Class-VI

Theme/ Sub-Theme	Questions	Key Concepts	Resources	Activities/ Processes
1. HUMAN BODY				
Growth and Development	What is growth and development?	Meaning of growth and development.	Height-measuring equipment/ Marked wall Weighing machine	Measuring height and weight of the students
	What is the difference between growth and development?	Difference between Quantitative & Qualitative changes	Charts Posters School Health service	Discussion variations in height and weight
	How do boys and girls are similar & different?	Physical characteristics - Concepts of Body image	Models, Charts Norms of height/weight Records of Anthropometric movement	Group-discussion and experience-sharing
	How my body functions?	Functional organs-Systems in relation to Health fitness	Figures Charts Photographs	Workbook/Group work
Bones	What are the different kinds of bones in our body? How are they joined to each other? How are they formed? How can we make our bones healthy?	Bones and their function Nutrients for Bone formation	Pictures of the skeletal system (back and front)	- Feeling and counting the bones of the body as one sees a picture of it - Physical activities like running, jumping, skipping
Common Injuries of Bones	What do I do for a broken bone?	Keeping bones healthy First aid for fractures	A cardboard pipe, a piece of rope or thread to show vertebra.	Show chart, discussion on experience.

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Disabilities and Difficulties	How do I perceive differently abled persons?	Different kinds of disabilities Learning to understand and to help persons with physical disability	Study materials Pictures and other illustrations of differently abled people performing different roles	Walking up the stairs, visiting the toilet, writing on the blackboard, eating your food after tying your knees with a rope, wrapping your fingers with a cloth Discuss on the difficulties faced
Postural Defects	What are the different postural defects?	Remedies		Check-list Demo and feedback Corrective Exercise
Protection from the Diseases	Why do we fall sick? How does the body protect us from disease? How can we help improve our immunity? What is immunization?	Immunity and immunization: brief description of the immune system; causes of illness, role of immunization Experience of illness disease, pain, discomfort; Common health problems: (Check Class IX science syllabus)		Make separate groups of girls and boys and make a chart of the types of exercise each person does on each day of the week. Discuss these. Also discuss what are the things one does to relax. Is there a difference between the boys and girls?
2. PHYSICAL FITNESS				
Physical Fitness	Are we healthy? Am I physically fit? How can we become more fit?	Concept of Health Concept of physical fitness Strength, Endurance and Flexibility	Charts Information material Work-book Motivational techniques Pictures of athletes and sportspersons Sports bulletins Sports records - making and breaking	Classroom session on physical fitness : Discussion, Explanation
Introduction to Components of Physical Fitness	How fast can we run? How strong are we?	Assessing speed Assessing strength	Open space Lime powder Medicine balls Minimum strength Test 30 M & 40 M Dash	Demonstration & Performance Practical exercise like running, short sprint, broad jump, 600 mtr. run.

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	How flexible I am? Can I coordinate my movements?	Test for flexibility Coordinative abilities	Sprints – dash running, Strength - squats, medicine ball exercises etc. Sit and reach-test Test for flexibility, Minor Games Aerobics, folk-dance (solo, pair, group) Folk-dance resources (music/equipment)	
Leaders and followers	Can we be ready for instruction? Are we able to impart or follow instructions?	Formations Line, file, circle, oval, triangle, diamond, rectangle, square, pyramid Working/ response to command Working in formation and groups	Markers Microphone/ PA System Drum	Count-in-two/three Making students to form the desired formation and perform some kind of group-activity in a particular formation
Player and Sports personship	How can we become sportspersons?	Learning motor skill Observing ethical values Participation in competitive sports Regards for rules, regulations and judgments Team-spirit	Material on fundamental skills : (Reinforcement of previously acquired skills and fitness) Track and field Gymnastics** forward roll, backward roll, sideward roll, balance on one leg, cat and scissor jump, 180 turn on leg. Team Games & Sports (any two) Kabaddi, Kho Kho, Volleyball, Badminton, Judo, Basketball, Cricket	Demonstration, Practice (Individual/ Group & Team)
Meaning and	How yoga is	Benefits of Yoga	Daries, Charts,	Surya namaskar, Tadasan,

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Important of Yoga	suitable for me and why should do asanas and pranayam?	asanas	video clips	Vrikshasan, Bhujangasan, Shalabhasana, Pranayam
3. WE AND OUR ENVIRONMENT				
Microbes – useful and harmful;	What are microbes? What are the different types of micro-organisms?	Microbes – useful and harmful; how they cause disease and how they are useful?	Observation	Observing the conversion of milk to curds, fermentation for idalis and bread Demonstrate the useful effect of microbes by curdling milk in the class room; raising of dough. Talk about soil microorganisms and how they help maintain soil fertility
Water borne diseases	How water-borne microbes cause disease?	Water and Food-borne diseases	Charts, Models, Slides, Field visits	Role play – A group of children could represent disease causing organisms, some of them can represent children suffering from these diseases; in-built message of prevention and protection from these water and food borne diseases Call a local doctor of a nearby PHC/ Hospital/Clinic and let the children interact with him/her.
Diseases transmitted through fecal matter	How are these diseases transmitted?	Transmission of fecal during rainy season food borne diseases	Charts, Models, Slides, Microscopes	Demonstration, Lectures
4. FOOD AND NUTRITION				
Purchasing, consuming and preserving nutritious food	What is the availability of food? What are the food we preserve and why?	Diversity of Indian foods, seasonal and locally available food Purchasing food and economics of foods, consuming patterns based on economic levels, food practices and preservation of food values, cooking methods	Locally available foods, Posters, Charts Local markets shops Workbook	Explanation Method Visits to presentation and processing units Sharing of Experiences Preparing the locally food items that can be preserved.

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5. SAFETY AND SECURITY				
Safety outside the school	How can we prevent & manage minor injuries?	Accidents-Safety outside school (during excursions) first aid – wounds dressing etc;	Bandage, Cotton, Tapes, Medicine Chart and Posters	Demonstration Visit to a local clinic/dispensary and site of disaster
6. SOCIAL HEALTH				
Gender Sensitivity	What are the socially constructed role for men & woman in the family?	Gender and gender difference : feticide - Sharing of work responsibility stereotype work roles proper gender roles.	Newspaper Cuttings, Charts	Discussions Experience Sharing -Care study -Drama
7. CONSUMER HEALTH AND SPORTS SERVICES				
Patient's Right	Do patient have any right?	Concept of patients' right	Media Coverage Newspapers	Discussions/Sharing of Personal Experience - Listing of different competition
Sports Awareness	What is Olympics & its history.	Olympics flag, torch, emblem, motto, ideals	-Pictures -Reading Material	Sports Quiz regarding general awareness according to the level of students Olympic flame making project Sports-badges collection Sports-stamp collection
Safe water and role of Local Bodies	What are the services Government provides regarding safe water? Are the services Adequate?	Agencies providing safe water.	Agencies Study materials	Visits to local bodies Group Work Project work