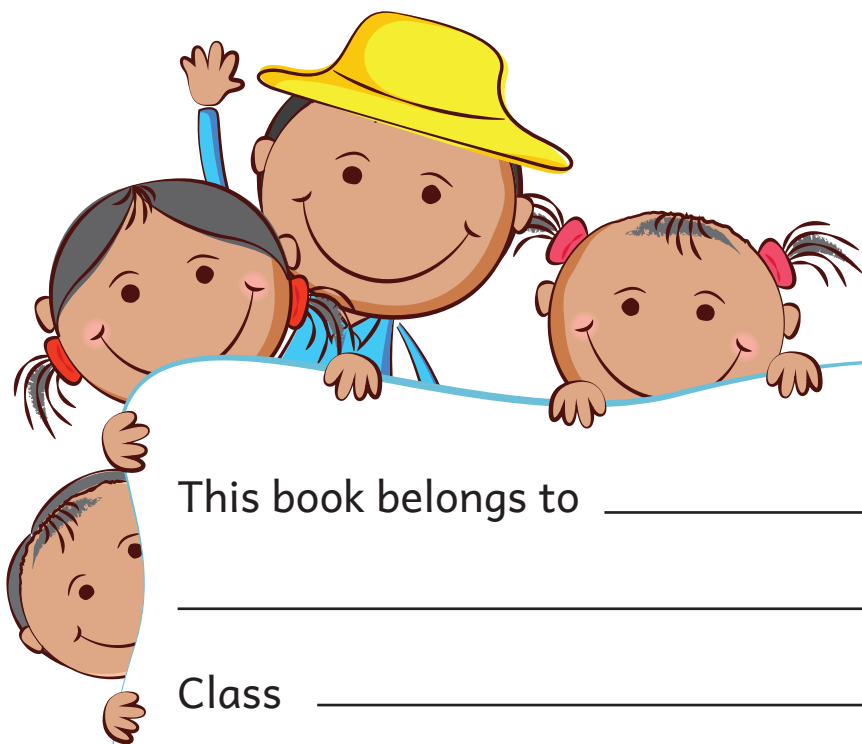


# Exploring Health & P E

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# Preface

Exploring Health and Physical Education, Student Activity Books are textbooks based on the requirements of Health and Physical Education syllabus for key stage 1, developed by the National Institute of Education. The learning experiences in the books provide a solid foundation of balanced instruction and offer a fresh approach to teaching and learning.

The book is designed to provide opportunities to foster personal development and health and well-being of the child. It will help him/her create and maintain supportive relationships and become a responsible citizen of the society.

The engaging activities in the book will help promote both intrapersonal and interpersonal development by helping children accept themselves as unique individuals and by providing opportunities to nurture self-worth and self-confidence.

The syllabus will help the children to acquire a range of communication skills and motivate them to understand health dimensions required for healthy living.

The underlying pedagogy followed is to learn by doing which provides ample opportunities to develop skills of students through unique and creative activities that focus on both understanding and learning. The activities are interactive in nature and are well integrated with other subjects. The integration is imperative since it will result in the holistic development of the child.

We extend our sincere thanks to Cambridge University Press for partnering with us in this endeavour.

We are beholden to the members of the NIE Curriculum Team for the support rendered

Mohamed Ashir  
Education Development Officer

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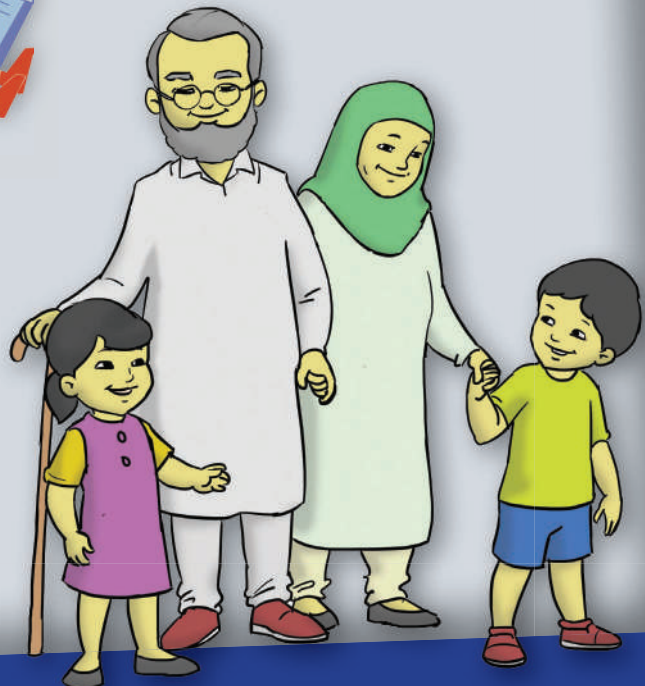
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# UNIT I



## Health and Body Awareness





## Lesson 1: Growing up



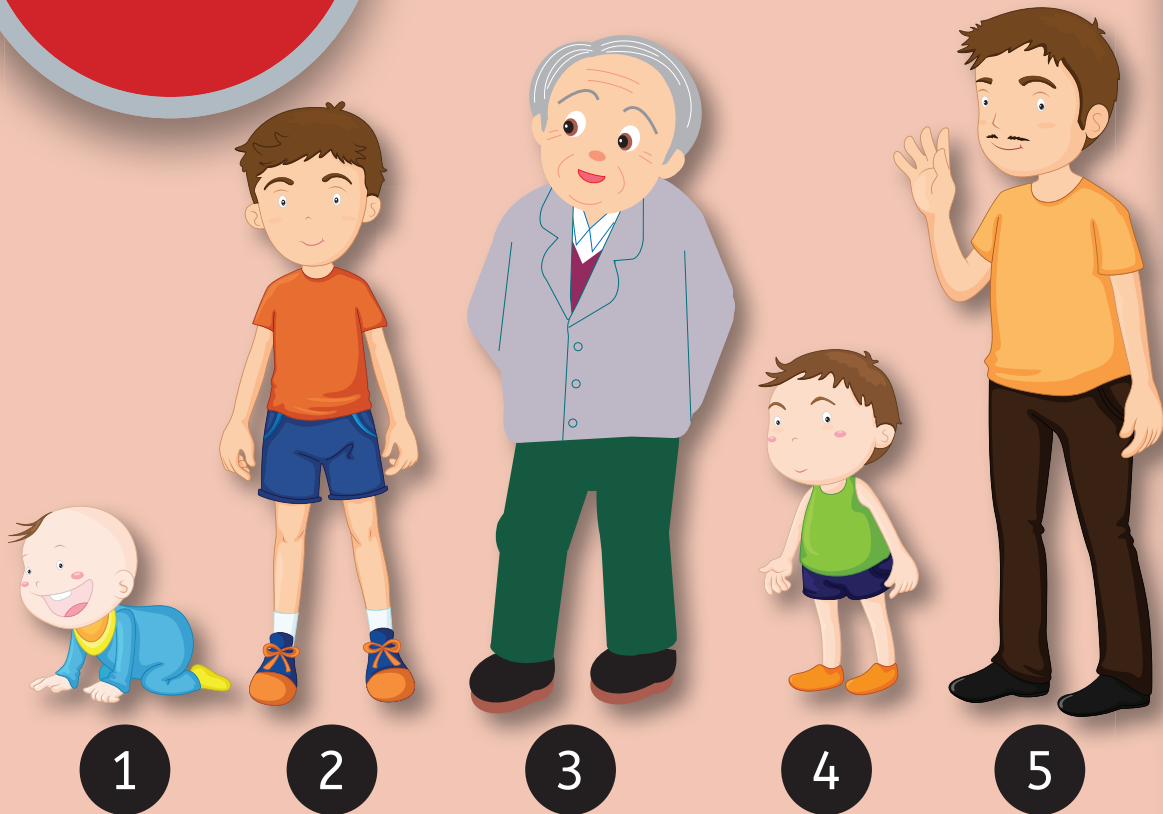
### Learning Outcomes

1. I am learning to identify people at different stages of development.
2. I am learning how I share many characteristics with people.
3. I am learning that I am unique.
4. I am learning that people need different types of care at different age.
5. I am learning how responsibilities change as I get older.



# Activity 1

A. Look at the given images.



B. Now, arrange them in the correct order to show different stages of development.

Stage 1: Baby

Image

Stage 2: Child

Image

Stage 3: Teenager

Image

Stage 4: Adult

Image

Stage 5: Old Person

Image



C. Answer the questions.

1. Which stage do you belong to?

.....  
.....

2. Which stage do your parents belong to?

.....  
.....

3. Which stage does your brother/sister belong to?

.....  
.....

4. Which stage do your grandparents belong to?

.....  
.....

## Activity 2

Match the age with the correct photo.

(A.)



(B.)



(C.)



(D.)



(1.)

70 years

(2.)

18 years

(3.)

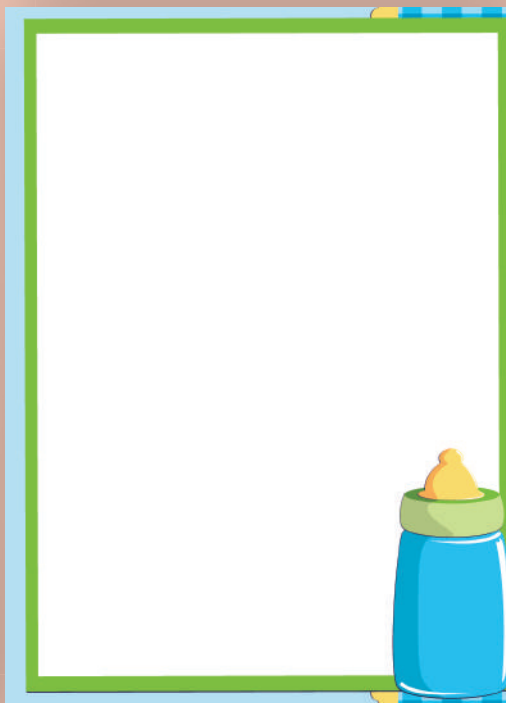
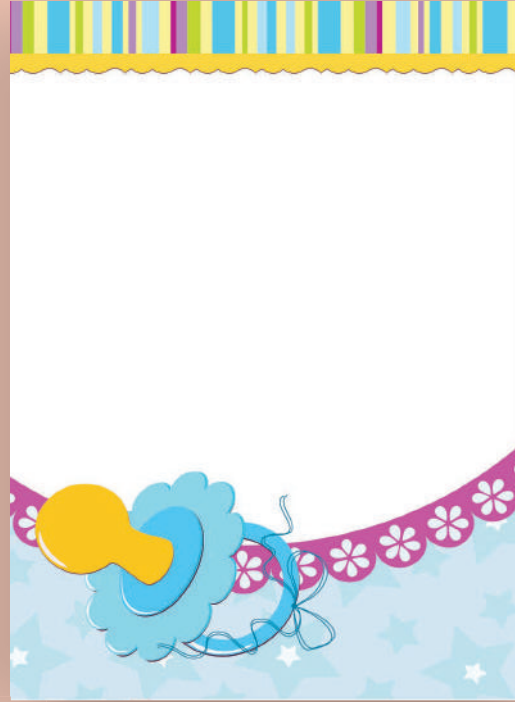
10 months

(4.)

38 years

## Activity 3

Paste pictures of you at different ages. Observe the change in yourself.



## Similar but Unique

Everyone is different. We all have different interest, different schedules, and different likes and dislikes. For example, you wake up early to go to school while your baby brother/sister wakes up late.

People belonging to the same family can also be different. For example, we all have fingers. But your finger print will be different from your parents.

We share many characteristics with people and yet we are different, special and unique.



# Activity 4

Complete the following.



## UNIQUE ME

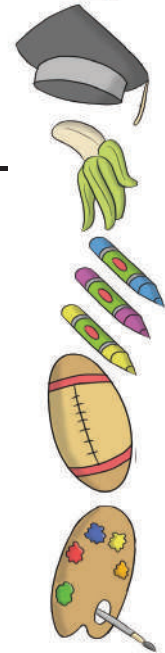
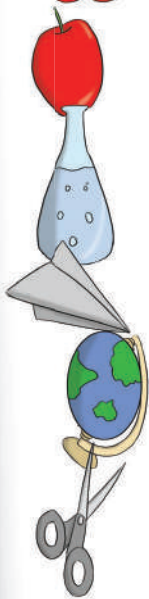
My Name: \_\_\_\_\_

Hair Colour: \_\_\_\_\_

Skin Colour: \_\_\_\_\_

Eye Colour: \_\_\_\_\_

Birthmarks: \_\_\_\_\_



# Activity 5

Now, ask your brother or sister to complete the following.



## UNIQUE YOU

My Name: \_\_\_\_\_

Hair Colour: \_\_\_\_\_

Skin Colour: \_\_\_\_\_

Eye Colour: \_\_\_\_\_

Birthmarks: \_\_\_\_\_



## Activity 6

Paste pictures.

Your picture

Picture of your  
brother/sister

See the answers of Activities 4, 5 and 6. List the things that are similar in you and your sister/brother.

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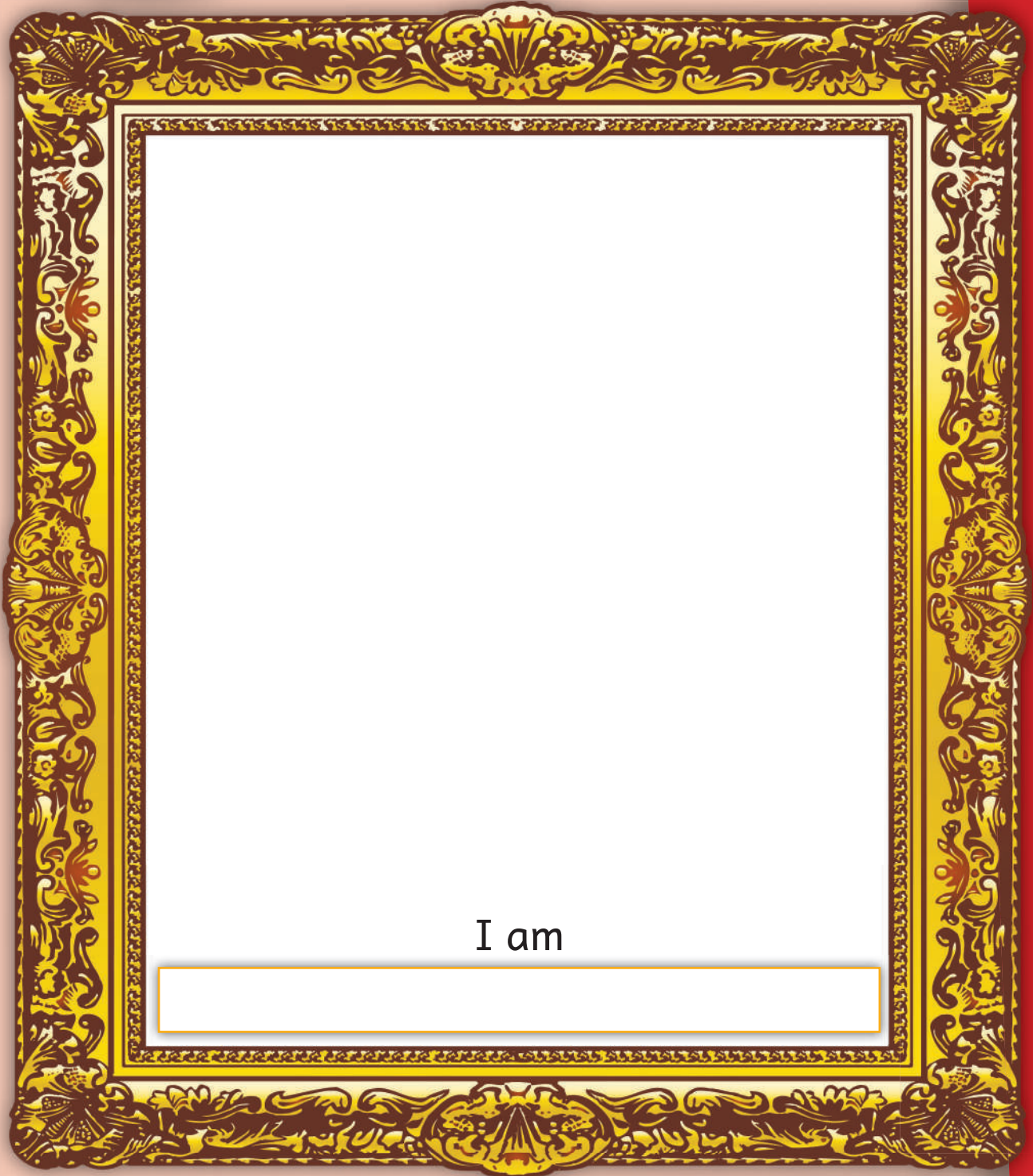
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# Activity 7

Make a self-portrait.



## Activity 8

Make your thumb impression.

I am special



No one has fingerprints  
like mine.

## Activity 9

Everybody take a piece of paper. Write any two things that are unique about you. Fold the paper and put it in a bowl. Do not write your name anywhere.

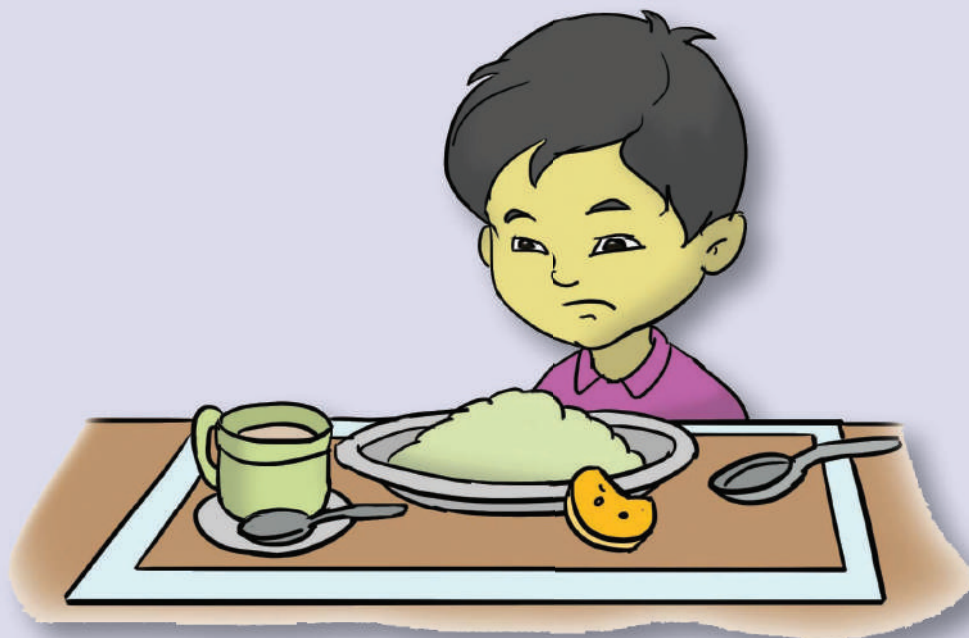
Now, pick a piece of paper from the bowl. Guess the classmate that you picked up.

## Care

At different ages, people have different needs and require different types of care.

A baby is too young to do things on his/her own. They need help with everything.

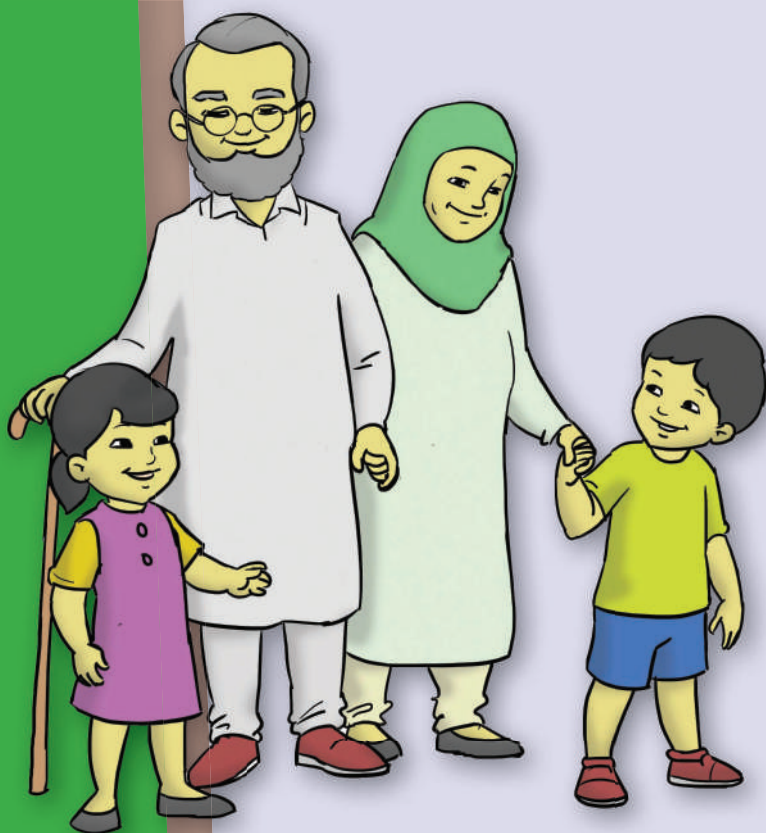
You are a child. You also need help. Like, in doing your homework. But you can do many things on your own. For example, bathing and eating food.





Your parents are adults. They take care of everyone and everything in the family. You should always support them.

Your grandparents are old. They need rest, care and support. You should respect them and spend time with them.



As we grow, our roles and responsibilities change. As babies, our family takes complete care of us. As we grow older, we start doing many things on our own and learn to become responsible.

# Activity 10

Write five things you need help with.

S. No.	Before Starting School	After Starting School
1.		
2.		
3.		
4.		
5.		

# Activity 11

Observe your mother. Write down the things she does for different members of your family.

A.



B.



C.



D.



E.



F.





S. No.	Family Member	Type of Care
1.	Baby Brother/ Sister	
2.	Elder Brother/ Sister	
3.	Father	
4.	Grandfather	
5.	Grandmother	
6.	You	

# Activity 12

Ask your parents or grandparents how their roles and responsibilities have changed with age.



	Father/ Grandfather	Mother/ Grandmother
Baby		
Child		
Adult		
Old Age		

Now write how your responsibilities change.

.....

.....

.....

.....

.....

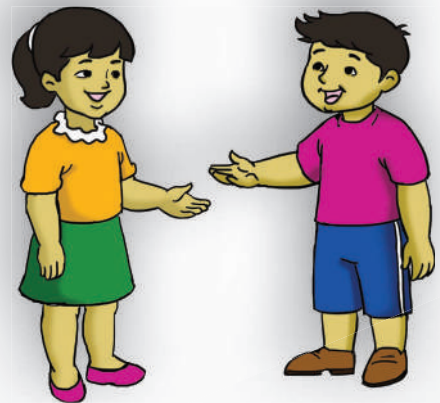
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## Lesson 2: Keeping Safe



### Learning Outcomes

1. I am learning to differentiate between good and bad secrets.
2. I am learning to identify adults who can help me.
3. I am learning to respect my body.
4. I am learning to identify similarities and differences between a girl and a boy.



### Secret

There are two types of secrets. Good secrets are safe. Like surprise party, fun games and gifts.

Bad secrets are unsafe. Like a bad touch, breaking safety rules or anything that hurts you.

# Activity 1



Tick (✓) the secrets that are good and safe.  
Cross out (x) the secrets that are bad and unsafe.

1. Surprise birthday parties.
2. Any kind of touch that hurts you.
3. Surprise gifts.
4. Your friend stealing your lunch.
5. A game that might hurt the feelings of others.
6. Somebody following you.
7. Your neighbour calling you ugly.
8. Your babysitter talking on the phone while your baby brother is crying.

## Activity 2

Do you have a secret? Share a secret with your classmates.



## Activity 3

Lubna was going home when she saw someone following her. He stopped her and offered her sweets. What should Lubna do?

**Scream and run to a safe place**



**Take the sweets**



## People Who Can Help!

In uncomfortable and harmful situations, we should stay calm and alert. We should look for a safe place or a trustworthy adult.

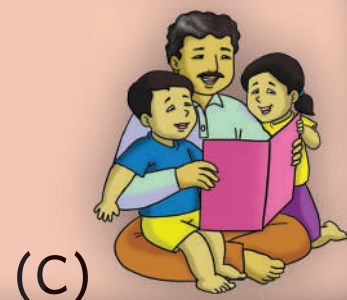
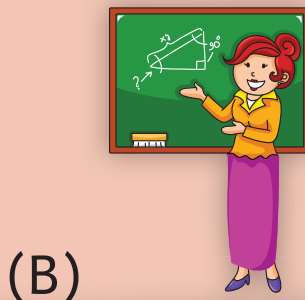
We can go to our parents, elder brother/sister, teacher, policeman and guardian for help.

### Activity 4

What will you do in the following situations?

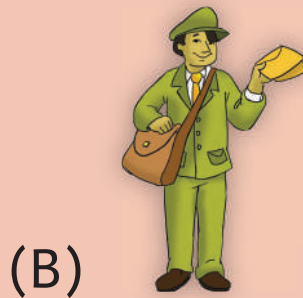
1. Bullied in the classroom:

You can seek the help of:



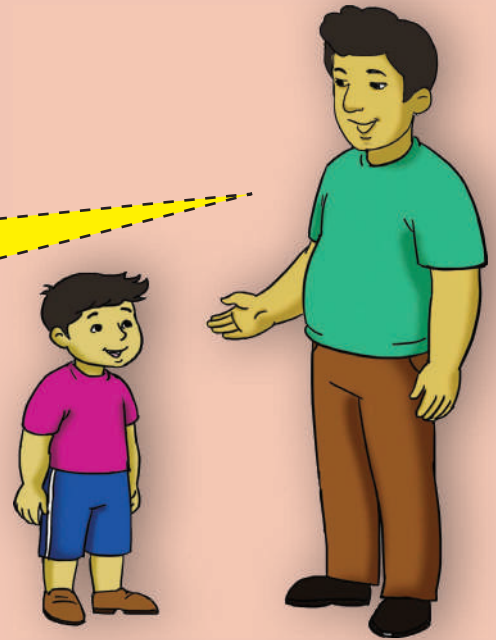
2. Lost in a supermarket:

You can talk to:



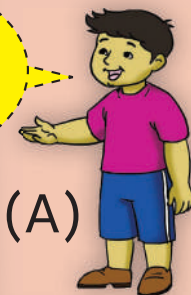
3. A stranger is asking you:

Hey kid! I live two blocks away and I have a beautiful fish aquarium, would you like to see it?

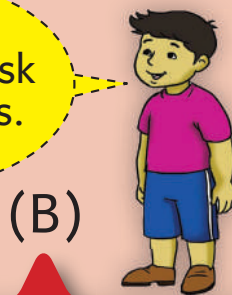


What will you do?

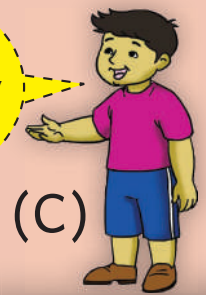
Wow!!!  
Let's go.



I need to ask my parents.



Wow!!!  
Can I take my friend too?



4. Somebody is scaring you:

What will be your reaction?



(A) Scared



(B) You will yell



(C) Start fighting and scare him too



## Respect

Respect has several meanings.

**Having regard for others:** It means accepting that other people are different but just as special and unique as you are.

**Having respect for yourself:** It means that you stand up for yourself. You do not let yourself get dragged into wrong things.

Also, remember you should respect your own body and feelings.

If people are behaving badly or hurting you, then you should not accept their unkind behaviour.



## Activity 5

Read aloud and trace.

- Respect your family.
- Equity for everyone.
- Say sorry, please and thank you.
- People deserve respect.
- Ensure that everyone's rights are respected.
- Carry respect into all walks of your life.
- Take time to respect yourself.

## Activity 6

Trace happy smiley (☺) if the sentence shows respect or sad smiley (☹) if the sentence shows disrespect.

1. Staring at someone



2. Helping an old man cross the road



3. Calling somebody ugly



4. Saying please while asking for something



5. Shouting at someone



6. Pushing someone while playing



7. Not bathing regularly



8. Eating junk food



9. Drinking milk daily



10. Talking about how someone looks



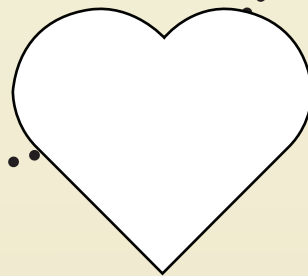
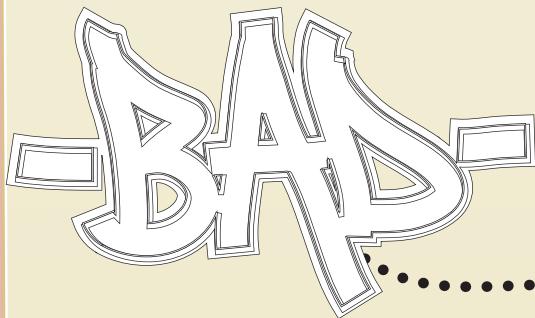
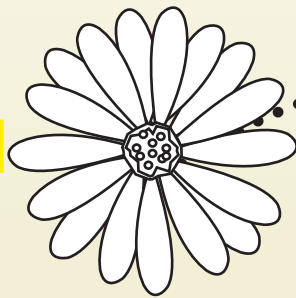
# Activity 7

Colour the poster.

How do I respect myself?

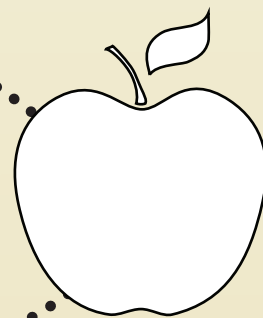
by \_\_\_\_\_

I know what  
"Self Respect"  
means.

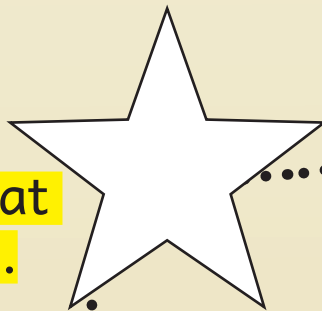


I treat  
myself  
kindly.

I do not let others  
treat me badly.



I am proud of what  
makes me special.



I keep  
my body  
healthy.

That's how do I respect myself.

## Activity 8

Respect...What it means to me  
I show respect when...

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---

---

---

---

---

---

## Activity 9



Boys and girls are different and yet similar to each other. List five similarities and five differences between girls and boys. We should respect each other.

Similarities	Differences

## Activity 10

Fill in the missing letters.

R  
E  
S  
P  
E  
C  
T

1. P\_\_ea\_\_e do

n\_\_t t\_\_uch \_\_r

p\_\_sh \_\_ny one.

2. \_\_lw\_\_ys

re\_\_\_\_t

\_\_th\_\_\_\_nd

you\_\_s\_\_l\_\_.























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