

# Key to Navjeevan Practice Book

Standard  
**1**

**Teacher's Copy**

**Play Do Learn**

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**MUMBAI**

4940/1B, Dhobiwadi, Dr. Jaykar Marg, Opp. Datta Mandir, Thakurdwar,  
Mumbai - 400 002.

**Only Calling:** 8291852601

**Calling & Whatsapp:** 9322531798 / 8291852631 / 8291972352

**Website:** [www.navjeevanpublications.com](http://www.navjeevanpublications.com)

**Enquiries:** [info@navjeevanpublications.com](mailto:info@navjeevanpublications.com)

**Sales:** [acc.nppl@gmail.com](mailto:acc.nppl@gmail.com)

**PUNE**

470 /471, Raviwar Peth, Nandan Residency, 1<sup>st</sup> Floor,  
Phadke Haud, Pune - 411 002.

**Tel.:** (020) 24432951 / 7066835645

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# Play

## 1. Health

### 1.1 My Daily Routine

1.    

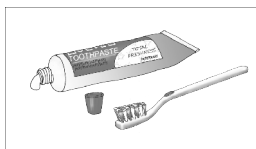
   

2.  2, 4, 5

1, 3



The boys are playing football. They are playing on a big ground.



This is toothpaste and toothbrush. We use it to brush our teeth.

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

### 1.2 Diet

4. (1) I eat with my mouth open / closed.

(2) I like to talk / be quiet when I eat.

(3) I like to run / stand when I drink milk.

(4) I wash my legs / hands before eating.

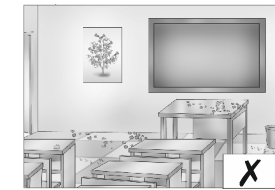
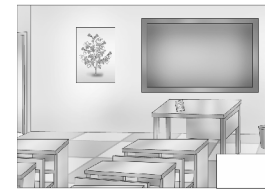
(5) I must drink a lot of water / cola.

(6) I eat breakfast in the morning / afternoon.

(7) After I come back from school in the evening. I have snacks / lunch.

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

### 1.3 Cleanliness

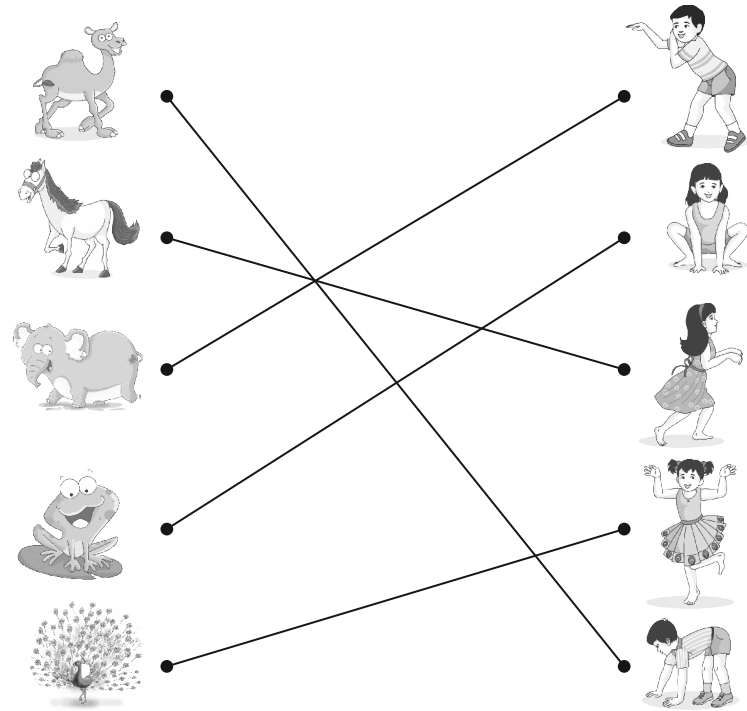


## 2. Different types of Movements and Appropriate Body Postures

### 2.1 Leg Movements

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

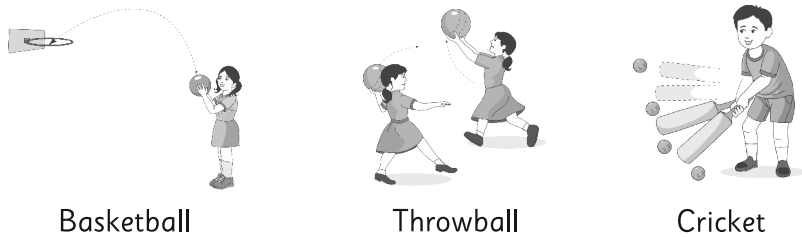
## 2.2 Imitative Movements (Animal walks)



## 2.3 Warming Up Exercises

1. [To be done by students with teacher's help.]
2. It helps our body to prepare for exercise and prevents injury.

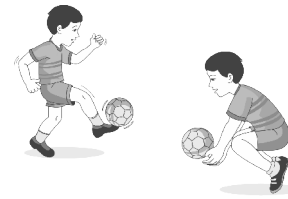
## 2.4 Movements with Props and Mutual Co-operation



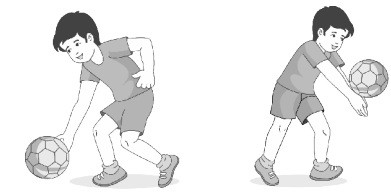
Basketball

Throwball

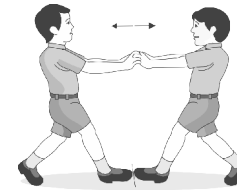
Cricket



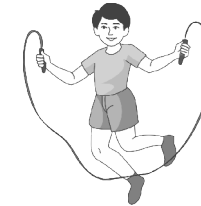
football



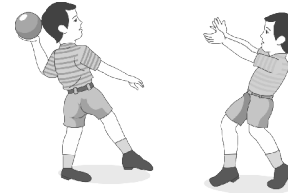
volleyball



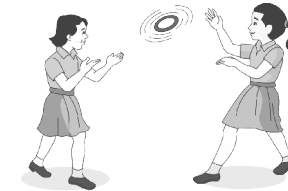
Pulling



Skipping

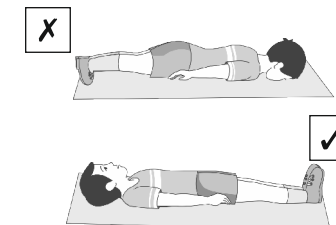
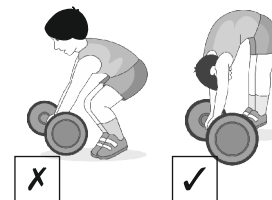
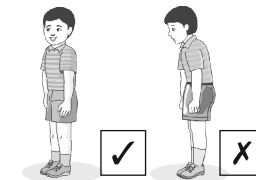
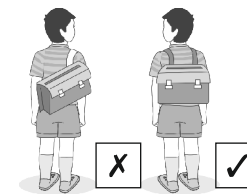


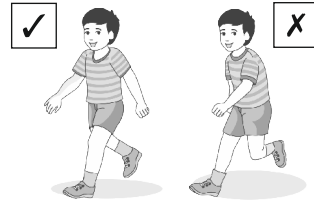
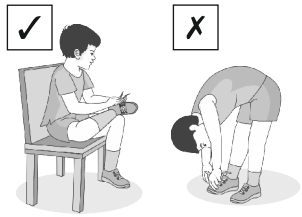
Passing and catching the ball



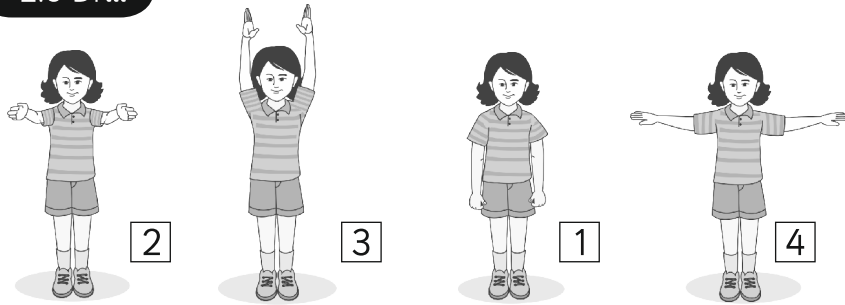
Ring throw

## 2.5 Appropriate Body Postures





### 2.6 Drill



## 3. Games and Competitions

### 3.1 Entertainment Games

1. [To be done by students with teacher's help.]
2. [To be done by students with teacher's help.]
3. Kancha (Marbles), Dog and the bone, chor-sipahi (Tag), chappam chhupai (Hide-n-seek)

### 3.3 Regional and Traditional Games

2. [To be done by students with teacher's help.]
3. Stapoo (Hopscotch), Lagori (Seven tiles), Gutte

### 3.4 Different Kinds of Games and Competitions

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

## 4. Skill Based Activity

### 4.1 Gymnastics

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

### 4.2 Athletics

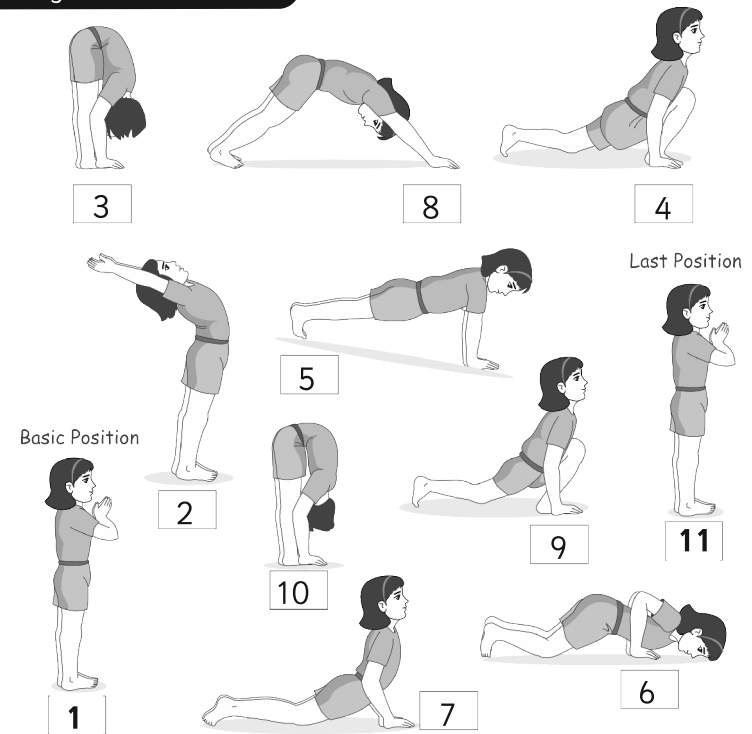
1. [To be done by students with teacher's help.]

### 4.4 Sports Skills

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

## 5. Exercises

### 5.1 Surya Namaskar



## 5.2 Various Body Postures

1.



S

Posture like a bow



Balancing your legs

B



Posture like a crocodile

S



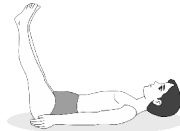
Lay down for relaxation

B



Posture like a Cobra (Snake)

S



Lifting your legs upwards

B

2.



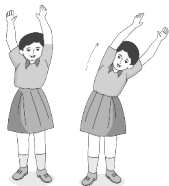
Posture like a plough



Posture like a mountain



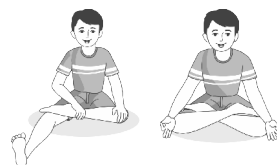
Posture like a boat



Posture like a tree



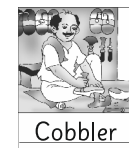
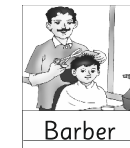
Sitting in a cross-legged posture



## Do

### 1. Need Based Activities

#### 1.2 World of Work

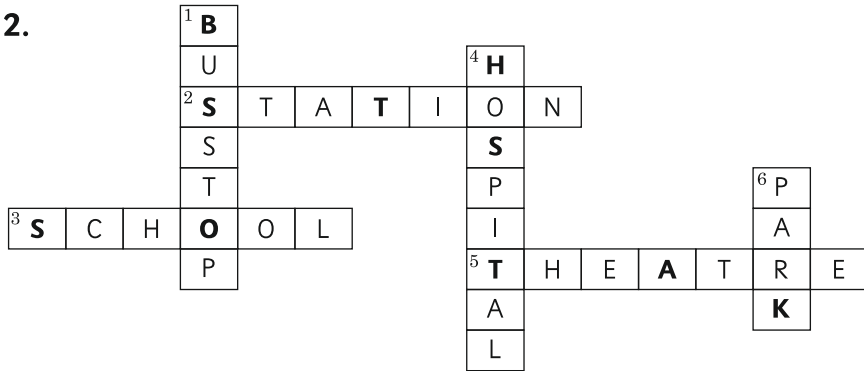


2. (1) A mason builds walls.
- (2) A green grocer sells vegetables.
- (3) A teacher helps us to learn.
- (4) A conductor gives tickets on a bus.
- (5) A cobbler repairs / mends shoes.
- (6) A sweeper cleans dirty roads.
- (7) A porter carries luggage.
- (8) A mechanic repairs things.

#### 1.3 Introduction to Our Surroundings

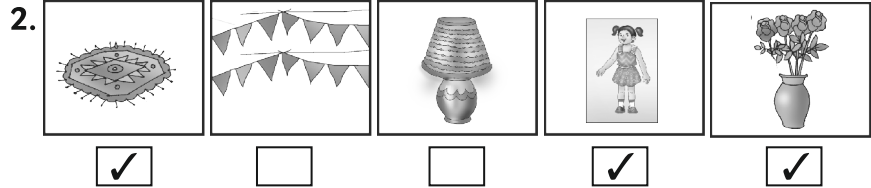
1. This is a railway station. The train has an engine. Passengers are buying tickets before travelling. The ticket-checker is checking the tickets. There are food-stalls on the platform. There is drinking water-taps on the platform. The porters are carrying the luggage. The railway guard is giving the signal with his flag.

2.



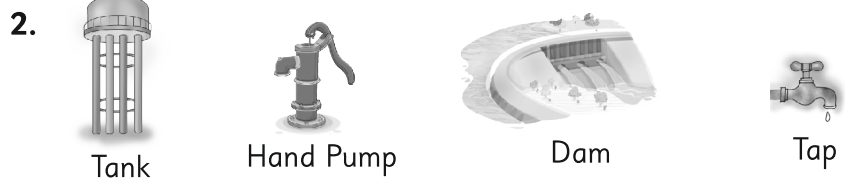
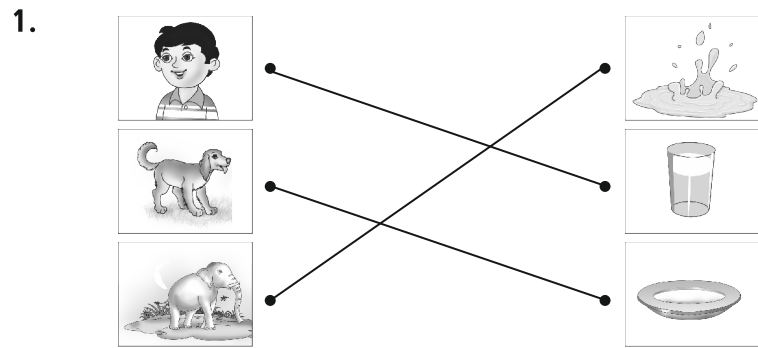
**1.4 Classroom Decoration**

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



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

**1.5 The Different Styles of Drinking Water**

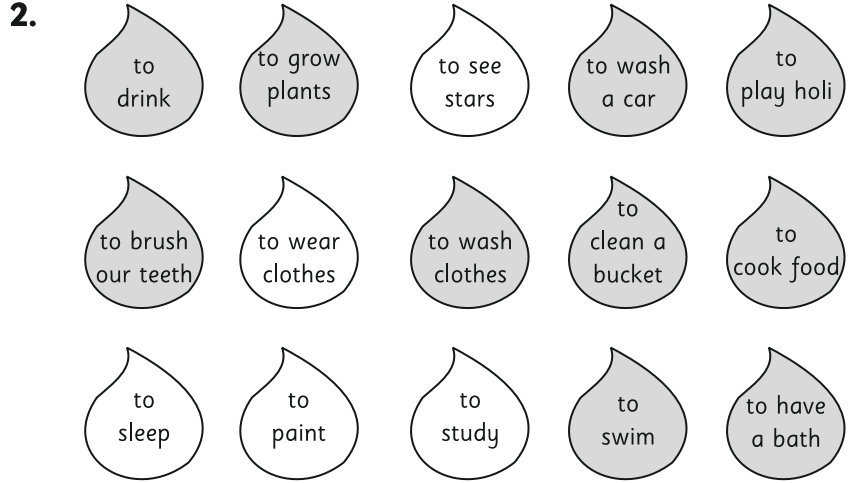
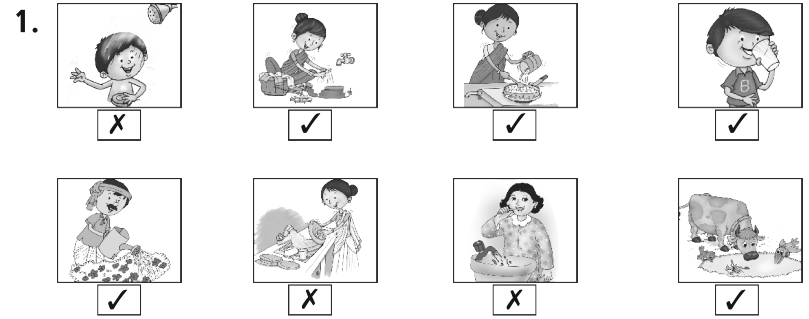


**(B) Water literacy**

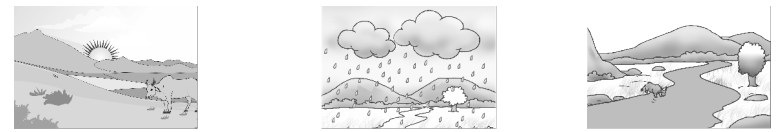
**Water Sources**

1. rain, well, waterfall, river, pond, hand pump, dam

**Uses of Water**



**(C) Disaster Management**



Sunrise

Rain

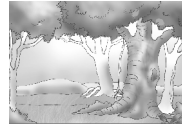
River



Night



Lightning



Forest

### Story formation with the help of pictures

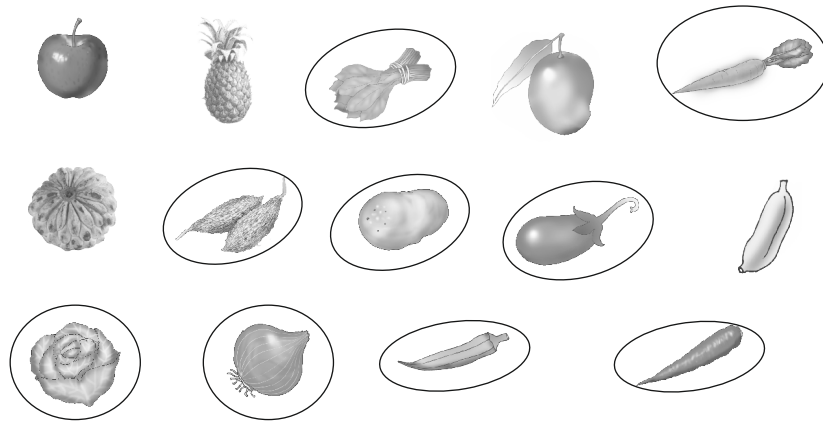


- The sky was dark and the clouds were grey. After some time the rain started. There was heavy rain. Soon the roads started to flood. After sometime there were trees fallen.

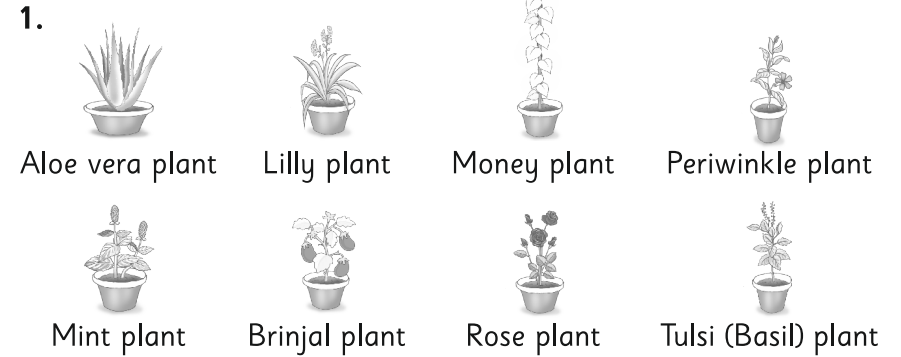
## 4. Optional Activities

### (A) Area of Production

#### 1.1 Kitchen Gardening



### 1.3 Introduction to Potted Plants



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

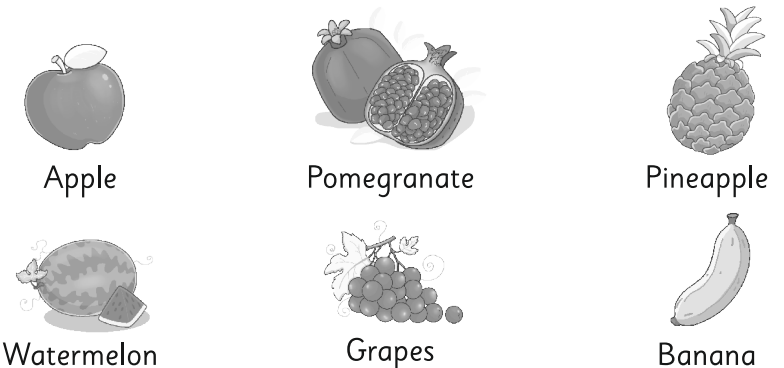
### 1.4 Fruit Processing

#### (A) Visit to a Fruit market. Picture Narration

- This is a fruit market.
- Mother and the boy are buying fruits.
- The fruit seller has bananas, oranges, apples, watermelons, pineapples and strawberries.
- The fruits are of different colours.
- Mother is buying bananas and a watermelon.

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

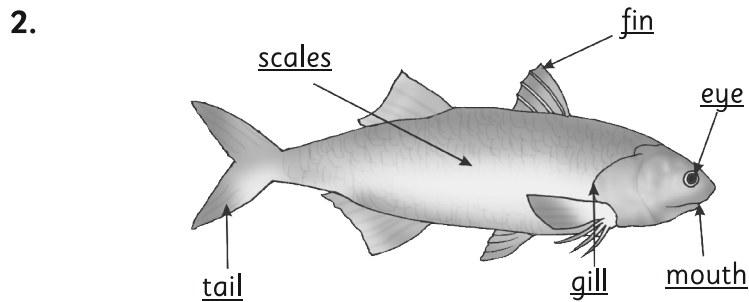
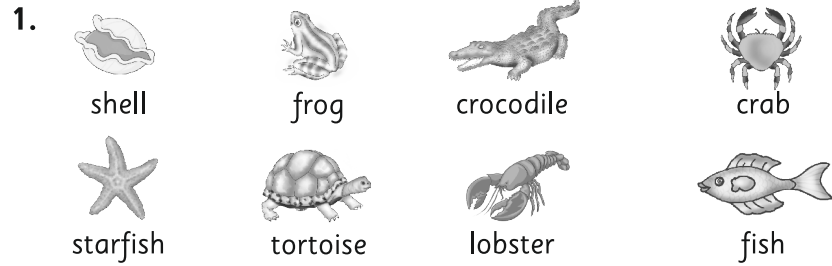
#### (B) Identifying the names of fruits with the help of pictures.





## 1.5 Fisheries

### Introduction to Aquatic animals

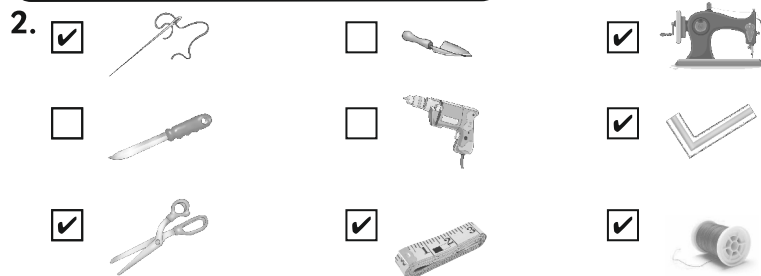


### (2) Area - Clothing

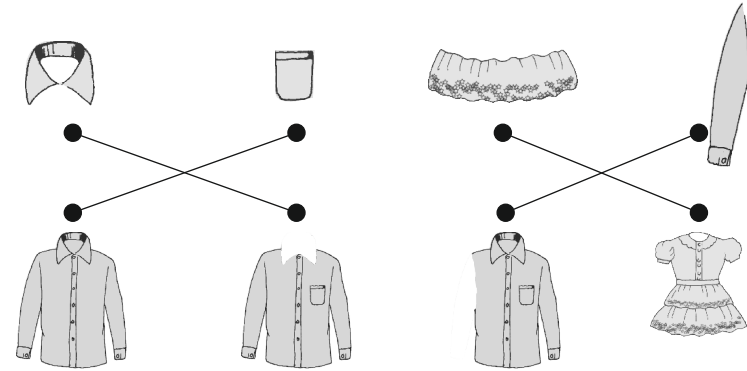
#### 2.1 Manufacturing of Cloth



#### 2.2 Basics of Sewing / Stitching



3.



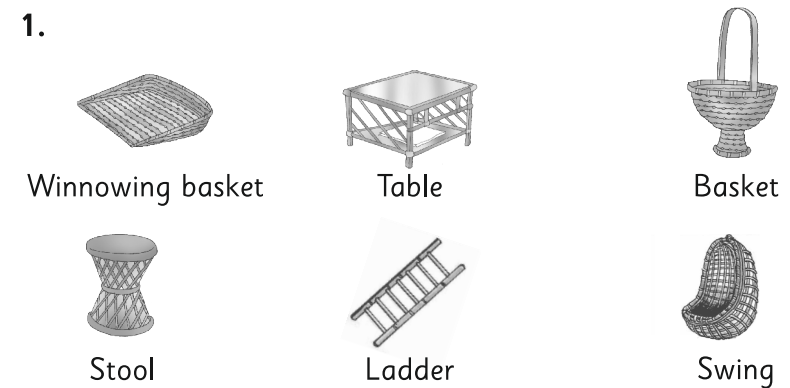
### 2.4 Coir Work

1. It is a tall tree. They grow on sandy soil. It has long leaves.
2. Ropes, mat, bags, basket, oil, brooms.

### 3. Area - Shelter

#### 3.2 Bamboo Work and Cane Work

1.



2. Furniture, Paper, Food, Musical Instruments (flute), Jewellery, Medicines.

#### 3.3 Gardening of Flowering Plants and Ornamental Plants

1.







Shoeflower



Marigold



Tulip

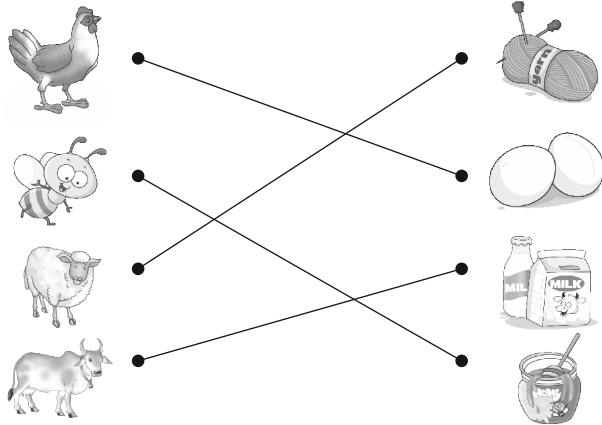


Daffodil

**(C) Other Areas**

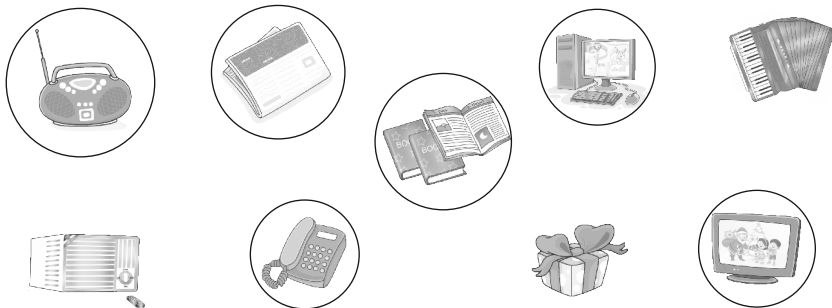
**Agro Based Industries**

2.



**5. Area - Technology**

**Information and Communication Technology**



**Learn  
4. Sounds**

**4.1 Introduction to Different Sounds**



Chirps



Meows



Tinkles



Ticks



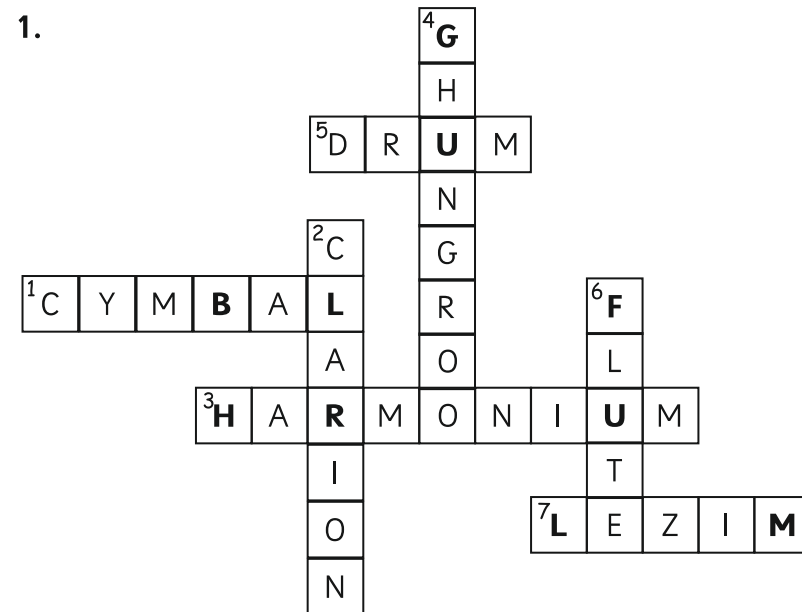
Rings



Clap

**4.2 Introduction to Different Musical Instruments**

1.



2.



Damru



Tabla

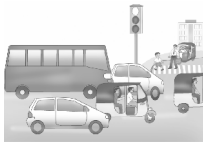


Tambourine



Tabour

### 4.3 Other Sounds



Beep



Pitter-Patter



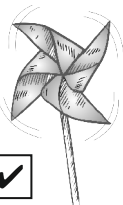
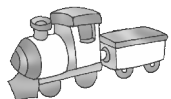
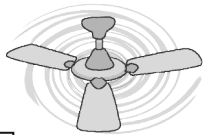
Loud crack

## 5. Dance

### 5.1 Movements of Head and Neck

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

### 5.4 Swirling Around



## 6. Drama

### 6.1 Imitation of Sounds

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

### 6.2 Self Introduction

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

### 6.3 Greeting

Respect elders

Meet and greet

Soldier's salute

Eid wishing



### 6.4 Conversations

#### 1. Balloon Seller -

1. The Balloon seller is selling balloons.
2. The children are very happy on seeing the balloon seller.
3. He has balloons of different colours, shapes and sizes.
4. He is carrying a bag on his shoulder.
5. The boy is asking about the cost of the balloons.

#### 2. Vegetables Vendor -

1. We can see a vegetable vendor, two women and a boy.
2. He sells brinjals, carrots, potatoes and leafy vegetables.
3. He weighs vegetables with his scales.
4. He brings fresh vegetables.
5. Mother is buying leafy vegetables.

### **3. Meeting a Friend -**

1. Amit and Riya are friends.
2. They play in the garden in the evening.
3. They share sweets with each other.
4. They speak about their school.

### **4. Bus Conductor -**

1. We see the bus conductor and passengers.
2. The bus conductor is a very busy person.
3. He gives tickets to passengers.
4. He carries a bag on his shoulder.
5. He rings the bell when passengers get in and out.

### **5. Teacher and Students -**

1. The teacher is teaching the students.
2. She gives them homework.
3. She checks their books everyday.
4. She helps them to read and write.
5. A boy is giving a book to the teacher.