<table>
<thead>
<tr>
<th>CATEGORY &amp; PERIOD</th>
<th>LEARNING POINTS</th>
<th>FORMULATED ACTIVITIES</th>
<th>TEACHING AIDS</th>
<th>EVALUATION TECHNIQUE TOOL</th>
<th>TEACHER’S SELF ANALYSIS</th>
<th>DATE</th>
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<tr>
<td>Practical 06</td>
<td>PHYSICAL EFFICIENCY TEST-1</td>
<td>Conduct the test and enter the obtained data in FORMAT-1</td>
<td>STOP WATCH MEASURING TAPE</td>
<td>TECHNIQUE: Observation TOOL: Check list FORMAT-1</td>
<td>Conducting efficiency test separately For boys and Girls</td>
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<td>2. Standing broad jump (Strength)</td>
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<td>3. 6x10 M. Shuttle run (Endurance)</td>
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<tr>
<td>Theory 03</td>
<td>1. Origin of modern Olympics and its objectives</td>
<td>Learning points have to be explained descriptively through discussion</td>
<td>Text book Pictures</td>
<td>TECHNIQUE: Observation TOOL: Self-reflection</td>
<td>Students would participate interestingly provided the subject in taught through discussion</td>
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<td>Modern Olympics</td>
<td>2. The Olympic Flag</td>
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<td>3. The Olympic Torch</td>
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<td>4. Asian Games</td>
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<td>Practical 04</td>
<td>1. Reverse pass</td>
<td>To learn these skills Five stages should be followed:</td>
<td>Court Skill Handball Pictures</td>
<td>TECHNIQUE: Observation TOOL: Check list FORMAT-2</td>
<td>Completion of learning and practicing process in the allotted period’s</td>
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<td>Hand ball</td>
<td>2. Shot</td>
<td>1. Entry</td>
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<td>3. Pivot dodge and defending the goal on the corners</td>
<td>2. Stance</td>
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<td>3. Execution</td>
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<td>5. Follow through</td>
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<td>Provide the opportunity to the students to practice individually or in groups</td>
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</tbody>
</table>
| Theory Hand ball | 03 | 1. Introduction to handball players  
2. Tournaments conducted at various levels | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion |
|-----------------|----|----------------------------------|-----------------------------------------------------------------|-------------------|----------------------------------------|----------------------------------------------------------------------------------|
| Practical Basketball | 04 | 1. Bounce pass  
2. Jump stop  
3. Jump shot  
4. Attack and defensive tactics | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through Provide the opportunity to the students to practice individually or in groups | Court Skill Basketball Pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's |
| Theory Basketball | 03 | 1. Introduction to State, National and International players  
2. Tournaments conducted at different levels | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion |
| Practical Badminton | 03 | 1. Forehand smash  
2. Backhand smash  
3. Rally  
4. Tactics | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through Provide the opportunity to the students to practice individually or in groups | Court Skill Basketball Pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's |
| Theory Badminton | 03 | 1. Introduction of Badminton players  
2. Introduction to Badminton tournament at various stages | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation  
TOOL: Self-reflection | Students would participate interestingly provided the subject is taught through discussion |
| Formative Assessment | 03 | Group Games  
**BASETBALL**  
1. Bounce Pass  
2. Jump Stop | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Court | TECHNIQUE: Observation  
TOOL: Check list FORMAT-2 | Each student should undergo evaluation |
| NDS Leziums | 05 | 1. Aage ki mor chal  
Chaumukhi mor chal | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through  
Provide the opportunity to the students to practice individually or in groups | Lezium | TECHNIQUE: Observation  
TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's |
| AEROBICS | 05 | 1. On the spot low impact marching  
2. Marching forward and backwards  
3. Steps to the side  
4. Double steps  
5. “I” Shape steps  
6. “V” Steps  
7. Step touch in the front and back  
8. Grape vine with pivot  
9. Mambo  
10. Mambo with pivot on left foot  
11. Cha cha cha  
12. Knee raise and hand raise | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through  
Provide the opportunity to the students to practice individually or in groups | Text book | TECHNIQUE: Observation  
TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's |
| Drill and marching | 04 | 1. Open order march  
2. Right turn  
3. Left turn  
4. Give the letter to the officer and receive prize  
5. Salute to the guest | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through  
Provide the opportunity to the students to practice individually or in groups | Text book  
TECHNIQUE: Observation  
TOOL: Check list  
FORMAT-2 | Completion of learning and practicing process in the allotted period’s |
|-------------------|----|-------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------|
| Community health | 02 | 1. Community health  
2. Waste disposal  
3. Sewage  
4. Cleanliness of wells and lakes  
5. Supply of potable water | Learning points have to be explained descriptively through discussion | Text book pictures  
TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
| Communicable diseases | 06 | 1. Communicable diseases  
2. Malaria  
3. Cholera  
4. Tuberculosis  
5. Typhoid  
6. Influenza  
7. Causes  
8. Symptoms  
9. Methods of spread  
10. Prevention and control of these diseases | Learning points have to be explained descriptively through discussion | Text book pictures  
TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
| Formative Assessment 2 | 03 | RHYTHMIC ACTIVITY  
1. On the spot low impact marching  
2. Marching forward and backwards | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Lezium  
TECHNIQUE: Observation  
TOOL: Check list  
FORMAT-2 | Each student should undergo evaluation |
<table>
<thead>
<tr>
<th>Summative Assessment -1</th>
<th>03</th>
<th>Summative Assessment -1</th>
<th>Summative Assessment -1</th>
<th>TECHNIQUE: Evaluation</th>
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<td>TOOL: Check list</td>
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<td>Each student should</td>
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<td>undergo evaluation</td>
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</table>

**Hurdles Practical 04**

| 1. The start technique |
| 2. Approaching the first hurdle |
| 3. Take of |
| 4. Hurdle clearance |
| 5. Movement of the trailing leg and landing |
| Running between the hurdles |

To learn these skills, five stages should be followed:
1. Entry
2. Stance
3. Execution
4. Contact
5. Follow through
Provide the opportunity to the students to practice individually or in groups

| TECHNIQUE: Observation |
| TOOL: Check list |
| FORMAT-2 |

Completion of learning and practicing process in the allotted period's

**Hurdles Theory 04**

| 1. Construction of the hurdle |
| 2. Details of various races and Rules |
| 3. Introduction to international athletes and Records |

Learning points have to be explained descriptively through discussion

| TECHNIQUE: Observation |
| TOOL: Self-reflection |

Student would participate interestingly provided the subject is taught through discussion

**Walking race Practical 03**

| 1. Tactics of walking |
| 2. Movement of hands, legs and feet |

To learn these skills, five stages should be followed:
1. Entry
2. Stance
3. Execution
4. Contact
5. Follow through
Provide the opportunity to the students to practice individually or in groups

| TECHNIQUE: Observation |
| TOOL: Check list |
| FORMAT-2 |

Completion of learning and practicing process in the allotted period's
| Walking race Theory | 03 | 1. Various races  
2. The fundamental rules and tactics of the race  
3. Records,  
4. Introduce Indian and International athletes | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
|---------------------|----|---------------------------------------------------------------|---------------------------------------------------------------|-------------------|---------------------------------------------------------------|--------------------------------------------------------------------------|
| Practical Discus throw | 06 | 1. Holding the discus and standing throw  
2. Holding the discus and turning  
3. Initial swinging and turning without the discus  
4. Initial swinging and turning with the discus  
5. Release and maintaining balance | To learn these skills Five stages should be followed:  
1. Entry  
2. Stance  
3. Execution  
4. Contact  
5. Follow through Provide the opportunity to the students to practice individually or in groups | Court Lane Skill pictures | TECHNIQUE: Observation  
TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period’s |
| Theory Discus throw | 05 | 1. Measurement of the circle  
2. Rules  
3. Achievements of national and international athletes  
4. Records | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
| National Integration | 03 | Vande mataram | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
| National Integration | 05 | 1. Meaning, importance and necessity  
2. factors influencing national integration  
3. Physical Education and national integration | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation  
TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion |
ATHLETICS

TRIPLE JUMP:
1. Tactics of walking
2. Movement of hands, legs and feet

To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.

Court Lane
Finishing line

TECHNIQUE: Observation
TOOL: Check list
FORMAT: 2

Each student should undergo evaluation

Physical efficiency test-1

PHYSICAL EFFICIENCY TEST-1

BOYS
1. 50 Met. Run (Speed)
2. Throw ball (Throw) (Strength)
3. 6x10 M. Shuttle run (Endurance)

GIRLS
1. 30 Met. Run (Speed)
2. Throw ball (Throw) (Strength)
3. 6x10 M. Shuttle run (Endurance)

To conduct the test and enter the obtained data in FORMAT-1

STOP WATCH
MEASURING TAPE

TECHNIQUE: Observation
TOOL: Check list
FORMAT: 2

Conducting efficiency test separately For boys and Girls

Practical Yogasana

STANDING POSITION
1. Ardha chakrasana (Half wheel posture)
2. Garudasana (Vulture posture)
3. Prasarita padotthanasana
4. Anugushhasana

Sitting position
1. Vajrasana
2. Bakasana
3. Sputa virasana
4. paryankasana

Lying down posture
1. Bhujangasana
2. Paripoorna navasana
3. Simhasana
4. Mayurasana

To learn these skills Five stages should be followed:
1. Entry
2. Stance
3. Execution
4. Contact
5. Follow through Provide the opportunity to the students to practice individually or in groups

Mat
Pictures

TECHNIQUE: Observation
TOOL: Check list
FORMAT: 2

Completion of learning and practicing process in the allotted period's
<table>
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<tr>
<th>Subject</th>
<th>Practical Hockey</th>
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<tr>
<td>Learning points have to be explained descriptively through discussion</td>
<td>Make the students to sit in any meditative posture practice pranayama and mudra’s on instructions.</td>
<td>To learn these skills Five stages should be followed: 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through Provide the opportunity to the students to practice individually or in groups</td>
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<td>TECHNIQUE: Observation TOOL: Self-reflection</td>
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<td>Subject</td>
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<td>Practical Volleyball</td>
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<tr>
<td><strong>Introduction</strong></td>
<td>1. Introduction of State, National and International Hockey players 2. Tournaments conducted at different levels</td>
<td>1. floating service 2. Body turn and smash Blocking and its variations (Single Block and Double Block)</td>
<td>1. Important national and international players</td>
</tr>
<tr>
<td><strong>Learning Points</strong></td>
<td>Learning points have to be explained descriptively through discussion</td>
<td>To learn these skills Five stages should be followed: 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through Provide the opportunity to the students to practice individually or in groups</td>
<td>Learning points have to be explained descriptively through discussion</td>
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<td><strong>Technique/Tool</strong></td>
<td>Text book Pictures</td>
<td>Court Lane Skill pictures</td>
<td>Text book Pictures</td>
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<td><strong>Completion</strong></td>
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<td>Completion of learning and practicing process in the allotted period's</td>
<td>Students would participate interestingly provided the subject in taught through discussion</td>
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**TECHNIQUE:** Observation  
**TOOL:** Self-reflection
| **Lifestyle diseases** | 02 | 1. Cardiovascular diseases arising out of lifestyle  
2. Blood pressure  
Diabetes | Learning points have to be explained descriptively through discussion | Text book  
Pictures | **TECHNIQUE:** Observation  
**TOOL:** Self-reflection | Students would participate interestingly provided the subject in taught through discussion |
|------------------------|----|-------------------------------------------------|-----------------------------------|-----------------|-----------------------------|-------------------------------------------------------------------|
| **First Aid** | 04 | 1. First aid essential  
2. Applying bandages in different situations  
3. Snake Bite  
4. Drowning  
5. Animal bite  
6. Bandages used for different situations | Learning points have to be explained descriptively through discussion | Text book  
Pictures | **TECHNIQUE:** Observation  
**TOOL:** Self-reflection | Students would participate interestingly provided the subject in taught through discussion |
| **Formative Assessment 4** | 03 | Yogasana  
1. Garudasana  
2. Vajrasana | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Court Lane  
Finishing line | **TECHNIQUE:** Observation  
**TOOL:** Check list  
FORMAT-2 | Each student should undergo evaluation |
| **Summative Assessment 2** | 02 | Blue print & question paper | Evaluation |  | **TECHNIQUE:** Evaluation  
**TOOL:** Check list  
FORMAT-3 | Each student should undergo evaluation |