

## 6<sup>TH</sup> 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.
Pactical	06	<p>Physical efficiency test-1</p> <p><b>BOYS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Vertical jump (Strength)</li> <li>3. Sit-ups-in 60 sec. (Endurance)</li> </ol> <p><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>1. 30 Met. Run(Speed)</li> <li>2. Vertical jump (Strength)</li> <li>3. Sit-ups-in 30 sec. (Endurance)</li> </ol>	Conduct the test and enter the obtained data in <b>FORMAT-1</b>	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	02	<p>Physical education meaning and importance:</p> <ol style="list-style-type: none"> <li>1. Introduction of PE</li> <li>2. Meaning and Definitions of PE</li> <li>3. Importance of PE</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 kabaddi	05	<p><b>1. Attacking Skills</b> Cant, leading foot raid, turning hand touch, simple toe touch, side kick and back kick,</p> <p><b>2. Defending skills</b> Wrist catch, ankle catch and trunk catch</p>	<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 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 kabaddi	03	<p><b>Kabaddi:</b> History of the game Rules of the game Skills Court construction with dimensions</p>	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 Kho-Kho		<p><b>CHASING SKILLS</b> 1. Sitting in the box 2. Giving Kho 3. Line covering and pole turn. <b>DODGING SKILLS</b> 4. Chain game 5. Single chain, 6. 3,-6 up chain run Dodging by the ring: Short cut, medium &amp; long ring</p>	<p>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</p>	Court Skill 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 Kho-Kho	06	<p>1. History of the game 2. Rules of the game 3. Dimensions of 4. Kho-Kho Court</p>	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			
Formative Assessment -1	03	<p>Group Games 1. Giving KHO 2. Single chain</p>	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Each student should undergo evaluation			
Hindi Lezioms	06	<p>1. Lezium Skund 2. Lezium Araam 3. Char awaz, 4. Ek Jagahe, 5. Adi Lagau, 6. Gaj Bel and Pavitra</p>	<p>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</p>	Lezium	<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			

Rhythmic activity practical periods 05	05	<ol style="list-style-type: none"> <li>Savdhaan</li> <li>Vishraam</li> <li>Aramse</li> <li>Kadam-Taal</li> <li>Tham</li> <li>Line formation</li> <li>Splitting the line</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>	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			
National Integration & National Flag	02	<ol style="list-style-type: none"> <li>Zenda Oonchaa Rahe Hamara</li> </ol>	Learn these national integration song	Text book	<p><b>TECHNIQUE:</b> Observation</p>	Completion of learning and practicing process in the allotted period's			
Health Education	04	<ol style="list-style-type: none"> <li>Definition of Health</li> <li>Importance of health</li> <li>Personal health and Cleanliness</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			
Personal Safety	03	<ol style="list-style-type: none"> <li>Safety on roads</li> <li>Safety in Schools</li> <li>Safety in playground</li> <li>Safety at home</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</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"> <li>Chaar awaz</li> <li>Ek jagahe</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			
Practical Sprints Periods 04	04	<ol style="list-style-type: none"> <li>General Exercises</li> <li>Start-Crouch Start</li> <li>Finishing Techniques Run through, lunge and shoulder shrug</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>	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 Sprints Periods 06	06	<ol style="list-style-type: none"> <li>Running events</li> <li>Rules of sprinting events</li> <li>Fouls committed by the sprinters</li> <li>Track formation State, National and International records</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 Long jump Periods 05	05	<ol style="list-style-type: none"> <li>General conditioning exercises</li> <li>Long jump Skills</li> <li>Action in the air-Sail Hang style, Hitch kick style</li> <li>Landing collapse</li> <li>While in the air</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>	Pit 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 Long jump Periods 05	05	<ol style="list-style-type: none"> <li>1. Dimension of the landing pit</li> <li>2. Take of Board</li> <li>3. Run way</li> <li>4. Rules for jumping events</li> <li>5. Fouls committed by the Jumpers</li> <li>6. Basic rules of the event</li> </ol> Records of International level Events Men & women	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 Football Periods 05	06	<ol style="list-style-type: none"> <li>1. Dribbling(Moving with a ball)</li> <li>2. Passing- In Step and Out Step pass</li> <li>3. Trapping- with the thigh and foot</li> <li>4. Goal keeping skills</li> </ol>	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	Football 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 Football Periods 05	05	<ol style="list-style-type: none"> <li>1. History of the game</li> <li>2. Dimensions of the Football Ground</li> <li>3. General Rules of the Game</li> <li>4. Equipment required to Organize the Game</li> </ol> Football	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	02	<ol style="list-style-type: none"> <li>1. Impotence of first aid</li> <li>2. Tools for first aid</li> <li>3. Golden rules of first aid</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			

Formative Assessment -3	03	<b>ATHLETICS</b> <b>SPRINTS:</b> 1. Crouch start 2. Finish- Shoulder Shrug	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-2	06	Physical efficiency test-1 <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Vertical jump (Strength) 3. Sit-ups-in 60 sec. (Endurance) <b>GIRLS</b> 1. 30 Met. Run(Speed) 2. Vertical jump (Strength) 3. Sit-ups-in 30 sec. (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			
Yogasana Practical 10 periods	10	<b>Surya Namaskar (10 Stage)</b> 1. Oordhwasana 2. Pada Hastasana 3. Ekpada Prasaranasana 4. Dwipada Prasaranasana 5. Sastanga pranipatasana 6. Bhujangasana 7. Bhudharasana 8. Ekapada prasaranasana 9. Pada Hastasana 10. Namaskarasana <b>STANDING ASANA</b> 1. Thadasana 2. Utakatasana 3. Ardhakati Chakrasana 4. Parshwa Chakrasana	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			

		<b>SITTING ASANAS</b> <b>1. Padmasana</b> <b>2. Bhoonamana</b> Padmasana <b>3. Badda-Padmasana</b> Laying Asanas 1. Uthita dipada meru dandasana 2. Sheersha badda hasta meru dandasana Shavasana							
Yogasana Practical 10 periods practical- 03	03	1. Meaning of Suryanamaskar and its benefits	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			
Pranayama Practical 03 periods	03	<b>1. Breathing activity</b> <b>2. Breathing exercises</b>	Make the students to sit in any meditative posture practice pranayama and mudra's on instructions.	Mat Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Mudras Periods 07	04	1. Chin mudre 2. Chinmayamudre 3. Aadimudre Bhramamudre	Make the students to sit in any meditative posture practice pranayama and mudra's on instructions.	Mat Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
	03	1. Meaning of Yoga and its benefits 2. Values of Yoga	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			

National Integration (National Flag) 03	03	1. Patriotism 2. National flag 3. National Anthem	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			
Recreational Games 02	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 Carrying the partner	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 Assessment -4	03	Yogasana 1. Padmasana 2. Ardhakati chakrasana	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 SIGNATURE

HEAD MASTER'S SIGNATURE