

# TET Syllabus (Class 6<sup>th</sup> to 8<sup>th</sup>)

## Health Education

(a) Aspect of Health Education

Physical Health, Mental Health, Social Health, Spiritual Health.

(b) Factor influencing health

(c) Assessment tools of physical Health

## First Aid

- Meaning
- Objectives of First Aid
- Equipments of first Aid
- Rules of First Aid
- First Aider
- Qualities of First Aider
- Methods of Artificial Respiration
- Conditions in Which First Aid is given
- Treatments given by First Aiders
- Types of injuries in sports

## Nutrition and Balanced Diet

- Meaning of Balanced Diet
- Balanced Diet for different People
- Elements of Balanced Diet
- , Types, Sources, functions, required quantity,
- Effects of deficiency of protein, carbohydrates , Vitamins, Fats, Minerals and Water.

- Effects of excessiveness of protein, carbohydrates ,Vitamins, Fats,Minerals and Water.
- Disease related to lack of Vitamins

## Yoga

- Meaning
- Definitions
- History of Origin
- Objectives
- Importance of Yoga
- Guidelines of Yoga
- Ashtanga Yoga
  - (a) Meaning
  - (b) Parts of Ashtanga Yoga
- Surya Namaskara
- Cultural Asanas
- Meditative
- Relaxation Asanas
- Types ,Methods, Guidelines, Benefits and disadvantages of wrong Method.
- Pranayama – Definition, Meaning , Types ,Objectives , Guidelines and Benefits.

## Personal Hygiene

- Meaning
- Definition
- Benefits
- Cleanliness of School, Home , Classroom and Surrounding.

## Major Dhyan Chand

- Early Life
- Career
- Role in Indian Hockey
- Awards

### Folk ( Traditional ) Games of Punjab

- Types – KotlaChhapaki, Bandar Killa , Rope Skipping , Pitthu.
- Importance
- Methods of fixing turn

### National Song and National Anthem

- History
- Authors and Books
- Occasions
- Instructions
- Duration
- Precautions

### Human Body

- Meaning
- Categories
- Body Posture – Meaning, Functions , How to cure and Improve.
- Body Functions – Meaning , Various systems of Human Body.

### Physical Capacity

- Meaning

- Qualities
- Importance
- Advantages of exercise

### **Safety education**

- Meaning
- Causes of accidents on roads , Schools and Home
- Safety Guidelines.

### **National Flag**

- History
- Shape
- Colours
- Size
- Occassions for hoisting and Unfirl.
- Precautions regarding the use of National Flag.

### **Kila Raipur**

- History of village Kila Raipur
- Origin of Rural Olympics.
- Rural Sports in Kila Raipur.
- Modern Sports in Kila Raipur.
- Girls in Rural Olympics.
- 'Specialities of Kila Raipur Sports festival.
- Popularity of Kila Raipur games in foreign countries.

- Early Life
- Interest in Shooting
- Training in Shooting
- Achievements

## **Discipline**

- Meaning
- Types
- Need And Importance
- Role of Sports and Discipline

## **Posture and its deformities**

- Meaning
- Causes
- Exercise to prevent

## **Sports injuries**

- Meaning
- Causes
- Types
- Symptoms
- Treatment

## **Value of Sports**

- Value for individual
- Value for Nation

## **Scout and Guide**

- History
- Importance
- Scout Law
- Scout Promise
- Scout MOTTO and Salute