

Health and Physical Education

Textbook for Class IX

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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
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HRUSHIKESH SENAPATY
Director
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