

6th Standard Program of work 2018-19

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 BOYS 1. 50 Met. Run(Speed) Vertical jump (Strength) 2. Sit-ups-in 60 sec. (Endurance) GIRLS 1. 30 Met. Run(Speed) 2. Vertical jump (Strength) 3. Sit-ups-in 30 sec. (Endurance)			
	Physical Education Meaning and importance		-	02	Meaning of Physical Education Definitions of Physical Education			
	KABADDI		05		1. Attacking Skills Cant, leading foot raid, turning hand touch, simple toe touch, side kick and back kick, 2. Defending skills Wrist catch, ankle catch and trunk catch			
				03		1. History of the game 2. Rules of the game 3. Skills of the game 4. Kabaddi Court measurements		
JULAY	Kho-Kho	16	07		CHASING SKILLS 1. Sitting in the box 2. Giving Kho 3. Line covering and pole turn.			

					Dodging Skills 4. Chain game 5. Single chain, 6. 3,-6 up chain run 7. Dodging by the ring: Short cut, medium & long ring			
					GAME: KHO-KHO 1. Giving Kho 2. Single chain			
					06 1. History of the game 2. Rules of the game 3. Dimensions of Kho-Kho Court			
	Formative Assessment -1		03	-	Group Games			
Aug ust	Hindi Leziums	16	08		1. Lezium Skund 2. Lezium Araam 3. Char awaz, 4. Ek Jagahe, 5. Adi Lagau, 6. Gaj Bel and Pavitra			
	Drill & Marching		06	-	1. Savdhaan 2. Vishraam 3. Aramse 4. Kadam-Taal 5. Tham 6. Line formation 6. Splitting the line			
	National Integration & National Flag			02	1. Zenda Oonchaa Rahe Hamara			
SEPT EM BER	Health Education	12		04	1. Definition of Health 2. Importance of health 3. Personal health and Cleanliness			
	Personal Safety			03	1. Safety on roads 2. Safety in Schools 3. Safety in playground 4. Safety at home			

	Formative Assessment -2		03		Rhythmic Activities			
	summative Assessment -1			02	summative Assessment -1			
OCTOBER	Sprints	04	04		<ol style="list-style-type: none"> 1. General Exercises 2. Start-Crouch Start 3. Finishing Techniques Run through, lunge and shoulder shrug 			
NOVEMBER	Sprints	16		06	<ol style="list-style-type: none"> 1. Running events 2. Rules of sprinting events 3. Fouls committed by the sprinters 4. Track formation 5. State, National and International records 			
	Long Jump			05	<ol style="list-style-type: none"> 1. General conditioning exercises 2. Long jump Skills 3. Action in the air-Sail Hang style, Hitch kick style 4. Landing collapse 5. While in the air 			
				05	<ol style="list-style-type: none"> 1. Dimension of the landing pit 2. Take of Board 3. Run way 4. Rules for jumping events 5. Fouls committed by the Jumpers 6. Basic rules of the event 7. Records of International level Events Men & women 			



DECEMBER	Foot Ball	16	06	<ul style="list-style-type: none"> 1. Dribbling(Moving with a ball) 2. Passing- In Step and Out Step pass 3. Trapping- with the thigh and foot 4. Goal keeping skills 			
			05	<ul style="list-style-type: none"> 1. History of the game 2. Dimensions of the Football Ground 3. General Rules of the Game 4. Equipment required to Organize the Game Football 			
	First Aid		02	<ul style="list-style-type: none"> 1. Importance of first aid 2. Tools for first aid 3. Golden rules of first aid 			
	Formative Assessment -3		03	Athletics			
JANUARY	Physical efficiency test-2	06	06	Physical efficiency test-2 BOYS <ul style="list-style-type: none"> 3. 50 Met. Run(Speed) 4. Vertical jump (Strength) 5. Sit-ups-in 60 secs. (Endurance) GIRLS <ul style="list-style-type: none"> 4. 30 Met. Run(Speed) 5. Vertical jump (Strength) 6. Sit-ups-in 30 secs. (Endurance) 			



	Yogasana	10	10		<p>Surya Namaskar (10 Stage)</p> <ol style="list-style-type: none"> 1. Oordhwasana 2. Pada Hastasana 3. Ektopad Prasarnasana 4. Dwipada Prasarnasana 5. Sastanga pranipatasana 6. Bhujangasana 7. Bhudharasana 8. Ektopad prasarnasana 9. Pada Hastasana 10. Namaskarasana <p>STANDING ASANA</p> <ol style="list-style-type: none"> 1. Thadasana 2. Utakatasana 3. Ardhakati Chakrasana 4. Parshwa Chakrasana <p>SITTING ASANAS</p> <ol style="list-style-type: none"> 1. Padmasana 2. Bhoonamana Padmasana 3. Badda-Padmasana Laying Asanas <ol style="list-style-type: none"> 1. Uthita dipada meru dandasana 2. Sheersha badda hasta meru dandasana 3. Shavasana 			
Febru ary	Yogasana	15		05	1. Meaning of Suryanamaskar and its benefits			
	Pranayama		03		1. Breathing activity 2. Breathing exercises			
	Mudras		03		1. Chin mudre 2. Chinmayamudre 3. Aadimudre 4. Bhramamudre			
				04		5. Meaning of Yoga and its benefits 6. Values of Yoga		



March	National Integration (National Flag)	10		03	1. Patriotism 2. National flag 3. National Anthem			
	Recreational Games		02	1. Bull Fight 2. Post Office 3. Lagori 4. Teacher and Student 5. Fisherman's Net 6. Touch with the foot 7. Good Morning' 8. Gandhiji, Swamiji, Netaji 9. Ant's Line 10. Find the Leader 11. Snake and Mongoose 12. Carrying the partner				
March	Formative Assessment -4		03		Yoga			
	summative Assessment -2			02	Evaluation			
April	Evaluation	03		03	Evaluation			

Signature of Physical Education Teacher

Headmaster Signature

