

## 7<sup>th</sup> Standard Annual Program of work 2020-21

| Month       | Chapter   | Period | Practical | Theory | LEARNING OUTCOME  | P.E.T Sig. | H.M. Sig | Date |
|-------------|---|--------|-----------|--------|---|------------|----------|------|
| <b>JUNE</b> | Physical efficiency test-1                              | 16     | 06        | -      | <b>PHYSICAL EFFICIENCY TEST-1</b><br><b>BOYS</b><br>1. 50 Met. Run(Speed)<br>2. Standing Broad Jump(Power)<br>3. Sit-ups 60 Sec. (Endurance)<br><b>GIRLS</b><br>1. 30 Met. Run(Speed)<br>2. Standing Broad Jump (Power)<br>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<br>2. Defensive skills: Pushing tactics, chain catch, Skills of lead-up activities  |            |          |      |
|             |   |        |           | 03     | 1. Characteristics of Players<br>2. Nation's Achievement<br>3. State's Achievement<br>4. Individual Achievements of Karnataka & National Player's<br>5. Awards  |            |          |      |

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

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

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

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

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

Phy. Edu. Teacher Signature

Head Master Signature

2020-21