

## 9<sup>th</sup> Std. Annual Program of work-2022-23

Months	Chapter	Periods	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 (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)				
	Development of Physical Education in india after independence		04		Development of phy.Edu. during the post-independence period Appointment of various committees Recommendations & policies of various committees				
	Basket ball		06		1. Dribbling 2. Overhead pass 3. Shooting 4. Jump shot 5. Layup shot				
<b>JULY</b>	Basket ball	16		04	1. Tactics in Basketball 2. Performance in basketball				
	Hand ball		05		1. Passing (Wrist pass) 2. Catching the ball 3. Shooting 4. Dodging 5. Goalkeeping				
				04		1. Tactics in Handball 2. Performance at the state and national level 3. Tournaments and awardees			
	<b>Formative Assessment -1</b>		03	-	Group Games				

August	NDS Lezium	16	07		<ol style="list-style-type: none"> <li>1. Dahine baaye haath ki harkat</li> <li>2. Dahine baaye paav ki harkat</li> <li>3. Age ki harkat</li> <li>4. Juknaa harkat</li> <li>5. Aage ki juknaa harkat</li> <li>6. Harkat bharat maatha</li> <li>7. Chakkar aur baitne-utne ki harkat</li> <li>8. Chakkar aur baitne utne ki harkat</li> </ol>				
	Drill and marching		07	-	<ol style="list-style-type: none"> <li>1. Quick march in threes</li> <li>2. Change in step</li> <li>3. Right turn in quick march</li> <li>4. Left turn in quick march</li> <li>5. About turn in quick march</li> <li>6. right salute</li> </ol>				
	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>				
September	Uses of healthy environment	12		03	<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>				
	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>				
	First Aid			03	<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>				
	<b>Formative Assessment -2</b>			03		Rhythmic Activities			
	<b>summative Assessment -1</b>				02		summative Assessment -1		

October	Triple jump	04	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</li> <li>6. Landing</li> </ol>				
	Triple jump	16	02	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</li> <li>4. Records in triple jump and athletes</li> </ol>			
Javelin throw	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>				
			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>				
December	Volley ball	16	04	<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>				
	Volleyball		-	04	<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>			
	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>				
				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>			
	<b>Formative Assessment -3</b>		03		Athletics			

<b>January</b>	Physical efficiency test-2	16	06	<p><b>PHYSICAL EFFICIENCY TEST-1</b></p> <p><b>BOYS</b></p> <p>4. 50 Met. Run(Speed)</p> <p>5. Standing broad jump (Strength)</p> <p>6. 6x10 M. Shuttle run (Endurance)</p> <p><b>GIRLS</b></p> <p>4. 50 Met. Run(Speed)</p> <p>5. Standing broad jump (Strength)</p> <p>6. 6x10 M. Shuttle run (Endurance)</p>			
	Yogasana		08	<p><b>Standing position Asanas</b></p> <p>1. Hasthapadangushtasana</p> <p>2. Uthanasana</p> <p>3. Urdhva hasthothanasana</p> <p>4. Uthitha ekapada badha padmasana</p> <p><b>Sitting position Asanas</b></p> <p>1. Badhakonasana</p> <p>2. Gorakshasana</p> <p>3. Kukkutasana</p> <p>4. Kurmasana</p> <p><b>Laying down position</b></p> <p>1. Halasana</p> <p>2. Ekaika pada halasana</p> <p>3. Navasana</p> <p>4. chakrasana</p>			
			02	<p>1. Meaning of Ashtanga and its importance</p> <p>2. Benefits of yoga practice</p> <p>3. Types of pranayama</p> <p>4. Kapalabhati</p>			
<b>February</b>	Pranayama	16	04	<p><b>PRANAYAMA</b></p> <p>1. Chandrabhedana pranayama</p> <p>2. Suryabhedana pranayama</p> <p>3. Nadi shodhana (nadi cleansing) pranayama</p> <p>4. Ujjayi pranayama</p>			

	Hockey		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>			
			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>			
	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</li> <li>4. Programs of develop national integration</li> </ol>			
March	Recreational games	10	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>			
March	Formative Assessment -4		03	Yogasana			
	Summative assessment -2		03	Evaluation			
April	Evaluation			Evaluation			

Phy.Edu. Teacher signature

Head Master signature