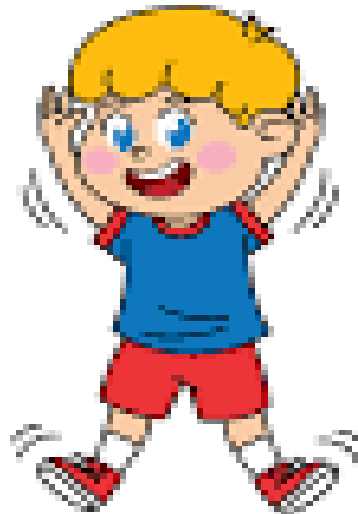




G.D. GOENKA PUBLIC SCHOOL

Subject: EVS

Chapter 3: Keeping fit, Clean and Healthy



Reading and explanation(Pg 20)

Keeping fit

Walking, running and jogging are some forms of exercise.
Exercise makes us feel **active** and **alert**.



Grown-ups also **exercise** to keep fit.
You may exercise in school.
Activities like playing outdoors,
swimming and **yoga** also keep us fit.

Know more

The heart beats about 72 times a minute. When you run, walk fast or jog, the heart beats faster.

Directions: Guide the students to understand and revise the same.