

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

<b>MONTH/NO OF DAYS</b>	<b>TOPIC: SUB TOPIC</b>	<b>OBJECTIVES</b>	<b>AIDS/ACTIVITIES</b>	<b>MULTIPLE INTELLIGENCE SKILLS</b>	<b>LEARNING OUTCOME</b>
<p style="text-align: center;">APRIL No of Days: 18</p>	<ul style="list-style-type: none"> <li>• FITNESS EXERCISES</li> <li>• 100M,</li> <li>• 200M,</li> <li>• 400M RACES WITH PROPER RULE AND REGULATIONS</li> <li>• L.A.PTEXERCISES</li> <li>• MEDIDATION</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <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>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite games &amp; sports</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>

<p style="text-align: center;">MAY No of Days: 14</p>	<ul style="list-style-type: none"> <li>• FITNESS EXERCISES</li> <li>• 100M,</li> <li>• 200M,</li> <li>• 400M RACES WITH PROPER RULE AND REGULATIONS</li> <li>• L.A. PT EXERCISES</li> <li>• MEDITATION</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite games &amp; sports</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analyse the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Social Experience.</li> <li>• A Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
	<b>REVISION: PT-1</b>				
<b>CONDUCTION OF PT-1 ASSESSMENT</b>					
<p style="text-align: center;">JULY No of Days: 27</p>	<p>BASKETBALL FOOTBALL WITH PROPER RULE AND REGULATIONS</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical,</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Memorize the skills.</li> <li>• Demonstrate &amp; Practice the skills</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking</li> </ul>

	<p>L.A.PTEXERCISESAND MEDITATION</p>	<p>physical, and psycho-social skills</p> <ul style="list-style-type: none"> <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>	<p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<p>experience</p>	<p>and reasoning skills.</p> <ul style="list-style-type: none"> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p>AUGUST No of Days: 23</p>	<p>BASKETBALL FOOTBALL WITH PROPER RULES AND REGULATIONS</p> <p>March Past, Drill Parade &amp; Marching Practice</p> <p>L.A.PTEXERCISESAND MEDITATION</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• Learn Basic Marching, Perform the 30 inch. Step, Halt from a march</li> <li>• To provide opportunity</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Memorize the skills.</li> <li>• Demonstrate &amp; Practise the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>

		to every student to participate in Games and Sports	and social. <b>UNDERSTANDING:</b> <ul style="list-style-type: none"> <li>Identifying various type of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		
SEPTEMBER No of Days: 05	<b>REVISION:TERM-1</b>				
<b>CONDUCTION OF TERM-1 ASSESSMENT</b>					
OCTOBER No of Days: 22	<ul style="list-style-type: none"> <li>Athletic (field events)long jump, triple jump, high jump</li> <li>L.A.PTEXERCISES</li> <li>MEDITATION</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <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>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>List the favourite games &amp; sports</li> <li>Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various type of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>

<p style="text-align: center;">NOVEMBER No of Days: 23</p>	<ul style="list-style-type: none"> <li>• TRACKEVENTS(ALLJUMPS,THROWINGEVENT)WITHPROPERRULEANDREGULATION</li> <li>• L.A.P.EXERCISESANDMEDITATION</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite games &amp; sports</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Social Experience.</li> <li>• A Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
	<b>REVISION: PT-2</b>				
<b>CONDUCTION OF PT-2 ASSESSMENT</b>					
<p style="text-align: center;">DECEMBER No of Days: 11</p>	<ul style="list-style-type: none"> <li>• ALL THROW EVENT COMPITIONS HOUSE WISE IN THE MONTH OF END</li> <li>• L.A.P.T EXERCISESANDMEDITATION</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical,</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite games &amp; sports</li> <li>• Identify the skills</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Social Experience.</li> <li>• A Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking</li> </ul>

	N	<p>tactical, physical, and psycho-social skills</p> <ul style="list-style-type: none"> <li>To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various type of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		<p>and reasoning skills.</p> <ul style="list-style-type: none"> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>
<p>JANUARY No of Days: 21</p>	<ul style="list-style-type: none"> <li>VOLLYBALL</li> <li>BASKETBALL</li> <li>FRISBE</li> <li>LA.PTEXERCISES</li> <li>MEDITATION CLASS ONCE IN A MONTH</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>To improve team technical, tactical, physical, and psycho-social skills</li> <li>To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>List the favorite games &amp; sports</li> <li>Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul>	<ul style="list-style-type: none"> <li>Linguistic</li> <li>Social Experience.</li> <li>A Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>

		Sports	<p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various types of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		
<p>FEBRUARY No of Days: 22</p>	<ul style="list-style-type: none"> <li>VOLLYBALL</li> <li>BASKETBALL</li> <li>FRISBEES</li> <li>LA.PTEXERCISES</li> <li>MEDITATION CLASS ONCE IN A MONTH</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>To improve team technical, tactical, physical, and psycho-social skills</li> <li>To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>List the favorite games &amp; sports</li> <li>Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li>Handling pressure</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various types of games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>Linguistic</li> <li>Social Experience.</li> <li>A Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>
MARCH	<b>CONDUCTION OF TERM-2 ASSESSMENT</b>				