

# Health and Physical Education

Textbook for Class IX



13149

विद्यया ऽ मृतमश्नुते



एन सी ई आर टी  
NCERT

राष्ट्रीय शैक्षिक अनुसंधान और प्रशिक्षण परिषद्  
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## FOREWORD

Many factors like, physical, psychological, socio-economic and cultural influence our health, both in our day-to-day life and in the long run. Health of children is very important as they constitute a large percentage of our population. In this endeavour, school education plays an important role. Right to Education Act 2009 has very categorically focused on the role of school in holistic development and health of children in the age group of 6-14 years. Therefore, health and physical fitness needs to be looked into at different levels of schooling. Health and Physical Education (including Yoga) is an integral part of the school curriculum, towards an overall development of the child. With this view, the National Council of Educational Research and Training (NCERT) is in the process of developing textbooks on Health and Physical Education for Classes IX and X.

The present textbook – *Health and Physical Education* for Class IX, focuses on a holistic understanding of health highlighting importance of exercise, games and sports, nutrition and the environment. This book also provides a scope to discuss the psycho-social and mental health related issues of children and collective responsibilities for healthy community living. Given the interdisciplinary nature of this subject, cross references have also been mentioned.

Given the inter-related nature of the concepts covered in the area of Health and Physical Education, the presentation is made in a cohesive and integrated manner, rather adopting fragmentary approach. Experiential learning activities for acquiring skills for healthy living are made an integral part of the book.

NCERT appreciates the hard work done by the Textbook Development Committee. I am highly thankful to Professor Saroj Yadav, Dean (Academic) and Project Coordinator of National Population Education Project (NPEP) and Adolescence Education Programme (AEP) for her continuous effort to develop this material in the present form. Several experts and teachers contributed towards the finalisation of this book. We are grateful to them and their institutions.

As an organisation committed to systemic reform and continuous improvement in the quality of our products, NCERT welcomes comments and suggestions which will enable us to undertake further revision and refinement.

New Delhi  
*June, 2016*

HRUSHIKESH SENAPATY  
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# **THE CONSTITUTION OF INDIA**

## **PREAMBLE**

**WE, THE PEOPLE OF INDIA**, having solemnly resolved to constitute India into a <sup>1</sup>**[SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC]** and to secure to all its citizens :

**JUSTICE**, social, economic and political;

**LIBERTY** of thought, expression, belief, faith and worship;

**EQUALITY** of status and of opportunity; and to promote among them all

**FRATERNITY** assuring the dignity of the individual and the <sup>2</sup>[unity and integrity of the Nation];

**IN OUR CONSTITUENT ASSEMBLY** this twenty-sixth day of November, 1949 do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Sovereign Democratic Republic" (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-second Amendment) Act, 1976, Sec.2, for "Unity of the Nation" (w.e.f. 3.1.1977)

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## HOW TO USE THIS BOOK

Health is of concern to both the young and the old. Good health can be maintained by eating the right kind of food, living in a healthy environment and undertaking physical activities throughout life. This textbook is, therefore, of more importance for the growing young students. But then, how can both teachers and students make the best use of this book?

As a teacher you have to understand that this textbook is different from other subject textbooks in the sense that its contents need to be understood well and applied throughout life for one's own well being and that of others. Its use should not, therefore, be solely examination driven. Even a general discussion from time to time would be useful. Activities included in it, are of practical nature and enjoyable and you can make sure that concepts are clarified by involving students in experiential learning. Physical activities and exercises of all kinds have been given to ensure the development of fitness and questioning skills, including life skills.

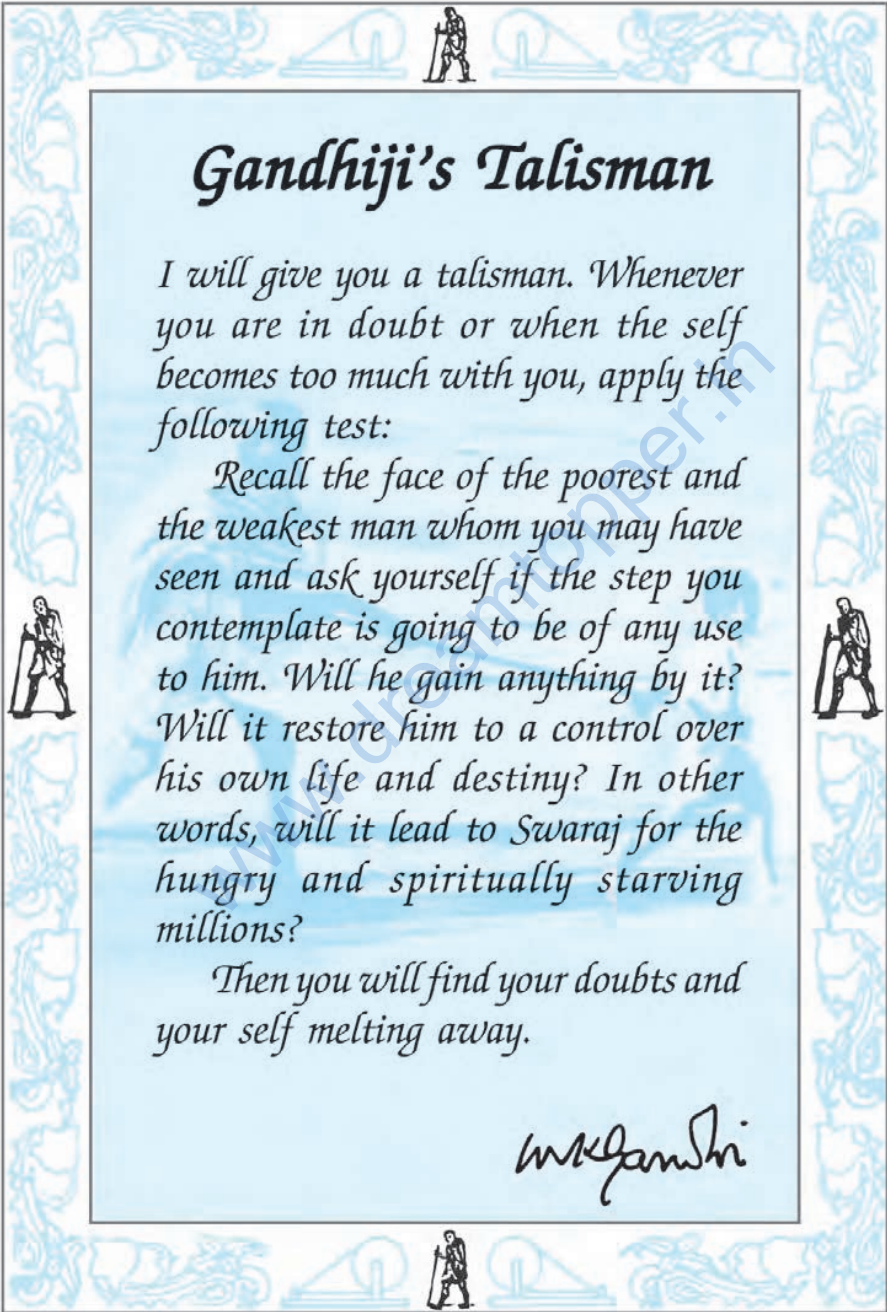
You as a student can undertake activities, play games and do yoga as given in the book in a relaxed manner for healthy living. The textbook also contains abundant interesting **case studies** related to your age and concerns. Thought provoking incidents have been included at relevant places. **Think and answer** questions related to various dimensions of health and physical education have been added.

**We would welcome your feedback on this book in terms of** — How did you like this textbook? What are your experiences in organising or being a part of various activities? What were the difficulties faced by you? What changes would you like to see in the next version of this book? Do write to us on all these and all other matters related to this textbook. You could be a parent, a teacher, a student or just a casual reader. You can send your feedback on the form at the end of this book to the undersigned.

We sincerely hope you enjoy this book and learn more than it offers.

New Delhi  
June, 2016

PROFESSOR SAROJ YADAV  
*Dean (Academic)*  
National Council of Educational  
Research and Training



## *Gandhiji's Talisman*

*I will give you a talisman. Whenever you are in doubt or when the self becomes too much with you, apply the following test:*

*Recall the face of the poorest and the weakest man whom you may have seen and ask yourself if the step you contemplate is going to be of any use to him. Will he gain anything by it? Will it restore him to a control over his own life and destiny? In other words, will it lead to Swaraj for the hungry and spiritually starving millions?*

*Then you will find your doubts and your self melting away.*

*M.K. Gandhi*

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## CHILDREN'S BILL OF RIGHTS

*A child is every person under the age of 18 years. Parents have the primary responsibility for the upbringing and development of the child. The State shall respect and ensure the rights of the child.*

- I have the Right to express my views freely which should be taken seriously, and everyone has the Responsibility to listen to others. (Article 12,13)
- I have the Right to good health care, and everyone has the Responsibility to help others get basic health care and clean water. (Article 24)
- I have the Right to a good education, and everyone has the Responsibility to encourage all children to go to school. (Article 28,29,23)
- I have the Right to be loved and protected from harm and abuse, and everyone has the Responsibility to love and care for others. (Article 19)
- I have the Right to be included whatever my abilities, and everyone has the Responsibility to respect others for their differences. (Article 23)
- I have the Right to be proud of my heritage and beliefs, and everyone has the Responsibility to respect the culture and belief of others. (Article 29,30)
- I have the Right to a safe and comfortable home and everyone has the Responsibility to make sure all children have homes. (Article 27)
- I have the Right to make mistakes, and everyone has the Responsibility to accept we can learn from our mistakes. (Article 28)
- I have the Right to be well fed, and everyone has the Responsibility to prevent people from starving. (Article 24)
- I have the Right to a clean environment, and everyone has the Responsibility not to pollute it. (Article 29)
- I have the Right to live without violence (verbal, physical, emotional), and everyone has the Responsibility not to be violent to others. (Article 28,37)
- I have the Right to be protected from economic and sexual exploitation, and everyone has the Responsibility to ensure that no child is forced to work and is given a free and secure environment. (Article 32,34)

These rights and responsibilities are enshrined in the United Nations Convention on the Rights of the Child, 1989. It contains all the rights which children and young people have all over the world. The Government of India signed this document in 1992.