

8TH 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. |
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| Practical | 06 | <p>PHYSICAL EFFICIENCY TEST-1</p> <p>BOYS</p> <ol style="list-style-type: none"> 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (Endurance) <p>GIRLS</p> <ol style="list-style-type: none"> 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 | <p>TECHNIQUE: Observation</p> <p>TOOL: Check list FORMAT-1</p> | 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 | <p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p> | Students would participate interestingly provided the subject in taught through discussion | | | |
| Practical Volleyball | 05 | <ol style="list-style-type: none"> 1. Under Hand Pass 2. Upper Hand Pass 3. Under Hand Service | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | <p>Court Skill Volleyball Net</p> <p>Pictures</p> | <p>TECHNIQUE: Observation</p> <p>TOOL: Check list FORMAT-2</p> | Completion of learning and practicing process in the allotted period's | | | |

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| Theory Volleyball | 03 | <ol style="list-style-type: none"> History of the volleyball Lay out of Volley ball court Measurements & Equipment Rules of the game | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion | | | |
| Practical Hockey | 07 | <ol style="list-style-type: none"> Holding the stick & stance Indian dribbling & open dribbling Straight push Reverse push Straight stop Parallel pass | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> Entry Stance Execution Contact Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | Court Skill Volleyball Net Pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |
| Theory Hockey | 06 | <ol style="list-style-type: none"> History of Hockey Development of Hockey in India Indian team performance at Olympics Dimensions of Hockey field and equipment Rules of the game | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion | | | |
| Formative Assessment 1 | 03 | <p>Group Games Volleyball</p> <ol style="list-style-type: none"> Under Hand Pass Upper Hand Pass | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Court | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |

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| Ghati Leziums | 06 | <ol style="list-style-type: none"> 1. Aath toak 2. Thaal Se Kadam 3. Peeche paav 4. Aage paav 5. Pavithra 6. Kudan pavithra 7. Pavithra Baithak | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | Lezium | <p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 1. Line division 2. Then line me Tej chal 3. Tej chal me thaam | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | Text book | <p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 1. Meaning & importance of Mental Health 2. Understanding of Positive and Negative emotions 3. Understanding of balance emotions | Learning points have to be explained descriptively through discussion | Text book pictures | <p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 1. Factors promoting National Integration 2. History, importance and code of conduct regarding National flag and National anthem 3. Citizenship and Fundamental rights | Learning points have to be explained descriptively through discussion | Text book Pictures | <p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p> | Students would participate interestingly provided the subject in taught through discussion | | | |

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| Formative Assessment 2 | 03 | RHYTHMIC ACTIVICTY 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |
| summative Assessment -1 | 03 | summative Assessment -1 | summative Assessment -1 | | TECHNIQUE: Evaluation TOOL: 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |

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| 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion | | | |

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| Formative Assessment 3 | 03 | ATHLETICS Long distance race: 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |
| Practical | 06 | PHYSICAL EFFICIENCY TEST-1 BOYS 1. 50 Met. Run(Speed) 2. Standing broad jump (Strength) 3. 6x10 M. Shuttle run (Endurance) GIRLS 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-1 | Conducting efficiency test separately For boys and Girls | | | |
| Practical Yogsana | 04 | STANDING ASANA'S 1. Parshva Konasana 2. Parivrittha Trikonasana 3. Ardha Chakrasana 4. Ushtrasana SITTING ASANAS 1. Ardha Matsyendrasana 2. Gomukhasana 3. Paschimopthanasana 4. Ardhabaddha paschimothanasana LAYING ASANA'S 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |

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

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| First Aid | 03 | 1. Need for First Aid 2. Procedure of first aid in different situations | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion | | | |
| Recreational Games | 02 | 1. Ratha Yudda 2. Haranna Thoranna 3. Akasha, Bhoomi, Pathala 4. Sankya Rachane 5. Entara Oota 6. Mosale Bhai 7. Malagiddu Eelu 8. Vakya Bedisu 9. Hathu Sankeya Atta 10. Shathayu 11. Hunjada Kalaga 12. Khada Kho | Learning points have to be explained descriptively through discussion | Text book Pictures | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject in taught through discussion | | | |
| Formative Assessment 4 | 03 | Yogasana 1. Ardha chakrasana 2. Paschimothanasana | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Court Lane Finishing line | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |
| summative Assessment 2 | 02 | Blue print & question paper | Evaluation | | TECHNIQUE: Evaluation TOOL: Check list FORMAT-3 | Each student should undergo evaluation | | | |

PHY.EDU.TEACHER'S SINGNATURE

HEAD MASTER'S SIGNATURE