

INFANT JESUS CONVENT SCHOOL
ANNUAL PLAN
PHYSICAL EDUCATION
CLASS: I

MONTH/NO OF DAYS	TOPIC: SUB TOPIC	OBJECTIVES	AIDS/ACTIVITIES	MULTIPLE INTELLIGENCE SKILLS	LEARNING OUTCOME
<p style="text-align: center;">APRIL No of Days: 14</p>	<ul style="list-style-type: none"> • WARMING EXERCISES • L.A.PTEXERCISES • RECREATIONAL ACTIVITIES 	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> • To improve team technical, tactical, physical, and psycho-social skills • To enable the student to have good health <p>To provide opportunity to every student to participate in Games and Sports</p>	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • List the favourite activity • Identify the skills <p>SKILLS:</p> <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability <p>APPLICATION:</p> <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh and social. <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various type of minor games & sports skills. • Applying different determiners 	<ul style="list-style-type: none"> • Linguistic • Interpersonal • Intrapersonal • Naturalistic • Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrate adequate knowledge • effectively apply knowledge and skills

<p>MAY No of Days: 10</p>	<ul style="list-style-type: none"> • 50 mts. Zig-Zag • Frog jump • L.A.PTEXERCISES • MEDIDATION 	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> • To improve team technical, tactical, physical, and psycho-social skills • To enable the student to have good health <p>To provide opportunity to every student to participate in Games and Sports</p>	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • List the favourite activity • Identify the skills <p>SKILLS:</p> <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability <p>APPLICATION:</p> <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh and social. <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various type of minor games & sports skills. • Applying different determiners 	<ul style="list-style-type: none"> • Linguistic • Interpersonal • Intrapersonal • Naturalistic • Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrate adequate knowledge • effectively apply knowledge and skills
<p>CONDUCTION OF E-1/ PT-1</p>					
<p>JULY No of Days: 21</p>	<ul style="list-style-type: none"> • Warming up Exercises. • Skipping, Shuttle Run. • L.A.PTEXERCISES • MEDIDATION 	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> • To improve team technical, tactical, physical, and psycho-social 	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • List the favourite activity • Identify the skills <p>SKILLS:</p> <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability 	<ul style="list-style-type: none"> • Linguistic • Interpersonal • Intrapersonal • Naturalistic • Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrate adequate knowledge

		<p>skills</p> <ul style="list-style-type: none"> • To enable the student to have good health <p>To provide opportunity to every student to participate in Games and Sports</p>	<p>APPLICATION:</p> <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh and social. <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various type of minor games & sports skills. • Applying different determiners 		<ul style="list-style-type: none"> • effectively apply knowledge and skills
<p>AUGUST No of Days: 20</p>	<ul style="list-style-type: none"> • Skipping, Shuttle Run. • L.A.PTEXERCISES MEDIDATION 	<ul style="list-style-type: none"> • Students will be able to: • To improve team technical, tactical, physical, and psycho-social skills • To enable the student to have good health • To provide opportunity to every student to participate in Games and Sports 	<ul style="list-style-type: none"> • KNOWLEDGE: • List the favourite activity • Identify the skills • SKILLS: • Creative Skill • Confidence • Adaptability • APPLICATION: • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh and social. • UNDERSTANDIN G: • Identifying 	<ul style="list-style-type: none"> • Linguistic • Interpersonal • Intrapersonal • Naturalistic • Physical experience 	<ul style="list-style-type: none"> • Students will be able to: • Critical thinking and reasoning skills. • demonstrate adequate knowledge • effectively apply knowledge and skills

			various type of minor games & sports skills. <ul style="list-style-type: none"> ● Applying different determiners 		
SSEPTEMBER	CONDUCTION OF E-2/ TERM-1				
OCTOBER No of Days: 19	<ul style="list-style-type: none"> ● Standing Kho Kho. ● Passing the ball. ● Skipping, Shuttle Run. ● L.A.PTEXERCISES MEDIDATION 	<ul style="list-style-type: none"> ● Students will be able to: ● To improve team technical, tactical, physical, and psycho-social skills ● To enable the student to have good health ● To provide opportunity to every student to participate in Games and Sports 	<ul style="list-style-type: none"> ● KNOWLEDGE: ● List the favourite activity ● Identify the skills ● SKILLS: ● Creative Skill ● Confidence ● Adaptability ● APPLICATION: ● Practice of the relative skills. ● Analysis the skills. ● Fit, active, fresh and social. ● UNDERSTANDIN G: ● Identifying various type of minor games & sports skills. ● Applying different determiners 	<ul style="list-style-type: none"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<ul style="list-style-type: none"> ● Students will be able to: ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills

<p>NOVEMBER No of Days: 19</p>	<ul style="list-style-type: none"> ● Dog and the Bone. ● Race with passing the Ball. ● L.A.PTEXERCISES ● MEDIDATION 	<ul style="list-style-type: none"> ● Students will be able to: ● To improve team technical, tactical, physical, and psycho-social skills ● To enable the student to have good health ● To provide opportunity to every student to participate in Games and Sports 	<ul style="list-style-type: none"> ● KNOWLEDGE: ● List the favourite activity ● Identify the skills ● SKILLS: ● Creative Skill ● Confidence ● Adaptability ● APPLICATION: ● Practice of the relative skills. ● Analysis the skills. ● Fit, active, fresh and social. ● UNDERSTANDIN G: ● Identifying various type of minor games & sports skills. ● Applying different determiners 	<ul style="list-style-type: none"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<ul style="list-style-type: none"> ● Students will be able to: ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills
<p>DECEMBER No of Days: 11</p>	<ul style="list-style-type: none"> ● Standing Kho Kho. ● Passing the ball. ● Skipping, Shuttle Run. ● L.A.PTEXERCISES ● MEDIDATION 	<ul style="list-style-type: none"> ● Students will be able to: ● To improve team technical, tactical, physical, and psycho-social skills ● To enable the student to 	<ul style="list-style-type: none"> ● KNOWLEDGE: ● List the favourite activity ● Identify the skills ● SKILLS: ● Creative Skill ● Confidence ● Adaptability 	<ul style="list-style-type: none"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<ul style="list-style-type: none"> ● Students will be able to: ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge

		<p>have good health</p> <ul style="list-style-type: none"> ● To provide opportunity to every student to participate in Games and Sports 	<ul style="list-style-type: none"> ● APPLICATION: ● Practice of the relative skills. ● Analysis the skills. ● Fit, active, fresh and social. ● UNDERSTANDING: ● Identifying various type of minor games & sports skills. ● Applying different determiners 		<ul style="list-style-type: none"> ● effectively apply knowledge and skills
CONDUCTION OF E-3/PT-2/PT-3					
<p>JANUARY No of Days: 16</p>	<ul style="list-style-type: none"> ● 50 mts. Zig-Zag ● Frog jump ● L.A.PTEXERCISES ● MEDIDATION 	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> ● To improve team technical, tactical, physical, and psycho-social skills ● To enable the student to have good health <p>To provide opportunity to every student to participate in Games and Sports</p>	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> ● List the favourite activity ● Identify the skills <p>SKILLS:</p> <ul style="list-style-type: none"> ● Creative Skill ● Confidence ● Adaptability <p>APPLICATION:</p> <ul style="list-style-type: none"> ● Practice of the relative skills. ● Analysis the skills. ● Fit, active, fresh and social. 	<ul style="list-style-type: none"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills

			<p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various type of minor games & sports skills. • Applying different determiners 		
<p>FEBRUARY No of Days: 21</p>	<ul style="list-style-type: none"> ● Dog and the Bone. ● Race with passing the Ball. ● L.A.PTEXERCISES ● MEDIDATION 	<ul style="list-style-type: none"> ● Students will be able to: ● To improve team technical, tactical, physical, and psycho-social skills ● To enable the student to have good health ● To provide opportunity to every student to participate in Games and Sports 	<ul style="list-style-type: none"> ● KNOWLEDGE: ● List the favourite activity ● Identify the skills ● SKILLS: ● Creative Skill ● Confidence ● Adaptability ● APPLICATION: ● Practice of the relative skills. ● Analysis the skills. ● Fit, active, fresh and social. ● UNDERSTANDING: ● Identifying various type of minor games & sports skills. ● Applying different determiners 	<ul style="list-style-type: none"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<ul style="list-style-type: none"> ● Students will be able to: ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills
MARCH	FINAL ASSESSMENT				

