

10TH Std. PHYSICAL EDUCATION NOTES OF LESSON-2022-23

CATEGORY & PERIOD		LEARNING POINTS	FORMULATED ACTIVITIES	TEACHING AIDS	EVALUATION TECHNIQUE TOOL	TEACHER'S SELF ANALYSIS	DATE	PET SIG.	HM SIG.
Practical	06	PHYSICAL EFFICIENCY TEST-1 BOYS 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (Endurance) GIRLS 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 6x10 M. Shuttle run (Endurance)	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	TECHNIQUE: Observation TOOL: Check list FORMAT-1	Conducting efficiency test separately For boys and Girls			
Theory Modern Olympics	03	1. Origin of modern Olympics and its objectives 2. The Olympic Flag 3. The Olympic Torch 4. Asian Games	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 Hand ball	04	1. Reverse pass 2. Shot 3. Pivot dodge and defending the goal on the corners	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 Handball Pictures	TECHNIQUE: Observation TOOL: Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

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 1	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			
NDSLeziu ms	05	1. Aagekimorchal Chaumukhimorchal	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 chacha 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	<ol style="list-style-type: none"> 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 	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p>	Text book	<p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 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	<p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p>	Student would participate interestingly provided the subject is taught through discussion			
Communicable diseases	06	<ol style="list-style-type: none"> 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	<p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p>	Student would participate interestingly provided the subject is taught through discussion			
Formative Assessment 2	03	<p>RHYTHMIC ACTIVICTY</p> <ol style="list-style-type: none"> 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	<p>TECHNIQUE: Observation</p> <p>TOOL: Check list FORMAT-2</p>	Each student should undergo evaluation			

summative Assessment -1	03	summative Assessment -1	summative Assessment -1		TECHNIQUE: Evaluation TOOL: Check list FORMAT-3	Each student should undergo evaluation			
HURDLES Practical	04	<ol style="list-style-type: none"> 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	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 1. Stance 2. Execution 3. Contact 4. 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			
HURDLES Theory	04	<ol style="list-style-type: none"> 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	Text book pictures	TECHNIQUE: Observation TOOL: Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
Walking race Practical	03	<ol style="list-style-type: none"> 1. Tactics of walking 2. Movement of hands, legs and feet 	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 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			

Walking race Theory	03	<ol style="list-style-type: none"> 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	<ol style="list-style-type: none"> 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 	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p>	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	<ol style="list-style-type: none"> 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	Vandemataram	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	<ol style="list-style-type: none"> 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			

Formative Assessment 3	03	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	06	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)	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	TECHNIQUE: Observation TOOL: Check list FORMAT-1	Conducting efficiency test separately For boys and Girls			
Practical Yogasana	04	STANDING POSITION 1. Ardachakrasana (Half wheel posture) 2. Garudasana (Vulture posture) 3. Prasarithapadotthanasana 4. Anugushthasana Sitting position 1. Vajrasana 2. Bakasana 3. Sputa virasana 4. paryankasana Lying down posture 1. Bhujangasana 2. Paripoornanavasana 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			

	03	<ol style="list-style-type: none"> Benefit of standing asanas Benefit of sitting asanas Benefit of laying down asanas 	Learning points have to be explained descriptively through discussion	<p>Text book</p> <p>Pictures</p>	<p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			
Dyan	03	<ol style="list-style-type: none"> Meaning of meditation Uses and types of meditation Various stage of meditation and the method Sugunopasane Nirgunopasanae 	Make the students to sit in any meditative posture practice pranayama and mudra's on instructions.	<p>Mat</p> <p>Pictures</p>	<p>TECHNIQUE: Observation</p> <p>TOOL: 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"> Long corner Penalty stroke Penalty corner Goal keeping Positional play 	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> Entry Stance Execution Contact Follow through <p>Provide the opportunity to the students to practice individually or in groups</p>	<p>Court</p> <p>Lane</p> <p>Skill</p> <p>pictures</p>	<p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 1. Introduction of State, National and International Hockey 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 Volleyball	04	<ol style="list-style-type: none"> 1. floating service 2. Body turn and smash Blocking and its variations (Single Block and Double Block)	To learn these skills Five stages should be followed: <ol style="list-style-type: none"> 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 Volleyball	02	<ol style="list-style-type: none"> 1. Important national and international players 	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			

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 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	TECHNIQUE: Observation TOOL: Check list FORMAT-2	Each student should undergo evaluation			
summative Assessment2	02	Blue print & question paper	Evaluation		TECHNIQUE: Evaluation TOOL: Check list FORMAT-3	Each student should undergo evaluation			

PHY.EDU.TEACHER'S SIGNATURE

HEAD MASTER'S SIGNATURE