

## 9<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	<p><b>PHYSICAL EFFICIENCY TEST-1</b></p> <p><b>BOYS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Standing broad jump (Strength)</li> <li>3. 6x10 M. Shuttle run (Endurance)</li> </ol> <p><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Standing broad jump (Strength)</li> <li>6x10 M. Shuttle run (Endurance)</li> </ol>	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-1</p>	Conducting efficiency test separately For boys and Girls			
Theory	02	<p>Development of Physical education in India after independence:</p> <p>Development of physical education during the post-independence period</p> <p>Appointment of various committees</p> <p>Recommendations &amp; policies of various committees.</p>	Learning points have to be explained descriptively through discussion	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			

Practical Basket ball		<ol style="list-style-type: none"> <li>1. Dribbling</li> <li>2. Overhead pass</li> <li>3. Shooting</li> <li>4. Jump shot</li> <li>5. Layup shot</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>	<p>Court Skill Basketball  Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			
Theory Basket ball	04	<ol style="list-style-type: none"> <li>1. Tactics in Basketball</li> </ol> <p>Performance in basketball</p>	<p>Learning points have to be explained descriptively through discussion</p>	<p>Text book  Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	<p>Students would participate interestingly provided the subject in taught through discussion</p>			
Practical Handball	05	<ol style="list-style-type: none"> <li>1. Passing (Wrist pass)</li> <li>2. Catching the ball</li> <li>3. Shooting</li> <li>4. Dodging</li> </ol> <p>Goalkeeping</p>	<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>	<p>Court Skill Basketball  Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			

Theory Handball	04	1. Tactics in Handball 2. Performance at the state and national level Tournaments and awardees	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 1	03	Group Games Hand ball 1. Passing (wrist pass) 2. Catching the ball (below the knees)	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			
Hindi Leziums	07	1. Dahine baaye haath ki harkat 2. Dahine baaye paav ki harkat 3. Age ki harkat 4. Juknaa harkat 5. Aage ki juknaa harkat 6. Harkat bharat maatha 7. Chakkar aur baitne-utne ki harkat 8. Chakkar aur baitne utne ki harkat	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	Lezium	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Drill and marching	07	1. Quick march in threes 2. Change in step 3. Right turn in quick march 4. Left turn in quick march 5. About turn in quick march 6. right salute	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	Text book	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Social Health	02	<ol style="list-style-type: none"> <li>1. Meaning of social health and its importance</li> <li>2. Necessity of social health</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
Uses of healthy environment	04	<ol style="list-style-type: none"> <li>1. Health is wealth - How</li> <li>2. Exercise in open environment</li> <li>3. Gymnasiums and aerobic centers</li> <li>4. Swimming pool and sports training centers</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
Importance and uses of raw vegetables	01	<ol style="list-style-type: none"> <li>1. Uses and importance of raw vegetables</li> <li>2. Nutritious qualities of fruits, tubers and roots</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Student would participate interestingly provided the subject is taught through discussion			
First Aid	04	<ol style="list-style-type: none"> <li>1. First aid essential</li> <li>2. Applying bandages in different situations</li> <li>3. Snake Bite</li> <li>4. Drowning</li> <li>5. Animal bite</li> <li>6. Bandages used for 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			
Formative Assessment 2	03	<b>RHYTHMIC ACTIVICTY</b>  <ol style="list-style-type: none"> <li>1. March forward and backward</li> <li>2. Steps to the side</li> </ol>	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Lezium	<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			
Triple jump practical	04	<ol style="list-style-type: none"> <li>1. Check mark</li> <li>2. Approach run and take off</li> <li>3. The first leap – Hop</li> <li>4. The second leap – step</li> <li>5. The third leap – jump Landing</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>	<p>Court Lane Skill pictures</p>	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Triple jump Theory	04	<ol style="list-style-type: none"> <li>1. History of Triple jump</li> <li>2. Jumping arena and measurements</li> <li>3. Rules of triple jump Records in triple jump and athletes</li> </ol>	<p>Learning points have to be explained descriptively through discussion</p>	<p>Text book Pictures</p>	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Javelin practical	06	<ol style="list-style-type: none"> <li>1. Marking the check mark</li> <li>2. Grip</li> <li>3. Initial run and carrying the javelin</li> <li>4. Five step rhythm</li> <li>5. Follow through</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>	<p>Court Lane Skill pictures</p>	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Javelin Theory	04	<ol style="list-style-type: none"> <li>1. History of Javelin throw</li> <li>2. The rules of Javelin throw sector</li> <li>3. Famous Javelin throwers</li> </ol>	Learning points have to be explained descriptively through discussion	<p>Text book</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			
Volley ball practical	06	<ol style="list-style-type: none"> <li>1. Tennis serve</li> <li>2. Setting the ball (upper hand pass)</li> <li>3. Straight smash</li> <li>4. Receiving the ball and rolling</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>	<p>Court Lane Skill pictures</p>	<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			
Volleyball Theory	05	<ol style="list-style-type: none"> <li>1. Some tactics in Volleyball</li> <li>2. The achievements of the state in Volleyball at the national level</li> <li>3. The achievements in Volleyball at the international level</li> <li>4. Performance in Asian games and awards</li> </ol>	Learning points have to be explained descriptively through discussion	<p>Text book</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			

Badminton	03	<ol style="list-style-type: none"> <li>1. Placing</li> <li>2. Backhand service</li> <li>3. Backhand receive / return</li> <li>4. Overhead forehand return</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>1. Execution</li> <li>2. Contact</li> <li>3. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	<p>Court Lane Skill pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			
Badminton	02	<ol style="list-style-type: none"> <li>1. Tactics of badminton</li> <li>2. Achievements at the state, national and international level</li> <li>3. Competitions and awards</li> </ol>	<p>Learning points have to be explained descriptively through discussion</p>	<p>Text book Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	<p>Students would participate interestingly provided the subject in taught through discussion</p>			
Formative Assessment 3	03	<p><b>ATHLETICS</b></p> <p><b>TRIPLE JUMP:</b></p> <ol style="list-style-type: none"> <li>1. Approach run &amp; take off</li> <li>2. Hop- Step-Jump</li> </ol>	<p>To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.</p>	<p>Court Lane Finishing line</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Each student should undergo evaluation</p>			

<p>Practical</p>	<p>06</p>	<p><b>PHYSICAL EFFICIENCY TEST-1</b> <b>BOYS</b> 4. 50 Met. Run(Speed) 5. Standing broad jump (Strength) 6. 6x10 M. Shuttle run (Endurance) <b>GIRLS</b> 3. 50 Met. Run(Speed) 4. Standing broad jump (Strength) 6x10 M. Shuttle run (Endurance)</p>	<p>Conduct the test and enter the obtained data in FORMAT-1</p>	<p>STOP WATCH MEASURING TAPE</p>	<p><b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-1</p>	<p>Conducting efficiency test separately For boys and Girls</p>			
<p>Yogasana</p>	<p>08</p>	<p><b>Standing position Asanas</b> 1. Hasthapadangushtasana 2. Uthanasana 3. Urdhva hasthothanasana 4. Uthitha ekapada badha padmasana <b>Sitting position Asanas</b> 1. Badhakonasana 2. Gorakshasana 3. Kukkutasana 4. Kurmasana <b>Laying down position</b> 1. Halasana 2. Ekaika pada halasana 3. Navasana 4. chakrasana</p>	<p>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</p>	<p>Mat  Pictures</p>	<p><b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			



Yogasana	03	<ol style="list-style-type: none"> <li>1. Meaning of Ashtanga and its importance</li> <li>2. Benefits of yoga practice</li> <li>3. Types of pranayama Kapalabhati</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	04	<b>PRANAYAMA</b> <ol style="list-style-type: none"> <li>1. Chandrabhedana pranayama</li> <li>2. Suryabhedana pranayama</li> <li>3. Nadi shodhana (nadi cleansing) pranayama</li> <li>Ujjayi pranayama</li> </ol>	Make the students to sit in any meditative posture practice pranayama and mudra's 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			
Hockey Practical	04	<ol style="list-style-type: none"> <li>1. Straight Hit</li> <li>2. Scoop</li> <li>3. Aerial stop</li> <li>4. Passing – Diagonal pass</li> <li>5. The Goalkeeper's stance</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>3. Entry</li> <li>4. Stance</li> <li>4. Execution</li> <li>5. Contact</li> <li>6. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Lane Skill  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			
Hockey Theory	05	<ol style="list-style-type: none"> <li>1. Tactics in hockey</li> <li>2. State and national level achievements in hockey</li> <li>3. Tournaments and awardees</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			

National integration	03	<ol style="list-style-type: none"> <li>1. National Integration</li> <li>2. National flag and guidelines</li> <li>3. Communal harmony Programs of develop national integration</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	07	<ol style="list-style-type: none"> <li>1. Locking the chain and unlocking it</li> <li>2. War of the walls</li> <li>3. Shoulder lock</li> <li>4. Multiples</li> <li>5. Sum of jumps</li> <li>6. Potato race</li> <li>7. Race in pairs</li> <li>8. Steal the flag</li> <li>9. Chess</li> <li>10. Khayenge</li> <li>11. Kangaroo relay</li> <li>12. Dodge ball</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. Urdhva hasthothanasana</li> <li>2. Chakrasana</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