



Master Lesson Plan

For

Up You Go

Board	Standard	Subject	Chapter	Language	Reference Link	Creation date
CBSE	STD V	EVS	Up You Go	English	Up You Go!	2020-07-16 20:18:57

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Up You Go

1. MS_Objectives_ Up You Go

Students will be able to

- give an example of a woman achiever
- examine the different aspects of mountaineering
- correlate the leadership quality of a team leader to a class monitor investigate the various aspects of camping on a tent
- explain the different aspects of river crossing
- dramatise a riddle on crossing rivers develop the value of perseverance in life.
- create some themes for effective communication

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Main Script	Sports	Adventure Sports, Adventure Sports

2. Responsibility of a class monitor

A class leader must help others in carrying their bags.

He must allow the group to go ahead and keep to the last.

The class leader has to help the other students who cannot climb properly.

He is responsible to find a good place to stop and rest.

If any one in the group is not feeling well, then it is the duty of the leader to take care of him.

The group leader has to see that all have brought their food and if anyone has not got the food, he has to arrange or be ready to share his food.

Be ready to be punished even when some one else may have made a mistake.

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Day-to-day Relevance	School	Learning at School, Learning at School

3. Camping

[Notes to the teacher - Teacher may enable the students to think and come out with as many answers as possible before giving out the right answer/ answers]

1) What would you do if you get lost while camping?

Suggested Answer:

- Do not panic. Remain as calm as possible Look for help in and around.
- Try to look for shelter. Try signaling
- Shout for help

2) What signals would you use to call for help?

Suggested Answer:

- Sing loudly
- Wave flags if present
- Light up a fire so that smoke is created as a signal Cry out loud for help

3) What would you carry with you while going for a camp?

Suggested Answer

- Tent
- Sleeping bags
- Pillow
- Headlamps
- Torch
- Lantern

4) How would you secure a tent?

Suggested Answer: Tent can be secured with the help of ropes and pegs.

5) How would you stay warm in your tent?

Suggested Answer:

- Carpets Rugs
- Making a fire place around Blankets
- Sleeping bags

6) Can you cook food in camps without stove and gas? If so how?

Suggested Answer: Yes food can be cooked with firewood and stones.

7) What should you not do while camping?

Suggested Answer

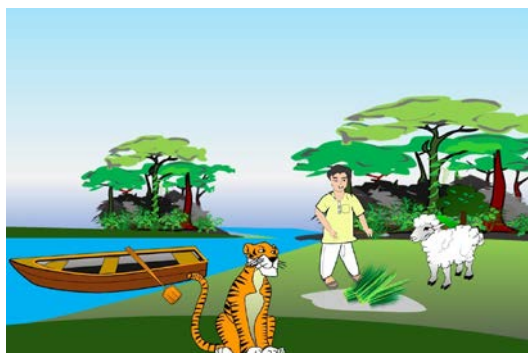
- Should never wander alone in the forest

- Should never go without food
- Should never go without your warm clothes

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Inquisitive Questions	Sports	

4. River Crossing Game!

Aim- To enable students to solve a riddle through a fun activity.



This game is from the eighth century and very popular with children.

A farmer wants to cross a river. He wants to take with him a tiger, a sheep, and some grass. There is only one boat that can carry any two things at a time. For example it can fit the farmer plus either the tiger, the sheep, or the grass. The farmer is a bit confused. If the tiger and the sheep are left alone on one shore, the tiger will eat the sheep. If the sheep and the grass are alone on the shore, the sheep will eat the grass.

How can the farmer bring the tiger, the sheep, and the grass across the river?

Solution:

- Farmer takes sheep across (leaving tiger and grass behind)
- Farmer returns alone
- Farmer takes tiger across
- Farmer returns with sheep

* We now have the Farmer, the grass and the sheep on one side and the tiger on the other side

- Farmer takes grass across
- Farmer returns alone
- Farmer takes sheep across

Note to the teacher:

This game can also be played by some of the children taking on the role of the farmer, the boat, the tiger, the sheep and the grass. A blue cloth or sari can be the river and the other remaining children can be the river banks on both sides.

The students may be enabled to think and then the answer can be given through the crossing river activity.

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Suggested Activity	Travel	Crossing Rivers and Backwaters, Crossing Rivers and Backwaters

5. River Crossing during Mountaineering

Preparations to be done before Crossing

- The guide/instructor should check that every group member is physically fit to cross.
- The group members should eat a proper and nutritious breakfast which includes hot chocolate milk, iron tablets and vitamin C. The group members should wear proper footwear, that is, sports shoes. Members should not cross barefoot.
- The group members should follow the instructions of the guide/instructor.

Crossing the River with the Help of a Rope

The guide /instructor ties a rope around the waist and puts a sling through it.

The sling is put on a thick rope that is tied across the river.

The guide /instructor crosses the river to the other side, walking carefully in the fast flowing icy water.

The guide /instructor sends back the sling.

The next person to pass puts the sling around his /her waist and crosses carefully placing his /her feet diagonally in the fast flowing river water.

The others follow carefully in the same way holding on tightly to the rope.



In Case of Difficulty

- Shuffle feet across the bottom and do not cross or lift feet.
- Do not panic. Take a deep breath. Relax. The guide/instructor is there to help you. The rope attached to your body will protect you from drifting off with the current.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Main Script	Travel	Crossing Rivers and Backwaters, Crossing Rivers and Backwaters

6. Actions speak louder than words

Aim: To communicate effectively through actions.

Materials required: Chits

Class setting: Whole class/Two teams

Procedure:

Rules for the game

- Divide the class into two teams, Team A and Team B
- Teacher has to prepare a set of keywords/phrases in small paper chits.
- One student from each team has to pick a chit and enact the word through actions.
- Student is supposed to act out and explain the name with facial expressions and without lip movement. If the student is unable to enact then he/she can split the word into 2 parts.
- Rest of his/her teammates are asked to guess the word within the timeframe of one minute.
- If the teammates are able to guess the correct word, then they get 10 points, else 5 points will be deducted from this team and will be passed on to the other team.
- Simultaneously the teacher has to note down the number of points scored by each team on the board. The team with maximum points at the end wins.

Observation: Students enact the phrases written on the chits through actions.

Conclusion: This activity will help the students to communicate effectively through actions.

Note for the teacher:

- Teacher has to prepare a set of keywords/ phrases in small chits related to camping, like, animals, weather, fire hazard, bears, owl, insects, snakes, rock climbing, monkey, tree, fishing, water flow, tent, fox, backpack.
- Teacher can also use other themes to make the chits.
- Some of the examples of framing the phrases are given below

- 1) Goats climbing mountains
- 2) Monkeys flying kites
- 3) Bears setting up the tents
- 4) Rescuing elephants from fire hazard
- 5) Fox fishing
- 6) Owl drinking water
- 7) Rock climbing
- 8) Building a campfire
- 9) Tiger riding a motorcycle
- 10) Lion shopping at the mall
- 11)

Time to teach	Asset Type	Theme	SubTheme
20 Minutes	Suggested Activity	Communication1	Talking Through Actions, Talking Through Actions

7. Bachendri Pal- The achiever

Bachhendri Pal - The first Indian Woman to climb Mt Everest

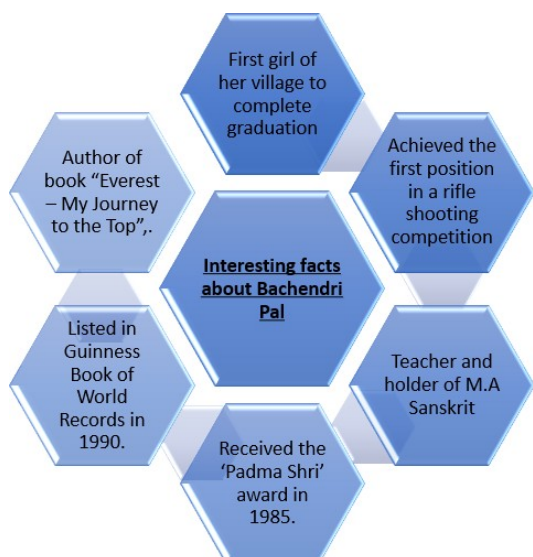


- **Bachendri Pal is the first Indian Woman to climb Mount Everest, the highest peak on the earth.**

Life of Bachendri Pal

- Bachendri Pal was born in the year 1954 in a small village called Nakuri, in Garhwal (present day - The state of Uttaranchal) in an ordinary middle class family.
- At the age of 12, Bachendri Pal had her first mountaineering experience during a school picnic. She and her schoolmates climbed a high peak of 13,123 feet. As it became dark and they could not climb down, they spent the night at the peak without any food or protection. The memory of this experience heightened her love for the mountains.
- After that experience, she aimed to become a professional mountaineer, so she took a special mountaineering course at NIM (Nehru Institute of Mountaineering, Uttarakhand) in 1982.

Achievement of Bachendri Pal



A quick glance of some interesting facts about Bachendri Pal

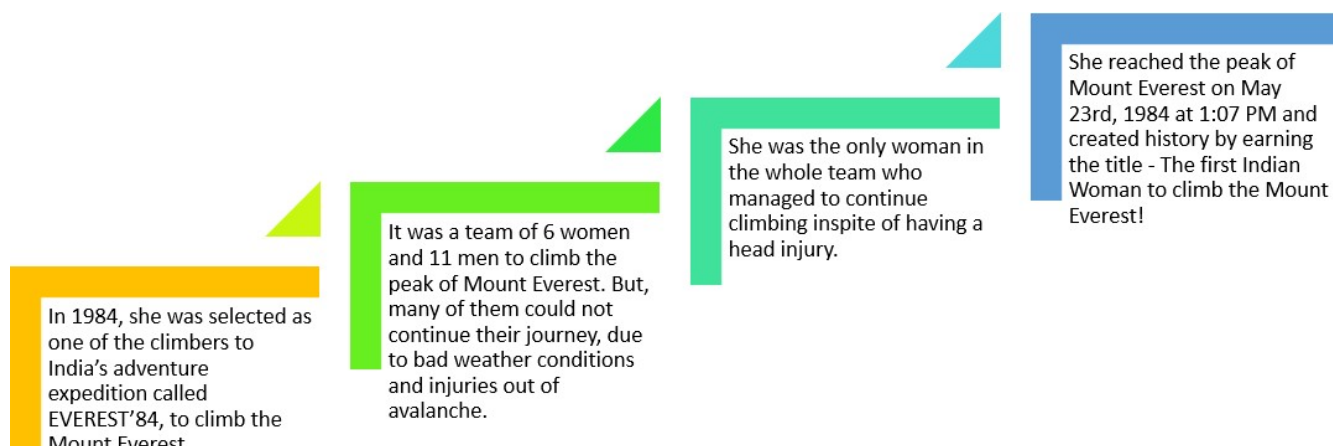


Image source: <https://pixabay.com/photos/mount-everest-nepal-mountain-5295184/>

Time to teach	Asset Type	Theme	SubTheme
3 Minutes	Interesting Asides	Achievers	Women Empowerment, Women Empowerment

8. Pursue your goal till the end

Pursue your goal till the end

We just learnt how mountaineering is a challenging sport. But once you complete the challenge you feel confident. This confidence is the result of facing the challenge with courage and completing it.

Once a man started to dig in order to find water. He began at one place and dug for a while, but he couldn't find water.

He thought "I will not find anything here. Let me look in another place."

At the new place also he found nothing and gave up digging deeper.

He began to dig at one more place. But he was impatient and never dug deep enough. The whole day went by. It was getting dark. In the end he didn't find any water.

He began to cry. At that moment an old man came by and asked him what had happened. The man told him the sad story.

The old man said, "If only you had dug more at the same place you would have surely hit the ground water."

Children, whenever you start any work, never give up midway, however challenging the work is. If you stick to your goal and work for it with courage, you will surely succeed.

"The secret of success is the consistency to pursue." Harry F. Banks

Note : The video is available @ Pursue Your Goal Till The End || Uncle Lion's Tales - Part 31 || Value Animation

<https://www.youtube.com/watch?v=PJckLEkwFiw>

Time to teach	Value Type	Value Sub Type	Value Attribute
5 Minutes	Right Action		Stories

9. Mountaineering - A recap

1) Fill in the blanks:

- 1) Mountaineering is a _____ sport.
- 2) Using rope to come down a mountain is called _____.
- 3) _____ is the first Indian woman to climb the Mount Everest.

Suggested Answer: 1) adventurous sport 2) rappelling 3) Bachendri Pal

2) Match the following:

Bachendri Pal climbed Mt. Everest on	Sagarmatha
In Nepal Mt. Everest is called	Bachendri Pal
Pahadi song	23 rd May 1984
Fifth woman in the world to reach the peak of Mount Everest.	Khondonbi
	'Bedu Pako, bara masa, kafal pako chaita, meri chhaila'

Suggested Answer

Bachendri Pal climbed Mt. Everest on	23 rd May 1984
In Nepal Mt. Everest is called	Sagarmatha
Pahadi song	'Bedu Pako, bara masa, kafal pako chaita, meri chhaila'
Fifth woman in the world to reach the peak of Mount Everest.	Bachendri Pal
	Khondonbi

3) Answer the following questions:

1) The highest mountain peak in the world and its height.

Answer: Mount Everest, height - 8848 metres

2) Draw up your plan

You are to plan for a fun-filled adventure - a trek to a hill nearby with a small group of friends and an adult to help you. You shall also be spending a night camping on the hill. List your preparations for this "mini" mountaineering trip. Follow the picture leads given below to frame your answer.

Hints:

Trekking a hill:

A little bit of climbing:

Camping Gear :

- a) Pack a backpack with minimal essentials- durable clothing, toiletries, torch light, batteries, candles, matchbox, first-aid essentials, mosquito repellents
- b) Pack for camping and night stay- foldable tent, ropes, sleeping bags or blankets, clothing according to season, small vessel, kettle, cups, bowls

- c) Pack some food- ready- to- cook soups, noodles, tea powder, drink mix, dry fruits, glucose powder, biscuits
d) Trekking gear- suitable trekking shoes, sticks. If needed- a pick-axe, safety climbing gear etc.

3) What is mountaineering?

Answer: Mountaineering is a sport, hobby or profession of walking, hiking, trekking and climbing up mountains.

4) What is the training that is required for mountaineering?

Answer: Skills and levels of fitness are necessary for mountaineering. And a basic course in mountaineering is a great way to get acquainted with these.

5) What are the things you will need for mountaineering?

Answer:

- A backpacking bag with spare clothing, emergency food supply, map, compass, medicines, etc.
- Mountaineering boots called crampons.
- Sleeping bags, tents, ice- axe, rope, slings, and pitons.
- Motivation and courage.

6) Are there any institutes that offer such training?

Answer: There are institutes that offer training programs for adventure seekers. The Directorate of Mountaineering and Allied Sports in Himachal Pradesh is one such institute.

7) What are the points you need to keep in mind while preparing for mountaineering?

Answer:

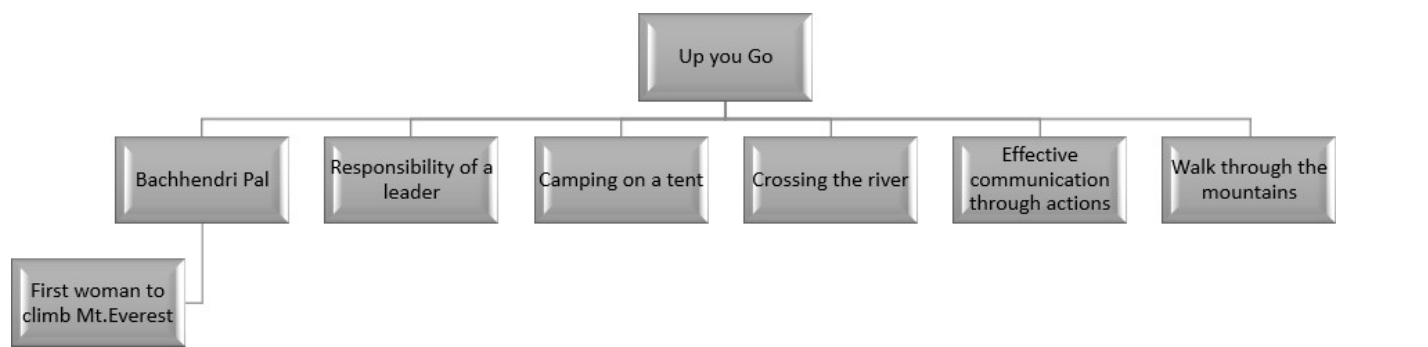
- Get the medical fitness test done beforehand.
- Gain proper training of handling mountaineering equipment.
- Rest for minimum two days before the climb.
- Keep your pace steady and slow.
- Use trekking poles.
- Learn how to deal with high -altitude sickness.
- Follow mountaineering guidelines, high -altitude survival techniques and first- aid techniques.
- Protect yourself from snow blindness, frostbiting and sun-burning during the expedition.

8) Why was a drain dug around the tent?

Answer: A drain was dug around the tent so that the surface water that was flowing would go and not get soaked in.

Time to teach	Asset Type	Theme	SubTheme
10 Minutes	Assessments	Sports	Adventure Sports, Adventure Sports

10. MS_Summary_Up You Go



Time to teach	Asset Type	Theme	SubTheme
2 Minutes	Main Script	Sports	Adventure Sports, Adventure Sports