HEALTH AND PHYSICAL EDUCATION

CLASSES V – VII

INTRODUCTION:

The present curriculum of Health and Physical Education is prepared in such a way that it will occupy a prominent place in our National, Civic and personal life. After a review of the subject, it is expected that this present curriculum will increase the interest of the pupils on general health.

It is hoped with the help of this curriculum, the teacher will be enable to plan the programmes of Health Education in a practical manner so as to be beneficial to the individual and the community at large.

This curriculum is highly expected to help the students to understand and appreciate the application of the fundamentals of Health in their daily life.

Objectives:

1. To inculcate a fundamental sense of health and personal hygiene.
2. To inculcate among the students the desired habits and attitudes towards health and to raise their health status.
3. To improve the health knowledge of the pupils as individuals and members of the family and the community.
4. To help the pupils to understand the scope and purposes of health services and facilities.

Instructions:

- The chapters and units are not complete in themselves and can be build up by the teachers through reading of standard books available on the subject
- It is also advisable that the teaching of the contents of this subject should not be confined to the four walls of the class room. It is hoped with the help of this new syllabus, teachers will be enabled to plan programmes of Health Education which are so grand as to awaken the imagination of students and lead them to adopt healthy way of living which will persist all through their lives.

Health Education
Class V

Contents

Unit 1 –Health and Hygiene
1. Concept of Health
2. Things to do for Good Health
3. Postures
4. Cleanliness, Care of Teeth and Eyes

Unit 2 – Housing and Clothing
5. Dwelling Houses
6. Clothing

Unit 3 – Air and Water
7. Air
8. Water
9. Water Borne Diseases

Unit 4 – Micro Organisms
10. The Microbes
11. Common Cold, Influenza and Diphtheria

Unit 5 – Human Body
12. Sense organs and their Care
13. Organs of Different Systems
14. Skeletal and Muscular Systems

Books Recommended:-

Scholars Health Education – Book V
By Fr. James S. Tong S.J., Ph.D (Hon)

Health Education
Class VI

Contents

Unit 1 –Health and Hygiene
1. Meaning and Scope of Health & Hygiene
2. Rules of Health
3. Cleanliness

Unit 2 – Food and Nutrition

4. Importance of Food
5. Constituents of Food and their Resources
6. Balanced Diet
7. Food Fads
8. Deficiency Diseases

Unit 3 – Housing and Clothing

9. Dwelling Houses
10. Different types of Houses
11. Clothes

Unit 4 – Diseases and Disinfections

12. Communicable Diseases – Dysentery, Typhoid and Malaria
13. Worm Diseases and their Preventive Measures

Unit 5 – Human Body

14. Nervous, Circulatory and Digestives Systems

Unit 6 – First Aid & Safety Habits

15. Safety Habits
16. First Aid

Books Recommended:-

Scholars Health Education – Book VI
By Fr. James S. Tong S.J., Ph.D (Hon)

Health Education
Class VII

Contents

Unit 1 – Art of Living Together

1. Man, Community and Health
2. The Characteristics of a Good House

Unit 2 – The House and its Surroundings

3. Site for a Dwelling House
4. Animals in the House and its Surroundings
5. Household Pests and their Education
6. Sanitary Arrangements in Dwelling Houses

Unit 3 – Health Hazards

7. Air Pollution
8. Water Pollution
9. Other Sources of Pollution

Unit 4 – Organisation of Public Health in State

10. Public Health Institution
11. Water Supply, Environmental Sanitation & Adulteration of Food.

Unit 5 – Air and Water

12. Importance of Air
13. Water

Unit 6 – Communicable Diseases

14. General knowledge about Communicable Diseases
15. Air Borne Diseases
16. Water Borne Diseases

Unit 7 – Human Body

17. Skeletal & Muscular Systems
18. Respiratory and Excretory Systems
19. Digestive, Circulatory & Nervous Systems

Books Recommended:-

Scholars Health Education – Book VII
By Fr. James S. Tong S.J., Ph.D (Hon)

SCHEME OF EXAMINATION FOR HEALTH EDUCATION FOR CLASSES V & VI.

The following pattern is suggested. The paper setter can consider these points as guidelines. While setting inclusion of each unit with a proper weightage of each unit is important.

Total Marks	80 Marks
Descriptive Type Questions	30 Marks
Objective Type Questions	50 Marks

<u>DESCRIPTIVE TYPE QUESTIONS:</u> **30 Marks**

At least 6 Questions to be set from 5 units taking atleast one question from each unit. The last question can be short notes covering 3-4 units a short answer type. The students have to select 3 Questions and each carry 10 marks.

<u>OBJECTIVE TYPE QUESTIONS:</u> **50 Marks**

1.Multiple Choice	- $\frac{1}{2}$ marks	each-10 Questions	- 5 Marks
2. Fill in the blanks	- $\frac{1}{2}$ marks	each-10 -do-	- 5 Marks
3. True/False	- 1 mark	each-10-do-	- 10 Marks

4. Match the following	- 1 mark	each-10 -do-	- 10Marks
5. Short Questions	- 2 marks	each-5 -do-	- 10 Marks
6. Very short Questions	- 1 mark	each-10 -do-	- 10 Marks

CLASS DURATION: The subject of Health and Physical Education for classes V & VI, will be of 4 classes a week. Out of which 3 classes will be allotted for Health education and one class will be allotted for Physical Education.

SCHEME OF EXAMINATION FOR HEALTH EDUCATION FOR CLASS VII

The following pattern is suggested. The paper setter can consider the following points as guidelines while setting for class VII, while setting the questions inclusion of each unit is important.

Total Marks	80 Marks
Descriptive Type Questions	40 Marks
Objective Type Questions	40 Marks

DESCRIPTIVE TYPE QUESTIONS: **40 Marks**

At least 6 Questions to be set from 5 units taking at least one question from each unit. The last question can be short notes covering 3-4 units as short answer type. The students have to select 4 Questions and each carry 10 marks.

OBJECTIVE TYPE QUESTIONS: **40 Marks**

1.Multiple Choice	- $\frac{1}{2}$ marks	each-10 Questions	- 5 Marks
2. Fill in the blanks	- $\frac{1}{2}$ marks	each-10 -do-	- 5 Marks
3. True/False	- 1 mark	each-5 -do-	- 5 Marks
4. Match the following	- 1 mark	each-5 -do-	- 5 Marks
5. Short Questions	- 2 marks	each-5 -do-	- 10 Marks
6. Very short Questions	- 1 mark	each-10 -do-	- 10 Marks

The subject on Health and Physical Education for class VII, there will be 4 periods a week allotted to the subject (i.e Health and Physical Education). Out of which 3 classes will be allotted for Health Education whereas the duration of each class depends on the convenience of the school. 1 (one) class will be allotted to Physical Education. The duration of this Physical Activity can be organise as per the need and hour of the school.