

## 7<sup>th</sup> Standard Annual Program of work 2022-23

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> <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Standing Broad Jump(Power) 3. Sit-ups 60 Sec. (Endurance) <b>GIRLS</b> 1. 30 Met. Run(Speed) 2. Standing Broad Jump (Power) 3. Sit-ups-in 30 sees. (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			

<b>JULAY</b>	Kho-Kho	16	04		<b>Chasing Skills</b> 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		<b>Dodging</b> 1. Rushing to the pole from 3 <sup>rd</sup> 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		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			
	Formative Assessment -1	03	-	Group Games				
<b>AUGUST</b>	Hindi Lezioms	16	08		1. Dho rukh 2. Aage Phalang 3. Peeche phalang 4. Sherdhez method			
	Drill & Marching		06	-	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			

<b>SEPTEMBER</b>	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	<b>Summative Assessment -1</b>				
<b>OCTOBER</b>	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				
<b>NOVEMBER</b>	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			
	Shot put			05	1. Holding the shot 2. Stand 3. "T" Position and Crouch 4. Gliding 5. Release and Recovery 6. Lead up game			
					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		

<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				

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

	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		
APRIL	Evaluation	03		03	Evaluation		

Phy. Edu. Teacher Signature

Head Master Signature