

**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>APRIL No of Days: 18</p>	<ul style="list-style-type: none"> • WARMING EXERCISES • L.A.PTEXERCISES • RECEPTIONAL 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: 14</p>	<ul style="list-style-type: none"> • 50 mts. Zig-Zag • Frog jump • L.A.PTEXERCISES • MEDIDATION 	<p>Students will be able to:</p> <p>Students will be able to:</p> <ul style="list-style-type: none"> • To improve teamtechnical, tactical, physical, and psycho-social skills • To enable the student to havegood health <p>To provide opportunity to every student to participate in Games and Spor</p>	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • List the favouriteactivity • 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 therelative skills. • Analysis the skills. • Fit, active, freshand 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 experienc e 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrat eadequate knowledge • effectively apply knowledge andskills
<p>REVISION: PT-1</p>					
<p>CONDUCTION OF PT-1 ASSESSMENT</p>					

<p style="text-align: center;">JULY No of Days: 27</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, 	<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"> ● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Critical thinking and reasoning skills.
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		<p>physical, and psycho-social 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 Spor</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"> • demonstrate adequate knowledge • effectively apply knowledge and skills
<p>AUGUST No of Days: 23</p>	<ul style="list-style-type: none"> • Skipping, Shuttle Run. • L.A.PTEXERCISE SMEDIDATION 	<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 	<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 	<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

		in Games and Sports	social.		
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			<ul style="list-style-type: none"> ● UNDERSTANDING: ● Identifying various type of minor games & sports skills. ● Applying different determiners 		
<p>SEPTEMBER No of Days: 05</p>	REVISION:PT-2				
CONDUCTION OF PT-2 ASSESSMENT					
<p>OCTOBER No of Days: 22</p>	<ul style="list-style-type: none"> ● Standing KhoKho. ● Passing the ball. ● Skipping, Shuttle Run. ● L.A.P EXERCISE ● MEDITATION 	<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 	<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

			minor games &		
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			sports skills. ● Applying different determiners		
NOVEMBER No of Days: 23	<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
REVISION: PT-3					
CONDUCTION OF PT-3 ASSESSMENT					

<p>DECEMBER No of Days: 11</p>	<ul style="list-style-type: none"> ● Standing KhoKho. ● Passing the ball. ● Skipping, Shuttle Run. ● L.A.PTEXERCISE SMEDIDATION 	<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
<p>JANUARY No of Days: 21</p>	<ul style="list-style-type: none"> ● 50 mts. Zig-Zag ● Frog jump ● L.A.PTEXERCISES ● MEDIDATION 	<p>Students will be able to:</p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ● To improve team technical, tactical, physical, and psycho-social skills 	<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 	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively

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		<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 Spor</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 		skills
<p>FEBRUARY No of Days: 22</p>	<ul style="list-style-type: none"> Standing KhoKho. Passing the ball. Skipping, Shuttle Run. L.A.PTEXERCISES MEDITATION 	<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: 	<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

			<ul style="list-style-type: none">● Identifying various type of		
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			minor games & sports skills. ● Applying different determiners		
MARCH	ANNUAL EXAMS				