Unit - I

OUR BODY, HEALTH AND SAFETY

TO THE TEACHER

Discuss:

• How different joints move in our body.
• Obesity problem in children.
• What kind of house do you live in? Is it different from the houses you find in villages? How and why?
• You are playing in a park with your friend. Suddenly he complains that something has bitten him on the toe. He did not see what it was. What would you do?
• Think of one incident where you got hurt. Now think of why you had the accident. What could you have done to avoid hurting yourself?

Activity:

• Ask a few children to stand up and point out the different bones in the body.
• Do some yoga exercises in class.
• Collect newspaper and magazine reports to show the importance of a balanced diet.
Read the poem aloud.

Bones and Muscles

Think about it, bones are great,
And with joints you can articulate.

Without your bones you’d be a blob,
   But together you’d do a job.

You have more bones when you are small,
   which fuse together as we get tall.

Together with muscles they help you move,
   So, you can play and dance with a groove.


The hard part is bone and the soft part is muscle.

Which sense organ covers the bones and muscles?

Eye ☐  Ear ☐  Nose ☐  Tongue ☐  Skin ☐

Bones and muscles are covered by the skin.

Bones and muscles work together as a team. They give shape and support to the body.

There are 206 bones and around 650 muscles in our body.
Bones and muscles also help in moving different parts of our body. We walk, run, play, jump, skip, stand, etc., because of their movement.

**FACT BOX** Bones make up 14% of our total body weight.

**The Skeleton**

Big machines, tall buildings, large ships, etc., are supported by a strong framework. Similarly our body is also supported by a strong framework of bones. It is called the **skeleton**. It gives shape and support to our body. It also helps us to stand upright.

**Bones**

Bones are hard and stiff. There are different types of bones in our body. Touch and feel the bones of your head, nose, neck, shoulder, arm, leg, etc.

**FACT BOX** We are born with 300 bones in our body. As we grow, some bones fuse together. As an adult we have 206 bones in our body.

**Answer this**

Do you find any difference in the shape and size of different bones? Yes/No.
Joints
The place where two bones meet and join is called a joint. We can move and bend our body because of joints. Look at the pictures of different joints found in our body.

Muscles
Muscles lie just below the skin. The bones are covered with muscles. Bend your arm and feel the muscles. Now stretch your arm and feel the muscles underneath.

Exercise
Bones and muscles help us to work and play. We should exercise to make our muscles strong. Look at the following pictures of sportspersons:

- High jump
- Javelin throw
- Weightlifting

Sportspersons can do these activities because of their strong muscles. They exercise everyday to make their muscles stronger.
You can do exercise, jogging, walking and yoga to make your muscles stronger.

![Jogging](image1.png)  ![Walking](image2.png)  ![Yoga](image3.png)

You should also eat healthy food to make your bones and muscles strong.

**Rest**

We do lots of work and activities in a day. Our body gets tired and we need to relax and rest. For this, we should sleep for 6-8 hours at night.

![Our body needs to relax and rest](image4.png)

**Posture**

The way we sit, stand, walk and move is called **posture**.

We should walk and sit straight to look smart and be healthy. A good and correct posture gives a proper shape to our body. We should sit straight on a chair while studying, eating, working on a computer, etc.

![We should sit straight on a chair](image5.png)
LETS Recap

1. Bones and muscles are covered by the skin.
2. Bones and muscles work as a team.
3. The strong framework of bones is called the skeleton.
4. Bones are hard, stiff and covered with muscles.
5. We should exercise to make our muscles strong.
6. We should sleep for 6-8 hours at night for proper rest.
7. Correct posture is important to look smart and to be healthy.

Answer Time!

For Summative and Formative Assessment

1. Tick (√) the correct option:
   (a) There are 206/650 bones in our body.
   (b) Bones and muscles/Eyes and ears help to move our body.
   (c) Babies are born with 206/300 bones.
   (d) The skeleton/muscles helps us to stand upright.
   (e) Bones are of different/same shapes and sizes.

2. Match the pairs:

   - Posture
   - Muscles
   - Bones
   - Rest
   - Skeleton
3. The shape of an animal and its skeleton are related. We can recognise an animal from its skeleton.

To which animal does this skeleton belong?

4. Answer the following in one word with help of the words given in the box:

<table>
<thead>
<tr>
<th>Bones</th>
<th>Skeleton</th>
<th>Joint</th>
<th>Posture</th>
<th>Muscles</th>
</tr>
</thead>
</table>

(a) I am the framework of bones. ________________
(b) The way we sit, stand and walk. ________________
(c) They are under our skin. ________________
(d) They are hard and stiff. ________________
(e) It is formed when two bones meet. ________________

5. Answer the following:

(a) How do bones and muscles help us?

________________________________________________________________________

(b) What is the importance of skeleton?

________________________________________________________________________

6. HOTS Question (Higher Order Thinking Skill):
Can you climb the stairs without bending your knee? Yes or No?
Discuss why it is so?

________________________________________________________________________
Look for each of these words in the word search given below:

Muscles
Skeleton
Bones
Posture
Joints
Legs
Body
Arms
Shoulder

BUOS
KLYLSTU
NBKAFOHTU
KLRTUOSTAW
RMUSCLESEN
SHKNMSBVTXR
POSTURESHE
JKLMKUBONSH
SHOULDERDOF
HAJINTSRFE
KHSAMREWGR
SKELTONDCA
ASFGHJKLWN
OHMYFRINES
KLBONESYOB
STUHKKIWSN
YBODYJRANF
MJKLSELEG
LKEFJIOPWA
KLARMSBNA
SHANTABHJ
CRUILSNA
KTWNWJ
Make a model arm

Things you need: One pastel sheet, paper fastener, scissors, pencil and glue.

Steps:
1. Draw the outlines of a hand and two arm lengths on the pastel sheet (as shown). Cut them.
2. Stick the hand on the arm length with glue. Now attach the two arm lengths with the help of paper fastener.
3. Move your model arm. Does it move and bend like your elbow?