



LESSON PLAN

SPECIFIC OBJECTIVES

- The students will learn about
- ▶ the difference between inhalation and exhalation
 - ▶ the process of breathing
 - ▶ breathing rate
 - ▶ hot and cold air

TEACHING AIDS

A chart showing the breathing process in humans, blackboard, chalk, duster and digital content.

TEACHING STRATEGY

- ▶ Help the students in doing the Warm Up activity.
- ▶ Explain that Pranayama should always be done under the guidance of an experienced yoga instructor.
- ▶ Explain the process of inhalation and exhalation with the help of the chart/animation.
- ▶ Tell about the breathing rate and how it changes under different conditions.
- ▶ Explain why hot tea gets cooled when we blow on it.
- ▶ Explain why a woman blows on the dung cakes/coal pieces.

BOOST UP

- ▶ Ask the students do activities given on pages 13, 14 and 15.

EXPECTED LEARNING OUTCOMES

The students are able to learn about

- ▶ the process of breathing.
- ▶ what breathing rate is.
- ▶ the conditions on which the breathing rate depends.

EVALUATIVE QUESTIONS

The teachers may ask the following questions to evaluate their students.

1. Why gas is essential for our existence?
2. Why should we take exercise in the fresh air?