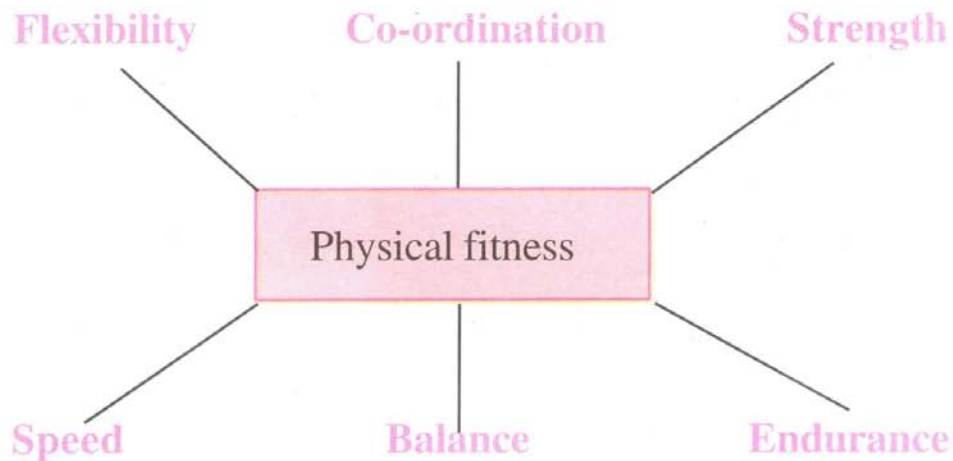


10 LET US BE ACTIVE

To be active we should be physically fit. Your quality of physical fitness depends on mental, emotional and social fitness. Have you noticed or experienced by yourself that when you are emotionally upset you feel lifeless or when you are mentally disturbed, you cannot be active? You will comprehend that fitness is a quality that you should possess and is called total fitness. From the time you wake up with the dawn of the day, to the time you go to sleep at dusk, think of the innumerable movements you do. To meet the demands of the day you need to be totally fit. Apparently if you are a person heavily involved in a task where you exert physically you need to be physically fit more than any other. For example a labourer who do manual work needs a development of physical qualities more than any other person.

Whatever your future achievements be, you need to be physically fit to achieve your goals. To develop physical fitness you need to move your body to bring a good flow of blood to all parts of your body which in turn will enable the proper functioning of the systems.

The qualities of physical fitness



Flexibility is the ability to bend, creep, bounce forward or high. Its the suppleness of the body.

Speed is the ability to do an activity or movement or run at the shortest possible time. If you have speed, your daily tasks will be quick and active.

Strength is the force, power, vigour you possess to push, pull, drag, jump forward or high.

Co-ordination is your ability to perform a varied or series of movements accurately, efficiently and speedily.

Endurance is your ability to engage in a task for a long time without feeling tired.

Balance is how well you could balance yourself when in movement.

These qualities exist in your body, but if you do not develop them you will not be active enough to meet the demands of your daily life with confidence, ease and without exhaustion.

Have you seen cricketers' skillfulness in batting in different styles? Can you do it if you do not practice them? Can you turn or walk fast to the boutique to buy something for your home? If you have learnt the correct style of running, with correct pacing and rhythm, you will not feel tired after the errand. If you have to help your father to clean the garden, you will not feel exhausted if you had trained your muscles to bend, stretch, reach, pull, push, drag, etc. Your flexibility, speed, strength, endurance and balance will help you to be active and continue working for a long time. Recall how you learnt to ride a bicycle. At the first instances, were you not struggling hard to co-ordinate your movements to balance the two wheels steadily and paddle, keeping your body balanced? Didn't you find it a very difficult task? But with practise you got your joints, muscles and the position of the body co-ordinate to move to rhythm, to cycle. Much the same way, your body needs practise to develop the physical qualities to make you active.

How would you develop strength? Energy is stored in the muscle. It is a power your muscle possesses with the process of

glucose in the food and oxygen in the blood. You will learn in detail about this process in your science lesson. When you do exercises, the muscles are flushed with blood bringing in these nutrients. When you do exercises the energy is released. Specially when you do activities that need to use your force against another force or weight, sufficient strength is developed.

How would you develop endurance? If you do exercises or engage in activities for a long time involving bending, stretching, reaching, dancing, leaping, jumping, turning, throwing, where all your muscles get involved, you will have the fitness to engage in an activity or work for a long time as your muscles are trained for the situation.

The following activities are examples to develop strength and endurance.

A fitness programme to develop strength.

1. **Warming up** - stretching exercises, Running, exercises to bend and stretch the joints or special exercises.
2. **Main activity**
 - In twos face each other, press the palms of each other alternatively.
 - Wheelbarrow walk.
 - In twos face each other 5m apart and throw the ball over the head to the partner.
 - hop.
 - Run over obstacles.
3. **Warm down**
 - Walk
 - Slow run
 - Stretching
 - Shake hands and feet

Activities to develop Endurance

- Run on the spot continuously.
- Slow running round the school, round the track.

At the beginning run for 5 minutes.

Gradually increase the time and test your capacity of endurance.

When you engage in your activities, always remember to get advice from your physical education teacher.

Exercises are to improve your health and not to destroy it.

You can engage in minor games.

Eg: Netting the fish.

- A wide play area
- One is selected as the catcher.
- The rest run within the limits.
- The catcher catches or fishes one by one.
- The ones caught join hands and chase after the others without breaking hands. The ones caught in the net join the net and chase after the rest.

Assignment

Design activities to develop strength in the large muscles of the body.