



ASHA MODERN SCHOOL

**A
BETTER
YOU**

Part-A : Life Skills & Value Education

Part-B : Health & Physical Education

CLASS-VII

(SESSION 2025-2026)

Part-A

LIFE SKILLS

&

VALUE

EDUCATION

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UNIT 1: Time Management

Proper time management skills are essential for middle schoolers to be successful. This is a skill that is acquired at a young age. It helps to succeed all through our lives. Here are some time management tips to help us learn this very important skill.

Create a Daily Schedule

- It is simple and effective.
- Understand how much time is available to you.
- Prioritise the tasks available to you.
- Make sure your schedule includes leisure time.
- Do not create an impractical schedule.
- Do remember that even the most simple activities like walking to or from home, eating your lunch, etc., take time.

Create Good Study Habits

- Keep your study table neat, clean and without any distractions. No fancy stuff should be placed on your table to distract you.
- Study at the same time every day, it will become your habit in a few days.
- Create a 'To Do' list and note all the dates for submitting the assignments and put a tick (✓) as you complete them.



Set Your Priorities

- Plan your day as per your schedule.
- Do not postpone tasks for the last minute. You will always be tensed and stressed out knowing that you have pending work.

Follow Your Plan

- Do not get affected by the pace of your peers.
- Do not let your peers tell that you are overthinking and worrying about your schedule.
- Follow your goals diligently each day.

Avoid Overloading

- There must always be time for rest and relaxation in your schedule.
- Sleeping, eating, exercising, and socialising with friends and family is also important.
- Take short breaks during the study and work periods.

Plan and Fix

- Plan and fix a time for all the activities.
- Fix the duration for relaxation, sleeping and even playing outdoors.
- Pack your bag and prepare your uniform the night before. Last minute chores lead to stress for everyone.

Learn to Say No

Sometimes there are things that we do not want to do. There is no harm in saying a firm No when you do not want to. Nobody can make you do things that you do not want to.



UNIT 2: Self - Esteem

What Is Self-Esteem?

In psychology, the term self-esteem is used to describe a person's overall subjective sense of personal worth or value. In other words, self-esteem may be defined as how much you appreciate and like yourself regardless of the circumstances. Your self-esteem is defined by many factors including:

1. Self-confidence
2. Feeling of security
3. Identity
4. Sense of belonging
5. Feeling of competence
6. Other terms that are often used interchangeably with self-esteem include self-worth, self-regard, and self-respect.

Self-esteem tends to be lowest in childhood and increases during adolescence, as well as adulthood, eventually reaching a fairly stable and enduring level. This makes self-esteem similar to the stability of personality traits over time.

Why Is Self-Esteem Important ?

Self-esteem impacts your decision-making process, your relationships, your emotional health, and your overall well-being. It also influences motivation, as people with a healthy, positive view of themselves understand their potential and may feel inspired to take on new challenges. People with healthy self-esteem:

1. Have a firm understanding of their skills.
2. Are able to maintain healthy relationships with others because they have a healthy relationship with themselves.

3. Have realistic and appropriate expectations of themselves and their abilities.
4. Understand their needs and are able to express them.

People with low self-esteem tend to feel less sure of their abilities and may doubt their decision-making process. They may not feel motivated to try novel things because they don't believe they're capable of reaching their goals. Those with low self-esteem may have issues with relationships and expressing their needs. They may also experience low levels of confidence and feel unlovable and unworthy.

People with overly high self-esteem may overestimate their skills and may feel entitled to succeed, even without the abilities to back up their belief in themselves. They may struggle with relationship issues and block themselves from self-improvement because they are so fixated on seeing themselves as perfect.



How to Improve Self-Esteem?

Fortunately, there are steps that you can take to address problems with self-esteem. Some actions that you can take to help improve your self-esteem include:

1. Become more aware of negative thoughts.
2. Learn to identify the distorted thoughts that are impacting your self-worth.
3. Challenge negative thinking patterns.
4. When you find yourself engaging in negative thinking, try countering those thoughts with more realistic and/or positive ones.
5. Use positive self-talk.

6.Practice reciting positive affirmations to yourself.

7.Practice self-compassion.

8.Practice forgiving yourself for past mistakes and move forward by accepting all parts of yourself.

Low self-esteem can contribute to or be a symptom of mental health disorders, including anxiety and depression. Consider speaking with a doctor or therapist about available treatment options, which may include psychotherapy (in-person or online), medications, or a combination of both.



UNIT 3 : Bullying



Bullying is when a person keeps doing or saying something on purpose to make someone else feel hurt, sad or embarrassed. One can say that bullying is a form of abuse. Bullies can be boys or girls. Bullies want to trouble and harm the person they are bullying. The bully bullies people for no reason at all. But sometimes people have an argument because they really feel differently about something. So, let's see what bullying is and what it is not.

Bullying someone is cruel. It hurts and is painful to the person being bullied. If others are bullying, you should never join in, even if the bully is your good friend. In fact, if the bully is your friend you should try to make them stop bullying others. If you keep telling them to stop and they still don't listen, you should think about whether you want to be friends with someone who behaves like this. You should be assertive and not submissive to the bully.

Being assertive : It means to express your feelings and views firmly and confidently, without being submissive or aggressive.

Being submissive or passive : Being passive is when you do not express your feelings or views even though you actually want to. This can be out of fear or due to a feeling that your views and feelings are not as important as that of the other person. If you are submissive, it is more likely that you will be bullied.

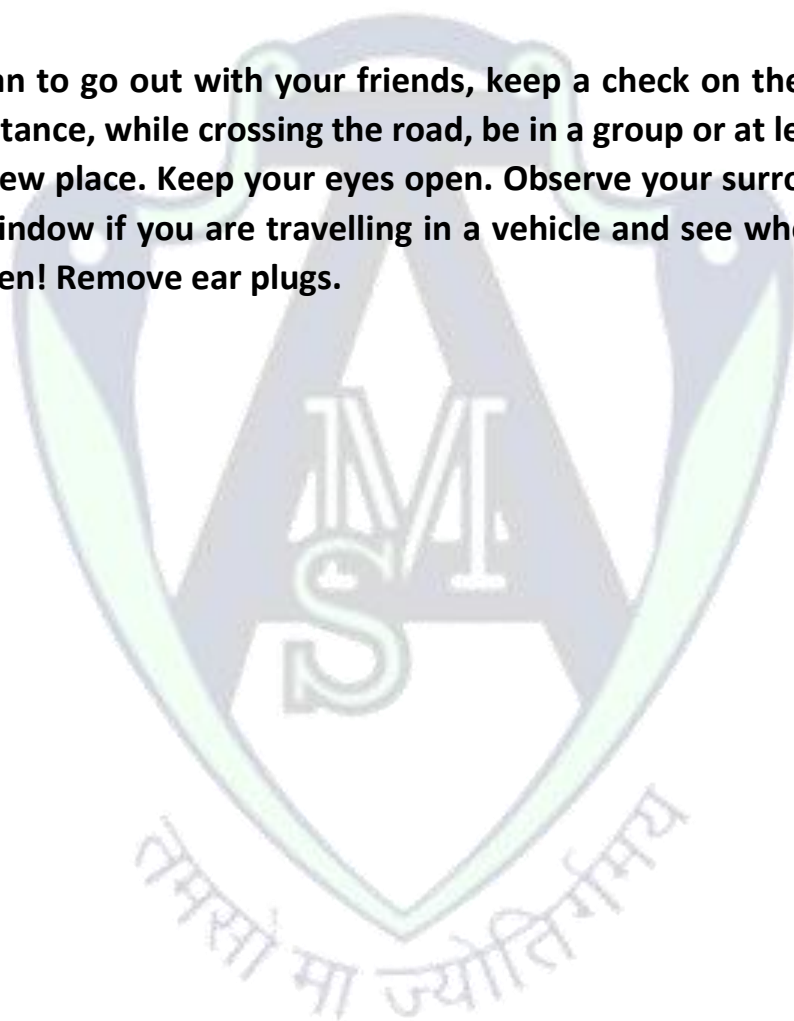
Being Aggressive: When you harm someone physically, say cruel things, threaten or ridicule them through gestures. This is what a bully does.

There are four kinds of bullying- physical, verbal, social and cyber. Verbal and social bullying can happen in the cyber world also.

Remember:

Strangers exist in the real as well as the virtual world, so rules for safety with strangers are applicable in both worlds.

Whenever you plan to go out with your friends, keep a check on them. Watch out for each other- for instance, while crossing the road, be in a group or at least in pairs. Avoid hanging out in a new place. Keep your eyes open. Observe your surroundings. Be alert. Look out of the window if you are travelling in a vehicle and see where you are going. Keep your ears open! Remove ear plugs.



UNIT 4: Child Rights



About 200 years ago the human population on the planet was 1 billion. At the time India got its independence, the world's population grew to more than 2 billion. By the end of the last century, it was already 6 billion Plus. In 2020 there were 7.8 billion (children 1.9 billion)people and India's population was 1.4 billion (more than 40% were children)

Millions of children in India still living on the streets work as bonded labourers, do not get enough food and lack access to life, to safe drinking water and education. The conclusion is simple .A lot is to be done for children .After all they are the future of the nation. Mid-day meal scheme under Sarv Shiksha Abhiyan is one such effort by the government which provides free hot, cooked and nutritious meals to 130 million children from classes 1 to 8 enrolled in 1 million Government schools and madrasas. Right to Information Act aims to empower citizens, promote transparency and restrict corruption. One can seek necessary information about various government schemes through an application -www.rti.gov.in .

Concerned grown-ups all over the world and in India want children to be healthy, happy and safe. They have formed rules for child safety. These rules are called **child rights**, **something** that a person must have or be provided with, as it is essential for their survival, protection and development.

Every child should have access to their rights. All children have these rights and have the same right irrespective of who they are, where they live, what their parents do, what language they speak or the religion they practice. It doesn't matter what gender they belong to, what their culture is, whether they have a disability, or whether they are rich or poor. No child should be treated unfairly. Even governments cannot treat children in an unfair way. As recently as three decades ago in 1989, governments of various countries came together for the first time in history, at a convention under the **UN-United Nations** Organization- to discuss what children need and what is good for them. Eventually, almost

all the countries agreed to the mandate/ ruling that was laid down in the convention, for example, any person below 18 years is a child. They also agreed on four basic child rights.

1. Right to Survival: Children have the right to food, clothing, a safe place to live and to have their basic needs met.

2.Right to Protection: Children have the right to be protected from being hurt, mistreated and exploited in Body or mind.

3.Right to Participation: Children have the right to find out things and share what they think with others by talking, drawing, writing or in any other way, unless it harms or offends people.

4.Right to Development: Children have the right to good quality education as well as rest and play. All the rights that one has are not independent of each other. They are to be carefully and continuously balanced out with the rights of others.

Some other child rights based on the four basic rights guaranteed by the constitution are :

1.Right to free and compulsory elementary education for all children till the age of 14 years

2.Right to be protected from any hazardous employment till the age of 14 years.

3.Right to be protected from being abused and forced by economic necessity to enter occupations unsuited to their age or strength.

4.Right to equal opportunities and facilities to develop in a healthy manner and in conditions of freedom and dignity and guaranteed protection of childhood and youth against exploitation and against moral and material abandonment.

5.Right to early childhood care and education to all children until they complete the age of six years.



UNIT 5 : Overcoming Negative Thinking

You Become What You Think

The biggest obstacle you will ever have to overcome is your mind. If you can overcome that, you can overcome anything".

-Anonymous

The mind of human beings is always active, even when we are asleep. Many different thoughts run through our minds as we go daily tasks right from the moment we wake up in the morning. If you think about it, your thoughts range from planning the rest of the day, looking forward to certain aspects and dreading certain others. Besides this, you form opinions and judgments, which in turn, shape your behaviours. One more important realisation would be that most of our thoughts tend to be negative. Sometimes we ignore them, sometimes we are deeply affected by them and sometimes we try to convert them into positive thoughts, depending on our personality and mood at the time.

OVERCOMING NEGATIVE THINKING Negative thought patterns are repetitive, unhelpful thoughts about ourselves, situations and the people we encounter they directly cause what we could describe as 'negative' (unwanted or unpleasant) emotions like stress, fear, shame, etc. Having negative thoughts is not a problem and in the people fact, it is normal. However, these negative feelings, if not controlled, eventually turn into anxiety and may lead to serious consequences for our lives.

SOME COMMON NEGATIVE THOUGHT PATTERNS

Related to self-esteem: 'I am not good/smart/intelligent enough', 'I will not be able to achieve this' and so on.

Related to others: 'Nobody understands/ likes/loves me', 'People can see my flaws, so I should not be too close to anyone' and so on.

Related to situations: 'I am so unlucky; someone always does better than me', 'If I don't agree with my friends, they will stop talking to me' and so on.

ALTERNATE POSITIVE THOUGHTS

'I can do whatever I set my mind to', 'things may seem hard but it doesn't mean my capabilities can't match up'.

'Everybody has a different perspective, and that's alright', 'I am what I am, and I need not pretend otherwise to please someone else'.

Related to body image: 'I am not slim enough', 'My hair is too curly/straight/short' and so on.

Related to self-esteem: 'I am not good/smart/intelligent enough', 'I will not be able to achieve this' and so on.

Related to others: 'Nobody understands/ likes/loves me', 'People can see my flaws, so I should not be too close to anyone' and so on.

Related to situations: 'I am so unlucky; someone always does better than me', 'If I don't agree with my friends, they will stop talking to me' and so on.

Related to body image: 'I am not slim enough', 'My hair is too curly/straight/short' and so on.

'I will work hard and always put in my best efforts even through luck may not favour me sometimes'.

'If I don't feel comfortable with something, I need not do it'.

'My body is precious, and I appreciate it', 'I strive to be the best I can be since there is no such thing as perfect'.



The human brain relies on habit to function. If we form a habit to think negatively, we start looking at most things in a negative way. So, it's important to teach the brain the habit of thinking positive thoughts.

To overcome negative thinking, the common techniques we use are: Try to distract ourselves, divert our mind, push our negative thoughts away, not to drown in sorrow and cry or even make negative stories around it. But none of these ways are effective in the long term. The only long-term solution is to change the thought patterns by understanding ourselves better and understanding where the negative thoughts originate from.

Some of the more effective ways of overcoming negative thinking are as follows:

1. Dwell deeper: Try to find out what is causing you to think negatively.

2. Face your underlying fears and insecurities: Our fears and insecurities tend to distort the way we look at and think about things.

3. Recognise your negative thought patterns: Try and learn to distinguish between thoughts and facts. The real problem is believing all the negative thoughts to be the truth.

4. Avoid apprehensions: Instead of focusing on our present, we tend to worry about all the terrible things that could happen to us in the future, even when there is no way of knowing whether the things will actually happen or not.

5. Look for solutions: Repeatedly thinking about problems and worrying doesn't help. It is better to learn from our past mistakes and alter our current behaviour for good by adopting a solution focused approach.

6. Stop paying too much attention to negative thoughts: The more you focus on a negative thought and discuss it with others, the longer it will stay with you.

7. Spend more time with positive people: The company we keep is a big influence on our thinking.

8. Reality check: Overthinking and worrying makes us interpret reality inaccurately. It is better to keep asking yourself if what you are thinking is indeed correct or is it just your mind making up things because of negativity.

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UNIT 6 : Abuses



What is abuse? Abuse is treating someone badly or hurting them. The person who does the abuse is called an abuser. Abuse can make us feel hurt, confused, ashamed, sad, scared and guilty. Abusers indulge in many types of abuse like:

Physical: It is when a person physically hurts or causes harm to another person. Whether or not the person being harmed has been injured, it is still counted as physical abuse. So, someone may not be injured by a pinch or a slap, but it is still physical abuse. Physical abuse crosses a person's physical boundaries.

Verbal: Screaming, saying bad

words, swearing or saying hurtful things to someone is called verbal abuse. Many people swear, but it is a kind of verbal abuse, and it should not become a habit. It is wrong to hurt someone with words. We should not do it.

Emotional: It hurts our feelings. Some examples of emotional abuse are:

- Name-calling or saying things to hurt someone's feelings on purpose.
- Telling someone that they're bad and deserve to be punished.
- Locking someone in a room, closet, or other place.
- Scaring someone by saying that bad things will happen to them or their loved ones if they don't listen to or do what the abuser wants.

Family: It is when a parent, family member or caregiver abuses or neglects a child. This can happen in different ways, like when a family member fails to care properly for their child. For example, when parents do not give their children enough

warm clothes for winter or when they do not look after their child when they are sick. This is **physical neglect**. Just like this, there can be emotional neglect. For example, when a family member does not care when their child is going through a difficult time or does not make them feel loved and supported.

Sexual: Sometimes, we may not be sure if what has happened to us is sexual abuse. That's why it is important to pay attention to our feelings. If we feel uncomfortable, dirty, helpless, scared, angry, ashamed, guilty, or upset, it may be sexual abuse. It is wrong of the abuser to abuse us. Whenever an abuse happens, it is always the fault of the abuser and the abuser alone. If we feel we have been abused, we should tell someone we trust as soon as possible so that we can get help, be safe, and feel safe.

We should always try to protect ourselves from abuse. Maybe the abuse happened, or is still happening, and we are too scared, worried or confused to tell anyone about it. Still, it is important that we stay safe. Here are some tips:

1. Make and follow safety plans like 'The Seven Safety Rules'
2. Try not to be alone with the person who abused you. If you know the person is going to be somewhere, either try to have someone with you, or try to avoid being there at the same time as the abuser.
3. Make excuses: It's alright to make excuses and to be safe. For example, you could say: "I have to go because my grandmother is waiting for me."
4. Plan where you can go or hide where your abuser won't find you. If you are forced to be with the abuser alone, you can lock yourself in the bathroom or in a room till someone else comes, or till the abuser goes away.
5. Ask a friend to be with you at the time the abuser usually tries to be abusive.

The best way to protect yourself is to tell someone you trust, as soon as possible!

How to tell a trusted adult?

It is good that you have adults you love and trust, but it is still hard to tell them about abuse. You need to be brave and talk about it because that is the only way to stop the abuse and help you be safe and feel safe. Here are some ways you can tell a trusted grown-up:

1. Go to the trusted adult when no one else is around. Say, "I need to talk to you."
2. Go where you will not be disturbed and say, "Something has happened. I need your help."
3. Say, "Someone has hurt me / touched me / abused me, and I want it to stop."

The person you tell might be surprised, upset or sad or shocked to hear what has happened to you. They may become angry or may say that they don't believe you. This does not mean that the adult thinks you are lying. It is just that they are shocked and will take some time to get used to the fact that someone has tried to do something unsafe to you. It may also be because they may feel that the abuser could not

have done this type of abuse to you. Don't be scared if the person you tell becomes very angry. They are not angry with you, they are not blaming you. They are angry that the abuse happened, and they may be extremely angry with the abuser. This does not mean that their anger is meant for you. It's not your fault that you were abused. If the person you tell doesn't help you right away, tell someone else. Keep telling till someone believes you, even if the person you tell believes you, you can always tell another person also. If you are not ready to speak to someone you can try telling them in a letter. Give the letter to a grown up you trust even if you are not ready to give the letter to someone, writing it all down will help. And when you feel ready, you can give the letter to a trusted adult who can help you.



If you have been brave enough to tell about the abuse and the person you told believed you, you may think that everything will be alright, immediately. You may think that the abuser will be caught and punished and will never be able to come near you again. But in reality, it might take some time before you feel safe again. This is because responsible people need to meet to decide what action to take. Then they will have to take that action. You will also need some time to get used to the changes that take place. As these changes take place, you can help yourself feel better and safe by:

1. Talking to someone - It is important to be able to share your feelings with an adult you trust. It's okay to ask for help because you will need help. In fact, it is good to ask for help.
2. Keep busy- Do things you like to do.
3. Spend time with your friends.
4. Watch funny, superhuman movies and TV shows. Laughing is good and will always help you feel better.
5. Join a team. Playing sports is a great way to make new friends and stay busy, and exercise makes you feel happy.
6. Journal: Write a diary every day. Feelings are private. You don't have to share them if you don't want to. Your journal is a safe place to write down what you feel.

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UNIT 7 : NEVER GIVE UP

“Perseverance is the continued effort to do or achieve something despite difficulties, failure, or opposition.”

In the very quiet village, with high mountains on one side and green fields on the other, lived a young boy by the name of Aric. He was the son of a poor blacksmith and, though he had little in terms of wealth, he was rich in dreams. Aric wanted to become a warrior, one who would protect his village from dangers and bring honour to his family.

But Aric was small and weak, while other boys in the village were trained daily with wooden swords and bows. Often he was laughed at for his frailty, and even his father, though loving, would often worry that his son was chasing an impossible dream.

One day, a wandering swordsman named Master Kael stumbled into the village. He was a man without equal in prowess, who at one point had served as the most trusted warrior to the king. In his eyes, Aric saw a possibility. He approached Master Kael and begged, "Please, teach me how to fight. I want to be strong."

Kael looked at the scrawny arms of the boy, his tired eyes. "Strength is not what makes a great warrior," he said. "Training, however, takes patience, discipline, and resilience. Are you prepared to face hardship?"

"I'll never back down," Aric said.



And so, Aric's intense training began. Unlike the other boys, he was not given a sword. Instead, Kael had him carry buckets of water up steep hills, chop wood, and run long distances. Days turned into weeks, and Aric's body ached. The other boys laughed at him. "That's not warrior training! He's just doing chores!"

But Aric would not give up. He carried heavier loads every day, ran farther, and swung his wooden staff until his hands bleed. One evening, after a tiring day, Aric sat beside the old well of the village and asked himself if he was really getting stronger. Just as doubt began to enter his heart, he overheard some villagers talking in low tones.

"Bandits have been spotted near the mountains."

"They may attack anytime soon."

Fear ran through the village. That night, Aric approached Master Kael. "If the bandits come, will you fight for us?"

Kael shook his head. "My days of battle are over. It is the village's own warriors who must stand against them."



The next night, under the cover of darkness, the bandits attacked. They set homes on fire and stole what they could. The warriors of the village fought back, but the bandits were too numerous. Aric watched as his people suffered and something inside of him snapped.

He grabbed a wooden staff and ran into the fray without hesitation. He remembered the lessons of Kael: his balance, his footwork, his stamina. He dodged a bandit's cut and struck back, swift and sudden. Blow for blow, he kept fighting for his village.

The villagers, inspired by his example, fought back with renewed vigour. The bandits, realizing too late that they had underestimated the will of the village, fled into the night.

The village stood triumphant at sunrise. Master Kael approached Aric, beaming with pride. "You were not given a sword, yet you fought like a true warrior. Your strength was not in your arms but in your heart. You never gave up, and that's what makes you great."

And from that day on, Aric became the guardian of the village. He proved that true strength is not about power alone; rather, it comes from perseverance, determination, and an unbreakable spirit.

Moral of the Story:

Never give up, no matter how impossible the path may seem. True success will come to those who keep persevering against all odds and never stop fighting for their dreams.

**Never
Give up**

UNIT 8: WOMEN EMPOWERMENT

“I am not free while any woman is unfree, even when her shackles are very different from my own.”

– Audre Lorde

Women’s empowerment is the process of giving women the right to make their own choices, have a sense of self-worth, and influence social change. It’s a fundamental human right that’s important for achieving a more peaceful and prosperous world.

• Key points featuring women empowerment –

1. **Equal Opportunities:** Women should have the same access to education, employment, and career advancement as men.
2. **Decision-Making Power:** Women must be able to influence decisions that affect their lives, from personal to political spheres.
3. **Financial Independence:** Empowering women to manage their finances helps break the cycle of dependency and poverty.
4. **Health & Safety:** Women should have access to healthcare, including reproductive rights, and be protected from violence.
5. **Breaking Stereotypes:** Challenging societal norms and gender roles allows women to pursue their passions and dreams freely.



The Rise of Maya

(WOMEN EMPOWERMENT)

Maya had always been the quiet girl in her small village. Growing up, her dreams were often dismissed, overshadowed by her family's traditional beliefs. They told her that education was unnecessary for a girl; she was meant to help with household chores and marry young.

But Maya had a secret: she loved to read, to learn, and above all, to dream. Every evening, when the house was quiet, she would sneak a book from the old library down the road. She studied late into the night, absorbing knowledge like a sponge. Her heart longed for more than just the life mapped out for her.

One day, as she sat under the shade of a tree, her childhood friend, Rina, came to visit. Rina, unlike Maya, had left the village to pursue her studies in the city. She looked at Maya with a knowing smile and said, "You have the power to change your story, Maya. You don't have to accept the limits others place on you."

Those words lit a fire in Maya. She realized that her dreams didn't have to remain a secret. With Rina's encouragement, Maya enrolled in an online education program and began studying fiercely. Slowly, she began to excel in subjects that fascinated her, particularly in technology and business.

After two years of dedication, Maya launched her own online business, providing affordable tech training to women in rural areas. Her platform quickly gained attention, helping women find financial independence and career growth. As more women joined her cause, the impact rippled through the community.

Maya's story wasn't just about breaking free from the chains of tradition—it was about rewriting the rules for future generations. She empowered other women to dream big, to challenge norms, and to take control of their destinies.

In the end, Maya didn't just rise; she lifted others with her, showing them that true empowerment lies in knowledge, opportunity, and the courage to step into the light.

Part-B

HEALTH

&

PHYSICAL

EDUCATION

COMPILED BY: MANOJ SHARMA

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TERM – 1

UNIT 1: SOME SIMPLE AEROBIC EXERCISES

Aerobics

Aerobic exercises strengthen heart and lungs and train the cardiovascular system to manage and deliver oxygen more quickly and efficiently throughout the body. Aerobic exercises use large muscle groups, are rhythmic in nature, and can be maintained continuously for at least 10 minutes.



Following are the set of some aerobic exercises and their benefits:

1. Stair Training

Primary Muscles Targeted: Quads, Glutes, Hamstrings and Calves

How to perform:

- ❖ With a steady pace, go up and come down on the stairs for at least 10-15 minutes. It is your warm-up exercise.

2. Skipping

Primary Muscles Targeted: Shoulders, Quads, Glutes and Calves.

How to perform:

- ❖ Stand with your feet at shoulder width apart. Grasp the jump rope handles with both hands.
- ❖ Use your wrists to swing the rope over your head.
- ❖ Quickly hop over the rope as it comes towards the front of your feet. And repeat.

3. Squat Jumps

Primary Muscles Targeted: Quads, Glutes and Hip Flexors

How to perform:

- ❖ Begin with a standing position with your feet shoulder width apart.
- ❖ Perform a normal squat.
- ❖ As you complete the downward motion, jump in the air.
- ❖ As you land, lower the body back to normal squat position to finish rep one.

- ❖ Do four sets of 10-15 reps and take no more than 30-60 seconds of rest between each set.
- ❖ You should also keep in mind to keep a steady pace throughout the exercise.

4. Burpees

Primary Muscles Targeted: Chest, Triceps, Delts, Quads and Hamstring

How to perform:

- ❖ Start off with a standing position with hands on the side.
- ❖ Drop down to a squat position but with your palms on the ground. Kick your legs back while keeping your arms extended.
- ❖ You will be now in a high plank position.
- ❖ From high plank position, immediately return to squat position.
- ❖ Jump from this position to finish the first rep.

5. Jumping Jacks

Primary Muscles Targeted: Calves, Glutes, Deltoids and Lats

How to perform:

- ❖ Start with feet together and hands down by the side
- ❖ Jump your feet out to the side and raise your both arms above your head simultaneously.
- ❖ Immediately jump back to starting position. And repeat.
- ❖ It's a little warm-up exercise before you get into real hard aerobic training.

6. Bear Crawls

Primary Muscles Targeted: Triceps and Deltoids

How to perform:

- ❖ Start with a plank position keeping your arms and legs extended on the floor.
- ❖ Keeping the same posture, crawl forward at steady pace.
- ❖ Bear in mind to put more weight on your arms and less on our legs.
- ❖ Do it for at least 60 seconds.

7. Inchworm

Primary Muscles Targeted: Hamstring

How to perform:

- ❖ Begin with your feet shoulder-width apart and tight core.
- ❖ Place your hands on the floor as you bend from the waist.
- ❖ Now keeping your legs straight, walk hands forward till you reach a high plank position.
- ❖ When you reach high plank position, quickly walk your feet towards your hand and stand. That's rep one.

8. Mountain Climber

Primary Muscles Targeted: Abs and Hamstring

How to perform:

- ❖ Get into a high plank position with core tight.
- ❖ Bring right foot forward just near to your right hand so that you are in a low lunge position.
- ❖ Now step right foot back and quickly step left foot forward.
- ❖ Do this in quick progression.

9. High Knees

Primary Muscles Targeted: Quads and Glutes

How to perform:

- ❖ Stand with your feet hip-width apart and run in place at a steady pace by pulling both the knees alternatively to chest.
- ❖ Do as quickly as you can.

10. Plank Jacks

Primary Muscles Targeted: Glutes, Hamstring, and Hips

How to Perform:

- ❖ Start with a high plank position, keeping your core tight, jump your feet apart and jump them back together.
- ❖ Remember not to jump your feet either too broad or too narrow.
- ❖ Also, maintain the hips at the same level throughout the exercise.

11. Flutter Kick

Primary Muscles Targeted: Lower abs

How to perform:

- ❖ Lie on your back with your face facing the ceiling and your abs drawn inside.
- ❖ Slide your hands beneath your lower back curve for additional support.
- ❖ Now using core lift your both legs so that they make an approximate right angle to the upper body.
- ❖ Kick your feet up and down several inches just above the ground. Rep speedily as you can.

12. Donkey Kick

Primary Muscles Targeted: Glutes and Hips

How to perform:

- ❖ Get into a high plank position and keep your core tight.
- ❖ Now jump your feet into the air and kick your butt with heels.
- ❖ Return back lightly on your toes.
- ❖ Make sure that you keep your shoulders in line with your wrists.

13. Jumping Lunges

Primary Muscles Targeted: Quads and Hamstrings

How to perform:

- ❖ First of all, you need to master the basic lunge version before you move on to this variation.
- ❖ Start by dropping off into a low lunge position.
- ❖ Switch the feet mid-air as you jump up.
- ❖ Land with opposite feet as you get into a lunge position a second time.

14. Skaters

Primary Muscles Targeted: Quads, Hamstring, and Glutes

How to perform:

- ❖ Stand with your feet hip-width apart and slightly bend knees.
- ❖ Now jump toward the right with your right foot, landing slowly on your right leg ankle and your left leg behind.
- ❖ Quickly, jump towards the left with left foot with right leg behind.

15. Butt Kicks

Primary Muscles Targeted: Glutes and Hamstring

How to perform:

- ❖ Stand with your feet shoulder-width apart.
- ❖ Keep your arms bent towards the side.
- ❖ Now flex your right knee and kick your right heel to your glutes. Bring the right foot down.
- ❖ Now repeat the same with left leg.

16. Corkscrew

Primary Muscles Targeted: Abs and Obliques

How to perform:

- ❖ Lie on your back with your hands just below your lower back for extra support.
- ❖ Keep your navel sucked and legs straight.
- ❖ Lift off the legs from the ground till it is at a right angle to your upper body.
- ❖ Keeping your core tight and legs together, make a complete rotation with your legs.
- ❖ Focus on keeping your abs tight throughout the exercise.

17. Invisible Jump Rope

Primary Muscles Targeted: Calves, Hamstrings and Glutes

How to perform:

- ❖ Jump over an invisible rope by landing lightly on your toes and pushing the ground with the balls of your feet.
- ❖ Make quick, small movements with your wrists alongside.
- ❖ With this exercise, you don't need to jump way too up.
- ❖ Hop no more than 2 inches above the ground.

18. Sprinters Sit Ups

Primary Muscles Targeted: Rectus abdominal and Obliques

How to perform:

- ❖ Begin with a seated position with you arms bent at right and angle and your legs extended in front of you.

- ❖ Now engaging your obliques lift your left leg with left knee and bring right elbow towards the left knee.
- ❖ Get back to starting position and repeat it on the other side.

19. Box Jumps

Primary Muscles Targeted: Hamstring and Glutes

How to perform:

- ❖ Fetch yourself a sturdy box or bench to do this exercise.
- ❖ For the beginners, start off with a box that's mid- calf height and make your way towards higher height boxes from there.
- ❖ Face the box with your feet shoulder width apart.
- ❖ Now bend the knees, send your hips back, swing your arms back, and swing them forward as you land lightly on the box.
- ❖ To return to starting position, step down one foot at a time.

20. Jump Forward Jog Back

Primary Muscles Targeted: Quads, Hamstring, Glutes

How to perform:

- ❖ Stand with your knees slightly bent and your feet hip-width apart.
- ❖ Now swinging both arms back and then forward, jump forward landing lightly on your toes.
- ❖ Now jog backwards to the starting position.

UNIT 2: YOGA FOR HEALTHY LIFE

Principles of Yoga

- ❖ The place for practising yoga should be very neat and clean.
- ❖ Yoga should not be performed after having meals. Morning time is the best for yoga.
- ❖ It is very important that the mind should be in a state of complete concentration.
- ❖ Proper rest should be taken to make body and fresh and alert.
- ❖ Yoga should be performed according to one's own capacity.
- ❖ In case of any ailment the proper advise of the doctor should be taken before performing any asana.

Yoga for Calmness

While our body is at rest, our mind is ever working. We can train our mind and body to stay calm.

Effect of Yoga on Mind

Human mind keeps on wandering. While resting on a bodily plane we are always wandering on the mental plane. Human beings are always apprehensive of the events related to the past, present and the future. However, yoga is the best way to calm down the mind. Even we are doing some static activity like studying a book, working on a computer, etc., our mind is not with us. It keeps on wandering. The result is low productivity and efficiency. It leads to the non-achievement of deadlines. We can't turn off our mind, however yoga postures and yogic breathing exercises (pranayama) help the mind to come to present and restore clarity and alertness.

These are the following ways to calm the mind in Yoga:

- ❖ **Deep breathing:** Sit in a comfortable and meditative pose. Inhale deeply, fully and slowly and then exhale slowly and completely.
- ❖ **Abdominal breathing:** Lie down on your back and then fold legs and knees. Bring them close to the hips, fold the arms around head and start inhalation and exhalation.

- ❖ **Ujjayi breath:** Sit comfortably and then create hiss sound in the throat, while inhaling and exhaling. This is called Ujjayi breath. Try listen to the sound carefully.
- ❖ **Kapalbhati:** Sit in a meditative pose. Now exhale fast and then inhale fast. Repeat this exercise 3 times.
- ❖ **Meditation on Naval and Throat:** Sit in a meditative pose. Close your eyes. Relax the body, focus on breath awareness. Maintain the awareness of throat and naval focusing on each and every breath.



TERM – 2

UNIT 3: STRENGTH AND CONDITIONING

Learning Objectives

- Understand what strength means and how it is applied in sports.
- Understand what strength training is and why it is important.
- Learn how to improve your muscular endurance.
- Apply strength and endurance exercises to improve your performance C-1.5 in different sports and physical activities.

What is Strength?

Strength is the ability of your muscles to exert force against resistance. This can be lifting weights, pushing against something, or even just standing up. Strength is a fundamental aspect of physical fitness and plays a crucial role in various activities, from daily tasks to athletic performance.

Types of Strength:

- **Muscular Strength:** This is the maximum amount of force that a muscle or group of muscles can produce in a single effort. For example, when a weightlifter lifts a heavy barbell, they are using muscular strength.
- **Endurance Strength:** This refers to the ability of muscles to perform repeated contractions over an extended period without fatigue. For instance, when a long-distance runner maintains their pace, they are relying on endurance strength.
- **Explosive Strength:** This is the ability to exert a maximal amount of force in a short period. Athletes in sports like sprinting or jumping, such as basketball players, often utilise explosive strength to gain an advantage.



Application of Strength in Sports

- **Weightlifting:** In sports like Powerlifting and Olympic Weightlifting, athletes focus on building maximal muscular strength to lift heavy weights.

- **Team Sports:** in Soccer, Football, and Basketball, players need strength to tackle opponents, jump for rebounds, or sprint down the field. Stronger athletes can often perform better in these situations.
- **Gymnastics:** Gymnasts require strength to perform complex movements, such as holding their body in challenging positions or executing difficult routines. Core strength is particularly important here.
- **Combat Sports:** In Martial Arts and Boxing, strength is crucial for effective strikes and grappling. Athletes train to improve their strength to gain an upper hand in matches.
- **Endurance Sports:** Runners, Cyclists, and Swimmers use endurance strength to maintain their performance over long distances. Building strength helps them resist fatigue and improve their overall performance.

How to Build Strength?

- **Strength Training:** Engaging in exercises like weightlifting, resistance bands, or bodyweight exercises (like push-ups and squats) can help build muscular strength.
- **Nutrition:** Eating a balanced diet rich in protein, healthy fats, and carbohydrates supports muscle growth and recovery.
- **Rest and Recovery:** Muscles need time to recover and grow stronger after workouts. Sleep and rest are vital components of any strength-building program.
- **Proper Technique:** Learning the correct form and technique for exercises is essential to prevent injury and maximize effectiveness.

Introduction to Strength Training

Strength training is when you use your muscles to lift, push, or pull something heavy. It helps make your muscles stronger. You can use weights, your own body weight (like doing push-ups), or resistance bands.



Why is Strength Training Important?

In sports, having strong muscles helps you run faster, jump higher, and perform better. For example:

- In Basketball, strength helps you make powerful jumps to shoot the ball.
- In Football, strength allows you to kick harder and defend better.

- In Cricket, having strong arms helps you throw the ball further or hit it with more power.

Activities in PE: (Physical Education)

- Push-ups to strengthen your arms and chest.
- Squats to strengthen your legs.
- Planks to strengthen your core.



UNIT 4: ASANAS TO CONTROL BLOOD PRESSURE

Yoga to Control Blood Pressure

Blood pressure is the force of the blood in the arteries. Blood pumps around the body when our heart beats. It gives us energy and oxygen. However the blood pressure should be proper. Blood pressure more than higher or lower level leads to many health problems. To control blood pressure we can perform the following asanas:

1. Baddha Konasana

Steps:

- ❖ Breathe normally and start flapping like a butterfly by bringing thighs up and down slowly. Sit straight on the floor with erect spine and bend your knees by bringing feet as close as possible. Try to touch the soles of your feet each other.
- ❖ Hold your feet tightly with your hands. Inhale deeply. While exhaling press the thighs and knees down toward the floor by pressing your elbows on thighs or on the knees.
- ❖ Keep breathing normally and start flapping like a butterfly by bringing thighs up and down slowly.

Benefits:

- ❖ Improves blood circulation.
- ❖ It helps to stimulate the abdominal organs, prostate glands, bladder, and kidneys.
- ❖ It acts as a stress reliever.
- ❖ Improves flexibility in the groin and in the hip region and gives a good stretch for inner thighs, groins, and knees.

2. Virasana

Steps:

- ❖ Keep your knees together as you separate your feet to either side until they are about 18 inches apart. This will vary somewhat depending on your size, but basically, you are spreading the feet apart to make room for your butt to come down to the floor between them. Do note that the feet are separating but the knees are staying together.
- ❖ Exhale and lower your butt to sit on the floor between your feet. You may need to manually move your calf muscles out of the way to make this happen.

- ❖ Make sure that you are not sitting on your feet, but rather between them with the tops of your feet on the floor (meaning the toes are not tucked under).
- ❖ Your feet should point straight back, turning neither inward nor outward.
- ❖ Slide your shoulders away from your ears. Rest your hands in your lap.
- ❖ Remain in the pose for one minute or more.
- ❖ Release by pressing your palms into the floor and lifting your butt. Cross your ankles beneath your body and extend your legs into Staff Pose (Dandasana)

Benefits:

- ❖ One of the main benefits of practising Virasana or Hero pose is that it helps in strengthening the Digestive system as its regular practice helps in relieving constipation and other stomach disorders. While practising Virasana or Hero pose, the blood flow is obstructed to the lower part of the body and the blood flow is increased in the stomach and pelvic area which promotes the bowel movement and hence improves digestion.
- ❖ Virasana or The Hero Pose stretches and strengthens the knees, thighs, and ankles on regular practice.
- ❖ Virasana massages the abdominal organs and stimulates the digestive system which in return improves digestion.
- ❖ Virasana or The Hero Pose also helps in getting rid of High Blood Pressure. Virasana helps in getting rid of respiratory ailments like Asthma.
- ❖ On regular practice, Virasana or The Hero Pose helps in improving blood flow in the feet and legs.
- ❖ Virasana or The Hero Pose helps in balancing the mind, increases the power of concentration, allows more awareness of the unconscious realms and induces physical and mental relaxation quickly. The thinking process becomes very clear and precise with regular practice of Virasana.

3. Setu Bandhasana

Steps:

- ❖ Begin the asana by lying flat on your back.
- ❖ Bend your knees and place your feet on the floor hip-width apart. Make sure that your ankles and knees are placed in a straight line.
- ❖ Let your arms rest beside your body, with your palms facing downwards.

- ❖ Inhale, and lift your back (lower, upper, and middle) off the floor. Roll in your shoulders, and make sure your chin touches your chest without you having to move it. Let your shoulders, feet, and arms support your weight.
- ❖ Firm up your buttocks as you tighten them. Make sure your thighs are parallel to each other and the floor.
- ❖ Interlace your fingers and push your hands harder to the ground to lift your torso higher.
- ❖ Hold the posture for at least a minute. Breathe slowly and deeply.
- ❖ Exhale and release the pose.

Benefits:

- ❖ This asana helps to strengthen the muscles of the back. It also helps to relieve the stress trapped in the back.
- ❖ This asana stretches and tones the neck, spine, and chest.
- ❖ Practising this asana reduces depression, stress, and anxiety and calms the brain.
- ❖ The lungs are opened up, and thyroid problems are reduced.
- ❖ This asana also massages the digestive organs, in this way this asana helps to improve digestion.
- ❖ It also aids high blood pressure, sinusitis, asthma, insomnia, and osteoporosis.
- ❖ With regular practice of this asana, blood circulation is improved too.