

2. Different kinds of movements And Appropriate body postures

2.1 Types of movements



Forward Bending



Sideways Bending



Backward Bending



Twirl on the heels

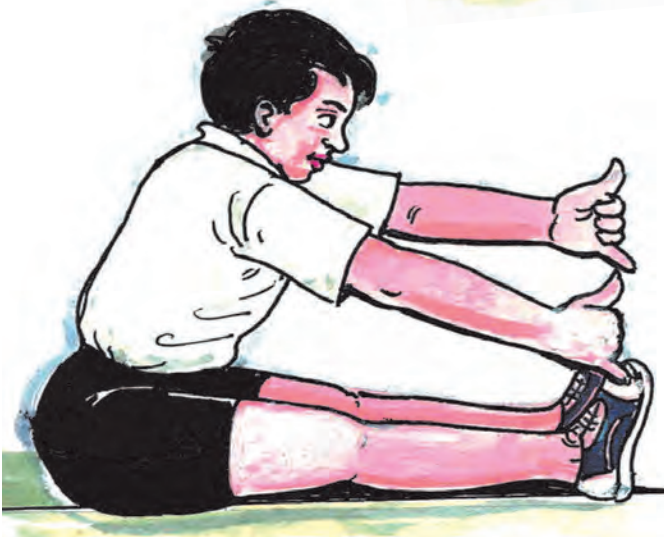


Zigzag walk



Twirl on the toes

My Activity



- ◆ Make the children perform the above movements. Ask them to use these movements. Take care of the children when they jump and twirl.
- ◆ Encourage the children to have a game or a competition while performing these actions/ movements.

2.2 Imitative Movements (Animal walks)



Rabbit Jump



Kangaroo Jump



Duck Walk



Crab Walk



Monkey Jump

My Activity

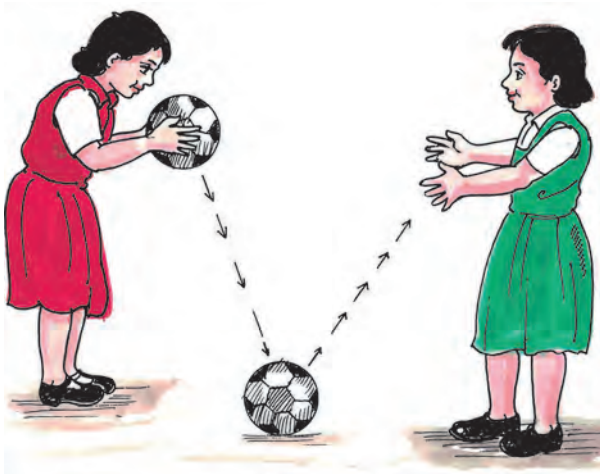
Try different types of walks and jumps



- ◆ Demonstrate the different types of jumps and walks. Encourage children to perform them individually or can be conducted as races.
- ◆ Explain about the appropriate body postures.

2.3 Movements using equipment and partners

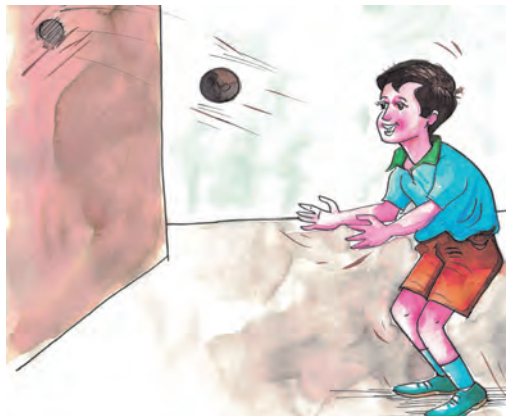
Bouncing the ball



Passing the ball with a bounce



Bounce on the ground



Bounce on the wall



Kick the ball and move forward



Kicking

- ◆ Make the students perform the actions. Motivate the children to develop the habit of co-operating with each other. Encourage them to practise the movement. Conduct races, games and competitions using these movements.
- ◆ Appreciate the winners by clapping.

2.4 Appropriate Body Posture

Observe the following body postures. Put a ✓ sign for the correct posture and × sign for the wrong body posture

Standing Posture



Sitting Posture with legs crossed



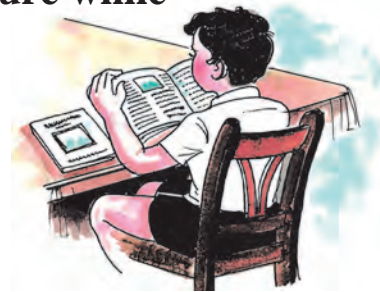
My Activity

Maintain the correct body posture while

Writing



Reading



Sleeping



Sitting on a bench



- ◆ Explain to the children about the correct body postures while Writing, Reading, Sleeping and Sitting on the bench.

2.5 March Past

Attention



**Posture from
front**



**Posture from
behind**

Stand at ease



**Posture from
front**



**Posture from
behind**



At Ease/Relax

- ◆ Explain the postures in detail. Tell them to leave their body loose in the 'Relax' posture.
- ◆ Pay attention to see that children move only the left leg for 'Stand at ease' posture and 'Attention' posture. Encourage the children having leadership qualities by training them to give orders to the class.

