

## 8<sup>TH</sup> Std. PHYSICAL EDUCATION NOTES OF LESSON

CATEGORY & PERIOD		LEARNING POINTS	FORMULATED ACTIVITIES	TEACHING AIDS	EVALUATION TECHNIQUE TOOL	TEACHER'S SELF ANALYSIS	DATE	PET SIG.	HM SIG.
Practical	06	<b>PHYSICAL EFFICIENCY TEST-1</b> <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (Endurance) <b>GIRLS</b> 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (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			
Significance of Physical education	02	Significance of Physical education	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 Volleyball	05	1. Under Hand Pass 2. Upper Hand Pass 3. Under Hand Service	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	Court Skill Volley ball Net  Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Theory Volleyball	03	<ol style="list-style-type: none"> <li>History of the volleyball</li> <li>Lay out of Volley ball court</li> <li>Measurements &amp; Equipment Rules of the game</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 Hockey	07	<ol style="list-style-type: none"> <li>Holding the stick &amp; stance</li> <li>Indian dribbling &amp; open dribbling</li> <li>Straight push</li> <li>Reverse push</li> <li>Straight stop</li> <li>Parallel pass</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 Skill Volleyball Net Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Theory Hockey	06	<ol style="list-style-type: none"> <li>History of Hockey</li> <li>Development of Hockey in India</li> <li>Indian team performance at Olympics</li> <li>Dimensions of Hockey field and equipment</li> <li>Rules of the game</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			
<b>Formative Assessment 1</b>	03	<p>Group Games <b>Volleyball</b></p> <ol style="list-style-type: none"> <li>Under Hand Pass</li> <li>Upper Hand Pass</li> </ol>	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			

Ghati Leziums	06	<ol style="list-style-type: none"> <li>1. Aath toak</li> <li>2. Thaal Se Kadam</li> <li>3. Peeche paav</li> <li>4. Aage paav</li> <li>5. Pavithra</li> <li>6. Kudan pavithra</li> <li>7. Pavithra Baithak</li> </ol>	<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>	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			
Drill & Marching	05	<ol style="list-style-type: none"> <li>1. Line division</li> <li>2. Then line me Tej chal</li> <li>3. Tej chal me thaam</li> </ol>	<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>	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			
Mental Health & Emotions	05	<ol style="list-style-type: none"> <li>1. Meaning &amp; importance of Mental Health</li> <li>2. Understanding of Positive and Negative emotions</li> <li>3. Understanding of balance emotions</li> </ol>	<p>Learning points have to be explained descriptively through discussion</p>	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			
National Flag and National Anthem	07	<ol style="list-style-type: none"> <li>1. Factors promoting National Integration</li> <li>2. History, importance and code of conduct regarding National flag and National anthem</li> <li>3. Citizenship and Fundamental rights</li> </ol>	<p>Learning points have to be explained descriptively through discussion</p>	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			

<b>Formative Assessment 2</b>	03	<b>RHYTHMIC ACTIVITY</b> 1. Aath toak 2. Thaal Se Kadam	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	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			
Middle and long distance races Practical	04	1. Arm and Leg movements 2. Semi Crouch start and body position 3. Finish Strategies 4. Running Strategies	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	Lane court	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Middle and long distance races Theory	04	1. Introduction 2. Start and finish of races 3. Rules of the competition 4. State, national & international records	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			
High jump Practical	03	1. Straddle technique 2. Approach run 3. Take off 4. Parallel straddle 5. Dive straddle 6. Landing	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	High jump stand cross bar Pit	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

High jump Theory	03	1. Rules and fouls in High Jump competition 2. National & International Level records	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			
Basketball Practical	07	1. Stance 2. Holding the ball 3. Dribbling 4. Chest pass 5. Receiving the ball 6. Step stop 7. Pivoting 8. Shooting	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	Basket ball court basket ball	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Basketball Theory	04	1. History and development 2. Court layout and its dimensions 3. Equipment's 4. Rules of the game	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			
Badminton Practical	04	1. Foot work of the players 2. Holding the racket 3. Fore hand service 4. Fore hand-Underhand receive/return	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	Rocket cock court	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Badminton Theory	08	1. History and development 2. Court and its dimensions 3. Equipment 4. Rules of the game	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>Long distance race:</b> 1. Start of the race 2. Finish	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			
Practical	06	<b>PHYSICAL EFFICIENCY TEST-1</b> <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (Endurance) <b>GIRLS</b> 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (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			
Practical Yogsana	04	<b>STANDING ASANA'S</b> 1. Parshva Konasana 2. Parivrittha Trikonasana 3. Ardha Chakrasana 4. Ushtrasana <b>SITTING ASANAS</b> 1. Ardha Matsyendrasana 2. Gomukhasana 3. Paschimopthanasana 4. Ardhabaddha paschimothanasana <b>LAYING ASANA'S</b> 1. Mathsyasana 2. Sarvangasana 3. Rajakapotasana 4. Dhanurasana	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			

Theory Yogsana	04	<ol style="list-style-type: none"> <li>1. Difference between Yogasana and Exericse</li> <li>2. Understanding the meaning and importance of pranayama</li> <li>3. Preparation for pranayama practice</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			
Pranayama	05	<p style="text-align: center;"><b>PRANAYAMA</b></p> <ol style="list-style-type: none"> <li>1. Anuloma – Viloma</li> <li>2. Chandranuloma – viloma</li> <li>3. Suryanuloma – viloma</li> </ol> <p style="text-align: center;"><b>DHYANA:</b></p> <ol style="list-style-type: none"> <li>1. Initial practice</li> <li>2. Suguna Dhyana</li> </ol>	Make the students to sit in any meditative posture practice pranayama on instructions.	Mat Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list <b>FORMAT-2</b>	Completion of learning and practicing process in the allotted period's			
Handball Practical	07	<ol style="list-style-type: none"> <li>1. Offensive Player Basic Stance</li> <li>2. Defensive player Basic Stance</li> <li>3. Catching the ball</li> <li>4. Passing</li> <li>5. Shot (Shooting)</li> <li>6. Passing with dribble</li> <li>7. Basic Stance of Goal keeper</li> <li>8. Ball stopping skill</li> <li>9. Stopping the high shots</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>6. Entry</li> <li>7. Stance</li> <li>8. Execution</li> <li>9. Contact</li> <li>10. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Hand ball court	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list <b>FORMAT-2</b>	Completion of learning and practicing process in the allotted period's			
Handball Theory	04	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. History and Development</li> <li>3. Court &amp; measurements</li> <li>4. Equipment &amp; Rules</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			

First Aid	03	<ol style="list-style-type: none"> <li>1. Need for First Aid</li> <li>2. Procedure of first aid in different situations</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			
Recreational Games	02	<ol style="list-style-type: none"> <li>1. Ratha Yudda</li> <li>2. Haranna Thoranna</li> <li>3. Akasha, Bhoomi, Pathala</li> <li>4. Sankya Rachane</li> <li>5. Entara Oota</li> <li>6. Mosale Bhai</li> <li>7. Malagiddu Eelu</li> <li>8. Vakya Bedisu</li> <li>9. Hathu Sankeya Atta</li> <li>10. Shathayu</li> <li>11. Hunjada Kalaga</li> <li>12. Khada Kho</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 4	03	Yogasana <ol style="list-style-type: none"> <li>1. Ardha chakrasana</li> <li>2. Paschimothanasana</li> </ol>	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 SINGNATURE

HEAD MASTER'S SIGNATURE