

## 10<sup>th</sup> Std. Annual Program of work-2022-23

Months	Chapter	Periods	practical	Theory	Learning outcome	P.E.T SIG.	H.M. SIG.	DATE
June	Physical efficiency test-1	16	06	-	PHYSICAL EFFICIENCY TEST-1 <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)			
	Modern Olympics and Asian Games		-	03	1. Origin of modern Olympics and its objectives 2. The Olympic Flag 3. The Olympic Torch 4. Asian Games			
	Hand ball		04		1. Reverse pass 2. Shot 3. Pivot dodge and defending the goal on the corners			
			03		1. Introduction to handball players 2. Tournaments conducted at various levels			
July	Basket ball	16	04		1. Bounce pass 2. Jump stop 3. Jump shot 4. Attack and defensive tactics			
			03		1. Introduction to State, National and International players 2. Tournaments conducted at different levels			

	Badminton	16	03		1. Forehand smash 2. Backhand smash 3. Rally 4. tactics			
				03	1. Introduction of Badminton players 2. Introduction to Badminton tournament at various stages			
	<b>Formative Assessment -1</b>		03	-	Group Games			
August	NDS LEZIUM	16	05		1. Aage ki mor chal 2. Chaumukhi mor chal			
	Aerobics		05		1. On the sport 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			
	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			
	Community health		-	02	1. Community health 2. Waste disposal 3. Sewage 4. Cleanliness of wells and lakes 5. Supply of potable water			

September	Communicable diseases	12		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>			
	<b>Formative Assessment -2</b>		03	-	Rhythmic Activities			
	<b>summative Assessment -1</b>			02	summative Assessment -1			
October	Hurdles	04	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> <li>6. Running between the hurdles</li> </ol>			
November		16		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>			
			03		<ol style="list-style-type: none"> <li>1. Tactics of walking</li> <li>2. Movement of hands, legs and feet</li> </ol>			
	Race Walking		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>			

	Discus throw		05		<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>			
December	Discus throw	16		04	<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>			
	National Integration			03	1. Vande mataram			
	National Integration			03	<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>			
	Self-defense techniques			03	<ol style="list-style-type: none"> <li>1. Physical self-defense</li> <li>2. Mental self-defense</li> <li>3. Other self-defensetechniques</li> </ol>			
	<b>Formative Assessment -3</b>		03		Athletics			
January	Physical efficiency test-2	16	06	-	<p>PHYSICAL EFFICIENCY TEST-1</p> <p><b>BOYS</b></p> <ol style="list-style-type: none"> <li>4. 50 Met. Run(Speed)</li> <li>5. Throw ball (Throw) (Strength)</li> <li>6. 6x10 M. Shuttle run (Endurance)</li> </ol> <p><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>4. 30 Met. Run(Speed)</li> <li>5. Throw ball (Throw) (Strength)</li> <li>6. 6x10 M. Shuttle run (Endurance)</li> </ol>			

	Yogasana		04	<p><b>STANDING POSITION</b></p> <ol style="list-style-type: none"> <li>1. Ardha chakrasana (Half wheel posture)</li> <li>2. Garudasana (Vulture posture)</li> <li>3. Prasaritha padotthanasana</li> <li>4. Anugushthasana</li> </ol> <p><b>Sitting position</b></p> <ol style="list-style-type: none"> <li>1. Vajrasana</li> <li>2. Bakasana</li> <li>3. Sputa virasana</li> <li>4. paryankasana</li> </ol> <p><b>Lying down posture</b></p> <ol style="list-style-type: none"> <li>1. Bhujangasana</li> <li>2. Paripoorna navasana</li> <li>3. Simhasana</li> <li>4. Mayurasana</li> </ol>			
			03	<ol style="list-style-type: none"> <li>1. Benefit of standing asanas</li> <li>2. Benefit of sitting asanas</li> <li>3. Benefit of laying down asanas</li> </ol>			
	Dhyana		03	<ol style="list-style-type: none"> <li>1. Meaning of meditation</li> <li>2. Uses and types of meditation</li> <li>3. Various stage of meditation and the method</li> <li>4. Sugunopasane</li> <li>5. Nirgunopasanae</li> </ol>			
February	Hockey	14	04	<ol style="list-style-type: none"> <li>1. Long corner</li> <li>2. Penalty stroke</li> <li>3. Penalty corner</li> <li>4. Goal keeping</li> <li>5. Positional play</li> </ol>			
			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>			
	04		<ol style="list-style-type: none"> <li>1. floating service</li> <li>2. Body turn and smash</li> </ol> <p>Blocking and its variations (Single Block and Double Block)</p>				
	-		02	<ol style="list-style-type: none"> <li>1. Important national and international players</li> </ol>			
Volleyball							

March	Lifestyle diseases	10		02	1. Cardiovascular diseases arising out of lifestyle 2. Blood pressure 3. Diabetes			
	First Aid			02	1. Benefit of First Aid 2. First aid for a drowning casualty 3. Bandages used in various situations			
	<b>Formative Assessment -4</b>		03		Yogasana			
	<b>Summative Assessment -2</b>			03	Evaluation			
April	Evaluation				Evaluation			

Phy.Edu.Teacher Signature

Head Master Signature