

## 8<sup>th</sup> Standard Annual Program of work 2024-25

| Month | Chapter                            | Pe<br>riod | Prac<br>tical | Theory | LEARNING OUTCOME  | P.E.T<br>Signat<br>ure | H.M.<br>Signatu<br>re | Date |
|-------|------------------------------------|------------|---------------|--------|---|------------------------|-----------------------|------|
| June  | Physical efficiency test-1         | 16         | 06            | -      | <b>PHYSICAL EFFICIENCY TEST-1</b><br><b>BOYS</b><br>1. 50 Met. Run(Speed)<br>2. Vertical Jump(Power)<br>3. Sit-ups 60 Sec. (Endurance)<br><b>GIRLS</b><br>1. 30 Met. Run(Speed)<br>2. Vertical Jump (Power)<br>3. Sit-ups-in 30 sec.(Endurance) |                        |                       |      |
|       | Significance of Physical education |            | -             | 02     | Significance of Physical education  |                        |                       |      |
|       | Volleyball                         |            | 05            |        | 1. Under Hand Pass<br>2. Upper Hand Pass<br>3. Under Hand Service   |                        |                       |      |
|       |                                    |            | 03            |        | 1. History of the volleyball<br>2. Lay out of Volley ball court<br>3. Measurements & Equipment<br>4. Rules of the game  |                        |                       |      |
| July  | Hockey                             | 16         | 07            |        | 1. Holding the stick & stance<br>2. Indian dribbling & open dribbling<br>3. Straight push<br>4. Reverse push<br>5. Straight stop<br>6. Parallel pass  |                        |                       |      |
|       |                                    |            | 06            |        | 1. History of Hockey<br>2. Development of Hockey in India<br>3. Indian team performance at Olympics<br>4. Dimensions of Hockey field and equipment<br>5. Rules of the game  |                        |                       |      |
|       | <b>Formative Assessment -1</b>     |            | 03            | -      | Group Games   |                        |                       |      |

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| August    | Ghati Lezium                      | 16 | 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>                       |  |  |  |
|           | Drill & Marching                  |    | 05 | -  | <ol style="list-style-type: none"> <li>1. Line division</li> <li>2. Theen line me Tej chal</li> <li>3. Tej chal me thaam</li> </ol>  |  |  |  |
|           | 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>                                   |  |  |  |
| September | National Flag and National Anthem | 12 |    | 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> |  |  |  |
|           | <b>Formative Assessment -2</b>    |    | 03 |    | Rhythmic Activities  |  |  |  |
|           | <b>summative Assessment -1</b>    |    |    | 02 | summative Assessment -1  |  |  |  |
| October   | Middle and long distance races    | 04 | 04 |    | <ol style="list-style-type: none"> <li>1. Arm and Leg movements</li> <li>2. Semi Crouch start and body position</li> <li>3. Finish Strategies</li> <li>4. Running Strategies</li> </ol>  |  |  |  |
| November  |                                   | 16 |    | 04 | <ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Start and finish of races</li> <li>3. Rules of the competition</li> <li>4. State, national &amp; international records</li> </ol>                                       |  |  |  |
|           | High Jump                         |    | 03 |    | <ol style="list-style-type: none"> <li>1. Straddle technique</li> <li>2. Approach run</li> <li>3. Take off</li> <li>4. Parallel straddle</li> <li>5. Dive straddle</li> <li>6. Landing</li> </ol>  |  |  |  |
|           |                                   |    | 02 |    | <ol style="list-style-type: none"> <li>1. Rules and fouls in High Jump competition</li> <li>2. National &amp; International Level records</li> </ol>   |  |  |  |

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|          | Basketball                     |    | 07 | <ol style="list-style-type: none"> <li>1. Stance</li> <li>2. Holding the ball</li> <li>3. Dribbling</li> <li>4. Chest pass</li> <li>5. Receiving the ball</li> <li>6. Step stop</li> <li>7. Pivoting</li> <li>8. Shooting</li> </ol>   |  |  |  |
| December | Basketball                     | 16 | 04 | <ol style="list-style-type: none"> <li>1. History and development</li> <li>2. Court layout and its dimensions</li> <li>3. Equipments</li> <li>4. Rules of the game</li> </ol>  |  |  |  |
|          | Badminton                      |    | 05 | <ol style="list-style-type: none"> <li>1. Foot work of the players</li> <li>2. Holding the racket</li> <li>3. Fore hand service</li> <li>4. Fore hand-Underhand receive/return</li> </ol>  |  |  |  |
|          |                                |    | 04 | <ol style="list-style-type: none"> <li>1. History and development</li> <li>2. Court and its dimensions</li> <li>3. Equipment</li> <li>4. Rules of the game</li> </ol>  |  |  |  |
|          | <b>Formative Assessment -3</b> |    | 03 | <b>ATHELETICS</b>  |  |  |  |
| JANUARY  | Physical efficiency test-1     | 16 | 06 | <p align="center"><b>PHYSICAL EFFICIENCY TEST-1</b></p> <p align="center"><b>BOYS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Vertical Jump(Power)</li> <li>3. Sit-ups 60 Sec. (Endurance)</li> </ol> <p align="center"><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>4. 30 Met. Run(Speed)</li> <li>5. Vertical Jump (Power)</li> <li>6. Sit-ups- 30 sec.(Endurance)</li> </ol>    |  |  |  |
|          | Yogsana                        |    | 06 | <p align="center"><b>STANDING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Parshva Konasana</li> <li>2. Parivrittha Trikonasana</li> <li>3. Ardha Chakrasana</li> <li>4. Ushtrasana</li> </ol> <p align="center"><b>SITTING ASANAS</b></p> <ol style="list-style-type: none"> <li>1. Ardha Matsyendrasana</li> <li>2. Gomukhasana</li> <li>3. Paschimopthanasana</li> <li>4. Ardhabaddha paschimothanasana</li> </ol> |  |  |  |

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|          |                    |    |    |   | <b>LAYING ASANA'S</b><br>1. Mathsyasana<br>2. Sarvangasana<br>3. Rajakapotasana<br>4. Dhanurasana  |  |  |  |
|          |                    |    |    | 04  | 1. Difference between Yogasana and Exercise<br>2. Understanding the meaning and importance of pranayama<br>3. Preparation for pranayama practice |  |  |  |
| February | Pranayama          | 16 | 05 | <b>PRANAYAMA</b><br>1. Anuloma – Viloma<br>2. Chandranuloma – viloma<br>3. Suryanuloma – viloma<br><b>DHYANA:</b><br>1. Initial practice<br>2. Suguna Dhyana  |  |  |  |  |
|          | Handball           |    | 07 | 1. Offensive Player Basic Stance<br>2. Defensive player Basic Stance<br>3. Catching the ball<br>4. Passing<br>5. Shot (Shooting)<br>6. Passing with dribble<br>7. Basic Stance of Goal keeper<br>8. Ball stopping skill<br>9. Stopping the high shots |  |  |  |  |
|          |                    |    | 04 | 1. Introduction<br>2. History and Development<br>3. Court & measurements<br>4. Equipment & Rules  |  |  |  |  |
| March    | First Aid          | 10 | 03 | 1. Need for First Aid<br>2. Procedure of first aid in different situations  |  |  |  |  |
|          | Recreational Games |    | 02 | 1. Ratha Yudda<br>2. Haranna Thoranna<br>3. Akasha, Bhoomi, Pathala<br>4. Sankya Rachane<br>5. Entara Oota<br>6. Mosale Bhai<br>7. Malagiddu Eelu<br>8. Vakya Bedisu<br>9. Hathu Sankeya Atta<br>10. Shathayu<br>11. Hunjada Kalaga<br>12. Khada Kho  |  |  |  |  |

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|  | <b>Formative Assessment -4</b> |    | 03 |    | <b>yoga</b> |  |  |  |
|  | <b>summative Assessment -2</b> |    |    | 02 | Evaluation  |  |  |  |
|  | Evaluation                     | 03 |    | 03 | Evaluation  |  |  |  |

Phy. Edu. Teacher Signature

Head Master Signature

2024-25