Class-VIII

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
1. HUMAN BODY				
Mental Health	What is the difference between Mental Health and Mental illness?	Concept of mental health and mental illness.	Charts, Posters Materials	Observation of behaviour of people around (home, neighbour, society, school etc.) and in different situations (happiness, sorrow, winning, losing etc.) followed by discussion and counseling
Growth and Development	What are the major causes of defects in eyes and ears?	Role of heredity and environment Defects related to eye and ear	Models, Charts School Health Services	Discussion School Health checkup Referral and follow up
Emotional Development	Why am I in such a bad mood? How can you take control of it? When do I get angry? How can I manage my anger? What is shyness, what are the causes of shyness? What can someone do about shyness? How can you overcome it?	Emotional changes concern for physical appearance, assertion of individual identity, existing social values and norms : moods, anger, shyness, etc. Identification of causes for mood swing during adolescence and strategies to overcome it.	Reading Material Books Charts depicting different moods	Discussion and other co-curricular activities and games and sports.
Target / goal-setting and identifying strategies to achieve it	What are your goals? How can you achieve them or not achieve them? How can you be positive? How can you focus	Goal-setting Identifying own strength and weaknesses Planning strategies to achieve set goals	Reading Material Books	Each student could draw a hexagon and write one goal they have in life in its center. Then on each side of the hexagon write the answer to the following question: Is your goal clear? Is it realistic? Is it achievable? When can

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	on accomplishments and not on failures?			you achieve it? What will you have to do in order to achieve it? How will you know when you reach it? Setting goals for your physical accomplishments, competing against own/others' sports records and performance Evaluating the opponent team and planning own team's strategy
2. ORIENTATION TO SPORTS SKILLS				
Sports Skills (- For recreation - For Competition)	Can we recreate through physical activities? How many more games we can play?	Recreation through physical activities Learning of Basic Sports Skills Fundamental skills of nay two major games as per the availability of facilities	Reading Material Depending upon the nature of recreational activity	Activities Recreational Games – badminton, table-tennis etc., Party Games Modified Games Football, Hockey, Basketball, Cricket, Kho-Kho, Kabaddi Volleyball, Swimming, Judo, Wrestling etc. TRACK & FIELD GYMNASTICS Match Practice (before / after school)
Agility	How can we test our agility?	Agility for fitness	Measuring tape, stopwatch, whistle, open space, lime-powder for marking	Pushups/modified pushup Bent knee sit-ups Shuttle run
Yoga	What are the asanas and kriyas we can perform?	Flexibility Static contraction of muscles	Charts, Posters, Graph, Photographs	Performance of Halasana, Ardha-Matsyendrasana, Paschimotanasana,

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		Concentration Balance	of Yogic Practices	Gomukhasana (Baddha hasta), Bhadrasana, Tadasana, Uddiyana Bandha, Agnisara
3. WE AND ENVIRONMENT				
Water and hygiene sanitation	What is the importance of water conservation? How do we prevent water wastage – at the personal level, family level and community level Using water wisely	Water hygiene and sanitation, water management, kitchen garden, using grey water	Field visits, Charts, Slides, Models	Harvesting structure in the school Raise and maintain the kitchen garden Demonstration of water management in home and school
Seed banking	What is seed - banking and how to do it?	Seed banking, learn about indigenous seed varieties and its impact on health.	Seeds, Soil, Water etc.	Collection of seeds of all locally grown crops and making an indigenous seed bank in the school
4. FOOD AND NUTRITION				
Food practices	What are different types of food practices?	Food choices and mixes Shifts in food practices Globalization of food practices Seasonal foods and festivals Fasting, nutritional anemia	Charts & Posters	Discussion and sharing the experiences of peer group
GM (Genetically Modified Food)	What are the GM foods?	GM foods – debate about the usefulness and the harm that these foods can cause	Reading Materials Picture of GM Food Samples	Debate on the GM foods amongst the children
5. SAFETY AND SECURITY				
Safety from Animals and treatment of animal bites	How can we prevent and treat immediate attack on our body from	Knowledge about providing first-aid-incase of snakebite, animal attacks, dog-	Use of first aid materials to tackle the problems	Demonstration Preparing practical file mentioning steps to tackle animal attack

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	animals? Where is treatment available?	bites Hospitals, PHCS	Material	along with providing first-aid, Role Play
First-aid	What are the situations which require first-aid?		First-aid box	Practical classes of first-aid, bandaging. PRICER – Prevention, Rest, Ice, Compressor, Elevation and Rehabilitation
6. SOCIAL HEALTH				
Qualities of socially healthy persons	Am I a socially healthy person?	Listening to others, doing negotiations, making decisions, being assertive, solving problems, being confident, caring for nature, doing activities for relaxation, reacting to strangers, caring of the aged and developing leadership skills	Resource Material, Media Material	Discussion Experience-sharing (peer group) Guidance and Counseling
7. CONSUMER HEALTH AND SPORTS SERVICES				
Health Programmes and Blood Banks	Do health services respond to our needs?	National health programs including NRHM (National Rural Health Mission) Blood banking, blood groups, and blood safety	Information bulletins, brochures, newsletters	Group Project on experiences with health services in family and community Organising blood donation camp
	How do we make them responsive?	Patients' rights, role of school and Gram-Panchayat, Community	Information bulletins, brochures, newsletters	Campaign
Role of Media and Advertising	What is the influence of the media and advertising on our health and/ sport promotion?	Role of Active media Advertising and Health Advertising and Sports	Resource Material	Project to gather advertisement related to health and sports information