**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 |  |  |
| **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 |
| **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 |
| **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 |
| **Collage, Clay and Printing** | * Collage Construction * Overlapping Printing | - Clay Works | - Construction from Waste  Materials | * Weaving Work * Wood Texture |
| **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 |
| **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 |