

**INFANT JESUS CONVENT SCHOOL**  
**ANNUAL PLAN**  
**ENGLISH**  
**CLASS: VII**

<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: 17</p>	<ul style="list-style-type: none"> <li>• GENERAL AND</li> <li>• SPECIFIC (RELATED TO THE GAMES) EXERCISES</li> <li>• WITH PROPER RULE AND REGULATIONS</li> <li>• L.A. P. EXERCISES</li> <li>• MEDITATION CLASS ONCE IN A 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> </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 games &amp; sports</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> <li>• Handling pressure</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 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>MAY No of Days: 12</p>	<ul style="list-style-type: none"> <li>• GENERAL AND SPECIFIC (RELATED TO THE GAMES) EXERCISES</li> <li>• WITH PROPER RULE AND REGULATIONS</li> <li>• L.A. PT EXERCISES MEDITATION CLASS ONCE IN A 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> </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 games &amp; sports</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> <li>• Handling pressure</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 games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Social Experience.</li> <li>• A 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><b>CONDUCTION OF E-1/ PT-1</b></p>					
<p>JULY No of Days: 23</p>	<ul style="list-style-type: none"> <li>• 50M,</li> <li>• SHUTTLE RUN</li> <li>• FOOTBALL,</li> <li>• L.A. PT EXERCISES MEDITATION CLASS ONCE IN A 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</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Memorize the skills.</li> <li>• Demonstrate &amp; Practise the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</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</li> </ul>

		<p>student to have good health</p> <ul style="list-style-type: none"> <li>• To provide opportunity to every</li> <li>• student to participate in Games and Sports</li> </ul>	<ul style="list-style-type: none"> <li>• Adaptability</li> <li>• Handling pressure</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 games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>		<p>knowledge and skills</p>
<p>AUGUST No of Days: 23</p>	<ul style="list-style-type: none"> <li>• 50M,</li> <li>• SHUTTLE RUN</li> <li>• FOOTBALL,</li> <li>• L.A.PT EXERCISES</li> <li>• MEDITATION CLASS ONCE IN A MONTH</li> <li>• March Past, Drill Parade &amp; Marching Practice</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>• Learn Basic Marching, Perform the 30 inch. Step, Halt from a march</li> <li>• To provide opportunity to every student to participate in</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Memorize the skills.</li> <li>• Demonstrate &amp; Practise 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> <li>• Handling pressure</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>

		Games and Sports	<ul style="list-style-type: none"> <li>Identifying various type of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		
SEPTEMBER No of Days: 05	<b>CONDUCTION OF E-2/ TERM-1</b>				
OCTOBER No of Days: 22	<ul style="list-style-type: none"> <li>100M,</li> <li>RELAYRACE,</li> <li>DODGEBALL,</li> <li>LA.PTEXERCISES</li> <li>MEDITATION CLASS ONCE IN A 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> </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 favourite games &amp; sports</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> <li>Handling pressure</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 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>
NOVEMBER No of Days: 22	<ul style="list-style-type: none"> <li>VOLLYBALL</li> <li>BASKETBALL</li> <li>FRISBE</li> <li>LA.PTEXERCIS</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>To improve team</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>List the favourite games &amp; sports</li> <li>Identify the skills</li> </ul>	<ul style="list-style-type: none"> <li>Linguistic</li> <li>Social Experience.</li> <li>A Physical</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>Critical thinking and</li> </ul>

	<p>ES</p> <ul style="list-style-type: none"> <li>• MEDITATION CLASS ONCE IN A MONTH</li> </ul>	<p>technical, tactical, physical, and psycho-social skills</p> <ul style="list-style-type: none"> <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>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</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 games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<p>experience</p>	<p>reasoning skills.</p> <ul style="list-style-type: none"> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p>DECEMBER No of Days: 12</p>	<ul style="list-style-type: none"> <li>• SMALLHURDLE RACE</li> <li>• SKIPPINGRACE</li> <li>• L.A.PTEXERCISES</li> <li>• MEDITATION CLASS ONCE IN A 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> </ul> <p>To provide opportunity to every student</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite games &amp; sports</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> <li>• Handling pressure</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</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>

		to participate in Games and Sports	and social. <b>UNDERSTANDING:</b> <ul style="list-style-type: none"> <li>Identifying various type of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		
<b>CONDUCTION OF E-3/PT-2/PT-3</b>					
JANUARY No of Days: 18	<ul style="list-style-type: none"> <li>50M,</li> <li>SHUTTLE RUN</li> <li>FOOTBALL,</li> <li>L.A.PT EXERCISES</li> <li>MEDITATION CLASS ONCE IN A MONTH</li> <li>March Past, Drill Parade &amp; Marching Practice</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>Learn Basic Marching, Perform the 30 inch. Step, Halt from a march</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>Memorize the skills.</li> <li>Demonstrate &amp; Practise 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> <li>Handling pressure</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 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>FEBRUARY No of Days: 23</p>	<ul style="list-style-type: none"> <li>• 50M,</li> <li>• SHUTTLE RUN</li> <li>• FOOTBALL,</li> <li>• L.A.PT EXERCISES</li> </ul> <p>MEDITATION CLASS ONCE IN A MONTH.</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>• Memorize the skills.</li> <li>• Demonstrate &amp; Practise 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> <li>• Handling pressure</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 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>MARCH</p>	<p><b>FINAL ASSESSMENT</b></p>				