

## 10<sup>TH</sup> Std. PHYSICAL EDUCATION NOTES OF LESSON

CATEGORY & PERIOD		LEARNING POINTS	FORMULATED ACTIVITIES	TEACHING AIDS	EVALUATION TECHNIQUE TOOL	TEACHER'S SELF ANALYSIS	DATE	PET SIG.	HM SIG.
Practical	06	<p><b>PHYSICAL EFFICIENCY TEST-1</b></p> <p><b>BOYS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Standing broad jump (Strength)</li> <li>3. 6x10 M. Shuttle run (Endurance)</li> </ol> <p><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Standing broad jump (Strength)</li> <li>3. 6x10 M. Shuttle run (Endurance)</li> </ol>	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-1</p>	Conducting efficiency test separately For boys and Girls			
Theory Modern Olympics	03	<ol style="list-style-type: none"> <li>1. Origin of modern Olympics and its objectives</li> <li>2. The Olympic Flag</li> <li>3. The Olympic Torch</li> <li>4. Asian Games</li> </ol>	Learning points have to be explained descriptively through discussion	Text book  Pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			
Practical Hand ball	04	<ol style="list-style-type: none"> <li>1. Reverse pass</li> <li>2. Shot</li> <li>3. Pivot dodge and defending the goal on the corners</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Skill Handball  Pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Completion of learning and practicing process in the allotted period's			

Theory Hand ball	03	<ol style="list-style-type: none"> <li>1. Introduction to handball players</li> <li>2. Tournaments conducted at various levels</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Basketball	04	<ol style="list-style-type: none"> <li>1. Bounce pass</li> <li>2. Jump stop</li> <li>3. Jump shot</li> <li>4. Attack and defensive tactics</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Skill Basketball Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list <b>FORMAT-2</b>	Completion of learning and practicing process in the allotted period's			
Theory Basketball	03	<ol style="list-style-type: none"> <li>1. Introduction to State, National and International players</li> <li>2. Tournaments conducted at different levels</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Badminton	03	<ol style="list-style-type: none"> <li>1. Forehand smash</li> <li>2. Backhand smash</li> <li>3. Rally</li> <li>4. Tactics</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Skill Basketball Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list <b>FORMAT-2</b>	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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject is taught through discussion			
Formative Assessment 1	03	<b>Group Games</b> <b>BASETBALL</b> 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	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
NDS Lezioms	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	Leziom	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> 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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Drill and marching	04	<ol style="list-style-type: none"> <li>1. Open order march</li> <li>2. Right turn</li> <li>3. Left turn</li> <li>4. Give the letter to the officer and receive prize</li> <li>5. Salute to the guest</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Text book	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Completion of learning and practicing process in the allotted period's			
Community health	02	<ol style="list-style-type: none"> <li>1. Community health</li> <li>2. Waste disposal</li> <li>3. Sewage</li> <li>4. Cleanliness of wells and lakes</li> <li>5. Supply of potable water</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Student would participate interestingly provided the subject is taught through discussion			
Communicable diseases	06	<ol style="list-style-type: none"> <li>1. Communicable diseases</li> <li>2. Malaria</li> <li>3. Cholera</li> <li>4. Tuberculosis</li> <li>5. Typhoid</li> <li>6. Influenza</li> <li>7. Causes</li> <li>8. Symptoms</li> <li>9. Methods of spread</li> <li>10. Prevention and control of these diseases</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Student would participate interestingly provided the subject is taught through discussion			
Formative Assessment 2	03	<p><b>RHYTHMIC ACTIVICTY</b></p> <ol style="list-style-type: none"> <li>1. On the spot low impact marching</li> <li>2. Marching forward and backwards</li> </ol>	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Lezium	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Each student should undergo evaluation			

summative Assessment -1	03	summative Assessment -1	summative Assessment -1		<b>TECHNIQUE:</b> Evaluation  <b>TOOL:</b> Check list FORMAT-3	Each student should undergo evaluation			
HURDLES Practical	04	<ol style="list-style-type: none"> <li>1. The start technique</li> <li>2. Approaching the first hurdle</li> <li>3. Take of</li> <li>4. Hurdle clearance</li> <li>5. Movement of the trailing leg and landing</li> </ol> Running between the hurdles	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>1. Stance</li> <li>2. Execution</li> <li>3. Contact</li> <li>4. Follow through</li> </ol> Provide the opportunity to the students to practice individually or in groups	<p>Court Lane Skill</p> <p>pictures</p>	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
HURDLES Theory	04	<ol style="list-style-type: none"> <li>1. Construction of the hurdle</li> <li>2. Details of various races and Rules</li> <li>3. Introduction to international athletes and Records</li> </ol>	Learning points have to be explained descriptively through discussion	<p>Text book</p> <p>pictures</p>	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
Walking race Practical	03	<ol style="list-style-type: none"> <li>1. Tactics of walking</li> <li>2. Movement of hands, legs and feet</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> Provide the opportunity to the students to practice individually or in groups	<p>Court Lane Skill</p> <p>pictures</p>	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Walking race Theory	03	<ol style="list-style-type: none"> <li>1. Various races</li> <li>2. The fundamental rules and tactics of the race</li> <li>3. Records,</li> <li>4. Introduce Indian and International athletes</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
Practical Discus throw	06	<ol style="list-style-type: none"> <li>1. Holding the discus and standing throw</li> <li>2. Holding the discus and turning</li> <li>3. Initial swinging and turning without the discus</li> <li>4. Initial swinging and turning with the discus</li> <li>5. Release and maintaining balance</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Lane Skill pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Theory Discus throw	05	<ol style="list-style-type: none"> <li>1. Measurement of the circle</li> <li>2. Rules</li> <li>3. Achievements of national and international athletes</li> <li>4. Records</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> 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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
National Integration	05	<ol style="list-style-type: none"> <li>1. Meaning, importance and necessity</li> <li>2. factors influencing national integration</li> <li>3. Physical Education and national integration</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			

Formative Assessment 3	03	<b>ATHLETICS</b> <b>TRIPLE JUMP:</b> 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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
Physical efficiency test-1	06	<b>PHYSICAL EFFICIENCY TEST-1</b> <b>BOYS</b> 1.50 Met. Run(Speed) 2.Throw ball (Throw) (Strength) 3.6x10 M. Shuttle run (Endurance) <b>GIRLS</b> 1.30 Met. Run(Speed) 2.Throw ball (Throw) (Strength) 3.6x10 M. Shuttle run (Endurance)	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-1	Conducting efficiency test separately For boys and Girls			
Practical Yogasana	04	<b>STANDING POSITION</b> 1. Ardha chakrasana (Half wheel posture) 2. Garudasana (Vulture posture) 3. Prasaritha padotthanasana 4. Anugushthasana <b>Sitting position</b> 1. Vajrasana 2. Bakasana 3. Supta virasana 4. paryankasana <b>Lying down posture</b> 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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

	03	<ol style="list-style-type: none"> <li>Benefit of standing asanas</li> <li>Benefit of sitting asanas</li> <li>Benefit of laying down asanas</li> </ol>	Learning points have to be explained descriptively through discussion	<p>Text book</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			
Dyan	03	<ol style="list-style-type: none"> <li>Meaning of meditation</li> <li>Uses and types of meditation</li> <li>Various stage of meditation and the method</li> <li>Sugunopasane</li> <li>Nirgunopasanae</li> </ol>	Make the students to sit in any meditative posture practice pranayama and mudra's on instructions.	<p>Mat</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Completion of learning and practicing process in the allotted period's			
Practical Hockey	04	<ol style="list-style-type: none"> <li>Long corner</li> <li>Penalty stroke</li> <li>Penalty corner</li> <li>Goal keeping</li> <li>Positional play</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>Entry</li> <li>Stance</li> <li>Execution</li> <li>Contact</li> <li>Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	<p>Court Lane Skill</p> <p>pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Completion of learning and practicing process in the allotted period's			



Theory Hockey	04	<ol style="list-style-type: none"> <li>1. Introduction of State, National and International Hockey players</li> <li>2. Tournaments conducted at different levels</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Volleyball	04	<ol style="list-style-type: none"> <li>1. floating service</li> <li>2. Body turn and smash</li> </ol> Blocking and its variations (Single Block and Double Block)	To learn these skills Five stages should be followed: <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> Provide the opportunity to the students to practice individually or in groups	Court Lane Skill pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Theory Volleyball	02	<ol style="list-style-type: none"> <li>1. Important national and international players</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			

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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> 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	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Formative Assessment4	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	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
summative Assessment 2	02	Blue print & question paper	Evaluation		<b>TECHNIQUE:</b> Evaluation <b>TOOL:</b> Check list FORMAT-3	Each student should undergo evaluation			

PHY.EDU.TEACHER'S SINGNATURE

HEAD MASTER'S SIGNATURE