

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

MONTH/NO OF DAYS	TOPIC: SUB TOPIC	OBJECTIVES	AIDS/ACTIVITI ES	MULTIPLE INTELLIGENCE SKILLS	LEARNING OUTCOME
<p>APRIL No of Days: 18</p>	<ul style="list-style-type: none"> ➤ Warming exercises <ul style="list-style-type: none"> • Head turns • Chin up & down ➤ L.A.P/T exercises ➤ Recreational activities ➤ Athletic (track events), ➤ short races, middle races. L.a.pt (callisthenic exercises), yoga and meditation class activities 	<p>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 • To provide opportunity to every student to participate in games and sports • To improve team technical, tactical, physical, and psycho-social skills • To enable 	<p>Knowledge:</p> <ul style="list-style-type: none"> • List the favorite 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 	<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

	once in a month	the student to have good health <ul style="list-style-type: none"> To provide opportunity to every student to participate in Games and Sport 	games & sports skills. <ul style="list-style-type: none"> Applying different determiners 		
MAY No of Days: 14	➤ Short races class compitions organize class wise in the month of the end.	Students will be able to: <ul style="list-style-type: none"> 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 Sport	KNOWLEDGE: <ul style="list-style-type: none"> List the favorite activity Identify the skills SKILLS: <ul style="list-style-type: none"> Creative Skill Confidence Adaptability APPLICATION: <ul style="list-style-type: none"> Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: <ul style="list-style-type: none"> Identifying various type of minor 	<ul style="list-style-type: none"> Linguistic Interpersonal Intrapersonal Naturalistic Physical experience 	Students will be able to: <ul style="list-style-type: none"> Critical thinking and reasoning skills. demonstrate adequate knowledge effectively apply knowledge and skills.

			games & sports skills. Applying different determiners		
REVISION: PT-1					
CONDUCTION OF PT-1 ASSESSMENT(Third Week Of May)					
JULY No of Days: 27	<ul style="list-style-type: none"> ➤ Warming up Exercises ➤ Skipping, Shuttle Run. ➤ L.a.pt exercises ➤ Meditation 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. 	Students will be able to: To improve team technical, tactical, physical, and psycho-social skills <ul style="list-style-type: none"> • To enable the student to have good health To provide opportunity to every student to participate in Games and Sport	KNOWLEDGE: <ul style="list-style-type: none"> • List the favorite activity • Identify the skills SKILLS: <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability APPLICATION: <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. Fit, active, fresh and social. UNDERSTANDING : <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 	Students will be able to: <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrate adequate knowledge • effectively apply knowledge and skills.

<p>AUGUST No of Days: 23</p>	<p>➤ Football and basketball competition house wise in the month end, l.a.pt (callisthe nic exercises), yoga and meditation class activities . Sewa projects</p>	<p>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 ● To provide opportunity to every student to participate in Games and Sports 	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> ● List the favorite 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>SEPTEMBER No of Days: 05</p>	<p>REVISION PT2</p>				
<p>CONDUCTION OF PT-2 ASSESSMENT(Second Week of September)</p>					
<p>OCTOBER</p>	<p>Athletic (field</p>	<p>Students will</p>	<p>KNOWLEDGE:</p>	<ul style="list-style-type: none"> ● Linguistic 	<p>Students will</p>

<p>No of Days: 22</p>	<p>events)long jump,triple jump,high jump house wise competitions in this month</p>	<p>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 ● To provide opportunity to every student to participate in Games and Sports 	<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. <p>Applying different determiners</p>	<ul style="list-style-type: none"> ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience 	<p>be able to:</p> <ul style="list-style-type: none"> ● Critical thinking and reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills.
<p>NOVEMBER No of Days: 23</p>	<p>➤ Athletic (field events) shot put, discus throw, javelin throws house wise competitions in this month</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> ● To improve team technical, tactical, physical, and 	<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. ● demonstrate

	➤ 1.a.pt exercises Meditation	psycho-social skills <ul style="list-style-type: none"> ● 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"> ● 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 		te adequate knowledge <ul style="list-style-type: none"> ● effectively apply knowledge and skills.
REVISION: PT-3					
CONDUCTION OF PT-3 ASSESSMENT(Fourth Week Of November)					
DECEMBER No of Days: 11	➤ Standing kho kho. ➤ Passsing the ball. ➤ Skipping,shuttle run. ➤ 1.a.pt exercises Meditation	Students will be able to: <ul style="list-style-type: none"> ● To improve team technical, tactical, physical, and psycho-social skills ● To enable 	<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 	Students will be able to: <ul style="list-style-type: none"> ● Critical thinking and reasoning skills. ● demonstrate adequate

		<p>the student to have good health</p> <ul style="list-style-type: none"> ● To provide opportunity to every student to participate in Games and Sports 	<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 		<p>knowledge</p> <ul style="list-style-type: none"> ● effectively apply knowledge and skills.
JANUARY No of Days: 21	REVISION/PREBOARD-1				
	REMEDIAL CLASSES				
FEBRUARY No of Days:22	CONDUCTION OF PREBOARD-2				
ANNUAL EXAM					

