## INFANT JESUS CONVENT SCHOOL ANNUAL PLAN PHYSICAL EDUCATION

**CLASS: II** 

MONTH/NO OF DAYS	TOPIC: SUB TOPIC	OBJECTIVES	AIDS/ACTIVITIES	MULTIPLE INTELLIGENCE SKILLS	LEARNING OUTCOME
APRIL No of Days: 14	WARMIMG EXERCISES     L.A.PTEXERCISES     RECEATIONAL ACTIVITIES	Students will be able to: 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 Spor	<ul> <li>KNOWLEDGE:</li> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>APPLICATION:</li> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> <li>UNDERSTANDING:</li> <li>Identifying various type of minor games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	Students will be able to:  Critical thinking and reasoning skills.  demonstrate adequate knowledge effectively apply knowledge and skills

MAY No of Days: 10	<ul> <li>50 mts. Zig-Zag</li> <li>Frog jump</li> <li>L.A.PTEXERCISES</li> <li>MEDIDATION</li> </ul>	Students will be able to: 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 Spor	<ul> <li>knowledge:</li> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>APPLICATION:</li> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> <li>UNDERSTANDING:</li> <li>Identifying various type of minor games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	Students will be able to:  Critical thinking and reasoning skills.  demonstrate adequate knowledge  effectively apply knowledge and skills		
		REVIS	SION: E-1				
	CONDUCTION OF E-1 ASSESSMENT						
JULY No of Days: 21	<ul> <li>Warming up         Exercises.</li> <li>Skipping,Shuttle         Run.</li> <li>L.A.PTEXERCISES</li> <li>MEDIDATION</li> </ul>	Students will be able to: Students will be able to: • To improve team technical,	<ul><li>KNOWLEDGE:</li><li>List the favourite activity</li><li>Identify the skills</li><li>SKILLS:</li></ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	Students will be able to: • Critical thinking and reasoning skills.		

tactical,

		physical, and psycho-social skills  To enable the student to have good health To provide opportunity to every student to participate in	<ul> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> </ul> APPLICATION: <ul> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh</li> </ul>		<ul> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>
		Games and Spor	<ul> <li>and social.</li> <li>UNDERSTANDING:</li> <li>Identifying various type of minor games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		
AUGUST No of Days: 20	<ul> <li>Skipping,Shuttle Run.</li> <li>L.A.PTEXERCISES MEDIDATION</li> </ul>	<ul> <li>Students will be able to:</li> <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>	<ul> <li>KNOWLEDGE:</li> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>APPLICATION:</li> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	<ul> <li>Students will be able to:</li> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>

CCEPTEMBER			<ul> <li>UNDERSTANDIN         G:         <ul> <li>Identifying various type of minor games &amp; sports skills.</li> </ul> </li> <li>Applying different determiners</li> </ul>		
SSEPTEMBER No of Days:		1	REVISION:E-2		
	CO	Students will     be able to:	• KNOWLEDGE:	• Linguistic	• Students
OCTOBER No of Days: 19	<ul> <li>Standing Kho         Kho.</li> <li>Passsing the         ball.</li> <li>Skipping,Shuttle         Run.</li> <li>L.A.PTEXERCISES         MEDIDATION</li> </ul>	<ul> <li>be able to:</li> <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>	<ul> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>APPLICATION:</li> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> <li>UNDERSTANDIN G:</li> <li>Identifying various type of minor games &amp;</li> </ul>	<ul> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	will be able to:  Critical thinking and reasoning skills.  demonstrate adequate knowledge effectively apply knowledge and skills

NOVEMBER No of Days: 19  Dog and The Bone. Race with pasing the Ball. L.A.PTEXERCISES MEDIDATION	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	sports skills. Applying different determiners  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.  UNDERSTANDIN G: Identifying various type of minor games & sports skills. Applying different determiners	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	<ul> <li>Students         will be able         to:</li> <li>Critical         thinking and         reasoning         skills.</li> <li>demonstrate         adequate         knowledge</li> <li>effectively         apply         knowledge         and skills</li> </ul>		
	REVISION: E-3					

## **CONDUCTION OF E-3 ASSESSMENT**

DECEMBER No of Days: 11	<ul> <li>Standing Kho         Kho.</li> <li>Passsing the         ball.</li> <li>Skipping,Shuttle         Run.</li> <li>L.A.PTEXERCISES         MEDIDATION</li> </ul>	<ul> <li>Students will be able to:</li> <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>	<ul> <li>KNOWLEDGE:</li> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>APPLICATION:</li> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> <li>UNDERSTANDIN G:</li> <li>Identifying various type of minor games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	<ul> <li>Students will be able to:</li> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>
JANUARY No of Days: 16	<ul> <li>50 mts. Zig-Zag</li> <li>Frog jump</li> <li>L.A.PTEXERCISE S</li> <li>MEDIDATION</li> </ul>	Students will be able to: Students will be able to: • To improve team technical, tactical, physical, and psycho-social skills	<ul> <li>KNOWLEDGE:</li> <li>List the favourite activity</li> <li>Identify the skills</li> <li>SKILLS:</li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> </ul>	<ul> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	Students will be able to:  Critical thinking and reasoning skills.  demonstrate adequate knowledge effectively apply knowledge and

		To enable the	APPLICATION:		skills
		student to have	• Practice of the		Sittiis
		good health	relative skills.		
		To provide	Analysis the skills.		
		opportunity to	• Fit, active, fresh		
		every student to	and social.		
		participate in	and social.		
		Games and Spor	UNDERSTANDING:		
			• Identifying various		
			type of minor		
			games & sports		
			skills.		
			Applying different		
			determiners		
		Students will	• KNOWLEDGE:	<ul> <li>Linguistic</li> </ul>	<ul><li>Students</li></ul>
		be able to:	• List the favourite	<ul> <li>Interpersonal</li> </ul>	will be able
		<ul><li>To improve</li></ul>	activity	<ul> <li>Intrapersonal</li> </ul>	to:
		team	<ul> <li>Identify the skills</li> </ul>	<ul> <li>Naturalistic</li> </ul>	<ul><li>Critical</li></ul>
		technical,		<ul><li>Physical</li></ul>	thinking and
	• 6. 1. 171	tactical,	• SKILLS:	experience	reasoning
	<ul> <li>Standing Kho</li> </ul>	physical, and	<ul><li>Creative Skill</li></ul>		skills.
	Kho.	psycho-social	<ul><li>Confidence</li></ul>		<ul><li>demonstrate</li></ul>
	<ul><li>Passsing the</li></ul>	skills	<ul><li>Adaptability</li></ul>		adequate
	ball.	<ul> <li>To enable the</li> </ul>			knowledge
FEBRUARY	<ul> <li>Skipping,Shuttle</li> </ul>	student to	• APPLICATION:		<ul><li>effectively</li></ul>
No of Days: 21	Run.	have good	<ul><li>Practice of the</li></ul>		apply
	• L.A.PTEXERCISE	health	relative skills.		knowledge
	S	<ul> <li>To provide</li> </ul>	Analysis the		and skills
	MEDIDATION	opportunity to	skills.		
		every student	• Fit, active, fresh		
		to participate	and social.		
		in Games and	• HADEDCE AND IN		
		Sports	• UNDERSTANDIN		
			G:  Identifying		
			• Identifying		
			various type of		

		minor games & sports skills.  • Applying different determiners	
MARCH	ANNUAL I	EXAMS	