INFANT JESUS CONVENT SCHOOL ANNUAL PLAN PHYSICAL EDUCATION CLASS: VII

MONTH/NO OF DAYS	TOPIC: SUB TOPIC	OBJECTIVES	AIDS/ACTIVITIES	MULTIPLE INTELLIGENCE SKILLS	LEARNING OUTCOME
APRIL No of Days: 18	 FITNESS EXERCISES 100M, 200M, 400M RACES WITH PROPERRULEANDRE GULATIONS L.A.PTEXERCISES MEDIDATION 	 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 	 KNOWLEDGE: List the favourite games & sports Identify the skills SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners 	 Linguistic Interpersonal Intrapersonal Naturalistic Physical experience 	Students will be able to: • Critical thinking and reasoning skills. • demonstrat e adequate knowledge • effectively apply knowledge and skills

MAY No of Days: 14	 FITNESS EXERCISES 100M, 200M, 400M RACES WITH PROPERRULEANDR EGULATIONS L.A.PTEXERCISES MEDIDATION 	 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 	 KNOWLEDGE: List the favourite games & sports Identify the skills SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners 	 Linguistic Social Experience. A Physical experience 	 Students will be able to: Critical thinking and reasoning skills. demonstrat e adequate knowledge effectively apply knowledge and skills
			EVISION: PT-1		
		CTION OF PT-1			
JULY No of Days: 27	BASKETBALL FOOTBALL WITHPROPERRULEAN DREGULATIONS	Students will be able to: • To improve team technical, tactical,	 KNOWLEDGE: Memorize the skills. Demonstrate & Practice the skills 	 Linguistic Interpersonal Intrapersonal Naturalistic Physical 	Students will be able to: • Critical thinking

	L.A.PTEXERCISESAND MEDITATION	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	 SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners 	experience	and reasoning skills. • demonstrat e adequate knowledge • effectively apply knowledge and skills
AUGUST No of Days: 23	BASKETBALL FOOTBALL WITHPROPERRULEAN DREGULATIONS March Past, Drill Parade & Marching Practice L.A.PTEXERCISESAND MEDITATION	 Students will be able to: To improve team technical, tactical, physical, and psycho-social skills Learn Basic Marching, Perform the 30 inch. Step, Halt from a march To provide opportunity 	 KNOWLEDGE: Memorize the skills. Demonstrate & Practise the skills SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh 	 Linguistic Interpersonal Intrapersonal Naturalistic Physical experience 	 Students will be able to: Critical thinking and reasoning skills. demonstrat adequate knowledge effectively apply knowledge and skills

SEPTEMBER No of Days: 05	CONDU		UNDERSTANDING: • Identifying various type of games & sports skills. • Applying different determiners VISION:TERM-1 I-1 ASSESSMENT KNOWLEDGE: • List the faceurite	• Linguistic	Students will be able
OCTOBER No of Days: 22	 Athletic (field events)long jump, triple jump, high jump L.A.PTEXERCISES MEDITATION 	 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 	 List the favourite games & sports Identify the skills SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners 	 Interpersonal Intrapersonal Naturalistic Physical experience 	 will be able to: Critical thinking and reasoning skills. demonstrat e adequate knowledge effectively apply knowledge and skills

NOVEMBER No of Days: 23	TRACKEVENTS(ALLJUMPS,TH ROWINGEVENT)WITHPROPE RRULEANDREGULTION L.A.P.TEXERCISESANDMEDIT ATION CONDU	CTION OF PT-2	 KNOWLEDGE: List the favourite games & sports Identify the skills SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners EVISION: PT-2 	 Linguistic Social Experience. A Physical experience 	Students will be able to: • Critical thinking and reasoning skills. • demonstrat e adequate knowledge • effectively apply knowledge and skills
DECEMBER No of Days: 11	 ALL THROW EVENT COMPITIONS HOUSE WISE IN THE MONTH OF END L.A.P.T EXERCISESANDMEDITATIO 	Students will be able to: • To improve team technical,	KNOWLEDGE:List the favourite games & sportsIdentify the skills	 Linguistic Social Experience. A Physical experience 	Students will be able to: • Critical thinking

	Ν	tactical,	SKILLS:		and
		physical, and	Creative Skill		reasoning
		psycho-social	Confidence		skills.
		skills	Adaptability		 demonstrat
		• To enable the	Handling pressure		e adequate
		student to			knowledge
		have good	APPLICATION:		• effectively
		health	• Practice of the		apply
		To provide	relative skills.		knowledge
		opportunity to	• Analysis the skills.		and skills
		every student	• Fit, active, fresh		
		to participate	and social.		
		in Games and			
		Sports	UNDERSTANDING:		
			 Identifying various 		
			type of games &		
			sports skills.		
			Applying different		
			determiners		
		Students will	KNOWLEDGE:	Linguistic	Students
		be able to:	• List the favorite	• Social	will be able
		To improve	games & sports	Experience.	to:
		team technical,	 Identify the skills 	• A Physical	Critical thinking
	• VOLLYBALL	tactical,	SKILLS:	experience	thinking and
	 BASKETBLL 	physical, and	Creative Skill		reasoning
	• FRISBE	psycho-social	Confidence		skills.
JANUARY	• LA.PTEXERCISE	skills	Adaptability		• demonstrat
No of Days: 21	S	• To enable the	Handling pressure		e adequate
100 01 Days. 21	 MEDITATION 	student to			knowledge
	CLASS ONCE IN	have good	APPLICATION:		 effectively
	A MONTH	health	Practice of the		apply
		To provide	relative skills.		knowledge
		opportunity to	• Analysis the skills.		and skills
		every student	• Fit, active, fresh		
		to participate	and social.		
		in Games and			

		Sports Students will be able to: • To improve team technical,	 UNDERSTANDING: Identifying various types of games & sports skills. Applying different determiners KNOWLEDGE: List the favorite games & sports Identify the skills 	 Linguistic Social Experience. A Physical experience 	Students will be able to: • Critical thinking
FEBRUARY No of Days: 22	 VOLLYBALL BASKETBLL FRISBE LA.PTEXERCISE S MEDITATION CLASS ONCE IN A MONTH 	 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 	 SKILLS: Creative Skill Confidence Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. UNDERSTANDING: Identifying various types of games & sports skills. Applying different determiners 		and reasoning skills. • demonstrat e adequate knowledge • effectively apply knowledge and skills
MARCH		CONDUCTION	OF TERM-2 ASSES	SSMENT	