Class-VII

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
1. HUMAN BODY				
Process of Growing-up Menstruation	What are the changes that occur at puberty? Why do these changes occur? What is menstruation? How can you keep clean during menstruation?	Difference between boys and girls during growing-up Puberty Menstruation Common menstrual problems Emotional changes Sexual Health, Hygiene and Genital Hygiene Need for cleanliness during menstruation	Study material, Drawings and Figures Models of reproductive system Films Work book	Interaction Discussion Life skills focused activities - Question Box
Myths and Misconceptions regarding growing-up	Is there any change in the ways your parents & society interact with you as you are growing? Should girls change their behaviour during menstruation period?	Body consciousness Attraction towards opposite sex Socio-cultural norms Parent adolescent relationship Common myths and misconception regarding growing up and menstruation	Drawings and Figures Reading Material	Interactive session Discussion Life skills focused activities
Sexual Abuse	What is sexual abuse? What can we do when somebody is sexually abused?	Touch including unwanted touch sexual abuse Prevention of sexual abuse Life skills	Study material, Stories, poster, newspaper clippings.	Discussion Story Telling Role Play Life skills focused activities

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Concept of Body Image	Whom do you consider beautiful? Is physical beauty the only thing that makes a person beautiful and likeable?	Concept of beauty, body image Misconception about body image	Advertisements about Cosmetics, Clothes etc. Stories and Life-experiences	Information Sharing experiences of great personalities Examples of famous players, actors/actresses etc.
2. SPORTS SKILLS				
Motor skills	How many more activities we can play?	Opportunities to play games and sports	Play ground Gymnastic beams & benches Mattresses	Fundamentals of track & fields events - 100 m. run, 600 m. run/walk Basic gymnastic Balance on one leg, jumps, turn 360 degree Games (As per available facilities) : football, hockey, basketball, cricket, kho-kho, kabaddi , badminton, volleyball, swimming, judo, wrestling etc.
Rhythm	How do we move smartly?	Developing ability of naturally responding to : command, limited space, group-work, formations	Microphone/ PA System Markers Drum	Marching on command Marching formations Exercising with Apparatus : Lezium, Dumbbels, Tipri, Wands, Hoops, Ropes, Balls, Ribbons Aerobics and other group-activities
Yoga	Why do we do Asanas? What is Mudra?	For healthful living Postures	Yoga Charts Posters of Yogic practices	Orientation to Yoga Gomukhasana, Yoga-Mudra, Viparitkarani, Sarvangasana, Matsyasana, Halasasana, Ujjayi (without Kumbhaka), Shavasana
3. WE AND ENVIRONMENT				
Vector borne disease	What are vectors? What are the life cycles of different vectors	Vector's Life Cycle Life cycles for prevention & treatment for illness.	Charts, Models, experiments Real life situations Observations	Watch and write about mosquito behaviour Watch different mosquitoes under a microscope

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	– like mosquito etc? How do vectors carry diseases? How do we break the life cycles of vector in order to prevent the diseases?		and discussions Slides	Visit a microbiology lab and see slides of Plasmodia etc
Environmental Pollution & Health	What is a good environment? What are the sources of Environmental Pollution & how we can prevent it?	Concept of good environment Different sources of Environmental Pollution & its effects on health. Steps for prevention of pollution.	Charts, Models - Pictures -Reading Material	Listing of different sources of Environment Pollution -Interaction -Discussion
4. FOOD AND NUTRITION				
Preparing Foods	How to prepare food nutritiously?	Preparing new and old recipes	Some recipes	Making some recipes
	What is the relation between food and festival and celebration? Who purchase cook and serve food?	Preparing foods for celebration - festival / special occasion and its food value for health.	Meals prepared by students. Study material.	Listing of festival foods Organizing a small community meal or class-meal (pre/post any festival)
5. SAFETY AND SECURITY				
Common Injuries	How we deal with common injuries?	Simple common injuries Identification & Treatment	First-Aid Box	Practicals & Role play

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6. SOCIAL HEALTH				
Community Health	What is our responsibility towards the health of self and community'?	Social responsibility Our role as a change agent	Work book on health and habits Checklist of responsibilities and self-assessment proforma	Community based projects
Peer and Social Pressures	Did any friend pressurize you to smoke a cigarette or drink alcohol or try a drug? How can you say 'No'?	Peer pressures Ability to say 'No' Health hazards of smoking, alcohol and drugs abuse	Advertisements, wrapping papers, warnings, packets etc. of related items Informative material	Discussion Role Play
Adapting to Situations and Changes	How to cope-up with the stresses of changes during growing–up?	Changes occurring during growing-up	Material Observation of self and others	Discussion followed by guidance
Outstanding personalities in Health and Sports	Who are your role models? How can they influence our society and culture? How did the personalities contribute to these discipline and society?	Role Models in relation to different games and sports.	Role Models Biographies, movies, posters, T.V., radio, magazines, newspapers highlighting local/ panchayat level achievers etc.	Story-telling Life-experiences Discussion about the local heroes, outstanding students in the school or currently popular personality in any field
Positive Use of Leisure Time	When you are free what is that makes you happy? What make it difficult for you to do things that make you happy? How can you reduce these barriers?	Creative leisure	- Material - Chart, poster - Film	Play, exercise, reading books, poetry, singing, dancing, play-models Identifying individual potentials through observation. Guidance to find ways for utilizing time

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7. CONSUMER HEALTH AND SPORTS SERVICES				
Govt. Health Services	What are the Govt. Health Services? How does advertisement affect healthy behaviour?	Structure and function of different levels of health care. Role of advertisement on health	Literature – Information bulletins, circulars, brochures, newsletters etc. -Newspapers, films, radio, Electronic & print media	Meeting with Government health functionaries Visit to local sub-centre/ dispensary -Self Assessment - Creating healthy promoting Advertisement
Sports Scholarships and Awards giving Agencies	Is there any scholarship in sports for winning medals or for participation in sports?	Availability of scholarships at school / zonal / inter-zonal / district / state / national / international level	Information Bulletins, Brochures News Clippings etc.	Preparing list of the scholarships and / or awards available (specifying name, amount, eligibility, duration etc.)