

9TH Std. PHYSICAL EDUCATION NOTES OF LESSON-2019-20

| 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"> 50 Met. Run(Speed) Standing broad jump (Strength) 6x10 M. Shuttle run (Endurance) <p>GIRLS</p> <ol style="list-style-type: none"> 50 Met. Run(Speed) Standing broad jump (Strength) 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 | | | |
| 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 & policies of various committees.</p> | 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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| Practical Basket ball | | <ol style="list-style-type: none"> 1. Dribbling 2. Overhead pass 3. Shooting 4. Jump shot 5. Layup shot | <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 Basketball</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 | | | |
| Theory Basket ball | 04 | <ol style="list-style-type: none"> 1. Tactics in Basketball <p>Performance in basketball</p> | <p>Learning points have to be explained descriptively through discussion</p> | <p>Text book</p> <p>Pictures</p> | <p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p> | Students would participate interestingly provided the subject in taught through discussion | | | |
| Practical Handball | 05 | <ol style="list-style-type: none"> 1. Passing (Wrist pass) 2. Catching the ball 3. Shooting 4. Dodging Goalkeeping | <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> | <p>Court Skill Basketball</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 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 | TECHNIQUE: Observation TOOL: Self-reflection | Students would participate interestingly provided the subject is 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |
| Hindi Lezioms | 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 | Leziom | TECHNIQUE: Observation TOOL: 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 | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |

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| Social Health | 02 | <ol style="list-style-type: none"> 1. Meaning of social health and its importance 2. Necessity of social health | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion | | | |
| Uses of healthy environment | 04 | <ol style="list-style-type: none"> 1. Health is wealth - How 2. Exercise in open environment 3. Gymnasiums and aerobic centers 4. Swimming pool and sports training centers | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation TOOL: 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"> 1. Uses and importance of raw vegetables 2. Nutritious qualities of fruits, tubers and roots | Learning points have to be explained descriptively through discussion | Text book pictures | TECHNIQUE: Observation TOOL: Self-reflection | Student would participate interestingly provided the subject is taught through discussion | | | |
| First Aid | 04 | <ol style="list-style-type: none"> 1. First aid essential 2. Applying bandages in different situations 3. Snake Bite 4. Drowning 5. Animal bite 6. Bandages used for 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 | | | |
| Formative Assessment 2 | 03 | RHYTHMIC ACTIVICTY <ol style="list-style-type: none"> 1. March forward and backward 2. Steps to the side | To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills. | Lezium | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Each student should undergo evaluation | | | |

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| summative Assessment -1 | 03 | summative Assessment -1 | summative Assessment -1 | | TECHNIQUE: Evaluation TOOL: Check list FORMAT-3 | Each student should undergo evaluation | | | |
| Triple jump practical | 04 | <ol style="list-style-type: none"> 1. Check mark 2. Approach run and take off 3. The first leap – Hop 4. The second leap – step 5. The third leap – jump Landing | <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> | Court Lane Skill pictures | TECHNIQUE: Observation TOOL: 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"> 1. History of Triple jump 2. Jumping arena and measurements 3. Rules of triple jump Records in triple jump and athletes | 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 | | | |
| Javelin practical | 06 | <ol style="list-style-type: none"> 1. Marking the check mark 2. Grip 3. Initial run and carrying the javelin 4. Five step rhythm 5. Follow through | <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> | Court Lane Skill pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |

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

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| Badminton | 03 | <ol style="list-style-type: none"> 1. Placing 2. Backhand service 3. Backhand receive / return 4. Overhead forehand return | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 1. Entry 2. Stance 1. Execution 2. Contact 3. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | <p>Court Lane Skill pictures</p> | <p>TECHNIQUE: Observation</p> <p>TOOL: 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"> 1. Tactics of badminton 2. Achievements at the state, national and international level 3. Competitions and awards | <p>Learning points have to be explained descriptively through discussion</p> | <p>Text book Pictures</p> | <p>TECHNIQUE: Observation</p> <p>TOOL: Self-reflection</p> | <p>Students would participate interestingly provided the subject in taught through discussion</p> | | | |
| Formative Assessment 3 | 03 | <p>ATHLETICS</p> <p>TRIPLE JUMP:</p> <ol style="list-style-type: none"> 1. Approach run & take off 2. Hop- Step-Jump | <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>TECHNIQUE: Observation</p> <p>TOOL: Check list FORMAT-2</p> | <p>Each student should undergo evaluation</p> | | | |

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

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| Yogasana | 03 | <ol style="list-style-type: none"> 1. Meaning of Ashtanga and its importance 2. Benefits of yoga practice 3. Types of pranayama Kapalabhati | 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 | 04 | PRANAYAMA <ol style="list-style-type: none"> 1. Chandrabhedana pranayama 2. Suryabhedana pranayama 3. Nadi shodhana (nadi cleansing) pranayama Ujjayi pranayama | Make the students to sit in any meditative posture practice pranayama and mudra's on instructions. | Mat Pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |
| Hockey Practical | 04 | <ol style="list-style-type: none"> 1. Straight Hit 2. Scoop 3. Aerial stop 4. Passing – Diagonal pass 5. The Goalkeeper's stance | <p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> 3. Entry 4. Stance 4. Execution 5. Contact 6. Follow through <p>Provide the opportunity to the students to practice individually or in groups</p> | Court Lane Skill pictures | TECHNIQUE: Observation TOOL: Check list FORMAT-2 | Completion of learning and practicing process in the allotted period's | | | |
| Hockey Theory | 05 | <ol style="list-style-type: none"> 1. Tactics in hockey 2. State and national level achievements in hockey 3. Tournaments and awardees | 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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| National integration | 03 | <ol style="list-style-type: none"> 1. National Integration 2. National flag and guidelines 3. Communal harmony Programs of develop national integration | 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 | 07 | <ol style="list-style-type: none"> 1. Locking the chain and unlocking it 2. War of the walls 3. Shoulder lock 4. Multiples 5. Sum of jumps 6. Potato race 7. Race in pairs 8. Steal the flag 9. Chess 10. Khayenge 11. Kangaroo relay 12. Dodge ball | 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 <ol style="list-style-type: none"> 1. Urdhva hasthothanasana 2. Chakrasana | 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