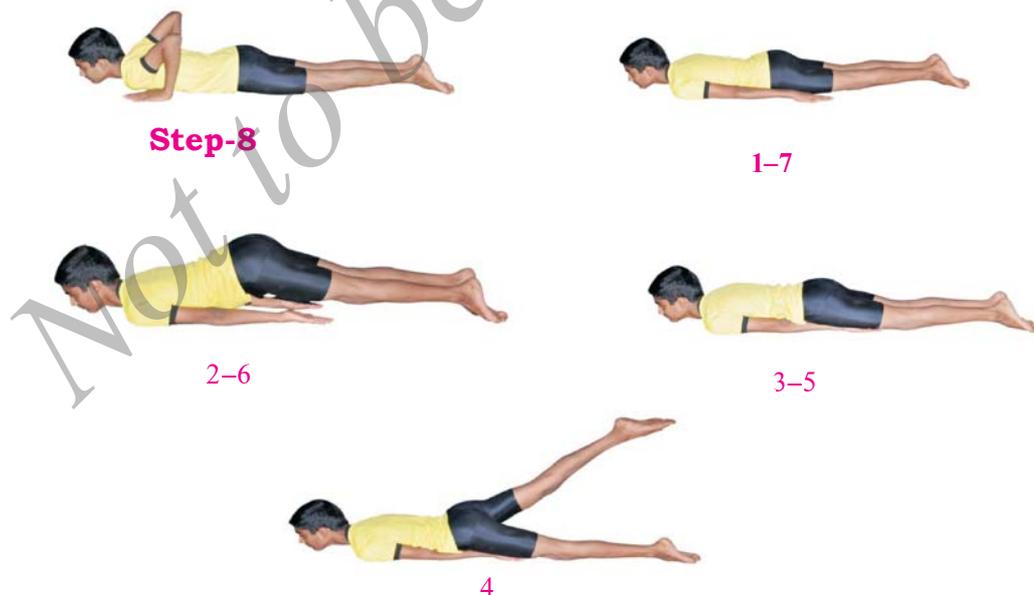
Precautions:

- Whoever has back pain and stomach pain has to take care while doing this asana.

Benefits:

- i. The fat of stomach will reduce.
- ii. The body balance and concentration of mind will increase.

3) EKA PADA SHALABHASANA:



Importance of the name- Ek Pada means 'only one leg'. Shalabha means 'grass hopper'. Lifting the single leg behind the body is Ek Pada Shalabhasana.

Position: Makarasana position.

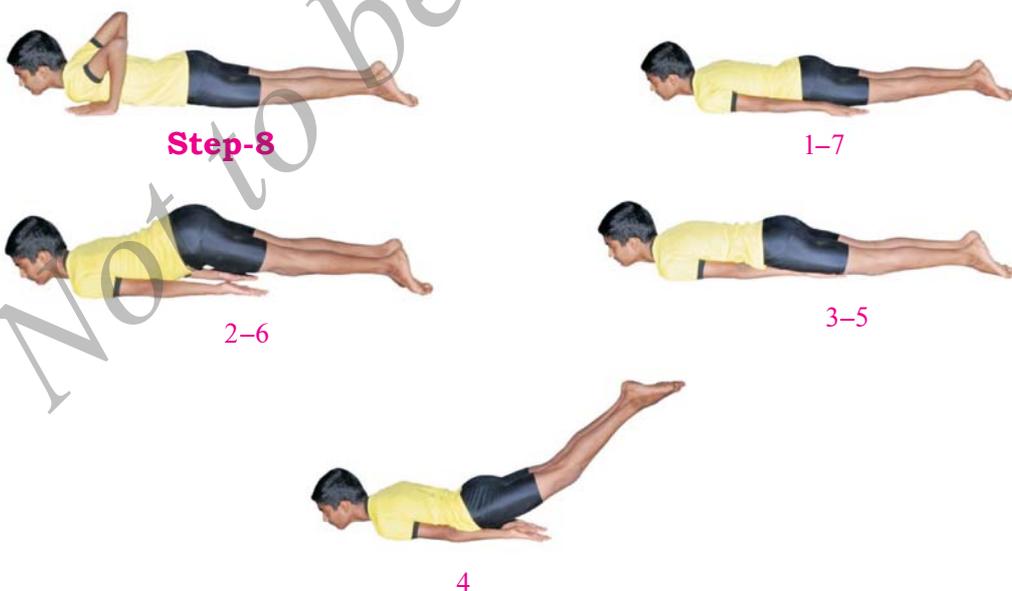
Method:

- i. Stretch both the arms beside both the thighs.
- ii. Inhale slowly and bring the palms under the thighs in fist form.
- iii. Exhale slowly and bring down the thighs and stomach on fists.
- iv. Inhale slowly and lift the right leg up as much as possible and hold fists firmly on the ground.
- v. After a few seconds come to normal position and breathe normally. Repeat the same with left leg.

● **Note:**

- i. The chin should touch the ground in final stage.
- ii. Knee should be straight while lifting the leg.

4) SHALABHASANA: 'SHALABHA'; means grasshopper. The final stage of this asana looks like grass hopper. So it is called shalabhasana.



Position: Makarasana position.

Method:

- i. Stretch both the arms beside both the thighs.
- ii. Inhale slowly and bring both the palms under the thighs in fist form.
- iii. Exhale slowly and down the thighs and stomach on fists.
- iv. Inhale slowly and lift both the legs up as much as possible and be in same for some time.

After some time come back to normal Makarasana position. Repeat the same for some time.

Note:

- Chin has to touch the ground and legs should be straight.

Precautions:

- Whoever has back pain, should take care while doing this asana.

Benefits:

- i. The muscles of hips and lower part of back bone will become strong.
- ii. The problem of knee, thigh and lower part of back bone will reduce.

Lesson - 9

PRANAYAMA



Breathing is not life, it is the carrier of life. The strength of life enters our body through breath. This means breathing is life.



Respiration: Keeping the body alive by slow and deep rhythmic breath is called respiration.

1. Breathe slowly and stretch both the arms sideward and forward.

Method:

- i. Stand in Samasthithi.
- ii. Exhale and stretch the arms straight in front of face and join the palms slowly.
- iii. Inhale slowly and stretch the arms sideward to shoulder level.
- iv Repeat the same for five to ten times.

2) Stretch the arms forward and breathe.



Method:

- i. Stand in Samathala sthithi.
- ii. Interlock the fingers and hold the arms in front of the chest.
- iii. Inhale slowly, stretch the arms to shoulder level and turn the palms facing outside.
- iv. Exhale slowly, bring the same in front of chest with elbow bending. Repeat the same for five times.
- v. Inhale slowly and stretch the arms in front of the forehead i.e., 135° . Repeat it 5 times.
- iv Exhale slowly and stretch the arms over head i.e., 180° and repeat the same for 5 times.

3) Stand on toes and breathe (lift the heels).

Method:



- i. Stand in Samasthithi.
- ii. Inhale slowly, lift the heels up and hands over the head, palms facing each other. Stretch the arms as much as possible.
- iii. Exhale slowly and bring down the heels and hands to normal position. Repeat the same for 5 times.

4. Shasha swasa: (breath of rabbit).

Method:



- i. Vajarasana position
- ii. Keep the elbows beside both the knees as shown in figure.
- iii) Stretch the tongue out of the mouth and breathe like rabbit for 30 seconds so that the muscles of stomach can contract and expand. Repeat the same for some time.

5. Swana Swasa: (breathe like a dog)

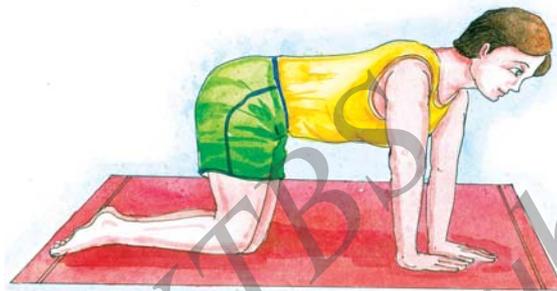
Method:



- i. Come to vajrasana position. Keep both the palms beside both the knees.
- ii. Stretch the tongue out of the mouth and breathe like a dog for 30 seconds with the help of stomach muscles. Repeat the same for some time.

6. Vyagra Swasa: (breathe like tiger).

Method:



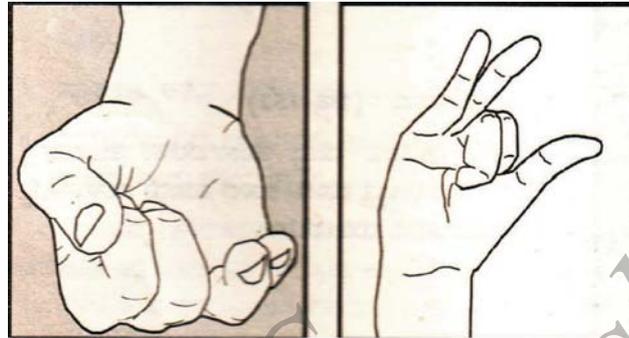
- i. Come to vajrasana position.
- ii. Keep both the palms 1 to 1 1/2 feet away from the knees as shown in the figure (shift the body weight to both legs and knees).
- iii. inhale slowly, lift the chest and head up. Body should be parallel to the ground.
- iv. Exhale slowly, lift the back up and take head and chest inside.
- v. Repeat the same for 5 times so that it will be effective.

2. Mudras:

Different types of mudras are used in pranayama. Mudra means happiness. And mudra gives us energy to become healthy.

- i) **Nasika Mudra** : Unfold all the fingers and palm facing upward. Index finger and middle finger should touch

the palm. Join the little and ring finger together, straight thumb finger, also be straight as shown in the figure.



ii) Shanmukhi Mudra : This mudra is using while doing Bramvi practise.

Method : Close both the eyes with help of fingers. Both index fingers have to press eyebrow, ring finger and little finger have to press edge of the nose. Finally both the thumbs have to press ear, slowly.

3) VIBHAGIYA RESPIRATION :



This respiration will be practised before doing pranayama. It helps to avoid breathing and increases the strength of lungs.

Padmasana, sukhasana and vajrasana are the best asanas to practise Vibhagiya respiration.

I ADHAMA SWASA:

Method :

- 1) Sit in suitable position, keep the left palm on left knee hand in position of chinmudra, Back should be straight. Be in happy mood.
- 2) Inhale slowly and hold the breath in the part of stomach.
- 3) Exhale slowly and come to normal position. Repeat the same for 5 to 10 times to make it effective

II MADHYAMA SWASA: (chest respiration/ura swasa.

Method:

- 1) Sit in comfortable and suitable asana. (position) Keep the left palm on left knee and right hand in position of chinmudra. Back should be straight and be in happy mood.
- 2) Inhale slowly and hold the breath in the part of the chest.
- 3) Exhale slowly and come to normal position. Repeat the same 5 to 10 times to make it effective.



Lesson - 10

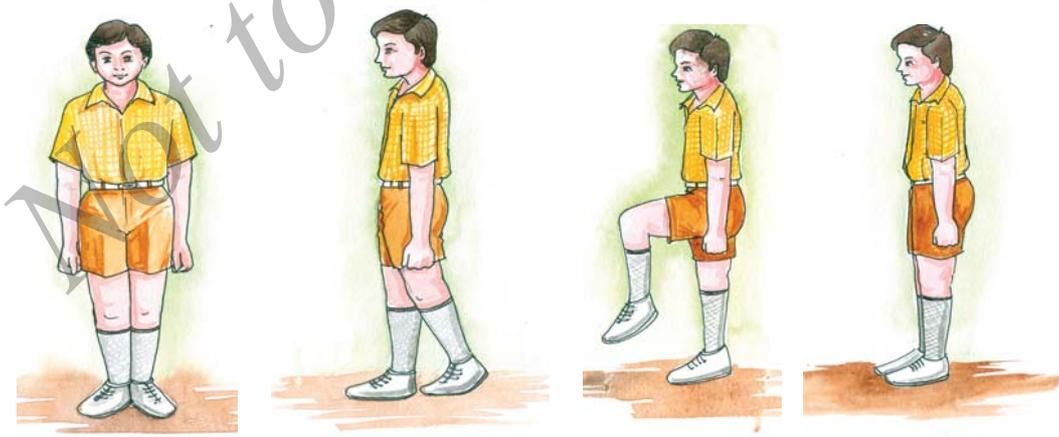


Discipline plays a dominant role in schools. So marching helps the students to acquire discipline, commanding, neatness, courage, leadership quality, respect to people and patriotism. Marching brings coordination between the mind and the body. Also it develops concentration of mind and good posture of body. You will learn the following skills about marching in this lesson.

- i. Marching means, Disciplined movements of the body.
- ii. You will learn discipline turn outs like left/right/back and front.
- iii. You will learn front salute.
- iv. You will learn formations for marching.
- v. You will learn forward march.

You have studied about these basic skills of marching in previous class. Let us study about some marching movements in this class.

I. Dahine Mud (right turn):



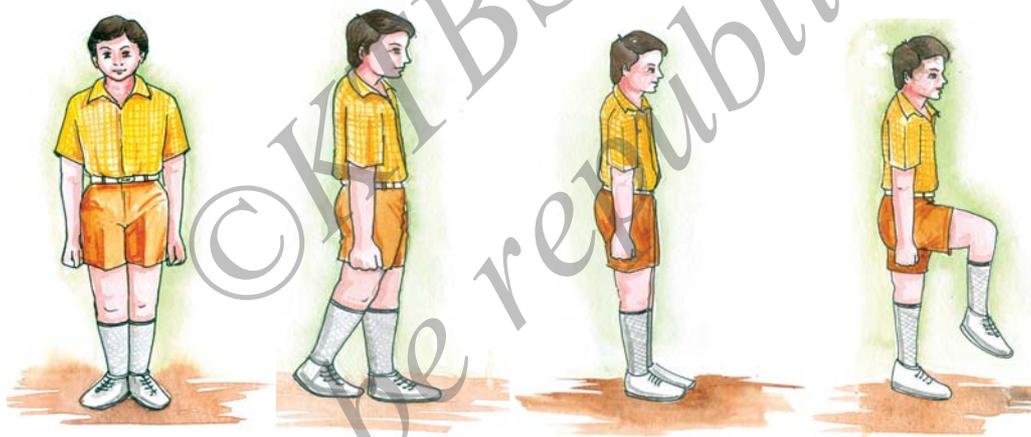
The students will turn to their right. Command class-Dahine mud.

Count:

The students will turn 90° to the right on their right heel of right foot and the toes of the left foot. Then the right foot comes down firmly on the ground and left toes touch the ground.

Both the legs should be straight.

2. Bayyen Mud (left turn):



Count

The students will turn 90° to the left on their left heel of left foot and the toes of the right foot. Then the left foot comes down firmly on the ground and right toes touch the ground. Both the legs should be straight.

Count 2: Bring right foot forward raising the knee to waist height and join to the left foot and come to attention (savadhan) position.

3. Peeche Mud: (right about turn):



Count

The students will turn 180° in the clockwise direction to their right on the heels of the right foot and the toes of the left foot to the opposite direction.

Count 2: Bring left foot forward raising the knee to waist height and join to the right foot and come to attention position (savadhan).

III. Samane Salute: (front salute): Salute to the guests.

Common-samne salute.. class salute.

Count

Count 1 : Students will stop after normal marching, they bring the right arm in semi circle towards right shoulder with elbow, fold form and hold the tip of index finger near the right eyebrow, means tip of the fingers, elbow should be in one line.

IV. Do Line/Then line ban: (Formation of two/three line)

Students will stand in single line according to their height.

Command: Class-dahine se-ek se do tak ginti kar.

Method: Students will count from the right one... two... one..two....

Command: Class... number ek, ek kadam aage, number do, ek kadam peeche. Class aage peece chal (line divides for purpose of marching).

Method: One who told number ek, he will come one step forward. One who told Do, he will go one step backward and all stand in attention position.

Command: Class ... agale line dahine mud, pecchala line baayen mud, class dahine bayeen mud.

Method: First line students will pivot to their right, back line students their left and stand in attention (savadan) position.

Command: Dahina darska kade rehen, baki then line ban, class thej chal.

Method: Dahina darsak will stand still, second students will stand right of dahina darsak with one arm distance. Third student will come and stand to the right of second student with one arm distance.

Then the same third student will give command Ek and all three turn to their left and stand in attention. (savadan)

Note: Number ek apne jage par, number Do ek kadam aage katara vistar. (command will use in rhythmic activities)

IV KADAM TAAL SE AAGE BUD:

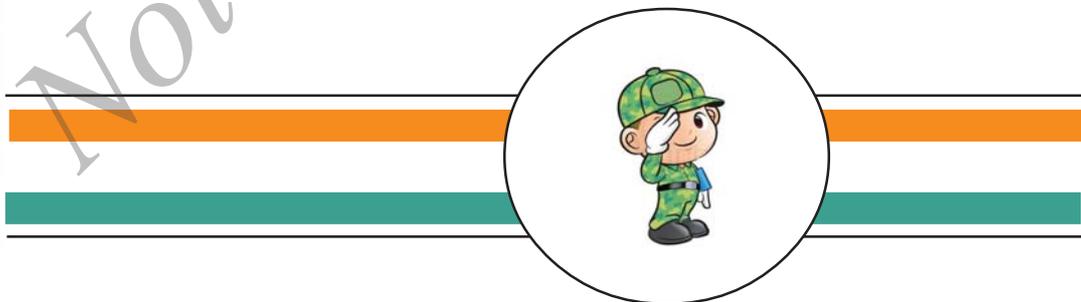
This command will be used while students are doing kadam thal. Command- class aage (from the left leg) bad (from the left leg)

Method: the students will immediately start tez chhal/dheere chhal from left leg.

This command is used to set right the variations in distance between lines during marching.

Activity: Collect the figures of march past which were held in national festivals.

Note: While giving commands, 'class' platoon, 'Group' should be used appropriately.



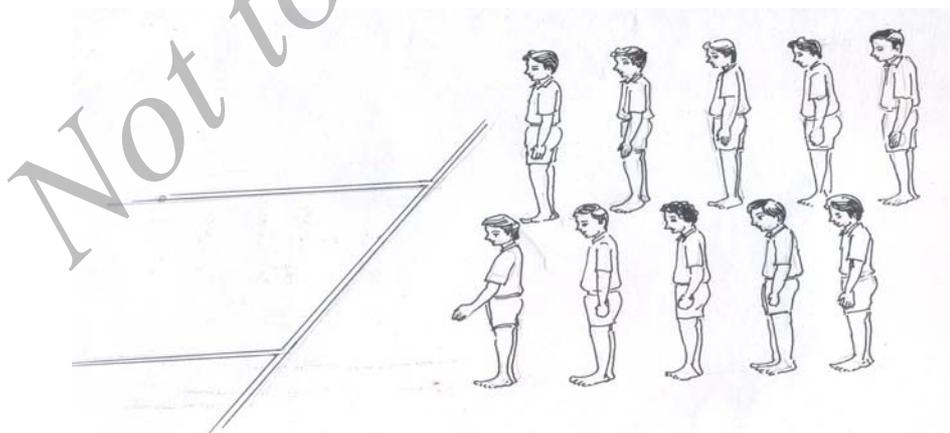
Lesson - 11

Recreational Games



1. Train Bogie

The students are divided into 3 to 4 groups, depending on the strength of the class. Ask them to stand in a single line behind starting line. A marker is placed in front of each team at a distance of 10 to 15 meters. Before going to start the game tell the rules of the game. On the whistle of the teacher the first member of each group runs as fast as possible, tell he circles the marker and comes to the starting line. As soon he crosses the starting line, the second team player in the line will hold waist of the first runner and both of them will circle the marker together and return to the starting line, when third player will hold the second runner's waist and all the three of them circle the marker together and run back. This way each player comes to the starting mark. This way the train will lengthen and the team which attaches all the students (or bogie) and finish first, will be declared as winner of the game.



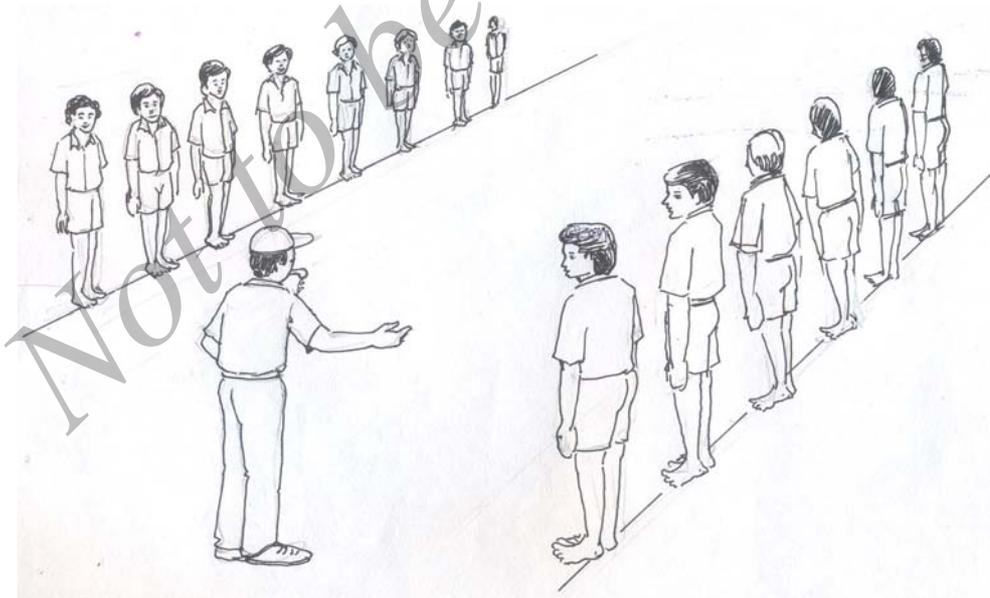
2. Fill the Jail

As shown in the figure, one circle of 12 meters diameter will be marked inside which another circle of 10 meter diameter will be marked. Divide the students into two equal teams. One team is named as Police and another as civilians. The Police will stay inside the 12 meter circle. And the civilians team outside it. When teacher blows the whistle half of the police will come out and catch the civilians and put them in the jail i.e., 10 meter circle. In turn the civilians playing around the 12 meter circle will try to tag the civilians in the jail and free them. The police will have to guard the jail as well as try to put the civilians in the jail. This will continue for some time. Next exchange both the teams vice versa. The team which retains more number of civilians in the jail will be the winners.



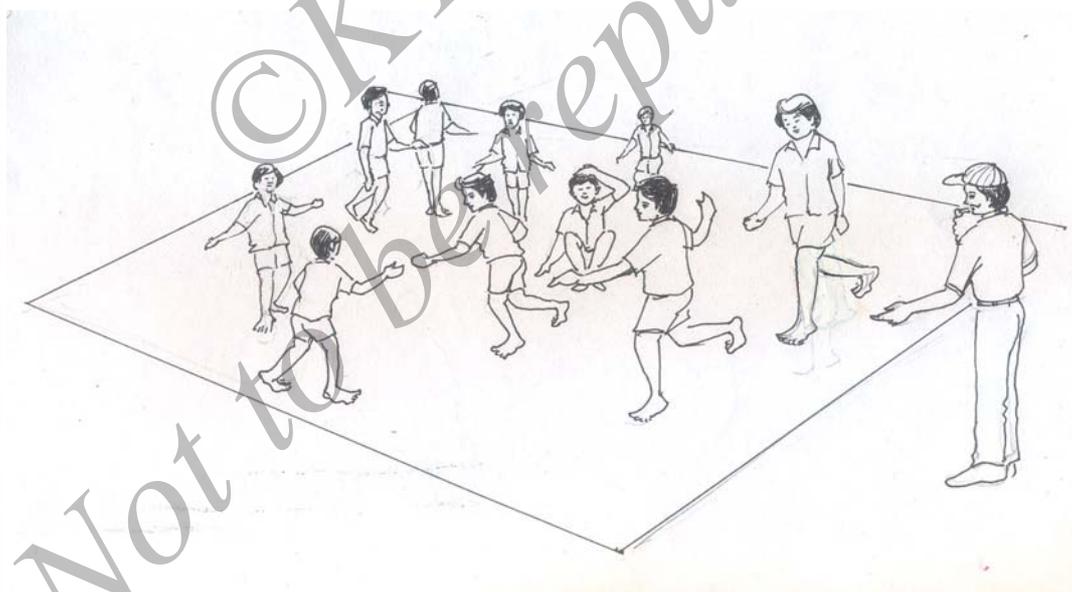
3. RAMA - RAVANA

Divide the students into two equal groups. Stand and ask them to stand facing each other. One team is named as Rama and another team named as Ravana. Draw two parallel lines 4 to 5 meters apart. The teacher will start calling the name by dragging it such as Raaaa and ending it such as ma or vana. The team whose name is called has to chase and catch the other team and join as many of them as possible, while the team whose name has not been called has to turn and run to the restraining line. The students who are joined before reaching the restraining line are called out and have to sit out. This way the teacher will call out the name of both the teams randomly ensuring that each team will get equal number of chances to escape and reach. The team which makes out all members of the other teams will be the winners.



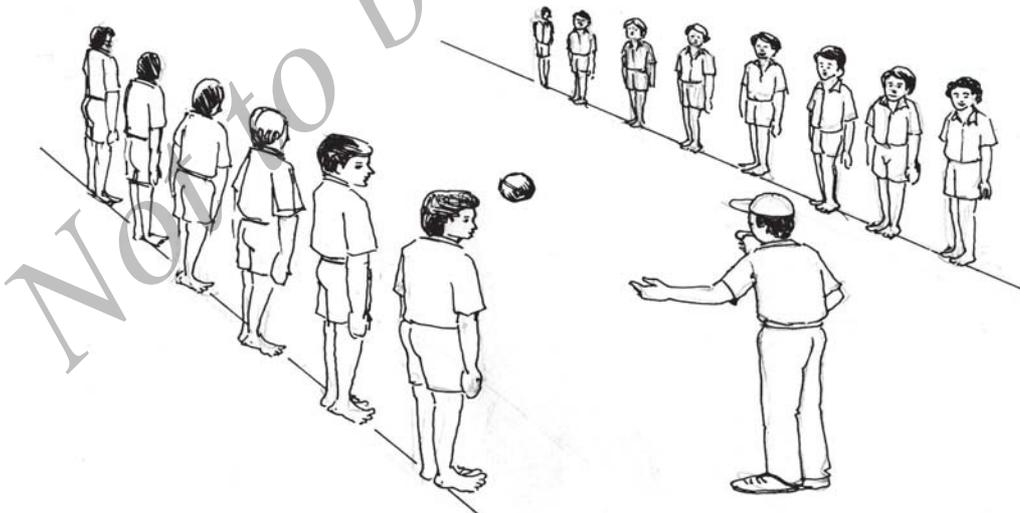
4. Nectar and Poison

The children will be spread out on the ground and one of them will be the chaser. As soon as the teacher blows the whistle the chaser tried to tag the runners, if the dodgers place their hands on their heads and sit down crying 'poison', they cannot be caught. If another dodger touches the sitting player and says 'nectar', then that player becomes an active runner again. While running this way if a player is touched by the chaser, then he is out and will be the new chaser. This way the game continues.



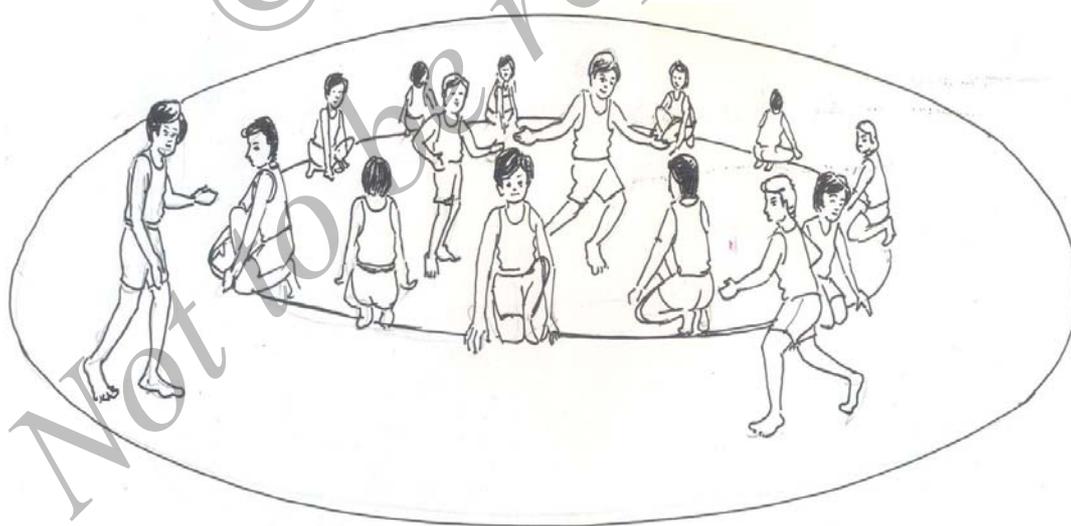
5. DOG AND BONE

Divide the students into equal groups and draw two parallel lines at a certain distance. Two teams of equal number will be standing on each of these lines facing each other. The players of each team are designated numbers which the other team should not know. At the centre of two lines mark a small circle which will be visible to both the teams and put a small thing like handkerchief or a duster (which will be held in hand. This will represent the bone.) When teacher calls out a number, the students of each team relating to that number will run forward to try to take the bone from the circle. The aim is to take the bone and run back to his team without being caught, that team scores one point or the player succeeding in touching the player taking the bone, before he can reach home scores one point. This way the teacher calls out the numbers at random ensuring that the players who get most number of points will be the winners.



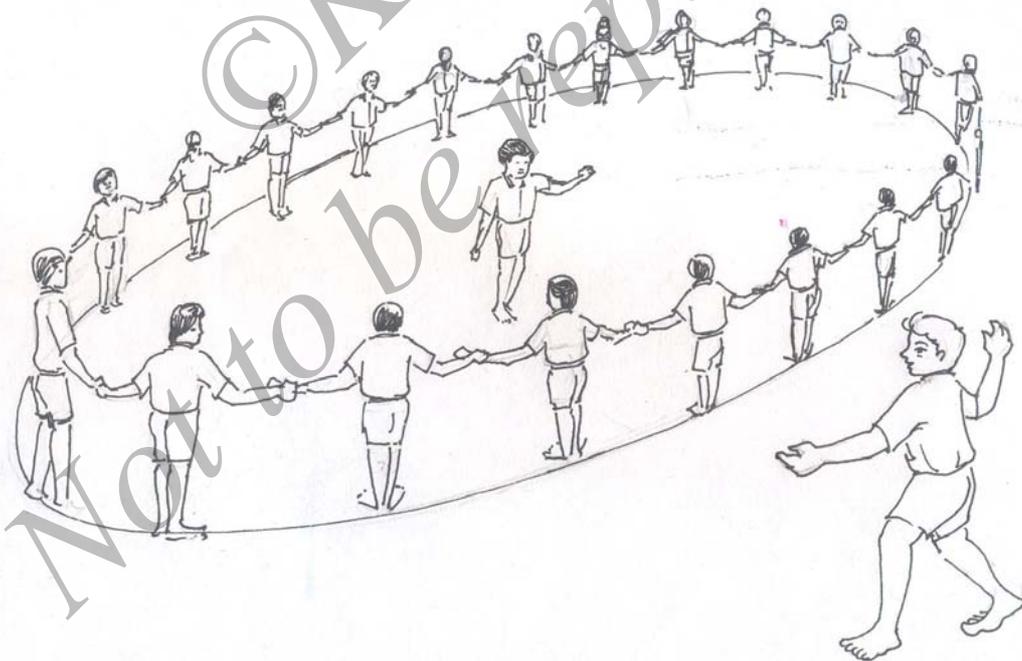
6. CIRCLE KHO

As shown in the figure the players of one team stand outside a small circle, about 2-3 meters apart with each player facing alternative direction. Thief will be the chaser. One chaser will be standing. The three players of the dodging team will be dodging within the larger circle. The dodgers can run anywhere, entering and exiting the small circle, but they should not go out of the larger circle. The chasers touch the back of their team mate and give kko upon which sitting chaser will continue to chase and the person giving kho will occupy his place. It should be noted that chaser facing towards the outer circle can chase only in the outer circle and the chaser facing the inner circle can run only in the smaller circle. This way the game continues.



7. TIGER AND COW

The players stand in a circle holding their hands. Two other players stand separately, one inside the circle playing as the cow and the other outside the circle playing as tiger. The tiger has to catch the cow. The tiger can enter or go out of the circle but tiger has to break the chain or jump over or go under their chain. When the cow is caught the roles are reversed. This way the game continues.



8 Memory Power

Students sit in a circle. The teacher will explain the game of memory power. Students have to say the names of poets or sports persons. The first student starts with names for example Kuvempu. Second student has to say Kuvempu, D.R. Bendre. Third student will say Kuvempu, D.R. Bendre, Masti. Thus every student start with first name and at the end he has to add one new name. If any body fails to remember and add he will be out. Thus the game continues.

9. Hare Hare Bham Bham

As shown in the picture (page 64) students stand in a circle. Among them one will be selected as a monk and running around the circle by repeating Hara Hara. The running monk touches anybody in the circle by telling Bham Bham, that the player runs behind the monk repeating Hara Hara. Thus the game continues. One Who remains not out, he will be declared winner.

10. Alphabet

As shown in the picture the students stand in a circle. And teacher explains the game of Alphabet. When the teacher blows the whistle the student starts to run in a circle. While running in the circle teacher says any names of village, flower, vegetable or poet's name. What number of letters the colour or name consists, that number of students join together and make a group. Ex., Hasan consists of five letters. So 5 students together make a group. If they are fewer or more in that group they will be out. Thus the game continues. Finally the one who remains not out, will be the winner.

11. Remove tail

All students with a tail scatter within a circle. At the signal from teacher, all the students try to dislodge the tail of one another and collect them. The teacher stops the game when all the tails are dislodged. The number of tails dislodged are counted and the highest tail gathered student will be declared winner.

12. Pitambara

All the students sit on a circle with equal distance. One of the student will be holding a pitambara (a piece of cloth). The teacher without looking at student will blow a whistle. The student with Pitambara will run around a place it on the shoulder of anyone student. In turn, the student will try to place it back on the shoulder of the same student. The game continues till the next whistle from the teacher. At the end of the game the student with pitambara will be considered out. The game continues.

Lesson - 12

National Integration



Naujawanonka Sandesh

Naujawano bharath ki thakdeer bana do
phoolonke is gulshan se | kaatonko hataa do || ch ||
chod ke saare bhedh bhaavako | samajo desh ko apna |
Rehana jaaye dekh adhura | koyi sundar sapna |
Gharne Aag lagaaye jo | us deep ko bhujaa do!
Phoolonkehataado || ch ||

Hum bharath ki vasi kyun ho | duniya me sharminda |
Desh ke kaaran mout bhi aaye! phir bhi rahenge zindaa
Jai jai hind ki naaron se | is dharthi ko hilaado |
phoolon kehatado |
Apne saath hai kaise kaise | Balwano ke sakthi |
Veer Jawahar lal ki himmath! Bapuji ki bhakthi ||
Desh ki janda jag me unchaa | Karke dhikado
| phoolonke....
hatado ||
Naujawano....Naujawaano...Naujawaano.....

Instructions:-

1. Phoolonke ..Hatado....sing two times in low pitch(voice)
2. In every stanza, sing second half of first and second lines two times.
3. At last, sing the word 'Naujawaano' three times in a high and elaborating pitch (voice).

Summary

"Message to brave soldiers"

'O' soldiers of Bharat, create the future of India. Our country is like a bunch of flowers, remove the thorns in it. In today's India. abandoning (to give up) all discrimination, let us have beautiful dreams, in the path of making a bright India.

Activities:

1. Learn a Kannada patriotic song and sing it rhythmically in the class.
2. Make students give the summary of the patriotic song '**Naujawanonka sandesh...**' on the occasion of Independence day.
3. Learn patriotic songs and songs of national harmony in other languages and sing them.
4. Collect slogans and pictures about national integration.



PART - II THEORY

Lesson-1



PHYSICAL EDUCATION AND OBJECTIVES OF PHYSICAL EDUCATION

OBJECTIVES OF PHYSICAL EDUCATION

Physical education is education that takes place through physical effort and activities. Physical education attempts to make a person complete, with all-round development.

There are these popular sayings: ‘Only strong people can build a strong nation, and only strong people can lead a happy life.’ ‘No achievement is possible for the weak’.

OBJECTIVES:

1. To enhance the physical, mental and social health of the student.
2. To inculcate right social feelings of concern and attitude.
3. To ensure better coordination between nerves and muscles through physical exercise and healthy activities.
4. To develop leadership qualities in students.
5. To motivate students to spend their leisure time usefully.
6. To provide entertainment and relaxation.
7. To develop a good physique and thereby, an attractive posture.
8. To improve knowledge and skills required to play games and sports.
9. To inculcate values of discipline, self-control and a sense of duty.

10. To develop community feelings like mutual adjustment, co-operation and national integrity.
11. To provide concentration, peace of mind and sense of morality through *asanas*, *pranayama* and meditation.
12. To create understanding of the significance of balanced diet and first aid.
13. To create awareness about personal health and hygiene.

EXERCISES

I. Answer the following questions in three – four sentences each:

1. Explain the benefits of physical exercise.
2. What are the objectives of yoga education?
3. Why are discipline, self-control and co-operation needed in life?

II. Match the following:

A

B

- | | |
|----------------------|--------------------------------|
| 1 Physical exercise | a. Profitable use of free time |
| 2 Yoga | b. Vitamins |
| 3 First aid | c. Concentration |
| 4 Food | d. Body becomes strong |
| 5 Physical education | e. Immediate treatment |

Activity:

1. Organise speech contests, debates and essay competitions at the school level on the topic of 'Objectives and Significance of Physical Education'.
2. Mention two ailments that arise in an individual who is not physically active.

LESSON - 2

Group Games



KABADDI

Objectives:

1. To give information about bringing the youth together through the game of kabaddi.
2. To identify the awards and achievements in the game.
3. To enhance the interest in, and thereby development of, national games.

In the pre-independence days, Balagangadhar Tilak introduced this vigorous game with an idea of bringing the youth together to fight for independence. Realizing the beneficial effects of this game on the youth, the game was being played, thereby guarding the youth against going astray. Kabaddi gained a lot of importance by motivating the youth of the country to assemble at places during the festivals of Ganesh Chaturthi and Vijayadashami, leading to spread of patriotism. This game was used effectively in sports education.

Last year, you learnt about the history, rules, court measurements and the skills involved in the game. In this lesson, you will learn more about important aspects like the characteristics of players, awards and achievements.

Characteristics of Players: To succeed, a kabaddi-player should have the following characteristics:

1. Be physically fit.
2. Have the agility to escape from the grip of the opponents.
3. Have the ability to study the tactics of the opponents and employ counter tactics.

4. Since sports should promote competitive spirit, a player should have leadership qualities, ability to face hardships, patience and an attitude to accommodate with others.
5. Have a good sense of time and be always alert.
6. Behave respectfully with the opponents.

Do you know this? Kabaddi is both an indoor and an outdoor sport, and recently, became popular as a beach sport.



Individual Achievements of Karnataka Players:

- 1) **C.Honnappa** represented the country in the international kabaddi meet and earned a gold medal. For this glorious achievement, the State Government honoured him with the **Ekalavya Award**. In the year 2000, C.Honnappa earned the highest honour of **Arjuna award**.
- 2) **B.C.Ramesh**: He secured the Gold medal in the Asian Games at Hiroshima. He has been honoured with the **Ekalavya award** and **Arjuna award** in the year 2001.
- 3) **Mamata Poojari**: She was trained by Ajikar Ramesh Suvarna, and won gold medal at Mangaluru University level and, subsequently, gold medal in the South Asian Games meet in 2006, Gold medal in June 2012 as the captain of the beach kabaddi team. The state government honoured her with the **Ekalavya award**.



Nation's Achievement: Our country's kabaddi players have participated in international sports meets and made the country proud.

Achievements of the Indian Kabaddi team at International Sports Meets:

- 1 Men's team won the first place in the first World Cup meet.
- 2 First place in the World Cup at Panvel of Maharashtra in the year 2007.
- 3 Gold medal in women's Asian Beach Kabaddi during June 2012.

Awards: To promote kabaddi and encourage players, the government announced **Arjuna award** in 1961, for those representing state, national and international level. This award has both cash prize and citations. Similarly, Karnataka State government is honouring the players getting first place in district and state level tournaments.

Following are the Kabaddi players receiving Arjuna award:

- | | |
|--------------------------|----------------------------|
| 1. Subbaiah Rajarathinam | 11. Sundar Singh |
| 2. Perumal Ganeshan | 12. B.C. Ramesh |
| 3. Raju Bhavarara | 13. Naveen Goutham |
| 4. Ashan kumar | 14. Pankaj Navnath Srisath |
| 5. Biswajith Palish | 15. Dinesh |
| 6. Balwindar | 16. Tejaswini Bai |
| 7. Teerath Raj | 17. Rakesh Kumar |
| 8. C. Honnappa | 18. Anup Kumar |
| 9. Ram Mehar Singh | 19. Mamatha Poojari |
| 10. Sanjeev Kumar | |

Ekalavya Award: Karnataka state government honours men and women Sports achievers with Ekalavya award.

Some of the Kabaddi Players honoured with Ekalavya are

1. **B.Gopi**
2. **Munivenkatappa**
3. **B.C.Suresh**
4. **Yellappa**
5. **Vishakanta**
6. **C. Honnappa**
7. **Srinivasmurthy**
8. **Jeevan Kumar S.**
9. **Mamata Poojari**



Activity: Make a list of the names of Kabaddi players other than those mentioned, and collect information about them and their achievements.

Think about this: Which is the game where the player enters the opponent's court, uttering a word Kabaddi clearly and continuously, in a single breath?

EXERCISES

I. Fill in the blanks choosing the correct answer from the brackets:

1. The Indian team joined the Olympic Games in the year _____.
(1947, 1938, 1973, 1975)
2. National Kabaddi tournament was played at _____ in the year 1973.
(Bengaluru, Mumbai, Jaipur, Chennai)

II. Match the following:

A

1 Ekalavya Award

B

a. Mamata Poojari

- 2 Karnataka's woman player b. Karnataka Government
3 Men's sport c. 1975
4. Arjuna Award announcement d. Kabaddi
5 Beach kabaddi e. Beach sport in 1961

III. Answer the following in two-three sentences each:

1. When did the Indian government announce the Arjuna award, and to whom was it given?
2. Name 3 Ekalavya awardees and mention their achievements.
3. Write about the characteristics of kabaddi players.

VI Write notes on the following:

1. Combination, raid
2. Qualities of a player
3. Arjuna award
4. Ekalavya award

V What are your decisions in the following situations?

1. During the course of the game, a raider is deliberately pushed out of the court.
2. Raider stops the **cant** after touching the opponent during a raid.
3. Touches the centre line with the correct cant escaping from the chain.

'A Strong Mind in a Strong Body'

LESSON - 3



KHO - KHO

Introduction:

Kho-kho is a group game which can create fast runners. It is a game which is played till the goal is reached, and which challenges the intelligence of the players. Kho-kho game is the pride of our State.

You have learnt about the history, court measurements, rules and skills involved in this game. This year you will learn about the characteristics of a kho-kho player, the achievements of kho-kho players at the state and national levels, and the awards won by them.

“In life, don’t get trapped but succeed by reaching your goal through following rules and by staying within the stipulated boundaries.”

“Play kho-kho in your school; Never let anyone make you a fool.”

A good kho-kho player, in addition to being healthy and fit, should:

1. Accept victory and loss with equanimity.
2. Be physically and mentally strong.
3. Abide by the suggestions, signals and decisions of the umpires.
4. Have, in addition to physical fitness, cleverness and ability to bear hardships.
5. Have a good sense of time, patience and courage.
6. Have co-operative attitude in a group.

7. Have the ability to get along well with others.
8. Have good motor ability.
9. Have good neuro-muscular co-ordination.
10. Have ability to control the body while moving fast.
11. Have good flexibility.
12. Be an expert in faking.

Achievements of players in State and National levels:

There are many famous players in the state and national level kho-kho. The players who have received '**Arjuna Award**' given for highest achievement are:

1. Nilima Sarolkar - 1974.
2. Sriranga Inamdar and Usha Nagarkar - 1975.
3. S.Ramachandra - 1976.
4. Shekar Dharwadkar and Achaladi - 1976
5. Shantaram Jadav, Sushma Sarolkar and Hemant Takalkar - 1981.
6. S.Prakash, Karnataka - 1984
7. Surekha Bhagawan Kulkarni - 1985
8. Shobhanarayan, Karnataka - 1998

Dronacharya Award:

E.Gopal Purushottam Padake - 2001

SPORTS AWARDS

The sports awards which are presented to players who have achieved excellence at the National level kho-kho championships are:

1. Arjuna award
2. Ekalavya award for men
3. Jhansi Rani Laxmibai award for women
4. Bharat award for boys below 14 years

5. Ela award for girls below 14 years
6. Janaki award for girls below 16 years
7. Veera Abhimanyu award for boys below 18 years
8. South zone men – Madakarinayaka award
9. South zone women – Onake Obavva award
10. South zone boys below 14 years – Dhruva award
11. South zone girls below 14 years – Rani Rudramma award
12. Karnataka Government Dasara awards for men and women

The Championship Games organized in Kho-kho:

1. National Kho-kho championships
2. Junior National kho-kho championship
3. Sub-junior National kho-kho championship
4. School championship
5. National Women's championship
6. All India Inter-University Championship
7. Federation Kho-kho championship
8. All India Rural Sports Meet

EXERCISES

I. Answer the following questions:

1. Make a List of characteristics of a kho-kho player.
2. What are the awards given to boys and girls below 14 years?
3. Which are the championships organized in kho-kho game?
4. Who is given Veera Madakarinayaka award in kho-kho?
5. Which are the awards given to kho-kho players?

II. Fill in the blanks:

1. Shobha Narayana of Karnataka got the award in _____.
2. Girls below 16 years are given _____ award.
3. _____ is the award given by Karnataka government to men and women sportspersons.
4. Women kho-kho players of South Zone are given _____ award.

III. Match the following:

A

1. Men
2. South Zone boys below 14 years
3. Women
4. Players below 18 years

B

- a. Jhansi Rani Laxm Bai
- b. Veera Abhimanyu award
- c. Ekalavya award
- d. Dhruva award
- e. Rani Rudramma award

Facts to Remember:

- The Indian Government, for the very first time, has given the highest civilian award 'Bharat Ratna' to sports too. The famous cricketer, Ramesh Sachin Tendulkar, has been honoured with this award.
- In order to help students who have great achievements in the field of sports, the Central and State governments give cash prizes, scholarships and reservations in institutions for higher education. (For ex: Medical, Engineering, Defence Services, Technical Education etc.)
- Sportspersons who have achieved a lot at the high school/pre-university departmental sports meets at the inter-state or national levels, are provided free education and admission at sports hostels for training along with scholarship by the Sports Authority of India (SAI).



Do you know this?

Award	Cash Amount
1. Ekalavya Award	Rs .1,00,000
2. Arjuna Award	Rs.3,00,000
3. Dronacharya Award	Rs.3,00,000
4. Rajiv Gandhi Khel Ratna	Rs.5,00,000

Do you know this?

- 1 Place of origin of kho-kho - **Maharashtra**
2. The place the first National Kho-kho Championship was held in 1959-60 - **Vijayawada**
3. The year the first Asian Kho-kho Games took place - **1996.**

LESSON - 4



FOOTBALL

Objective: To provide more sports information and inspire people to take to sports and games.

Introduction: The game where a ball is kicked around is called Football. It was earlier called Harpashan. This is the most popular game in the world.

Last year, you learnt about the history of this game, measurement of the court, rules and skills. This year, let's learn more about this game.

I. Characteristics of a Football player:

- a. Endurance
- b. Speed
- c. Agility
- d. Flexibility
- e. Eye-foot co-ordination attitude
- f. Co-operative
- g. Precision

II. Achievements of players at State and National level:

There are many famous players in State and National level football. Many of them have been honoured with awards. Let us learn about them.

National Level players:

I.M. Vijayan:

Inveloppin Mani Vijayan was born in 1969. He is a Keralite by birth. He started playing football at the age of 17. He got Arjuna award in 2002. He represented India in 1989 at international level.



2. Bhaichung Bhutia: He was born on December 15, 1976, in Sikkim. He started his football career in Subrato Cup Inter-college Championship. At present, he is playing for Mohan Bagan of Kolkata. He was honoured with Arjuna award in 1998 and Padamsri in 2008.



3. Sunil Chatri: He was born on August 3, 1984, in Secunderabad. He started his football career in his school days and grew up to become a good football player. He was playing for district clubs. Subsequently, he played for Mohan Bagan, East Bengal, J.C.T. Club, S.C. Club also. He got the 'Best Player of the Year' award from J.C.T. Club. At present, he is the captain of the Indian team playing in the forward position.



III. International Players: Edison Arantes do Nascimento

(Pele): Popularly known as 'Pele', he is called the 'Black Pearl'. He was born on October 23, 1940, at Tres Coracoes of Brazil. He drew the attention of the world as a footballer at the age of 16 years, after learning the game from his father, Dondinho. He had the remarkable qualities of extremely high speed, balance, sharp sight, control over the ball, and scored goals by kicking and heading very accurately. The world was wonder-struck by his remarkable football play.



2. Diego Aramondo Maradona He was born on October 30 1960 at Lanus of Argentina. He is the most skilful player the world has ever seen. He has been honored with the 'Player of the Century' recognition. The two goals he scored against England are memorable even today. The first one is called the 'Hand of God'



and the second one 'The Goal of the Century'. The second goal was shot down from a distance of 60 meters and established a world record. At present, he is coaching the men's team of Argentina.

Ronaldo: His complete name is Ronaldo Luis Nazario de Lima. He was born on September 18, 1976. He is from Brazil and is called Fenomeno (The Phenomenon). He is the player who scored the maximum number of goals in the World Cup. He has been honored with FIFA award thrice.



SPORTS AWARDS AND CHAMPIONSHIPS

- 1) **FIFA:** (Federation International De Footaball Association) This is International Football Association Championship. This was started on May 21, 1904.
- 2) **Santosh Trophy:** This is our National Level Championship.
- 3) **Durrand Cup:** This is a National level championship. The first tournament was held in 1988.
- 4) **Rajiv Gandhi Gold Cup:** This tournament is organized for those below 21 years.
- 5) **Subrato Cup:** This is an inter-school event.
- 6) **Begum Hazrat Mahal Cup:** This is a national women's football championship.

AWARDS

- 1) **Arjuna Award**
- 2) **Ekalavya Award**
- 3) **Padmashri award**

Activity:

1. Make a list of the indoor and outdoor games you know.
2. Make a list of the national games that you play.

Remember:

- Play games and do exercises daily.
- Always play with a sportsman spirit.

- Games and physical exercises are essential for good health and physical fitness.

EXERCISES

I Answer the following questions:

1. What are the characteristics required in a football player?
2. Name India's famous football players.
3. Name the players who have been honoured with the Padmashri

II Match the following:

A

1. Harpashan
2. I.M.Vijayan
3. Bhaichung Bhutia
4. Pele

B

- a Padmashri
- b. Black Pearl
- c. 1969
- d Football
- e National game

III Write a note on these players:

1. Edison Arantes do Nascimento
2. Diego Aramando Maradona
3. Sunil Chattri
4. Ronaldo

ATHLETICS LESSON - 5



RELAY

Objective: In addition to giving complete information about athletic sports, enhancing interest in them and creating awareness about human strength and skill.

Introduction: The word 'Athletics' is derived from the Greek word 'Athlon'. Man has imbibed the qualities of running, throwing and jumping, right from the ancient times from Nature. These activities were essential to him to live on this earth, and protect himself from wild animals and enemies. The people of Egypt started running as a competition in 3500 B.C. But the Greeks laid the foundation for this game.

The modern track and field events started in England in the year 1800 A.D. The modern Olympics games started in the year 1896 in Athens. Subsequently, running, throwing and jumping events started. IOF was started in the year 1913. Even today, it retains control over athletics.

For the first time, women participated in the Olympics of 1928 at Amsterdam. Amateur Athletics Federation of India (AAFI) was started in 1946 in Bangalore.

RELAY RUNNING RACE

Relay running race is one of the athletic sports. This is a track event. This is one of the most exciting games of the Athletics. There are two types of relay running races:

1. 4 x 100 mtrs relay race
2. 4 x 400 mtrs relay race

Composition of relay team: There are six members in a relay team. Of them, 4 are active participants and 2 are reserve. Before the relay race starts, within the specified time period, the 4 players running in the race should indicate their names, numbers on their chests and the order of their running. Subsequently, the players carry the baton

and run as fast as they can from start to finish. Each player holds the baton, runs the fixed distance and hands over the baton to the next player at the baton exchange place. This way 4 players form one relay team.

4 x 100 relay race: 4 x 100 metres relay race is conducted in lanes. Although there are 6 players in a team, only 4 players participate in the running event and two are extra.

Exchange tactics: In spite of having excellent runners, a team cannot give an impressive performance, if it does not possess the right baton exchange tactics. Because of lack of good exchange technique, even the best relay teams taste the bitterness of failure at times. Ordinary teams sometimes win with a good baton exchange technique.

Good Baton Technique:

- a. Safe exchange of baton
- b. Speedy baton hand-over
- c. Utilising the free distance

Construction of Baton:

The relay baton is made of metal. This is a smooth cylinder. It is made of a single piece of metal and is painted in vivid colours so as to be visible during the race. The length of the baton is about 28 to 30 cms. The circumference of the baton is 12 to 13 cms and weight does not exceed 50 gms.

Rules:

- Players should have the baton in their hand right from the beginning to the end of the race.
- If the baton is dropped by a player, the same player should retrieve the baton.
- The distance to be covered cannot be reduced in the effort of retrieving the fallen baton.
- In all competitions, the baton has to be exchanged within the 20-metre zone.
- In 4 x 100 metres relay race, 10 metres behind the baton exchange area is called **Acceleration area**. The outgoing runner can utilize this zone only for accelerating his speed and not for baton exchange.

- In relay races, except for the first runner, the other runners' relay zone of 10 metres limit line is marked in each lane.
- Pushing other players, impeding or helping other players in any way renders the team liable for disqualification.

Activity: View the Asian, Olympic, Commonwealth games on T.V. Collect the statistics of any new national or international sports event, their rules and names of winners of the event, along with other information.

EXERCISES

I. Answer the following in one sentence each:

- Mention the two types of relay races.
- Mention the number of players in a relay race.
- What is the distance to be covered by each runner in a 4 x 100 relay race?
- What is the shape of the baton?
- What is the 10-metre zone behind the baton exchange zone called?

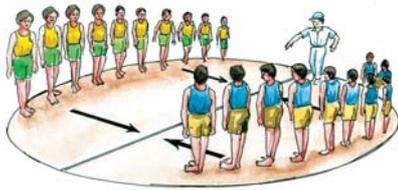
II. Answer the following in two-three sentences each:

- Mention the good baton exchange tactics.
- Explain the rules of the relay race.

III. Mark right or wrong:

- Relay is a team event.
- There are 6 runners in a relay team.
- The baton is painted with vivid colours.
- All the runners of the relay team run at a time.





LESSON - 6

SHOTPUT

Among the living beings existing on this earth, some animals are stronger and some people are more intelligent. Some competitions cropped up to test this strength and intelligence in a sportive way that also gave entertainment. Of these sports, athletics were the most popular. In athletics, running, jumping and throwing are important. Sprints, track events, jumping and throwing (field events), are the four sports testing the strength and ability of human beings. These are organized using age, speed, weight and distance as criteria. In the throwing games, there are 4 types, namely: shot put, discus throw, javelin throw and hammer throw. Here we will learn about shot put.

Shot put was first played in Scotland, using stone balls. People of specific age group, throwing stone balls of specific weight in specified areas, with the help of the strength of arms and according to certain rules, is called shot put.

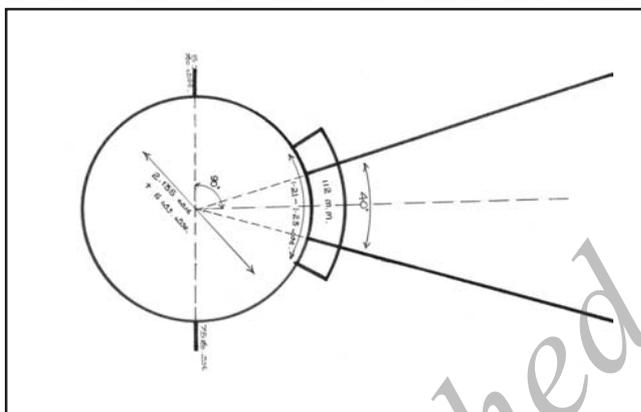
Shot Put

Throwing game or explosive sport means using a centralized force to the maximum at a particular time in an event. In throwing games, the instrument is pushed forward by the help of the pressure of players' feet and explosive force of the arms. At this time, if the power of the arm is used spontaneously, the instrument that is thrown reaches maximum distance. In this event, the ball is thrown in the marked area with the help of arm's strength.

Construction of field for shot put:

Throwing circle: A circle of 2.135 metres in diameter (ra-

dius 1.0675 metres) is drawn with the lines 6 mm thick. Two lines of 5 cms each with a distance in between of 75 cms perpendicular to the centre of the circle are marked.



Stop Board: This is about 112 mm to 300 mm. Its length is 1.22

metres and thickness about 10 cms. This white board lies outside the edge of the circle and the inner edge touches the iron border.

Throwing Sector: This area is of saw dust, soft mud and grass, so that the shot put falling in this area makes a mark at the point of fall. The angle of throwing sector is 34.92° from the centre.

Shot put: This is spherical in shape and made of iron or brass, and has a smooth finish.

Weight: Shot put used for girls and boys below 14 years is 4 kg in weight; for 17 to 20 years = 6 kgs and for men = 7.26 kgs.

Fundamental rules of shot put:

1. The order of throwing is decided by lots.
2. If the number of players is less than 8, 6 attempts should be given to each player. The position of the player is decided by the distance thrown without making a foul.
3. If the number of players is more than 8, the first 8 players are selected in the best 3 attempts and again three attempts should be given to players in reverse order and the maximum distance thrown in 6 attempts should be considered.
4. Before the competition, one or two trials may be given. But after the start of the competition, there is no room for practice throws.

5. The shot put should be thrown standing inside the circle according to the rules. The edge of the board in line with the circle may be touched, but the stop board should not be stepped upon.
6. The shot put cannot be lowered below the arm level.
7. Shot put of specified weight only should be used.
8. The shot put thrown should fall within the 'V' throwing sector, without touching the lines. After the throw, the general rules should be followed.

General Rules:

1. Before the throw, the player cannot touch the iron board at the edge of the circle. All preparations should be completed before the throw.
2. The player should come out of the circle only after the shot put lands in the sector. Players should use their respective uniforms.
3. While coming out, the player should come backward from the 75 cms line perpendicular to the centre.
4. The player, after the throw, should not come out from front. It is considered a foul.
5. After the throw, the shot put should not be thrown to the next player, it should be carried and handed over.
6. The throw is considered accurate only when the umpire decides that it is in order.

Foul Throws:

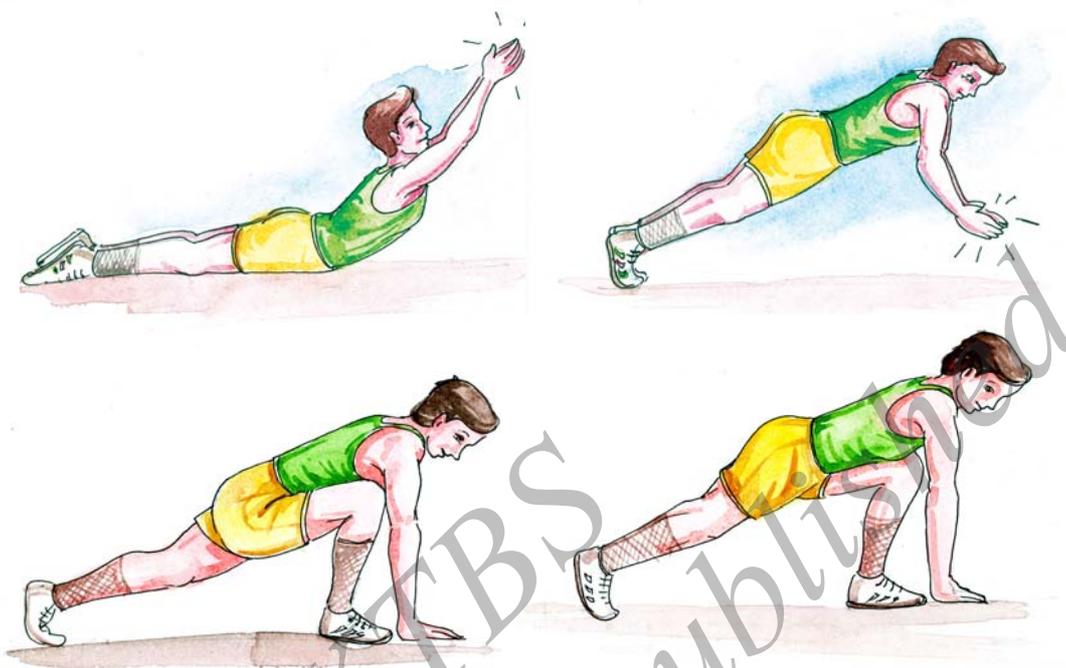
1. Throwing out of turn
2. Using gloves with grip.
3. Using shot put of wrong specification
4. Running and throwing the shot put
5. Throwing with both hands
6. Throwing from below the waist level.

Preparatory activities before the throw:

(Warm-up Exercises)

1. Standing on toes, sitting and in the same position, turning left and right.
2. Standing erect, stretching both the legs as far as possible, touching right toe with left hand and left toe with right hand. Stretching the left foot, bending the knee and straightening the right leg while bending to the left and similarly to the right.
3. Stretching the legs apart, holding the hands at arm level, and exercising wrist, fingers and elbow.
4. In the same position, turning the waist to the right and left, bending forward and backward.
5. Rotating the shoulders, and expanding the chest.
6. Practising the posture of throw using the right arm.
7. Bending the neck slowly forwards, backwards, left and right.
8. Practising two to three times with the shot put.
9. Doing push-up and pull-up exercises.
10. Standing on one leg to maintain balance using both legs alternatively.





Shot put records

Record	Men Women	Name	Country	Distance thrown
Olympic	Men Women	Tomaz Mazuski Valeri Vili	Poland New Zealand	21.57 metres 21.24 metres
World	Men Women	Lisoviski U.S.A. Russia	Randy James Natalia	23.12 m 22.63 m
National (India)	Men Women	Om Prakash Manpreet Kaur	India India	20.69 m 17.46 m
State (Karnataka)	Men Women	Vikas Gowda J.J. Shobha	Karnataka Karnataka	19.06 m 12.74 m
17 years age limit	Boys Girls	State and National level	- -	15.23 m 12.01 m
14 years age limit	Boys Girls	State and National level	- -	13.96 m 11.45 m

EXERCISES

I. Answer the following questions:

1. What is the diameter of the circle in shot put throw?
2. What is the shot put made of?
3. What is the weight of shot put for boys and girls below 14 years?
4. How many attempts are given to a player?

II. Mention whether the following sentences are right or wrong:

1. The game of shot put originated from Scotland.
2. The player can go from front side, after the shot put has landed in the V sector.
3. The shot put can be thrown using both hands.
4. Shot put is a field event of athletics.

Activity: Create a shot put field in your school with the help of other players and discuss the rules.

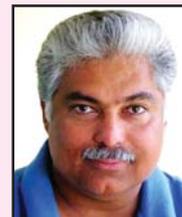


Know this : Three coaches of Karnataka have been honoured by prestigious Dronacharya award. This is a matter of pride for all of us. Sri Lingappa, Sri Nihar Ameen and Sri S. Pradeep kumar have received this award for their immense contribution towards development of sports through coaching.

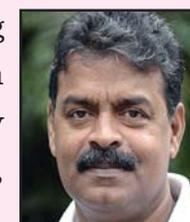
Sri Lingappa is a veteran coach in athletics. His training has enabled many sports person to excel in sports at National and International Level. D.Y. Biradar, Ashwini Nachappa, Uday K. Prabhu, A. P. Ramaswamy, Satish Pillai, P.C. Ponnappa are prominent among trainees of Sri Lingappa. Government of India has honoured him with prestigious dronacharya award in 2014.



Sri Nihar Ameen is the most successful swimming coach of Karnataka. Shikha Tandon, Rehna Poncha, Hakimuddin Habibulla, Nisha Millet, Meghana Narayan Sandeep Sejwal, Virbhawal Khade and others have succeed in securing medals at National and International level.



Sri S. Pradeep kumar is another successful swimming coach. He is basically from kerala state but settled in Bangalore since many years. He has produced many successful swimmers. Rehan Poncha, Nisha Millet, Abhijith J. Prashanth Karmakar, Sajan Prakash, Shivani Kataria and others have obtained training from S. Pradeep kumar and represented India and received medals. Identifying the contributions of S. Pradeep kumar Dronacharya award has been conferred on him.





YOGA

Lesson - 7

YOGA – THE ART OF LIVING

Meaning of Yoga:

- Introduction to Patanjali Yoga and its explanation
- The different paths of Yoga
- Points to be remembered while doing yoga
- Necessity aims and objectives of yoga

Introduction: Tell the students: “When I am studying, many thoughts cross my mind and I am not able to concentrate. What should I do? I read a lot but cannot retain what I have read in my memory. What is the reason? I am scared of examinations. If I get low marks, I am chided by the class teacher and my parents. What shall I do?”

Students, such questions might be troubling you too, mightn't they? If you do not have concentration or interest while studying, unwanted thoughts might come in your mind. How is it possible to remember what you have read? Then, if what has been read is not retained in the memory, how can you write in the examination? This fear is natural. Then, what is the solution? Do you know it?”

(Students might give various answers like ‘forgetting is due to lack of concentration, peace of mind or interest’. The teacher should convince the students that yoga is the remedy for all such problems.)

Meaning of Yoga:

‘The word **‘yoga’** has been derived from the Sanskrit word **‘yuj’**. **‘Yuj’** means join, unite, match. Superficially, yoga means the ‘art of integrating the body and mind’. However, the true meaning is the **‘union of the atma and the paramatma’**’.

Yoga is very useful for students since it improves physical fitness and mental concentration.

Patanjali Yoga:

Patanjali Yoga is called '**Ashtanga Yoga**' or '**Raja Yoga**'. Yoga is an ancient art of India and it has been proved by the evidences obtained at the ruins of Harappa and Mohenjo daro civilization that yoga was an integral part of the lives of the people of those times.

Mention has been made of yoga in the Mahabharata, the Ramayana, the Upanishads and other ancient works. In 2 B.C., Sage Patanjali wrote '**Yogasutra**' in a style that could be easily understood by everyone. There are 195 sutras explained in this book. Hence he is called '**Yoga Pitamaha**'.

Definitions of Yoga:

Patanjali Yogasutra: "*yogah chittavrutti nirodhah*". Yoga is the curbing of distractions of the mind. Controlling the capricious mind and focussing it on a particular activity or matter is yoga.

The Bhagavad Gita: "*yogah karmasu kaushalam*". Performing every task skillfully and perfectly is yoga.

'Yoga Vashishta' - Sage Vashishta's volume on yoga: "*manah prashamanopaya yoga ityabhidheeyate*". Yoga is the method of relaxing and calming the mind.

Different paths of yoga: The paths of yoga are different ways meant to reach the eternal bliss through perfecting the body and mind.

The four different paths of yoga are:

1. **Karmayoga** 3. **Jnanayoga**
2. **Bhaktiyoga** 4. **Rajayoga**

1) **Karmayoga:** Basavanna says '**Work is worship**'. There is a reward for every work done by a man. But when he

does the work without the desire for reward or without any expectations, he can achieve mental peace. This is the philosophy of Karmayoga.

- 2) **Bhaktiyoga:** This path is based on devotion. By suppressing all the feelings in the mind, internal peace is achieved. Complete surrender is the essence of Bhaktiyoga.
- 3) **Jnanayoga:** This path advocates acquisition of knowledge of truth, the universe, the cosmic power behind all the creations of the universe, the relationship between man and the cosmic Power.
- 4) **Rajayoga:** This path involves constant examination of one's soul and the universe outside. Rajayoga has also been called '**Asthanga Yoga**'.

Aims and objectives of Yoga:

1. Enhancement of physical strength along with attainment of a healthy body.
2. Improving flexibility of the joints and the spine.
3. Increasing the life-span.
4. Improving mental concentration and emotional control.
5. Enhancing memory power, intelligence and mental peace.

EXERCISES

I Fill in the blanks selecting the right answer from the choices given:

1. Yogaha Karmasu Kanchalam is referred in_____.
 - a. Patanjali
 - b. Yoga Vasishta
 - c. Bhagavadgita
 - d. Ramayana
2. The sentence '*yogah chittavrutti nirodhah*' is referred by_____.

- a. Yoga Vasistha b. Sage Patanjali
c. The Bhagavadgita d. The Ramayana

3. The other name for Patanjali Yoga is _____.
a. Karmayoga b. Bhaktiyoga
c. Jnanayoga d. Rajayoga

II. Fill in the blanks with the right words:

1. Yoga is merging of the *atma* with the _____.
2. There are _____ number of sutras in the book 'Yogasutra'.
3. "yogah karmasu _____".

III. Match the following:

- | A | B |
|----------------|-------------------------------|
| a. Karma Yoga | i. Bhakti Oriented |
| b. Bhakti Yoga | ii. Human and Universal Power |
| c. Jnana Yoga | iii. Work is worship |
| d. Raja Yoga | iv. Ashtanga Yoga |

IV. Answer the following questions:

1. From which Sanskrit word has the word 'yoga' originated?
2. Who is the 'Father of Ashtanga Yoga'?
3. What is the essence of Karmayoga philosophy?
4. Mention one feature of Bhaktiyoga.
5. Mention one difference between 'Jnanayoga' and 'Karmayoga'.

Activity

Visit the nearest yoga centre and prepare the report on yoga.

Lesson- 8



HEALTH EDUCATION

EXERCISE, REST AND SLEEP

The physical activities we do in a regulated, correct order to enhance the smooth functioning of our body organs and their health are called exercises. Exercises help to improve our physical and mental ability and also to maintain our health.

Advantages of exercises:

- Muscles get strengthened and expertise in various skills is developed.
- By regular exercise, body weight in accordance with the age can be maintained, and obesity avoided.
- All the organs of the body get energized.
- By regular exercise, we can have a disease-free body.

Rest and Sleep:

The body organs and mind, which get exhausted due to physical activities, need rest and sleep. (Change of activity is rest.) Relaxation of the parts of the body which have done work for a long time is called rest.

Ex. Playing games that give joy, listening to music, spending time with friends listening to stories, quizzes and songs, enjoying natural beauty etc.

Advantages of rest:

- Our health improves. Tired muscles get rest and their ability increases.
- The mind becomes joyous.

- All activities of our body get a boost.
- Rest leads to liveliness in all our activities.

"Change of work is rest"

Sleep: Sleep is the best form of rest. In this state, all the physical movements get reduced and there is deep breathing. By deep sleep, our nervous system gets rest leading to decrease in mental stress. By this, the cells of the body increase in number leading to physical growth.

Peaceful sleep for an exhausted body

Good health by a peaceful sleep

Advantages of sleep:

- It reduces physical and mental stress.
- High blood pressure leads to heart ailments. Hence body needs sufficient sleep.
- Body gets energized. With sufficient sleep, both body and mind become lively and all activities can be done joyously.
- Memory power increases. During sleep, a process of integration of memories takes place. The mind relates events, feelings and memories with one another.
- It reduces anxiety, grief and lack of enthusiasm.
- It helps to strengthen the body. During sleep, through metabolism, production of vital proteins and cells takes place, leading to tissue formation. Also, with a deep sleep, happiness, strength and knowledge increase, whereas with lack of sleep, weakness and lack of enthusiasm result.
- By going to bed early and getting up early, a man's health and mental ability increase.

"Early to bed, early to rise makes man healthy wealthy and wise"

Points to Remember:

- 3 R = 1. REST
2. RECREATION
3. REFRESHMENT**

EXERCISES

I Answer the following questions:

1. What is exercise?
2. List the activities of entertainment.
3. Mention one difference between sleep and rest.

II Make a list of the following:

1. The advantages of rest.
2. The benefits of exercises.
3. The uses of sleep.

III Write whether the following sentences are right or wrong:

1. An exercise decreases the physical ability.
2. Sleep is a very good way of getting rest.
3. Good sleep for exhausted body, good health because of good sleep.
4. Insomnia leads to liveliness.

IV Fill in the blanks with suitable words:

1. Early to bed and early to rise enhances the _____ of a person.
2. During sleep, the production of protein increases leading to _____.

Activity:

1. After rest and sleep, try to understand the effect on your body.
2. List the activities at home and school that can be done to enhance rest.

Lesson - 9



IDEAL POSTURE

After reading this lesson, you understand the following:

- ideal posture and its features
- meaning of ideal posture

Since posture depends on an individual's health, good posture can be achieved through good health. Posture is the natural state of the body that is seen when the individual is either moving or at rest.

Ideal Posture:

The preliminary co-ordinating activity by the body to effectively execute any work is called 'Ideal or Good Posture'.

By wearing tight footwear and dress, the growth of the body gets stunted.

Posture is a live mirror for the body just like a full-length mirror is for a house - Popular saying

While sleeping:

While sleeping, we should not lie down on thick mattresses or pillows. We should lie down straight on a hard bed so that the spinal column touches the ground completely. By this, we can avoid problems of the spine.



Right



Wrong

While standing:

While standing, arms should be straight, abdomen should be pulled inside and hands should be stretched downwards. Waist should be balanced in such a way that the total body weight does not fall on heels alone but on the entire feet. The back and neck should be in a straight line with the chest expanded.



Right



Wrong

While sitting:

While sitting, shoulders should be straight, back, neck and waist should be in a straight line with the buttocks touching the back of the seat. While writing, both the wrists should be in the right angle. The feet should be at a slight distance from each other.



Right



Wrong

While walking:

An individual's walk mirrors his personality. Walking with a stoop or walking very straight is not good. In a good walking posture, the movement of the feet should be parallel to the line of walk. The feet should touch the ground. The toes should point forward and the heels should first touch the ground while walking. The hands should be moving naturally.



Right



Wrong

EXERCISES

I Answer the following questions:

1. Give the meaning of 'good posture'.
2. What is the reason for the growth of the body getting stunted?

II Fill in the blanks

1. _____ Pillow should not be used to sleep.
2. Wearing tight dress winder _____ of body.
3. _____ should touch ground first while walking.

III Discuss with your teacher the advantages and disadvantages of ideal posture and wrong posture.

Activity:

- Observe your mental state while in ideal posture.
- Collect pictures of ideal posture.
- Practise all ideal postures as shown in the lesson and teach others too.

Lesson - 10



BALANCED DIET

After reading this lesson, you understand the following:

- The classification of nutrients
- Balanced food
- Nutrient groups and their uses
- Balanced diet for sportspersons

We need energy for our daily activities, and this energy is got from nutritious food.

The food that provides the necessary nutrients for the growth, development and maintenance of the body is called nutritious food.

Classification of Nutrients:

- Macro nutrients
- Micro nutrients

Macro nutrients are carbohydrates, proteins and fats which are the main components of food. Our body is shaped by these nutrients and they provide the fuel necessary for the body's activities.

Micro nutrients are essential for the various chemical actions that take place in the body. Among them, vitamins A, B, C, D, E and K are important. Micro nutrients are minerals like calcium, phosphorus and trace elements like zinc, iron, selenium, manganese etc.

Balanced Diet

The food that provides the body all the necessary nutrients in the right proportion is called balanced diet. It also provides strength to the body. Balanced diet also provides immunity, nutrition and growth to the body. The amount of food one has to take depends on age, physical activity

Nutrient Groups and Their Uses:



and the condition of the body.

Nutrient Groups and Their Uses:

- Carbohydrates are the main sources of energy necessary for our body.
- Proteins are necessary for the growth, development and general maintenance of the body.
- Fats or lipids are a rich source of energy and enable the body to perform all its functions.
- Vitamins and minerals provide immunity to the body and guard against diseases. They also control bio-chemical reactions in the body.

Vitamin A – Essential for the protection of eyes

Vitamin B – Essential for the proper functioning of the nervous system, digestive system and 12 other chemical processes.

Vitamin C – Protects the health of teeth, gums and joints.

Vitamin D - Enables absorption of calcium produced in the body. It is very essential for the development of bones in small children.

Vitamin E - Protects the cells in our body.

Vitamin K - Enables clotting of blood.

Minerals and their uses:

Iron - Essential for the production of haemoglobin

Calcium-Required for healthy teeth, muscles and bones.

Sodium - Essential for all cells, especially nerve cells.

Iodine - Essential for production of thyroxin hormone.

Water is vital for the body. Bio-chemical processes or metabolic reactions take place in an aqueous environment.

Balanced Diet for Sportspersons:

Our body needs energy for physical activities. The amount of energy required depends on the duration and type of activity. Energy is measured in terms of kilocalories.

Carbohydrates are the main nutrients which provide energy to sportspersons. Glucose is the simplest form of carbohydrates and it provides fuel to the muscles and keeps them efficient. If the level of glucose comes down in our body, we get tired easily and cannot work satisfactorily.

Fats are essential nutrients for the health of the body. They form the largest reserves of energy for the body. However, if more fats than necessary get accumulated in the body, it will be an obstacle for sports achievements and daily life. Highest concentration of energy is provided by fats than by any other nutrient. Such energy is needed for longer, slower activities of lower intensity, and endurance exercises.

Ex: Marathon races, cycling.

Protein occupies a very important role in building our body. Sportspersons need proteins to repair and rebuild muscle that is broken down during exercise.

Activity: Make a list of the food items taken by a sportsperson, and classify them as carbohydrates, fats and proteins.

EXERCISES

I Fill in the blanks with suitable words:

1. The food item which gives energy to our body is _____.
2. _____ vitamin is necessary to have healthy eyes.
3. Proteins are essential for _____ of our body.
4. Vitamin K enables _____.

II Match the following:

A

1. Iron
2. Iodine
3. Vitamin C
4. Fats

B

- a. Production of Thiroxin
- b. Haemoglobin
- c. Energy
- d. Health of teeth and gums
- e. Balanced Diet

III Explain in detail:

1. Write about the proportion of different nutrients in the diet of sportspersons.
2. Why are minerals essential for our body?

Lesson - 11



HEALTHY HABITS

After reading this chapter, you understand the following:

- Meaning of queue system and its significance
- Meaning of Punctuality and its significance

Habits play an important role in the lives of students. Habit mean good attitude. Habits are second nature to us. Once formed, habits remain an inseparable part of the student's personality. Towards this end, students should cultivate good habits of preserving cleanliness, maintaining efficiency, punctuality and patience for waiting for one's turn.

In the case students who develop unwanted habits, the habits have to be removed with the help of psychological counseling.

Punctuality:

Punctuality is one of the healthy habits. Students should learn the importance of time and its use. Students cannot achieve anything without realizing the significance of time. Punctuality should become a habit in students.

Queue-system:

Have you noticed the chaos while climbing into a bus at a bus-stand? Similarly, can you guess what is the reason for quarrels and commotion while collecting water from a public tap? With the help of such examples, teachers should point out the importance of queue-system in students.



Wrong

Following a queue system is a very important aspect of discipline and it is very essential in a student's life. Standing or sitting in a line, moving in a line and collecting meals, books, uniforms etc. without making noise is very necessary.



Right

EXERCISES

I. Answer the following questions:

1. What are habits?
2. Explain the importance of punctuality.
3. Write in your own sentences, the importance of queue-system in school and public places.

Activity:

1. Make a list of the occasions on which a queue-system becomes necessary in the school or college.
2. Make a List of the unhealthy habits.
3. Write the differences between a queue-system and a commotion-filled event, after watching the pictures above.



Lesson-12



FIRST AID

While playing or running, when an accident takes place or someone falls losing balance, what happens? Hands or legs may get broken, there can be injuries, bleeding and sprains. What do you do in such situations? When medical facility is not available immediately, what treatment should be given to the wounded person?

In our daily lives, when accidents take place, before the injured person can reach the doctor, he should be given immediate relief.

First Aid is the initial treatment given to the injured person when an accident takes place, before going to the doctor.

Bleeding:

Causes: Bleeding takes place when there is an injury to the blood vessels and the blood flows out of them.

Dangers: Blood is the medium of transporting nutrients necessary for the body. When there is blood loss from the body, there can be serious problems for heart and lungs.

Types of bleeding and treatment: There are two types of bleeding: Internal and External.

Treatment: Loss of blood through a damaged artery could be fatal. This has to be stopped immediately. A tourniquet should be tied near the injury. With the help of suitable instruments, the bleeding should be stopped.

Bleeding through superficial blood vessels: These blood vessels have a reddish-black blood, distributed in the upper layers of the skin. When these blood vessels are injured, bleeding is slow.

Treatment: When there is bleeding, avoid contamination of the wound with mud, dust, water or harmful microorganisms in the air.

Treatment of bleeding:

- When there is bleeding, the wound should be washed and tincture of iodine should be applied. If necessary, clean cloth and gauze could be used.
- In the case of external particles entering the wound, they should be removed carefully and the bleeding should be stopped with the help of a clean cloth tied near the wound.
- Bleeding should be stopped with the help of tourniquets.
- When there is severe bleeding, immediate medical attention becomes necessary.

Sprains:

Different joints of bones are bound by ligaments and tendons. During running or walking, if there is a sprain, there can be a tear of the ligament which can lead to exhaustion. When the pain is less, it is called strain; when it is severe, it is called sprain.

Symptoms:

Severe pain in the joint, swelling and discoloration of the area indicating inflammation.

Treatment:

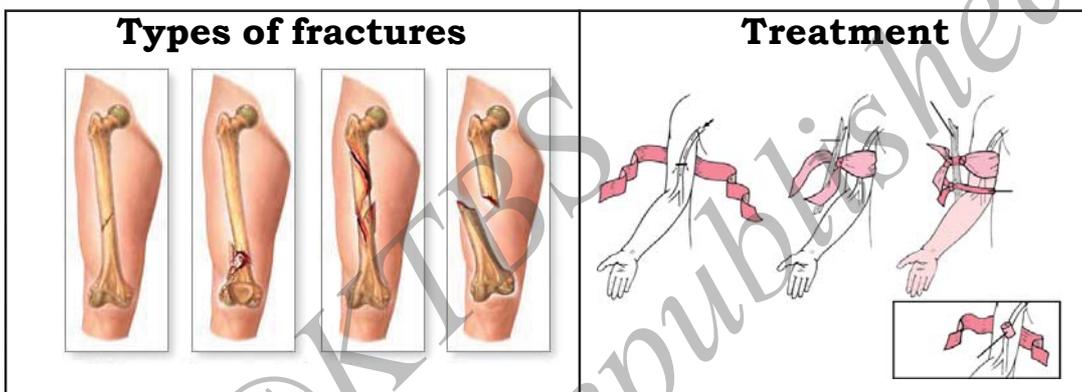
- The strained portion should be immediately rested and immobilized as it needs rest.
- Keeping an ice cube on the affected area.
- Swollen area should be massaged with suitable oil and, if there is no relief, sufficient rest should be provided.
- After 24 hours, hot water fomentation should be given.

Fracture:

Types:

- Simple fracture or breakage of bones without external injury
- Compound fracture or breakage of bones with wound
- Complex fracture or breakage of a bone, injuring the delicate body organs.

Fracture:



Fractures can be identified by X-rays. Swelling, pain, weakness, inability to move the injured portions of the body, shortening of the long bones, friction between the broken bones are the features of fractures.

Treatment:

- Ensure that the injured part is immobilized and arrange for transporting the injured person from the site of accident to a hospital carefully.
- Attempt should not be made to fix the broken bones at the site of the injury. Only expert doctors can do that job.
- When there is a fracture, human chair or stretcher or ambulance should be used.

Activity: 1. Visit a hospital nearby, and observe the type of treatment given to a person with a fracture. 2. Learn about the first aid that can be given when an accident takes place.

Exercises

I Fill in the blanks with suitable words

- 1) Fractures can be identified by _____.
- 2) _____ Should be used to stop bleeding.
- 3) Bleeding through _____ is fatal.
- 4) When blood vessels are damaged _____ is slow.

II Answer the following questions

- 1) What is meant by 'First Aid'?
- 2) Mention one cause of bleeding
- 3) Name the different kinds of bleeding
- 4) What is meant by 'Sprain'?

III Explain the following in detail

- 1) Treatment to be given in case of bleeding
- 2) Symptoms of sprains
- 3) Treatment of fractures



Lesson-13



REGIONAL FESTIVALS AND NATIONAL FESTIVALS

Our mind becomes joyous at the thought of a festival. We greet such occasions in the year with great enthusiasm. The reason for this is that festivals enable us to express our joy. Oil baths, new clothes, different kinds of delicacies, arrival of relatives, merry talk – everything about a festival is wonderful. Nothing seems amiss. Such festivals are many in a year. People observe these festivals according to their beliefs and attitudes. In recent times, festivals are being celebrated with grandeur. Some festivals are celebrated by everyone irrespective of their caste or religion. Some festivals are celebrated all over the country. On such days, programs in arts, literature, sports, humour and music are conducted.

Festivals are, generally, classified into four groups: 1. Religious festivals 2. Regional festivals 3. Birthdays (Jayanti) 4. National festivals. Now, let us get to know about regional festivals and national festivals.

REGIONAL FESTIVALS

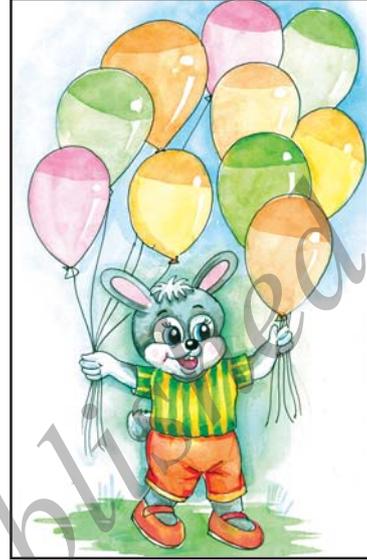
In pre-independence India, there were different kingdoms and provinces which had their own administration, culture, customs and traditions. Accordingly, the people there celebrated different festivals. After independence, when all the provinces came together to form the Indian Republic, and the Republic was further divided into various states, these festivals became a symbol of regional unity and came to be celebrated as regional festivals. Regional festivals are those that are observed by the State government and the people of that particular State according to its language, culture and tradition. Different regional festivals are celebrated in different States. Thus, in Karnataka, Dasara and Rajyotsava are observed as regional festivals.

DASARA FESTIVAL

Dasara is a festival celebrated over a period of ten days. Every year, in the month of Ashwayuja (September-October), it is held from the first day to the tenth day. Wrestlers, artistes, lovers of literature and spectators come from not only all parts of the State, but also outside it and outside the country too. It is a sports and cultural extravaganza.

Historians opine that the erstwhile Vijayanagar kings started the practice of celebrating the Dasara festival. Grand celebrations used to take place at Hampi, the capital of Vijayanagar kingdom. During Shri Krishnadevaraya's rule, competitions used to be held in arts, sports, culture, literature, music and adventure. Winners were honoured with titles and prizes. After the decline of that kingdom, the Mysore kings continued the practice. Later the Karnataka government assumed the responsibility of celebrating the festival every year.

From the first day to the seventh day, various pujas are held every day, and programs take place in arts, sports, music and culture. Pujas take place all over the State. On the eighth day, Durgadevi is worshipped, and on the ninth day, all weapons, vehicles, machines are cleaned and worshipped. This is called 'Ayudha Puja'. During this festival, dolls are exhibited in all the households of the State. On the tenth day, there is 'Jumbusavari' on the main streets of the city along with display of dances and other arts. 'Jumbusavari' means the procession of the king seated on the Golden Howdah on the royal elephant. It is a dazzling display. Since there are no kings in the modern times, an image of Goddess Chamundeshwari is kept on the golden howdah. Exhibitions are also held.



In Mysuru, the procession which begins at the palace, proceeds till Banni Mantap. The torchlight parade, fireworks display and motorcycle parade are very attractive. Such programs are organized in various places of the State. The whole land glows with delightful lighting of lamps everywhere. There is no discrimination on the basis of caste, religion or language. Since everyone takes part in this celebration, it has become the backbone of state unity and national integration. These festivals are a symbol of emotional harmony.

KARNATAKA RAJYOTSAVA

Ours is a rich, beautiful land, the land of sandalwood. Every year, in every nook and corner of the State, we celebrate Karnataka Rajyotsava on the 1st of November. Students, even you have participated in such grand functions organized by various departments and associations. Do you know why such a function is held?

Various provinces which had, during the British rule, been part of Mumbai Karnataka, Hyderabad Karnataka and certain areas belonging to the Madras Presidency, were brought together in 1956 and reorganized as Mysuru State during linguistic division of the country. In later years, as a result of the struggle of many Kannada-lovers, the State was renamed 'Karnataka' on 1st November, 1973. This name has the essence of Kannada. We celebrate the reorganization of Karnataka as Kannada Rajyotsava on 1st November 1973.

The state assumes a festive atmosphere on this day. Very colourful functions are organized throughout the State in schools and colleges, literary organizations, youth organizations, educational institutions and factories with the help of management and government funds.

Cultural activities, literary activities, sports, music concerts, quiz competitions, dramas, rallies and exhibitions of the traditional dresses of the State are organized on this day. These activities pave the way for the State's unity and also for national integration. In these festivities, the only

feeling is that of being a Kannadiga without any thought of religion or caste, and hence it has become an instrument of unity and integrity.

NATIONAL FESTIVALS

The festivals celebrated in memory of the occasions responsible for the nation's freedom, national unity and integrity are called National Festivals. The national festivals celebrated in India are:

REPUBLIC DAY

Post-independent India had many provinces, each having its own administration, rules, law and order. In such a situation, a committee was set up under the Chairmanship of the President of India, Dr. Rajendra Prasad, to create the Indian Constitution. By the efforts of Dr. B.R. Ambedkar, the writer of the Draft constitution, the provincial rule of many of the regions ended, laying a foundation for United India. Since the Draft constitution was accepted and adopted on the day of 26th January, 1950, that day is celebrated as a national festival. National awards are given to many for their excellent services and courage. In the entire country, after the hoisting of the national flag, N.C.C. cadres take out a parade followed by a parade by school children. The President, Governors, Prime Minister and Chief Ministers address the people of the nation and extend good wishes. Cultural activities, sports activities and adventure sports are organized. This festival is celebrated in all schools, colleges and government offices compulsorily. Since this festival attracts the attention of all the people, there is a joyous atmosphere all over the country. Many functions and parties are also organized to inspire patriotic feelings in the people.

INDEPENDENCE DAY

After being fed up with a prolonged British rule, leaders like Mahatma Gandhiji, Jawaharlal Nehru, Sardar Vallabhai Patel, Subhash Chandra Bose and others brought together

thousands of freedom fighters, and the result of this struggle was India's independence on the 15th of August 1947. The people of India became free on this day. This day is observed and celebrated as Independence day every year. Hundreds of programmes are organized for promoting national integrity. Everywhere the national flag flies high. Festive atmosphere is seen in schools and colleges. Children wearing clean white dress participate in this celebration. Love for the country and patriotic feelings are displayed everywhere. Parades, flag hoisting, orchestras, adventure sports, huge processions and cultural activities are organized everywhere. Sweets are distributed everywhere. National festivals are necessary for maintaining national unity and integrity.

BIRTHDAYS

The birthdays of great national leaders are celebrated as national festivals, by the order of the Government. We celebrate Gandhi Jayanti and Lal Bahadur Shastri Jayanti on 2nd October every year.

GANDHI JAYANTHI

Gandhiji sacrificed everything in his life for the sake of the country. He adopted a simple life style. Several times he was imprisoned, and in spite of many problems and tortures from the British administration, he brought freedom for the country through truth, peace and non-violence, and sacrificed his life. The birthday of such a great leader is celebrated on the 2nd of October every year. This day is celebrated through secular prayers, social service, great respect and devotion.

The birthday of the first Prime Minister of India, Jawaharlal Nehru, is celebrated as Children's Day on the 14th of November, every year as per his wishes.

Similarly, the birthday of Dr.S.Radhakrishnan, the President of India, who was a great personality, philosopher and excellent teacher, is celebrated as Teacher's Day on the 5th of September every year.

Make a list of such Jayantis of national leaders and learn the importance of such celebrations.

EXERCISES

I Answer the following questions in one sentence each:

1. Which are the regional festivals?
2. For how many days is the Dasara festival celebrated?
3. During which rulers' time did the celebration of Dasara come into being?
4. In which year did the State get the name of Karnataka?
5. On which day is Kannada Rajyotsava celebrated?

II. Answer the following in six sentences each:

1. How are the regional festivals responsible for the unity of the State?
2. How is Kannada Rajyotsava celebrated?

III Write notes on:

1. Ayudha Puja
2. The Golden Howdah
3. Huttari festival

IV Fill in the blanks with suitable words.

1. Independence day is celebrated on _____ every year.
2. January 26 is _____ day.
3. _____ Jayanthi is celebrated on October 2nd.
4. Children's day is celebrated for the memory of _____
5. _____ day is celebrated on the birthday of Dr. S. Radhakrishnam for his fond memory.

Activities: Make a list of the various programs and celebrations during Dasara and Kannada Rajyotsava.



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Lesson -14



National Emblem

The great king, Emperor Ashoka, propagated Buddhism along with Indian culture to the neighbouring countries. He also established a *dharma stupa* in Sarnath of Uttar Pradesh. The image at the tip of this *stupa* (pillar) is our National Emblem. It was adopted on 26th January 1950. It has two parts:

- 1) **The Crest**
- 2 **The motto**

At the crest, four lions stand majestically back to back. Below the crest, there is a circular seat, on the border of which there is a wheel with 24 spokes. To the right of this wheel, there is a flying horse and an ox on the left. The wheel is the symbol of continual progress on an ethical path. The lions represent dignity, courage and strength. The ox symbolizes stability, hardship, patience and loyalty. The horse symbolizes speed and strength. Together, they stand for Indians who are supposed to be endowed with all these qualities. The most important in this emblem is the writing on the edifice which forms the motto. This motto in Devnagari script "**Satyameva Jayate**" means "Truth alone triumphs". It reflects the sentiment of every Indian. This saying is taken from the Upanishads. This wonderful emblem which instills a feeling of patriotism is mounted on a beautiful lotus flower which faces downwards.

The offices using this emblem are Central and State government offices, buildings, vehicles, letters of correspondence in the government, offices of diplomats and ambassadors, post and telegraph offices etc.

EXERCISES

I. Answer the following questions in two or three sentences each:

1. What does national emblem reflect.
2. What are the different names used to refer to India?
3. Which are the symbols used to represent India?

II. Learn more about these:

1. The animals, motto and symbols on the national emblem.

Activity:

1. Collect information about Ravindranath Tagore with the help of your teachers.
2. Get to know where the government uses the national emblem.
3. Make a list of the Jayantis celebrated in schools and collect pictures relating to them.
4. Make a list of the birthdays of great men of the nation and learn about them.

