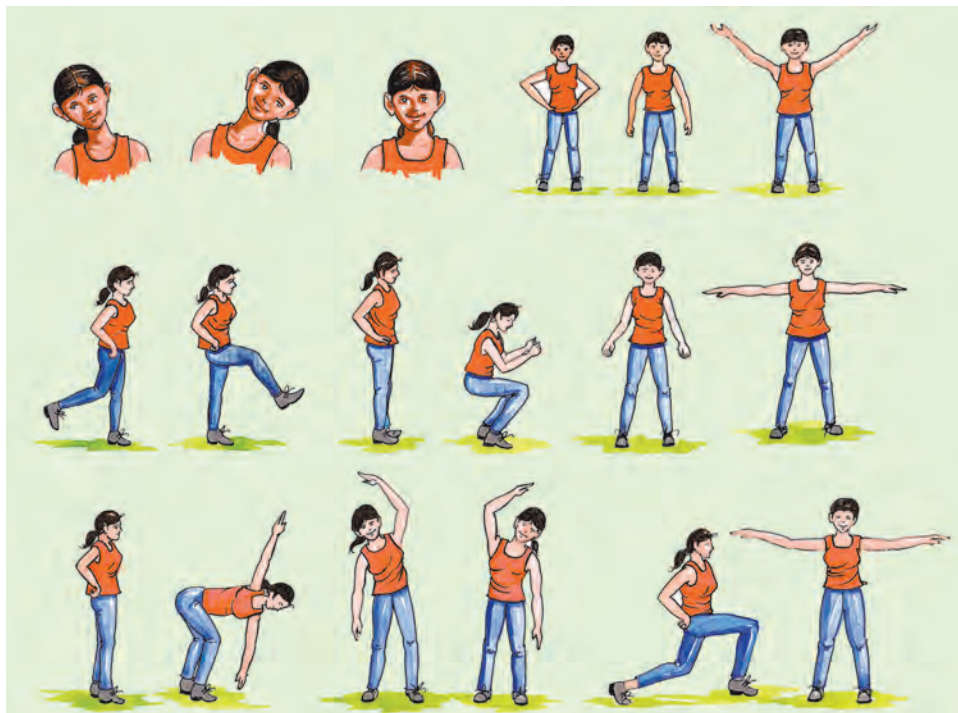


5. Exercises

5.1 Warm up

We need to prepare our body for any sport or dance. There are some movements of muscles and joints called warm up exercises. These exercises reduce the risk of getting injuries during play or dance.

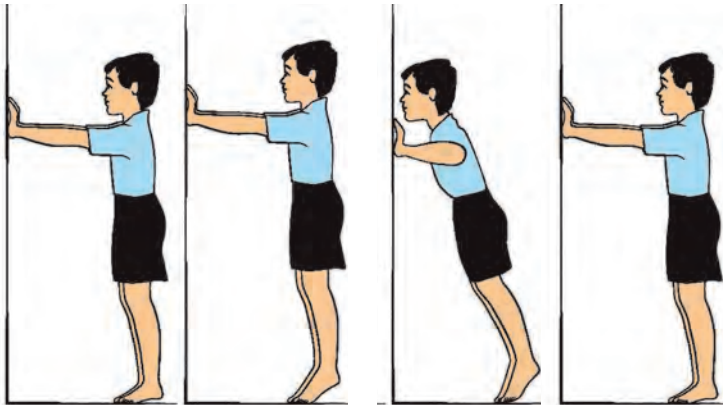
Movements such as stretching muscles and joints, bending, twisting, different types of jumps, moving body parts come under these exercises. Make sure to have a sequence of the warm up exercises from neck to legs or legs to neck so as to give each and every muscle and joint a proper warm up.



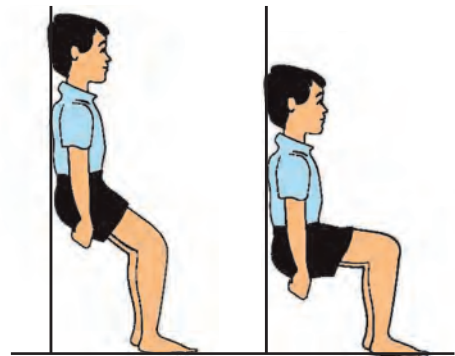
- ◆ Begin your period with some warm up exercises. Make a habit of warming up before playing the games. Have innovative warm up exercises.

5.2 Strengthening Exercises

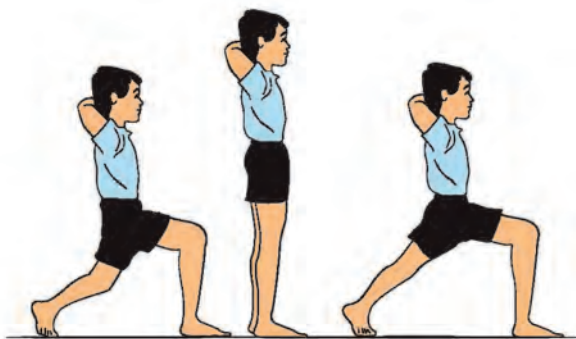
Strengthening exercises are important in developing the physical sturdiness. It enables to acquire different skills and develop physical strength.



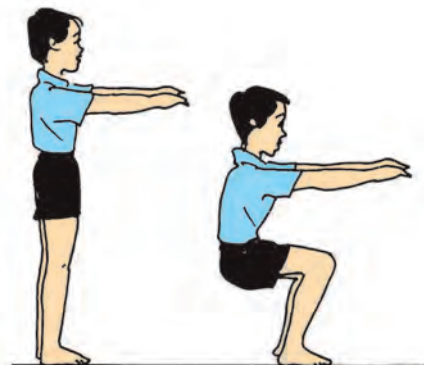
Wall Push Ups



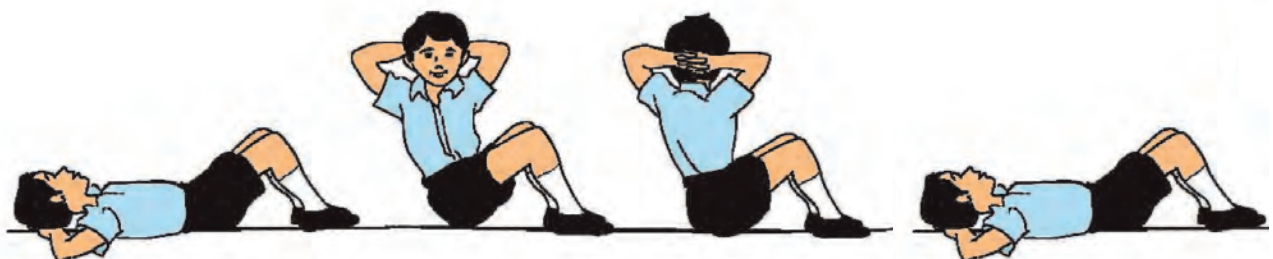
Half Squat with the support of wall



Forward Lunging



Half Squat without support



Obliques



V Seat



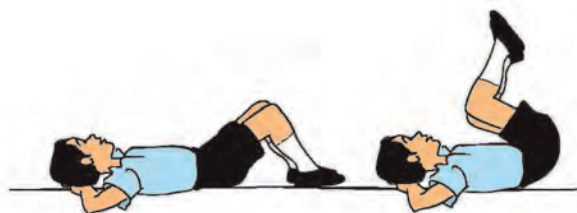
V Seat Cycling



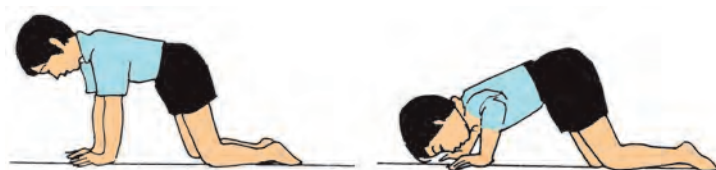
Bent Knee Seat Ups



Crunches



Reverse Crunches



Shoulder Push Ups

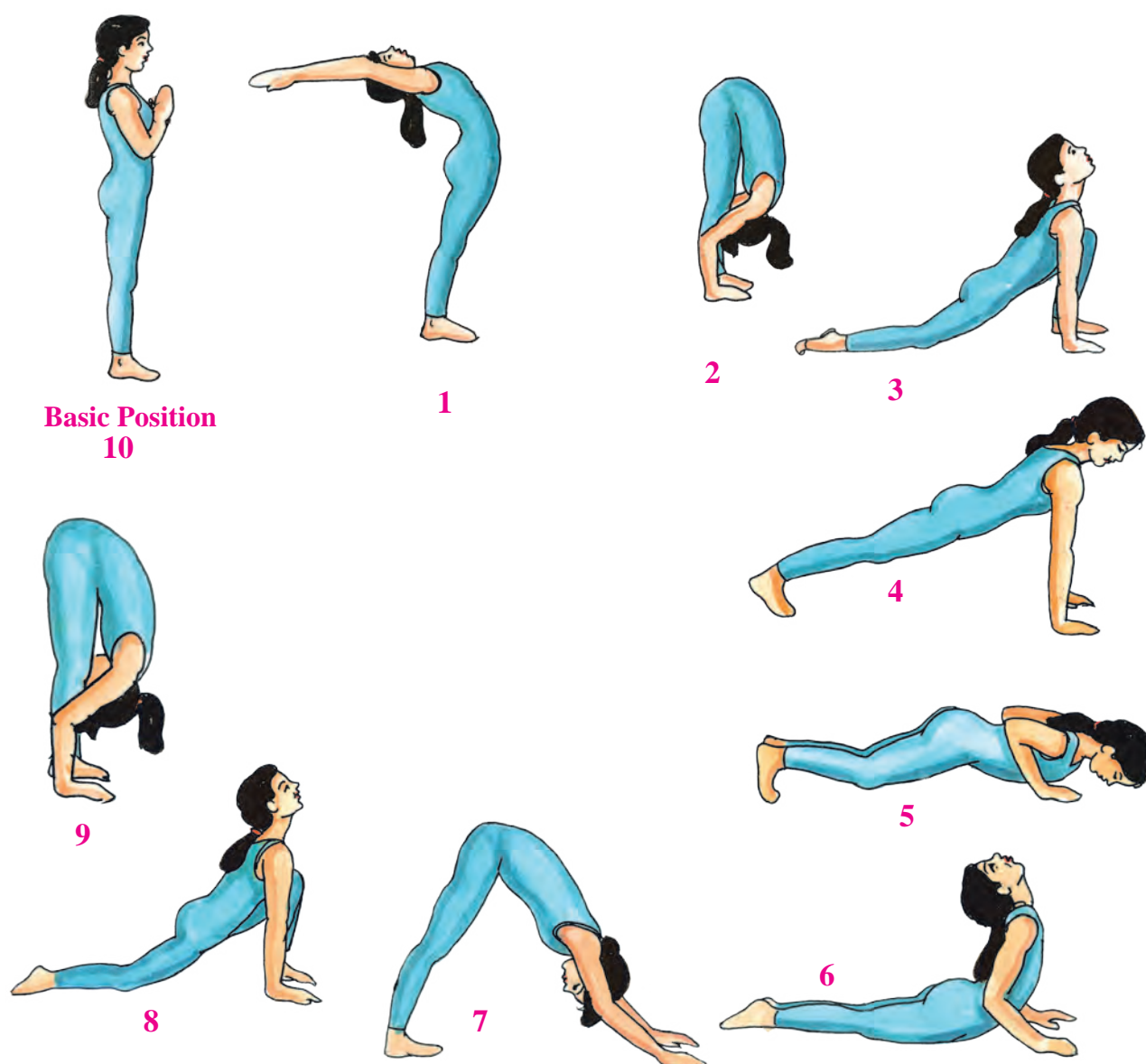
- ◆ Ensure that the students practice strengthening exercises regularly. Revise the strengthening exercises once in a month regularly and practice them. Keep a record of the physical development of the students.

5.3 Suryanamaskar

Suryanamaskar is a complete exercise. The best time for Suryanamaskar is in the morning. Suryanamaskars are performed in an open, airy place, on an empty stomach.

It increases blood circulation to all important body parts. It boosts the efficiency of the heart and lungs. The muscles of the arms and back are strengthened. It makes the spinal column and waist flexible. It helps to shed the excess fat around the stomach and helps to reduce weight. It helps digestion. It boosts concentration.

Do you perform Suryanamaskar everyday? How many Suryanamaskars do you perform? Try to increase the number.

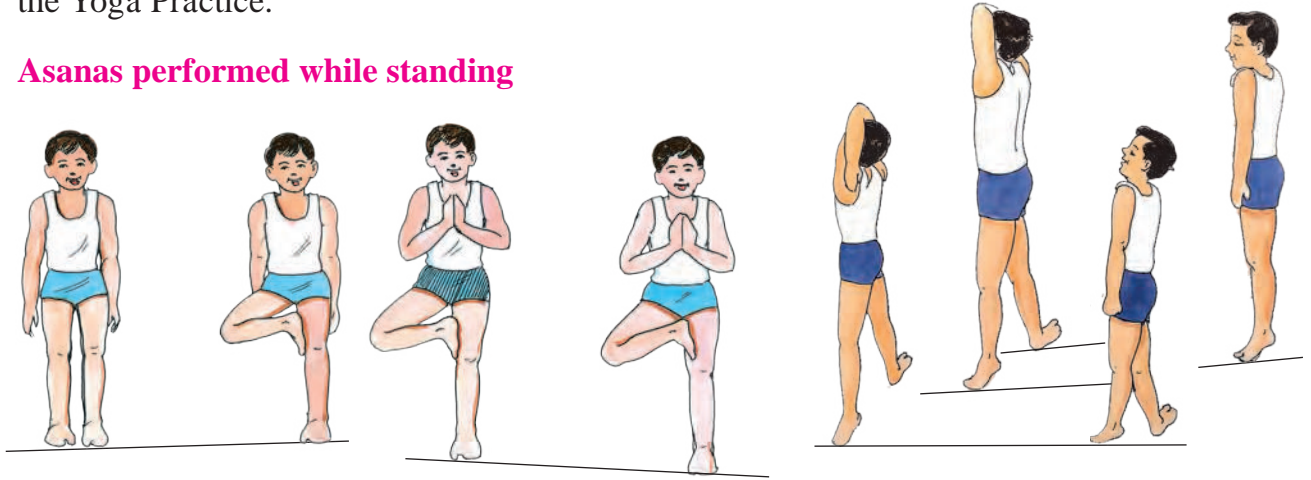


- ◆ Maintain a suitable physical position while performing Suryanamaskar. Encourage the students to perform Suryanamaskar every day. Arrange a group performance of Suryanamaskar on the occasion of Yoga Day.

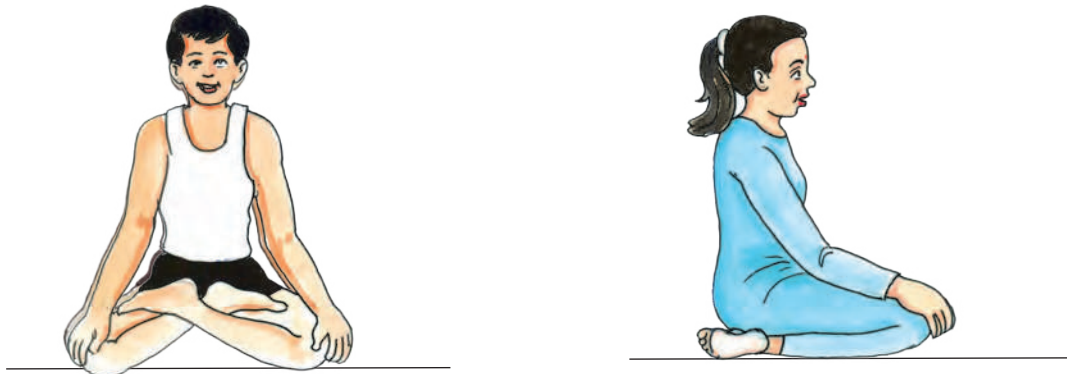
5.4 Yogasanas : Preparation

Yoga is ancient traditional science. Yoga enables us to maintain sound health. The different positions of the body are called Asanas. The practice of the Asanas gives our body flexibility and sturdiness. It is mandatory to perform some body positions as a preparation to the Yoga Practice.

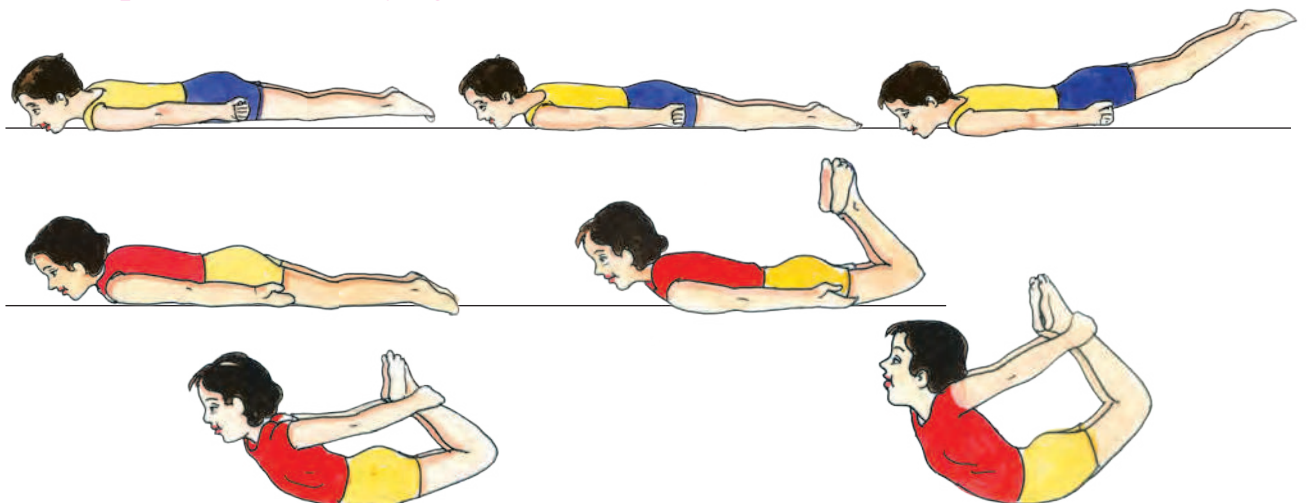
Asanas performed while standing



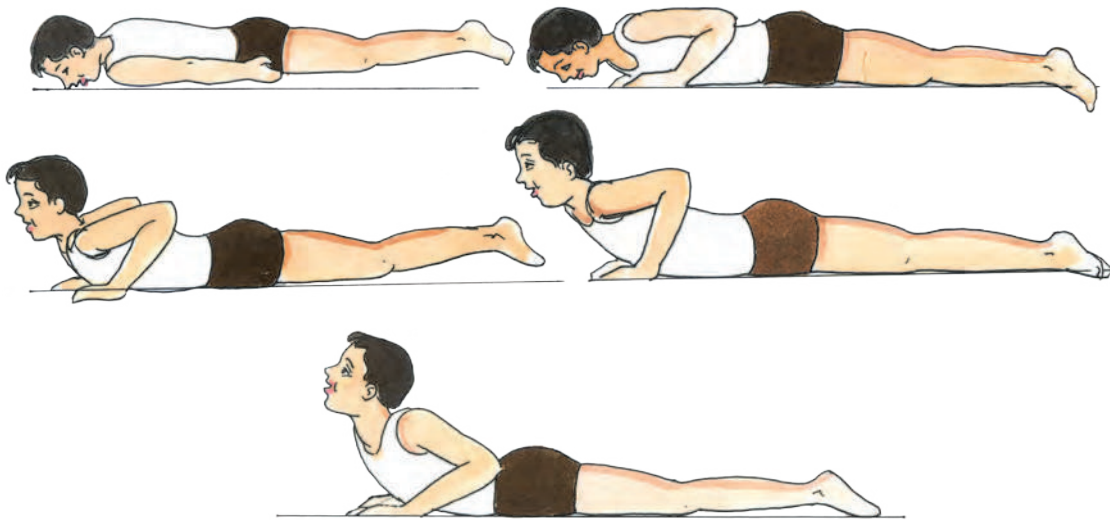
Asanas performed while sitting



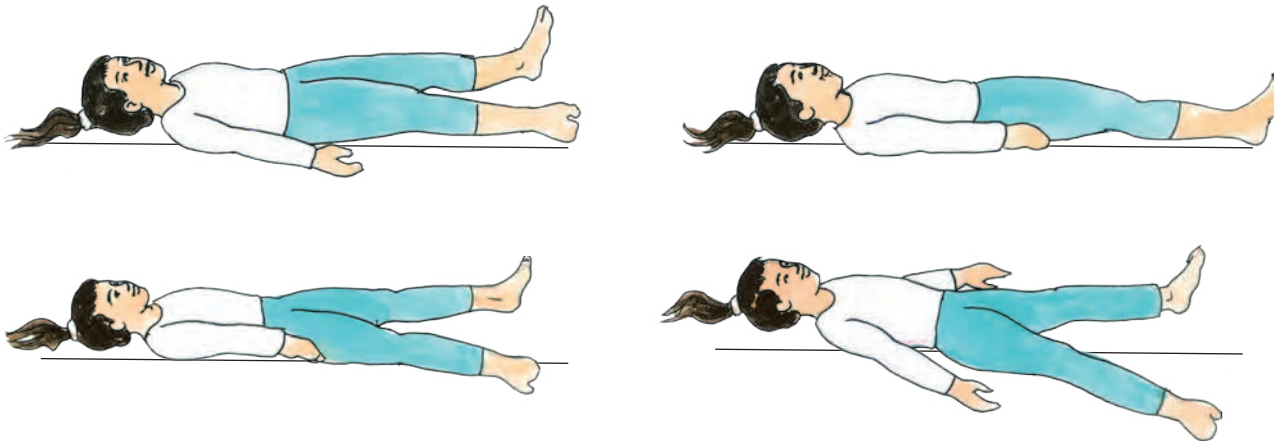
Asanas performed while lying on stomach



Asanas performed for balance.



Asanas performed while lying on back



Preparation for Pranayam : Breathing Exercises



Inhale to fill chest



Inhale fill abdomen
is pushed out



Breathe slowly



Exhale through
the mouth

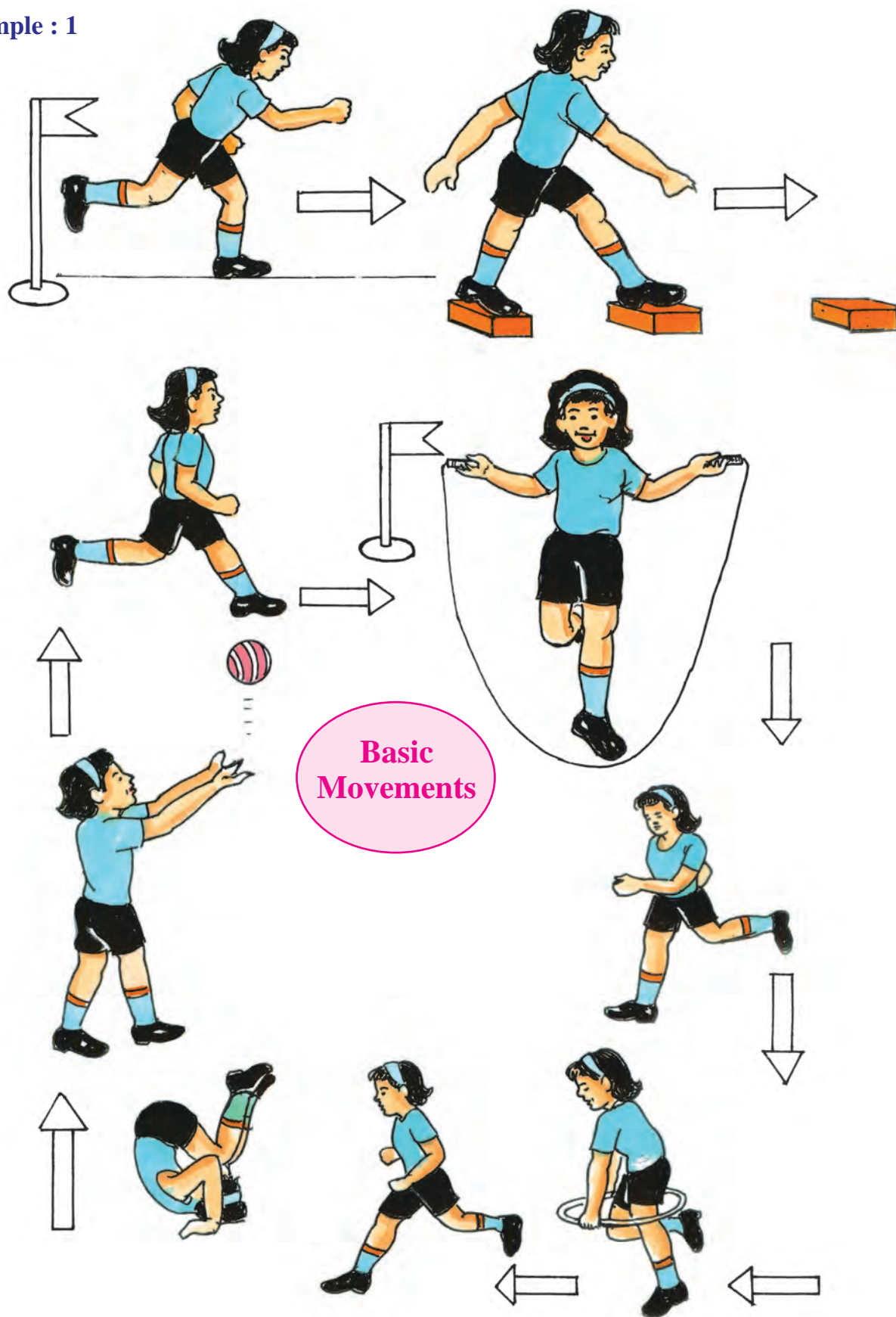
My Activity

Which Asanas can you perform from the given list? Learn different asanas and practice them in the morning/evening.

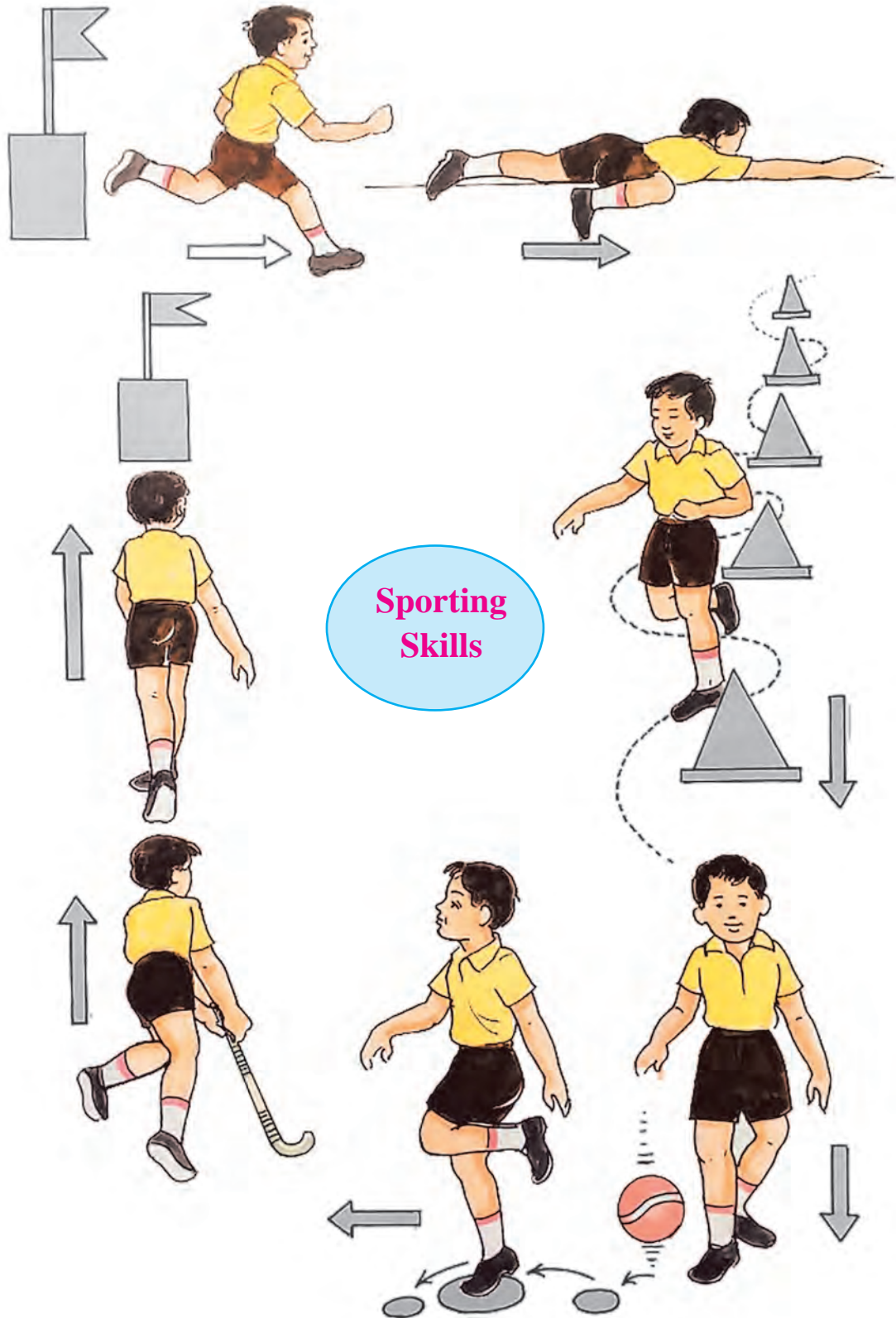
- ◆ Introduce Yoga to the students and encourage them to follow the rules and regulations of the (Yam and Niyam). Ensure that the students practice different Asanas and Pranayam daily.

5.5 Obstacle Race

Sample : 1



Sample : 2



- ◆ Develop skills for an obstacle race using various basic movements and sporting skills. Get the students to innovate and design new obstacle races and to run those races. It will enable the development of basic movement.

5.6 Physical Health Development Programme

Physical health is important for a person's disease free, positive and healthy life. The following programmes can be undertaken for the development of physical health and strength.

Efficiency of the heart : Spot running raising the high knees.

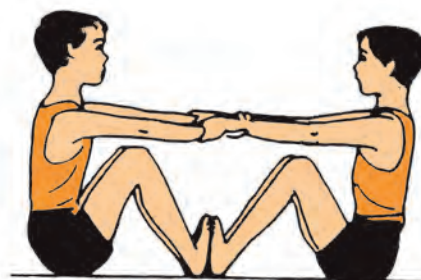
Action : Run on the spot in straight a position, raising the knees waist high. Move arms while doing it.



Strengthening the legs : Partner pull-ups

Action :

1. Form pairs of the students. Ask them to sit on the floor facing one another.
2. Ask the students to place the heels on the floor, bend the knees and touch the feet.
3. Hold each other's wrists and stand by straightening the knees. Then tell them to release the hands.



Strengthening the hands : Stretching the elbows.

Action :

1. Take enough distance in between your feet.
2. Raise a hand above head and fold in the elbow. Place the palm at the centre of the back.
3. Try to take the hand further down. Hold the position for 10 to 30 seconds. Repeat with the other hand also.



Flexibility : Bring the legs close and keep them straight.

Action :

1. Sit, keep your legs straight and keep your hands on your waist.
2. Fold your knees in the above position. Bring them together. Try to bring the heels close to the hips.
3. Straight your legs.



◆ Have various programmes for physical fitness development.

5.7 Motor Health Development Activities

Motor skills are important in developing some sport skills.

The following activities can be undertaken for the development of motor health.

Speed

Action :

1. Take your position at starting point for running.
2. Rise and start running at full speed. Cross different distances such as 30 mtrs, 50 mtrs 80 mtrs and 100 mtrs. Walk to the starting line.

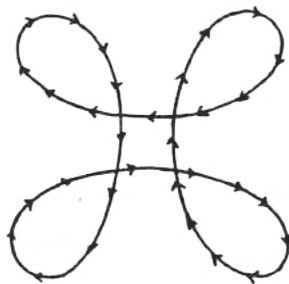
Coordination

Action :

1. Perform jumping jacks on the spot. Perform various arm movements like moving arms to the sides, up, front from back, back from front, bringing close to the chest by folding elbows and taking down again.

Direction Orientation

Action : After getting signal, run as per the direction shown in figure below and stop when you get next signal.



Strength/ Power

Action :

1. Sit with both feet touching the line. Make an angle of 40° to 45° between the legs.
2. Hold the ball in both hands and take the hands behind your head.
3. Use maximum strength of the arms to bring the ball forward from behind your head and throw it high and straight in front to the farthest possible distance.

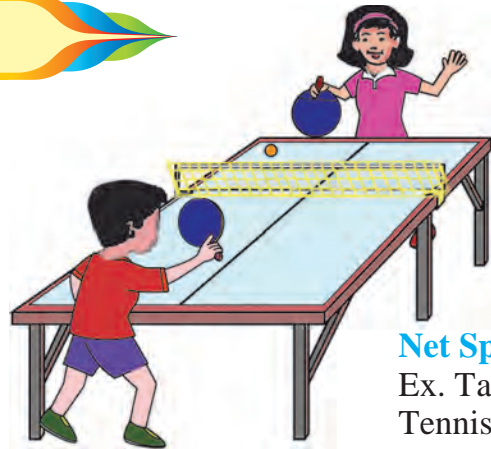
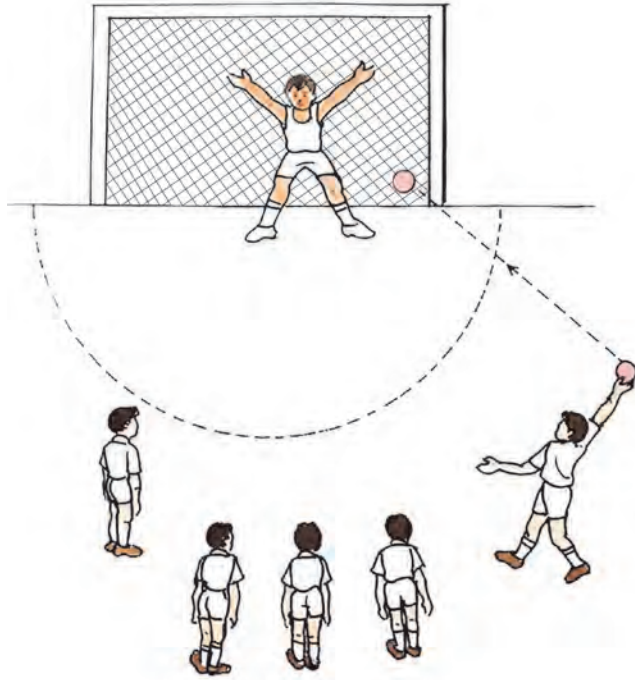
Undertake various activities for motor health development.

◆ Have different activities for developing the motor strength.

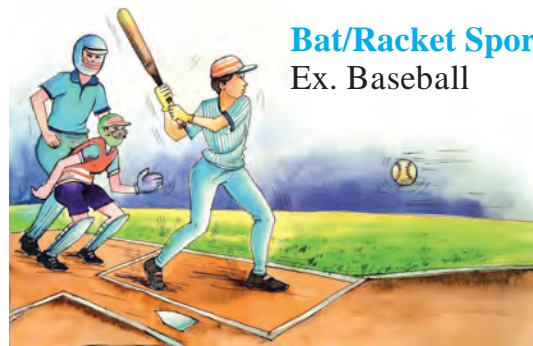
5.8 Different Sports and Their Types

Different sports and their types

Ball Sports : Ex. Netball

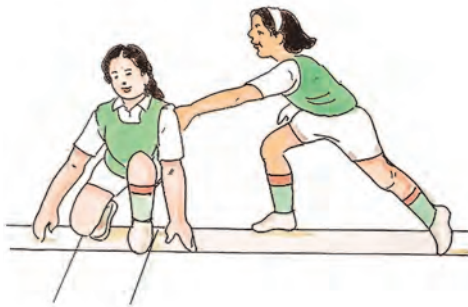


Net Sports :
Ex. Table
Tennis



Bat/Racket Sports :
Ex. Baseball

Contact Sports : Ex. Kho Kho



Shooting : Ex. Carrom



Duel Player/ Pair Sport :
Taekwondo, Judo



My Activity

Obtain information about the following games and sports.

- (1) Ball Sports :
- (2) Net Sports :
- (3) Bat/Racket Sports :
- (4) Contact Sports :
- (5) Shooting Sports :
- (6) Duel Player/ Pair Sports :

◆ Encourage the students to collect information of different famous sportsmen and sportswomen of India. Encourage them to collect information of different sports and sports types.

5.8 My Game and Exercise



Games and exercises are important for sound health. Keep a record of the suryanamaskar, exercise, games, sports practice, dance, hobbies and physical work you do. Adopt an active lifestyle.

Different Programmes

Morning- Time	Games/Activities/ Programmes/ Hobby/Dance/Sports Practice/ Exercise, Study/School

Evening-Time	Games/Activities/Programmes/Hobby/Dance/Sports Practice/ Exercise, Study/School

♦ Guide the students to keep a record of their daily exercises and games.