**Course Division 2081**

Class: 5 Subject: Health, Physical Education and Creative Arts

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| **Units** | **First Term** | **Half-Yearly Exam** | **Second Term** | **Third Term** |
| **Personal Hygiene** | * Introduction and Importance
* Importance of Body Care and Cleanliness of Sense Organs
* Importance of wearing clean clothes
* Importance of rest, sleep and exercise
 | * Introduction to Menstruation
* Safe and hygienic behaviour during menstruation
* Role of family members and friends during menstruation
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| **Environmental Sanitation** | * Introduction and Importance
* Characteristics of hygienic environment
* Methods of water purification
 | - Impact and prevention of environmental pollution | - Waste management |  |
| **Food and Nutrition** | * Nutrition and Nutrients
* Function of Nutrients
 | - Methods of conserving nutrients |  - Selection of local food for balanced diet - Impact of Junk food on health |  |
| **Diseases and Substance Abuse** | * Introduction
* Communicable disease and preventive measures
 | - Diseases transmitted by animals bite | - Non – communicable diseases | * Introduction and causes of alcoholism
* Impact of alcoholism on family and community
* Preventive measures of alcoholism
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| **Safety and First Aid** | * Possible danger and safety measure of Road Accident
* Possible danger and safety measure of dog bite
* Possible danger and safety measure of

drown |  | - First Aid and First Aid Box |  |
| **Drill and Physical Training**  | - Physical Training |  |  - Drills and Importance |  |
| **Athletics and Gymnastics** | - Running |  | * Jumps
* Rolling
 | * Skills of hanging on pole, rope and bar
* Balancing the body
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| **Minor, Local and Ball Games** | - Minor Games | - Local games | - Ball games (Football) | - Ball games (Basketball, Dodge ball) |
| **Yoga** | * Yoga and Meditation
* Pranayama and Importance
 | - Yogasana (Tadasana, Parvatasana, Trikonasana) |  |  |
| **Art, Drawing and Colours** | * Fundamental Elements of Drawing
* Drawing Outline Sketch
 | - Drawing Patterns | - Colouring | * Drawing based on experience and imagination
* Mural Art
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| **Collage, Clay and Printing** | * Collage Construction
* Overlapping Printing
 | - Clay Works | - Construction from WasteMaterials | * Weaving Work
* Wood Texture
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| **Music and Singing** | * Introduction to Music
* Basic Music Elements
* Singing National Anthem and Class Song
 | - Singing Children songs and local songs |  | * Harmonium/Keyboard
* Local musical instruments
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| **Dance and Acting** |  | * Introduction
* Dancing in Children’s Song
 | - Dancing in Local Song, national song and song of mother tongue | * Practicing gestures
* Acting
* Acting in groups with dialogue
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