

Play Do Learn

Play

Topic 1 : Health

1.1 My Daily Routine

1. early, processes, teeth, bath, hair, food, clothes, school, study, playground, household work, early.



3. a. Taking my pet dog for a walk.
b. Drawing and colouring.
c. Playing with my friends.
d. Watching T.V. with my family.

1.2 Cleanliness of Hands

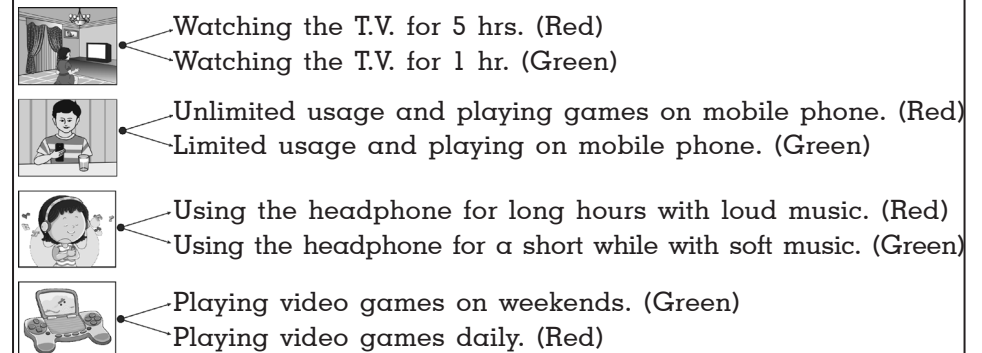


2. It is important to wash hands because it keeps away germs.
3. a. washing hands and bath.
b. to wipe our face
c. to wash hand and brush teeth.
d. to wash hands.
e. to brush our teeth.
f. to cut nails.

1.3 My Diet

1. [To be done by students wht teacher's help.]
2. **Animals** :- Milk, Eggs, Meat
Plants :- Salad, Fruits, Rice
3. **Healthy Food** :- milk, fruits, water, chapatis, salad, tea, curd, juice, rice-dal.
Unhealthy Food :- burger, pizza, vada pav.
4. a. grapes, b. tomato, c. biryani d. mango

1.4 Stop the Bad Habit



1.5 First Aid

1. Sticking Tape, Ointment, Band-Aid, Cotton, Iodine, Gauze Roll.
2. a. yes, b. yes, c. no, d. yes
3. a. b. c. d. e. f.

1.6 Cleanliness

1. **Mr. Right** :- Throw garbage in the bin.
Use soap to clean your body.

Cut nails to remove dirt.

Brush teeth twice a day.

Mr. Wrong :- Put fingers into the nose to remove dirt.

Eat food with dirty hands.

Do not wash your hand before and after food.

2. a. everyday b. Trim c. after using the toilet
d. clean e. dustbin.

3. a. dust pan b. broom c. dusting cloth d. mop

4. **Dry Garbage :-** 2, 3, 7, 8, 9

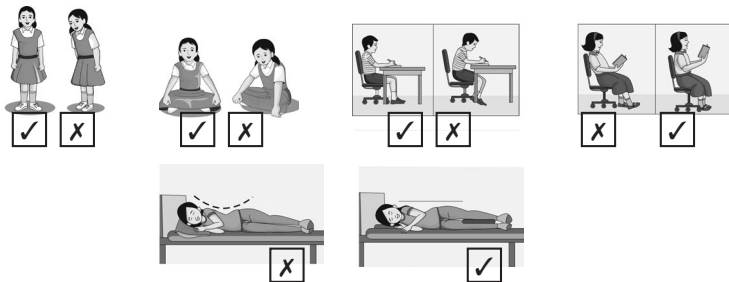
Wet Garbage :- 1, 4, 5, 6

1.7 Body Parts

1. a. Legs b. hands c. hands

Topic 2 : Different Kinds of Movemetsns and Appropriate Body Postures

2.4 Appropriate Body Posture



2.5 March Past

Is this a posture of stand at ease? (No)

Is this the front posture of the stand at ease position? (No)

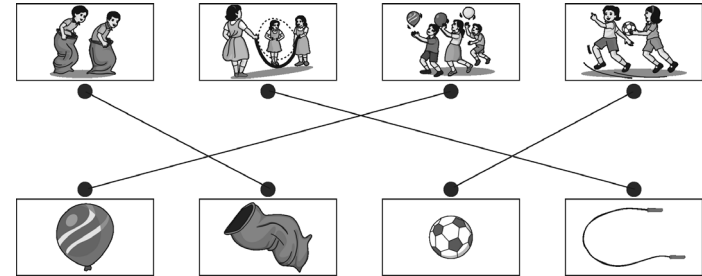
2. It is used when we have to be relaxed after exersices.

3. Anuual sports day.

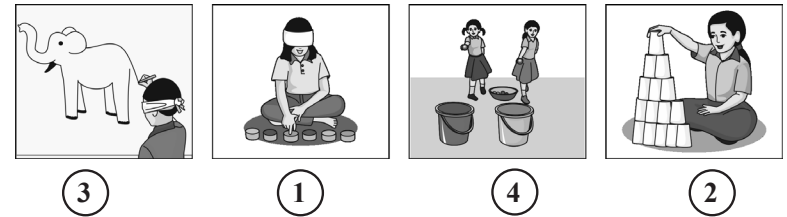
Topic 3 : Games and Competitions

3.1 Entertaining Games

1. a. Sack race b. Football c. Cricket d. Skepping



3.2 Sitting Games



3.3 Regional and Traditional Games

2. [To be done by students with teacher's help.]

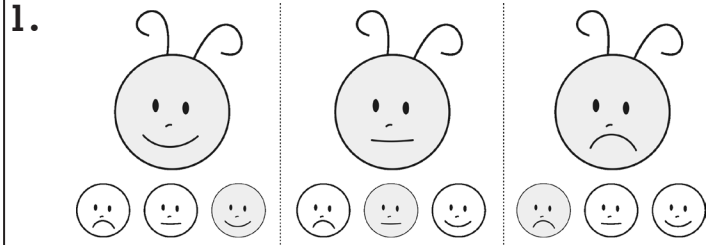
3. [To be done by students with teacher's help.]

3.4 Variety of Games

1. Throwing the ball, bottle bowling. These games help in building and strengthening the hand and leg muscles.

2. The different muscles being stretched are hands, neck and legs.

Activity

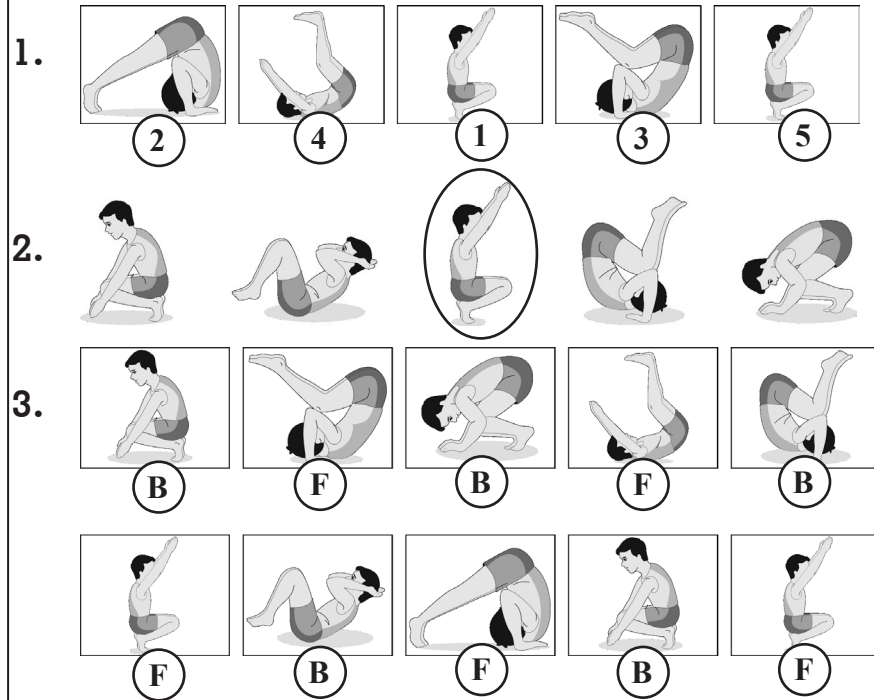


3.6 Minor Games

1. [To be done by students with teacher's help.]
3. [To be done by students with teacher's help.]

Topic 4 : Skill Based Activities

4.1 Gymnastics



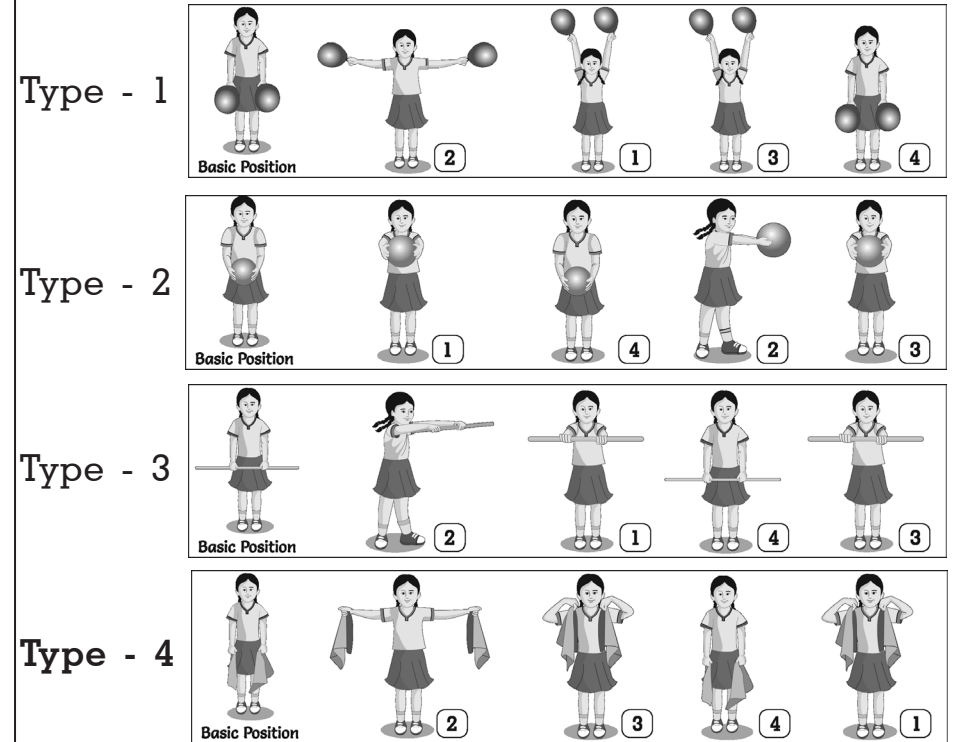
4.4 Human Pyramids

1. Gokulashtami

Topic 5 : Exercises

1. 5 to 10 minutes
2. It helps our body to prepare for exercises and prevents injury.

5.3 Rhythmic Exercises



5.4 Different Body Postures

2. Yoga develops concentration.
Yoga enhances confidence.

Yoga teaches to be disciplined.

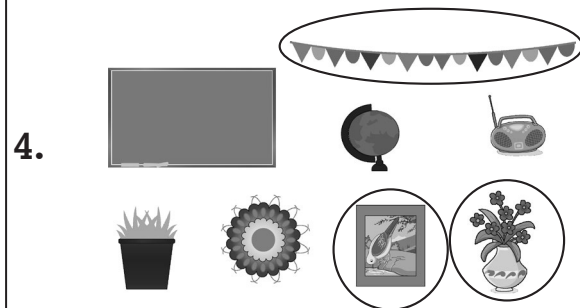
Yoga improves immunity.

Do

Topic 1 : Need Based Activities

1.1 Classroom Decoration

1. A boy is decorating the blackboard. A boy and girl are setting the flower vase. Two boys are cleaning and putting up a frame. A girl is bringing decorative materials.
2. Class time-table, Birthday card, Quote chart, Craft items



5. *[To be done by students with teacher's help.]*

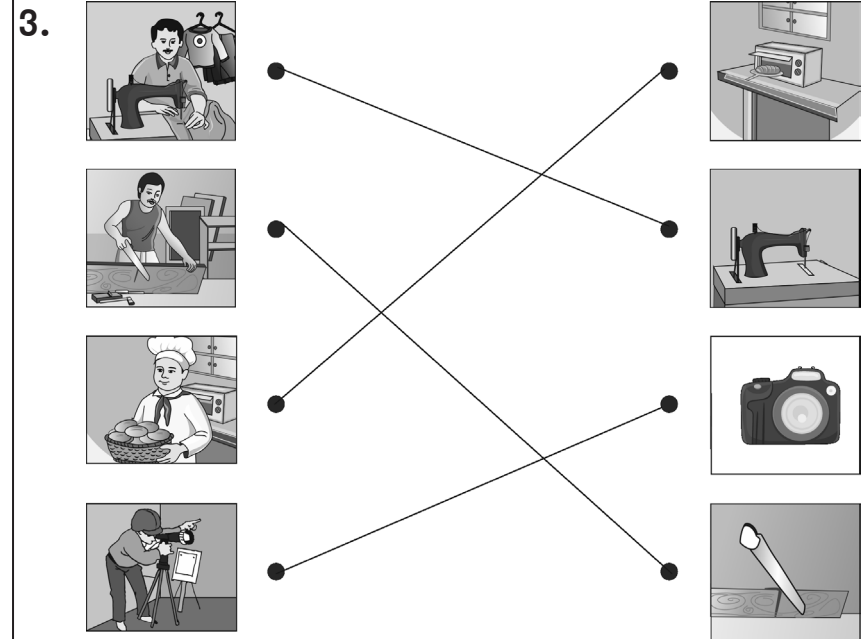
6. *[To be done by students with teacher's help.]*

1.2 Special Days

1. Van Mahotsav is celebrated in the 1st week of July.
3. a. 15th August, 1947, b. Gandhi Jayanti
c. Teachers Day d. 14th November

1.3 World of Work

1. This is a picture of a laundry. The man in the picture is ironing the clothes. He folds the clothes neatly.
2. *[To be done by students with teacher's help.]*



4. Homemade hair oils, candles, agarbatti (insence), chapati / parathas, paper bags, imitations jewellery and cloth bags.

1.4 introduction to different occupations around you

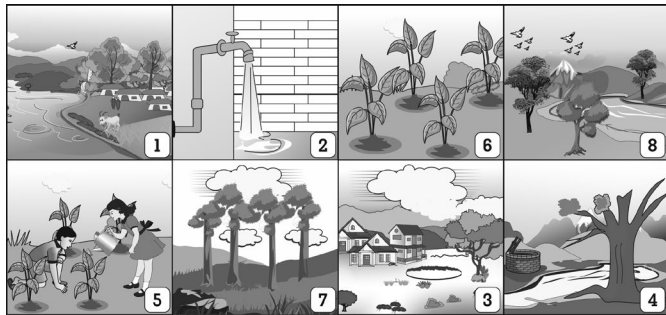
1. handloom, textile, newspaper sellers, papad and pickle industry, pottery, flourmill, florist, tailor, keymaker, poultry.
2. a. cotton cloth b. iron items c. eggs and

3. chickens d. fruit seller d. garlands and bouquet e. pots

Topic 2 : Water Literacy

2. [To be done by students with teacher's help.]
 3. dark clouds, rain, rainbow, girl with umbrella and raincoat, frogs, paper boat, trees swaying

2.1 Picture Story Reading



2. cooking, watering, bathing, cleaning, drinking, washing.

2.2 Storage of Water

1. Dam, Water tank, Drum, Plastic tank, Water harvesting

2.

R	Z	C	D	L	F	I	R
J	O	H	A	D	S	T	O
T	Q	A	M	C	O	D	O
K	I	N	S	W	V	G	F
W	V	D	I	O	I	P	T
E	U	P	Y	F	N	T	O
L	J	U	G	L	X	R	P
L	B	M	S	U	I	S	V
S	G	P	I	K	U	L	S



3. Disaster Management

1. cyclone, earthquake, flood, drought, landslide, lighting
 2. a. earthquake b. cyclone c. drought d. lighting

Topic 4 : Optional Activities

1.1 Kitchen Gardening

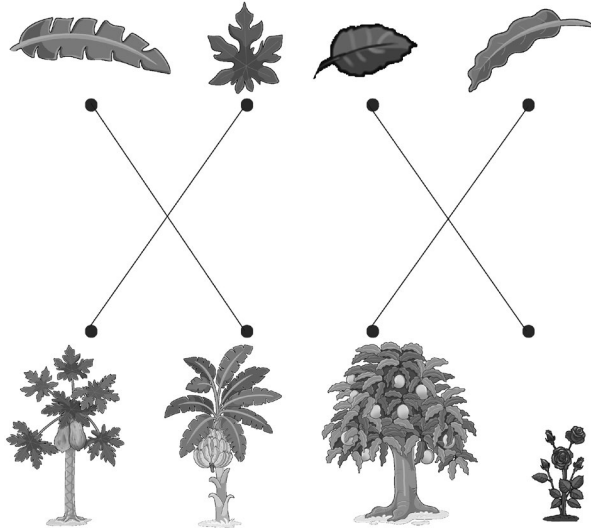
2. Chilly, Onion, Tomato, Coriander
 3. Terrace gardening, pot gardening

4.

P	O	T	A	T	O	G	B	Q
E	F	M	O	Z	Y	T	E	C
R	A	D	D	I	S	H	A	A
S	Z	X	Y	H	G	X	N	B
C	A	R	R	O	T	Z	S	B
C	U	C	U	M	B	E	R	A
S	P	I	N	A	C	H	Q	G
E	E	Q	S	T	Y	Z	X	E
F	A	P	U	M	P	K	I	N
Y	S	B	R	I	N	J	A	L

Plantation of Saplings

1.



2. The best time to grow saplings is during the rainy season (June - September)

1.2 Pot Cultivation

1. clay pot, cement pot, metal pot, china clay pot, wooden pot, plastic pot

Visit to a Nursery

1. **Fruit Plants** :- mango, guava, papaya

Medicinal plants :- aloe vera, neem, tulsi

Climbers :- money plant, grapes, peas

Flowering plants :- marigold, jasmine, rose

2. soil, pot, sapling, pot, soil, water, sunlight.

3. Soil, sapling, pot, water can, trowel, gardening fork.

4.



1.3 Fruit Processing

(A) Fruit varieties

- | | |
|-----------|------------|
| 1. banan | sweet |
| pineapple | sour sweet |
| mango | sweet |
| tamarind | sour |
| chikoo | sweet |
| apple | sweet |
2. pickle, jelly, juice, jam

1.4 Fisheries

1. Fresh Water.
2. Pomfret, seerfish, bangda (Indian Mackerel).
3. Chanos and Mullet.

(2) Area : Clothing

2.



2.2 Basic Stitching

1. cotton, silk, georgette, chiffon, satin, denim, velvet, nylon.

2.4 Coir Work

1. Fronds
2. Palm tree
3. 60 to 80 coconuts in a year

(2) Area : Shelter

3.2 Bamboo Work and Cane Work

1. *[To be done by students with teacher's help.]*
2. It's used to make paper, furniture, construction work.

3.3 Plantation of Flowering Plants and Ornamental Plants

1. **Flowers fragrance :-** Rose, Champa, Jasmine, Mogra, Lily
Flowers without fragrance :- Hibiscus, Marigold, Aboli, Chrysanthemum, Periwinkle.
2. **Red :-** rose, hibiscus, poppy
Yellow :- sunflower, daffodil, marigold
White :- mogra, jasmine, daisy
Pink :- lotus, zinnia, gladiolus

(C) Other Area

A	B	G	C	D	E	O
F	G	H	O	Z	L	X
H	E	N	W	A	J	K
L	M	N	F	O	T	P
Q	R	F	B	E	A	R
S	U	D	E	E	R	T
B	R	A	B	B	I	T

1.

Topic 1 : Area of Technology

Road Safety

1. I see people crossing, traffic light, cars, buses, rickshaw, zebra crossing.
2. Red light.

Learn

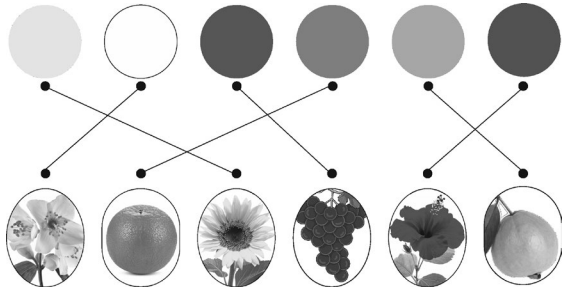
Topic 1 : Drawing

1.2 Fun with dots

1. *[To be done by students with teacher's help.]*

1.6 Colouring

2.



Topic 4 : Sounds

4.2 Different Musical Instruments

1. been, cymbals, halagi, tarapa, chimta, dholak, flute, zither, single string instrument.

4.3 Other Sounds

1. *[To be done by students with teacher's help.]*

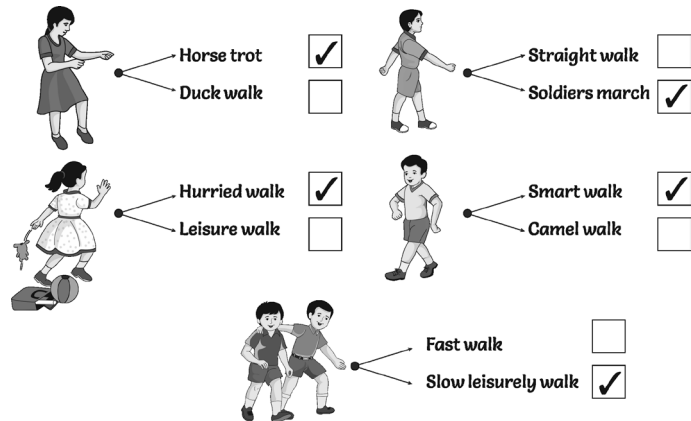
Topic 5 : Dance

5.1 Different Type of Movements

2. a. - 4, b. - 1, c. - 5, d. - 3, e. - 2

5.2 Walk

1.



2. Welcome, praying, respect

6.2 Voice Modulation

1. red, green, red, red, green, yellow, yellow

6.3 Group Presentation

1. *[To be done by students with teacher's help.]*