

7th Standard Annual Program of work 2020-21

Month	Chapter	Period	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) 2. Standing Broad Jump(Power) 3. Sit-ups 60 Sec. (Endurance) GIRLS 1. 30 Met. Run(Speed) 2. Standing Broad Jump (Power) 3. Sit-ups-in 30 secs. (Endurance)			
	Physical Education and objectives of Physical Education		-	02	Physical Education and objectives of Physical Education			
	Kabaddi		05		1. Offensive skills: Scooping hand touch, combination raid, Escape below the chain, Anti-pushing tactic 2. Defensive skills: Pushing tactics, chain catch, Skills of lead-up activities			
				03	1. Characteristics of Players 2. Nation's Achievement 3. State's Achievement 4. Individual Achievements of Karnataka & National Player's 5. Awards			

JULAY	Kho-Kho	16	04		Chasing Skills <ol style="list-style-type: none"> 1. Rushing to the pole from the third square 2. Taping from the back 3. Surprise attack 4. Countering surprise 5. Making a pole dive 6. Countering the pole dive 7. Judgment Kho 			
			03		Dodging <ol style="list-style-type: none"> 1. Rushing to the pole from 3rd box 2. Chain Playing Single Chain, 3-6 up Chain running and ring, Medium ring, Long ring 3. Practicing the skills in game situation 4. Warming up activates 5. Points to remember 6. Activities 			
			06		<ol style="list-style-type: none"> 1. Introduction 2. A good Kho-Kho player, 3. Achievements of players in State and National levels 4. Championship Games organized in Kho-Kho 5. Awards in Kho-Kho 			
	03		-	Group Games				
AUGUST	Hindi Lezioms	16	08		<ol style="list-style-type: none"> 1. Dho rukh 2. Aage Phalang 3. Peeche phalang 4. Sherdhez method 			
	Drill & Marching		06	-	<ol style="list-style-type: none"> 1. Dahine Mud (right Turn) 2. Bayyen Mud (Left turn) 3. Peeche Mud (Right about turn) 4. Line formation 5. Splitting the line 6. Samane Salute 7. Kadam Taal Se Aage Bud 			
	National Integration & National Flag		02		Naujawanonka Sandesh			

SEPTEMBER	Health Education	12		03	Exercise, Rest and Sleep 1. Advantages of exercises 2. Rest and sleep 3. Advantages of rest			
	Ideal Posture			01	1. Ideal posture 2. While Sleeping 3. While standing 4. while sitting 5. While walking			
	Necessity of Balanced Intuitions food and Balanced diet of sports persons			02	1. Classification of Nutrients 2. Balanced food 3. Nutrient Groups and Their Uses 4. Balanced Diet for Sportspersons			
	Healthy habits			01	1. Meaning of queue system and its significance 2. Punctuality 3. Queue-system			
	Formative Assessment -2		03	Rhythmic Activities				
	summative Assessment -1		02	Summative Assessment -1				
OCTOBER	Relay		04	1. Baton exchange method 2. Visual method, Non-Visual method 3. Methods of exchanging techniques 4. Upward pass technique 5. Steps of learning relay				
NOVEMBER	Relay	16		06	1. Relay events 2. Composition of relay team 3. Baton exchange tactics 4. Good Baton technique 5. Construction of Baton 6. Rules			
				05	1. Holding the shot 2. Stand 3. "T" Position and Crouch 4. Gliding 5. Release and Recovery 6. Lead up game			
	Shot put			05	1. Construction of field for shot put 2. Stop board 3. Throwing sector 4. Shot put 5. Weight 6. Fundamental rules of shot put 7. Foul Throws 8. Preparatory activities before the throw			

DECEMBER	Foot ball	16	06	<ol style="list-style-type: none"> 1. The Chip (Short pass and Long pass) 2. Trapping the ball by chest 3. Fully volley kick and half volley kick 4. Heading 			
			05	<ol style="list-style-type: none"> 1. Characteristics of a Football player 2. Achievements of players at State and National level 3. National level players 4. International level players 5. Sports awards and championships 			
	First Aid		02	<ol style="list-style-type: none"> 1. Bleeding 2. Types of bleeding and treatment 3. Sprains 4. Fracture types 			
	Formative Assessment -3		03	<p style="text-align: center;">ATHELETICS</p> <ol style="list-style-type: none"> 1. Baton exchange 2. Shot put perry O Brien Style 			
JANUARY	Physical efficiency test-1	16	06	<p style="text-align: center;">PHYSICAL EFFICIENCY TEST-2</p> <p style="text-align: center;">BOYS</p> <ol style="list-style-type: none"> 1. 50 Met. Run(Speed) 2. Standing Broad Jump(Power) 3. Sit-ups 60 Sec.(Endurance) <p style="text-align: center;">GIRLS</p> <ol style="list-style-type: none"> 4. 30 Met. Run(Speed) 5. Standing Broad Jump (Power) 6. Sit-ups-in 30 secs. (Endurance) 			
	Surya Namaskara		02	<p style="text-align: center;">SURYA NAMASKAR 12 STEPS</p> <ol style="list-style-type: none"> 1. Namaskarasana 2. Urdvasana 3. Hasta padasana 4. Ekapada prasarasana 5. Dwipada prasaranasana 6. Budarasana 7. Astangapranipathasana 8. Bujangasana 9. Budarasana 10. Ekapada prasaranasana 11. Hasdapadasana 12. Namskarasana 			
			03				

	Yogasana		03	STANDING ASANA'S 1. Thri konasana 2. Veerabhadrasana 3. Pada hastasana 4. Vrikshasana SITTING ASANA'S 1. Tholasana 2. Uthita padmasana 3. Parvathasana 4. Yoga mudrasana SLEEPING ASANA'S 1. Uthita dwi padasana 1. Pada sparsha meru dandasana 2. Eka pada shalabhasana Shalabhasana			
			02				
FEBRUARY	Pranayama	15	07	1. Meenging of Yoga, Pathanjali Yoga, Definitions of Yoga 2. Ashtanga Yoga 3. Different paths of Yoga 4. Aims and objectives of yoga			
			04	PRANAYAMA 1. Respiration 2. Arms sideward and forward 3. Stretch the arms forward and breathe 4. Stand on toes breathe 5. Shasha swasa 6. Swana swasa 7. Vyagra swasa MUDRAS 1. Nasika mudra 2. Shanmukhi mudra VIBHAGIYA RESPIRATION 1. Adhama swasa 2. Madhyama swasa			
MARCH	Regional Festivals & National Festivals	10	01	1. Regional Festivals 2. National Anthem			
	National integration		02	1. Awaken feelings of national integration 2. National festivals 3. National emblem			

	Recreational games		02	<ol style="list-style-type: none"> 1. Train Bogie 2. Fill the Jail 3. Rama Ravana 4. Nectar and poison 5. Dog and Bone 6. Circle Kho 7. Tiger and cow 8. Memory power 9. Hare hare Bham Bham 10. Alphabet 			
	Formative Assessment -4		03	yoga			
	summative Assessment -2			02	Evaluation		
APRIL	Evaluation	03		03	Evaluation		

Phy. Edu. Teacher Signature

Head Master Signature

2020-21