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
APRIL No of Days: 18	 Warming exercises Head turns Chin up & down L.A.P/T exercises Recreational activities Athletic (track events), short races, middle races. L.a.pt (callisthe nic exercises), yoga and meditati on class activities 	Students will be able to: To improve team technical, tactical, physical, and psychosocial 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 psychosocial skills To enable	 Knowledge: List the favorite 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 	 Linguistic Interpersonal Intrapersonal Naturalistic Physical experience 	Students will be able to: Critical thinking and reasoning skills. demonstra te adequate knowledge effectively apply knowledge and skills

	once in a	the student	games &		
	month	to have	sports skills.		
		good health	• Applying		
		To provide	different determiners		
		opportunity to every	ucterminers		
		student to			
		participate			
		in Games			
		and Sport			
MAY	Short races	Students	KNOWLEDGE:	• Linguistic	Students will
No of Days:	class	will be able	• List the	• Interpersonal	be able to:
14	compitions	to:	favorite	• Intrapersonal	• Critical
	organize class wise in the	• To improve	activity	Naturalistic	thinking
	month of the	team technical,	• Identify the	• Physical	and
	end.	tactical,	skills	experience	reasoning
		physical,	SKILLS:		skills.
		and psycho-	• Creative Skill		• demonstra
		social skills	Confidence		te adequate
		To enable	Adaptability		knowledge
		the student			effectively
		to have good health To	APPLICATION:		apply
		provide	• Practice		knowledge
		opportunity	of the		and skills.
		to every	relative skills.		
		student to	• Analysis the		
		participate	skills.		
		in	• Fit, active,		
		Games and	fresh and		
		Sport	social.		
			UNDERSTANDI		
			NG:		
			• Identifying		
			various type of minor		
			OI IIIIIOI		

		CONDUCTI	games & sports skills. Applying different determiners REVISION:		k Of May)
JULY No of Days: 27	 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 psychosocial skills • To enable the student to have good health To provide opportunity to every student to participate in Games and Sport	 knowledge: List the favorite 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 	 Linguistic Interpersonal Intrapersonal Naturalistic Physical experience 	Students will be able to: Critical thinking and reasoning skills. demonstra te adequate knowledge effectively apply knowledge and skills.

AUGUST No of Days: 23 SEPTEMBE R	Football and basketba ll competiti on house wise in the month end, l.a.pt (callisthe nic exercises), yoga and meditatio n class activities . Sewa projects	Students will be able to: To improve team technical, tactical, physical, and psychosocial skills To enable the student to have good health To provide opportuni ty to every student to participat e in Games and Sports	KNOWLEDGE: List the favorite activity Identify the skills SKILLS: Creative Skill Confidence Adaptability APPLICATION: Practice of the relative skills. Analysis the skills. Analysis the skills. If it, active, fresh and social. UNDERSTANDING: Identifying various type of minor games & sports skills. Applying different determiners REVISION PT2	 Linguistic Interperson al Intraperson al Naturalistic Physical experience 	Students will be able to: Critical thinking and reasoning skills. demonstrate adequate knowledge effectively apply knowledge and skills.
No of Days: 05					
1.0 01 Day 0. 00	<u> </u>	CONDUCTION O	F PT-2 ASSESSMENT	(Second Week o	f September)
ОСТОВЕВ	Athlotic (Fold	Students will	KNOWLEDGE:	•	Students will
OCTOBER	Athletic (field	Students will	ANOWLEDGE:	• Linguistic	Students will

-		,			
No of Days: 22	events)long jump,triple jump,high jump house wise competitions in this month	be able to: To improve team technical, tactical, physical, and psychosocial skills To enable the student to have good health To provide opportunity to every student to participate in Games and Sports	 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 	 Interperson al Intraperson al Naturalistic Physical experience 	be able to: Critical thinking and reasoning skills. demonstra te adequate knowledge effectively apply knowledge and skills.
NOVEMBER No of Days: 23	> Athletic (field events) shot	Students will be able to:	KNOWLEDGE:	LinguisticInterperson	Students will be able to:
110 01 Days. 23	put, discus	• To improve	List the favourite	al	• Critical
	throw, javelin	team	activity	• Intraperson	thinking
	throws house wise	technical, tactical,	Identify the skills	al • Naturalistic	and
	competitions	physical,	SKIIIS	• Physical	reasoning skills.
	in this month	and	SKILLS:	experience	• demonstra
					- ucinonsua

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	➤ l.a.pt exercises	psycho-	Creative Skill		te
	Meditation	social skills	Confidence		adequate
		To enable	Adaptability		knowledge
		the			• effectively
		student	APPLICATION:		apply
		to have	Practice		knowledge
		good	of the		and skills.
		health	relative		and sixins.
		To provide	skills.		
		opportuni	Analysis the		
		ty to every	skills.		
		student to	Fit, active,		
		participat	fresh and		
		e in	social.		
		Games			
		and	UNDERSTANDING:		
		Sports	Identifying		
			various type		
			of minor		
			games &		
			sports skills.		
			Applying		
			different		
			determiners		
			REVISION: PT	-3	
	CO	ONDUCTION OF P	T-3 ASSESSMENT(F	ourth Week Of N	ovember)
					,
DECEMBER	Standing kho	Students will	KNOWLEDGE:	• Linguistic	Students will
No of Days: 11	kho.	be able to:	• List the	• Interperson	be able to:
	Passing the	• To improve	favourite	al	• Critical
	ball.	team	activity	• Intraperson	thinking
	> Skipping,shu	technical,	• Identify the	al	and
	ttle run.	tactical,	skills	• Naturalistic	reasoning
	➤ 1.a.pt exercises	physical,		• Physical	skills.
	Meditation	and	SKILLS:	experience	• demonstra
		psycho-	Creative Skill		te
		social skills	Confidence		adequate
		To enable	Adaptability		aucquaic

	the student to have good health • To provide opportuni ty to every student to participat e in Games and Sports UNDERSTANDING: Sports **Nowledge* • effectively apply knowledge and skills. • Analysis the skills. • Fit, active, fresh and social. UNDERSTANDING: • Identifying various type of minor games & sports skills. • Applying different determiners
JANUARY No of Days: 21	REVISION/PREBOARD-1
	REMEDIAL CLASSES
FEBRUARY No of Days:22	CONDUCTION OF PREBOARD-2
	ANNUAL EXAM