INFANT JESUS CONVENT SCHOOL ANNUAL PLAN

PHYSICAL EDUCATION CLASS: VIII

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
		R	EVISION: PT-1		
	BASKETBALL	Students will	KNOWLEDGE:	• Linguistic	Students
JULY No of Days: 27	FOOTBALL WITHPROPERRULEAN DREGULATIONS	be able to:To improve team technical,	Memorize the skills.Demonstrate &	InterpersonalIntrapersonalNaturalistic	will be able to: • Critical

tactical,

Practice the skills

• Physical

thinking

	L.A.PTEXERCISESAND MEDITATION	physical, and psycho-social skills • To enable the	SKILLS: • Creative Skill • Confidence	experience	and reasoning skills. • demonstrat
		student to have good health • To provide opportunity to every student to participate in Games and Sports	 Adaptability Handling pressure APPLICATION: Practice of the relative skills. Analysis the skills. Fit, active, fresh and social. 		e adequate knowledge • effectively apply knowledge and skills
			 UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners 		
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 e adequate knowledge • effectively apply knowledge and skills

SEPTEMBER No of Days: 05	CONDUCT		 UNDERSTANDING: Identifying various type of games & sports skills. Applying different determiners VISION:TERM-1 ASSESSMENT KNOWLEDGE: 	• Linguistic	Students
OCTOBER No of Days: 22	Athletic (field vents)long imp, triple imp, 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	 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 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
	CONDU	CTION OF PT-2	2 ASSESSMENT		
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	LinguisticSocial Experience.A Physical experience	Students will be able to: • Critical thinking

	N	to ati as 1	SKILLS:	<u> </u>	and
	N	tactical,			and
		physical, and	• Creative Skill		reasoning skills.
		psycho-social skills	• Confidence		
			• 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	 Identify the skills 	• A Physical	• Critical
	 VOLLYBALL 	technical,		experience	thinking
	BASKETBLL	tactical,	SKILLS:		and
	• FRISBE	physical, and	• Creative Skill		reasoning
	• LA.PTEXERCISE	psycho-social	• Confidence		skills.
JANUARY	S	skills	 Adaptability 		• demonstrat
No of Days: 21	 MEDITATION 	 To enable the 	• Handling pressure		e adequate
	CLASS ONCE IN	student to			knowledge
	A MONTH	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			

FEBRUARY No of Days: 22 • VOLLYBALL • BASKETBLL • FRISBE • LA.PTEXERCISE S • MEDITATION CLASS ONCE IN A MONTH	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	 UNDERSTANDING: Identifying various types of games & sports skills. Applying different determiners KNOWLEDGE: List the favorite 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 types 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
MARCH	CONDUCTION	OF TERM-2 ASSES	SSMENT	