

1. Physical facility - Correspondences with time.
2. List down all your important activities whether they are related to self, body or the both.

S.No.	<u>Activity</u>	<u>I (Self)</u>	<u>Body</u>	<u>Both</u>
1.	Using laptop			✓
2.	Thinking	✓		
3.	Breathing		✓	
4.	Listening Music			✓
5.	Happiness	✓		
6.	Dreaming	✓		
7.	Blood Circulation		✓	
8.	Running		✓	
9.	Driving			✓
10.	Eating		✓	
11.	Thrusting	✓		
12.	Sad	✓		
13.	Writing			✓
14.	Reading			✓
15.	Speaking			✓
16.	Typing			✓
17.	Thrustening	✓		
18.	Learning	✓		
19.	Remembering	✓		
20.	Seeing		✓	
21.	Watching		✓	
22.	Recognizing			✓
23.	Walking			
24.	Playing		✓	
25.	Using technology.			✓

Teacher's Signature _____

Activity	I	Body	Both
26. Dancing		✓	
27. Chewing		✓	
28. Drinking water		✓	
29. Swimming			✓
30. Paining	✓		

1. All the physical facilities are must be correspond with think ex. food, clothes, shelter.
 If we can take food, food are must be correspond with time. ex. if any guest our coming at home & use our surveying water them tea, coffee & after then are our surveying lunch and them. There is a unhygienic condition. Because this is not according to correspondence of time. We can manage our every activities with time. There is necessary & tastefull & after that there is unnecessary & still tasteful & then there is unnecessary & tasteless - intolerance.
 We can observe any physical facilities, follows the given sequence with time.

Viva Question:-

Q1 Write the activities of I.

Ans The activities of I is thinking, Happiness, Dreaming, trusting etc.

Q2 Write the achievement of Body.

Ans The activities of Body is running, breathing, blood circulation etc.

Q3 Write the activities of both I & body.

Ans The activities of Both I & body is using laptop, writing, reading, speaking etc

Q4 How does physical activities build discipline?

Ans It develops consistency, time management & self-control.

Q5 Why is perseverance important in fitness?

Ans It helps over come challenges, facing resilience & determination.

Q6 How does exercise promote responsibility?

Ans It reaches accountability for one's health & well-being.

Q7 How does sportsmanship reflect respect?

Ans It encourage fair play, humanity, humility, in victory & grace in heat.

Q8 How does physical activity improve mental well being?
Ans It reduces stress, boosts mood & build confidence.

Q9 How does team work in sports enhance Unity?
Ans It fosters cooperation, communication & mutual support.

Q10 How does physical activity strengthen determination,
Ans Overcoming, fatigue & challenges, builds mental toughness.

Q11
Ans

- iii) Write the narration in the form of a story, poem, skit or essay to clarify salient human value to the children.

Ans

The Golden Rule

Once upon a time, in a little village nestled between tall, whispering trees, there lived a boy named Leo. Leo was kind-hearted, always smiling, & loved playing with his friends. But there was something he didn't understand. He sometime found it difficult to treat others the way he wanted to be treated.

One sunny afternoon, Leo was playing near the village square with his best friend Meera. They were both excited but the village fair was coming soon. The fair was filled with games, laughter & delicious treats, and everyone was looking forward to it.

But as they played, Meera accidentally bumped it into Leo, making him drop the wooden toy he had been carefully carving. The toy cracked on the ground. Leo was very upset. "Meera! why did you do that? You always ruin my things!" He shouted.

Meera felt very sad. She didn't mean to break Leo's toy, and she could see the anger in his eyes. But instead of getting upset, she took a deep breath & said, "Leo, I'm sorry. I didn't mean to hurt your toy. But think about it- How would you feel if I yelled at you for something you didn't mean to do?"

Leo was quite. He thought about what Meera said. He realized that if Meera had yelled at him for a mistake, he would have felt hurt. "I guess I wouldn't like that," he admitted, looking down at his broken toy.

Meera smiled gently & asked, "Leo, do you remember the golden rule our teacher talks about?" "Treat others the way you want to be treated." When we hurt others, we should think about how we would feel if someone did that to us."

Leo nodded slowly. "You are right, Meera, I'm sorry for shouting. I shouldn't have treated you like that. I will try harder to remember the golden rule."

Meera smiled back, and together they fixed the toy. It wasn't perfect, but it was much better than before.

After that they treated each other with kindness, respect & love. All because of one simple lesson:

"Treat others the way you want to be treated."

Moral:- Everyone makes mistakes, but showing kindness help us grow into better friends & neighbors.

(ii)

Recollect & narrate an incident in your life where you were able to exhibit will full & adherence values in a difficult situation.

Ans

There was a time in school when I faced a difficult choice between doing what was right and taking the easy way out. It was the final week of exams. And everyone was feeling the pressure. One afternoon, as I sat in the library revising, a classmate approached me. He was a friend but he had a habit of cutting corners when things got tough.

"Hey", he whispered, glancing around to make sure no one was listening. "I got the answer key for tomorrow's paper. Do you want to take a look? Just a quick glance - "No one will know".

For a moment, I froze. The temptation was real. This was an important exam, and like everyone else I wanted to do well. A small voice inside me whispering, "No one will know, It's just a little help." But another voice - the louder one - reminded me of something my parents always told me:

~~Integrity is doing the right thing, even when no one is watching.~~

I took a deep breath and shook my head. "No, I don't want to cheat. I'd rather get a lower grade knowing I tried my best than get a high grade by doing something wrong."

My classmate scoffed, "Come on, don't be so

strict. Everyone does it!".

But I stood my ground, "Maybe they do, but I won't. I don't want to win by cheating. I'll take my chance fairly."

The next day, I sat for that test with a clear conscience. It was tough, but I gave my best. When the results came, I wasn't the top scorer but I had passed honestly. And that was a victory in itself.

This incident taught me a valuable lesson: sticking to your values, even in difficult situations, makes you stronger.

~~21/8/12~~