

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

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

	<p>L.A.PTEXERCISESAND MEDITATION</p>	<p>physical, and psycho-social skills</p> <ul style="list-style-type: none"> • To enable the student to have good health • To provide opportunity to every student to participate in Games and Sports 	<p>SKILLS:</p> <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability • Handling pressure <p>APPLICATION:</p> <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh and social. <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various type of games & sports skills. • Applying different determiners 	<p>experience</p>	<p>and reasoning skills.</p> <ul style="list-style-type: none"> • demonstrate adequate knowledge • effectively apply knowledge and skills
<p>AUGUST No of Days: 23</p>	<p>BASKETBALL FOOTBALL WITH PROPER RULES AND REGULATIONS</p> <p>March Past, Drill Parade & Marching Practice</p> <p>L.A.PTEXERCISESAND MEDITATION</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> • 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 	<p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Memorize the skills. • Demonstrate & Practise the skills <p>SKILLS:</p> <ul style="list-style-type: none"> • Creative Skill • Confidence • Adaptability • Handling pressure <p>APPLICATION:</p> <ul style="list-style-type: none"> • Practice of the relative skills. • Analysis the skills. • Fit, active, fresh 	<ul style="list-style-type: none"> • Linguistic • Interpersonal • Intrapersonal • Naturalistic • Physical experience 	<p>Students will be able to:</p> <ul style="list-style-type: none"> • Critical thinking and reasoning skills. • demonstrate adequate knowledge • effectively apply knowledge and skills

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

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

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

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