

TET Syllabus (Class 6th to 8th)

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

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