

**INFANT JESUS CONVENT SCHOOL**  
**ANNUAL PLAN**  
**PHYSICAL EDUCATION**  
**CLASS: X**

<b>MONTH/NO OF DAYS</b>	<b>TOPIC: SUB TOPIC</b>	<b>OBJECTIVES</b>	<b>AIDS/ACTIVITIES</b>	<b>MULTIPLE INTELLIGENCE SKILLS</b>	<b>LEARNING OUTCOME</b>
<p style="text-align: center;">April No of Days: 11</p>	<ul style="list-style-type: none"> <li>➤ Warming exercises               <ul style="list-style-type: none"> <li>• Head turns</li> <li>• Chin up &amp; down</li> </ul> </li> <li>➤ L.A.P/T exercises</li> <li>➤ Recreational activities</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> <li>• To provide opportunity to every student to participate in games and sports</li> </ul>	<p><b>Knowledge:</b></p> <ul style="list-style-type: none"> <li>• List the favorite activity</li> <li>• Identify the skills</li> </ul> <p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>• Creative skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>Application:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>Understanding:</b></p> <ul style="list-style-type: none"> <li>• Identifying various types of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>

<p style="text-align: center;">May No of Days: 12</p>	<ul style="list-style-type: none"> <li>➤ Athletic (track events), short races, middle races. L.a.pt (callisthenic exercises), yoga and meditation class activities once</li> <li>➤ BASKET BALL AND FOOTBALL WITH PROPER RULE AND REGULATIONS in a month</li> </ul>	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favorite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p style="text-align: center;">July No of Days: 23</p>	<ul style="list-style-type: none"> <li>➤ Short races class competitions organize class wise in the month of the end.</li> </ul>	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favorite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and</li> </ul>

		To provide opportunity to every student to participate in Games and Sport	<p>relative skills.</p> <ul style="list-style-type: none"> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>		skills
<p>August No of Days: 23</p>	<ul style="list-style-type: none"> <li>➤ Warming up Exercises.</li> <li>➤ Skipping, Shuttle Run.</li> <li>➤ L.a.pt exercises</li> <li>➤ Meditation</li> </ul> <p>Preparing for inter school games with proper rule and regulation, fitness activities, l.a.pt (callisthenic exercises), yoga and meditation class activities. Submit practical file.</p>	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favorite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>

SEPTEMBER	<b>REVISION:PT-2</b>				
<b>CONDUCTION OF PT-2 ASSESSMENT(Second Week of September)</b>					
<p style="text-align: center;">OCTOBER No of Days: 22</p>	<ul style="list-style-type: none"> <li>➤ Athletic (field events)long jump,</li> <li>➤ triple jump,</li> <li>➤ high jump house wise competitions in this month</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favorite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various types of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>
<p style="text-align: center;">NOVEMBER No of Days: 16</p>	<ul style="list-style-type: none"> <li>➤ Athletic (field events) shot put, discus throw, javelin throws house wise competitions in this month</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● To improve team technical, tactical, physical, and psycho-social</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favorite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate</li> </ul>

	<ul style="list-style-type: none"> <li>➤ 1.a.pt exercises</li> <li>➤ Meditation</li> </ul>	<p>skills</p> <ul style="list-style-type: none"> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<ul style="list-style-type: none"> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>		<p>adequate knowledge</p> <ul style="list-style-type: none"> <li>● effectively apply knowledge and skills</li> </ul>
<b>CONDUCTION PT-3</b>					
<p>DECEMBER No of Days: 18</p>	<ul style="list-style-type: none"> <li>➤ Standing kho kho.</li> <li>➤ Passing the ball.</li> <li>➤ Skipping, shuttle run.</li> <li>➤ 1.a.pt exercises</li> <li>➤ Meditation</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favorites activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>

			<ul style="list-style-type: none"> <li>● Identifying various types of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>		
	<b>CONDUCTION OF E-3/PT-2/PT-3</b>				
<p style="text-align: center;">JANUARY No of Days: 18</p>	<p>➤ Football and basketball competition house wise in the month end, I.a.pt (callisthenic exercises), yoga and meditation class activities. Sewa projects.</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favorite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various types of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>
<p style="text-align: center;">FEBRUARY No of Days: 03</p>	<p>➤ Short races class competitions</p>	<p>Students will be able to: Students will be</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favorite</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical</li> </ul>

	<p>organize class wise in the month of the end.</p>	<p>able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sport</p>	<p>activity</p> <ul style="list-style-type: none"> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>thinking and reasoning skills.</p> <ul style="list-style-type: none"> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p>MARCH</p>	<p style="text-align: center;"><b>FINAL ASSESSMENT</b></p>				