

**INFANT JESUS CONVENT SCHOOL**  
**ANNUAL PLAN**  
**PHYSICAL ACTIVITY TRAINER (418)**  
**CLASS: X**

<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>	<p><b>Employability Skills</b></p> <p>Unit 1 Communication Skills - II</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Demonstrate knowledge of various methods of communication</li> <li>• Provide descriptive and specific feedback</li> <li>• Apply measures to overcome barriers in communication</li> <li>• Apply principles of communication</li> <li>• Demonstrate basic writing skills</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Methods of communication</li> </ul> <p>Brainstorming about communication.</p> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Verbal Skills</li> <li>• Critical Thinking</li> <li>• Listening skills</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Model reading of the lesson.</li> <li>• Video based explanation</li> <li>• Analyzing the types of Communication</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various components of communication</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Intrapersonal</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Understand and appreciate methods of communication</li> <li>• Understand the barriers in communication and basic writing skills</li> </ul>

<p>MAY No of Days: 18</p>	<p><b>Subject Specific Skill</b> UNIT-1: ROLE AND RESPONSIBILITY OF AN EARLY YEARS PHYSICAL ACTIVITY FACILITATOR</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• developing body awareness</li> <li>• making physical movement efficient</li> <li>• graceful and aesthetic</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the knowledge of the importance of physical activity in child development.</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Verbal Skills</li> <li>• Analytical skill</li> <li>• Listening skills</li> </ul> <p><b>APPLICATION:</b> Early Years Physical Activity Facilitator works in play schools, day care centers, apartments and clubs to teach age appropriate physical activities to build</p> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Individuals in this role are involved in conducting play activities, coaching, mentoring and training of children at primary level.</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Intrapersonal</li> </ul>	<p>Students will be able to:</p> <p>The physical educator is to provide maximum physical activity time within the class period, teach skills and activities that transfer into physical activity.</p>
	<b>REVISION: PT-1</b>				
<b>CONDUCTION OF PT-1 ASSESSMENT(Third Week Of May)</b>					
<p>JULY No of Days: 27</p>	<p><b>Employability Skills</b> Unit 2: Self- Management Skills – II</p> <p><b>Subject Specific Skills</b> Unit2: ASSESSMENT AND EVALUATION OF STUDENTS</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Meaning and importance of stress management</li> <li>• Stress management</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Label the icons on desktop</li> <li>• Identify the taskbar and its items.</li> <li>• Describe the</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Intrapersonal</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Use of “what if” scenarios. Using “what if” tools</li> </ul>

		<p>techniques</p> <ul style="list-style-type: none"> <li>• Importance of the ability to work independently</li> <li>• Describe the types of self-awareness</li> <li>• Describe the meaning of self-motivation and self-regulation</li> </ul>	<p>various types and tools of assessment.</p> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Writing Skills</li> <li>• Analytical skill</li> <li>• Listening skills</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Model reading of the lesson.</li> <li>• Practical Based explanation</li> <li>• Analyzing the various icons.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Evaluation concisely communicates student progress and adds a valuable component to the process, while assessment helps to obtain detailed information about that progress and measures effectiveness. Both are crucial in students' journeys and help them shape their future.</li> </ul>		<ul style="list-style-type: none"> <li>• Prepare assessment report and provide feedback</li> </ul>
<p>AUGUST No of Days: 23</p>	<p><b>Subject Specific Skills</b></p>	<p>Students will be able to:</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Forms in BASE. Database query</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Logical</li> </ul>	<p>Students will be able to:</p>

	Unit 3: FREE-PLAY	<ul style="list-style-type: none"> <li>• Describe the importance and purpose of free- play.</li> <li>• Organize Free-play activities</li> </ul>	<p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Listening Skills</li> <li>• Critical skill</li> <li>• Observation skills</li> </ul> <p><b>APPLICATION:</b> Demonstrate the knowledge of children health and safety</p> <ul style="list-style-type: none"> <li>• Assess and evaluate the students</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Conduct recreational activities</li> </ul>		<ul style="list-style-type: none"> <li>• the knowledge of rehabilitation through free-play</li> </ul>
<p>SEPTEMBER No of Days: 05</p>	<p><b>Employability Skills</b> Unit 3: Information and communication Technology Skills</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Classes of operating systems</li> <li>• Menu, icons and task bar on the desktop</li> <li>• File concept, file operations, file organization, directory structures, and file-system structures</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Recall the software use to paint and draw</li> <li>• List few tools in Ms Paint</li> <li>• Enhance the use of Ms Paint</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Listening Skills</li> <li>• Critical skill</li> <li>• Observation skills</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practical Based explanation</li> <li>• Introduction to tools used in Tux</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Logical Thinking</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Explore more about tools of tux paint</li> <li>• Utilize effect of Tux paint tools</li> <li>• Recall the method to delete a file in Tux paint</li> </ul>

		<ul style="list-style-type: none"> <li>• Creating and managing files and folders</li> <li>• Importance and need of care and maintenance of computer</li> </ul>	<p>paint</p> <ul style="list-style-type: none"> <li>• Relate the working of Tux paint</li> <li>• Explore more about tux paint using its utility tools</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Usage of various tools of tux paint</li> <li>• Apply effects of each tool</li> <li>• Tell the method to quit tux paint.</li> </ul>		
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**REVISION:TERM-1**

**CONDUCTION OF TERM-1 ASSESSMENT**

<p>OCTOBER No of Days: 22</p>	<p><b>Subject Specific Skills</b> Unit 3: MONITORING AND INVENTORY MANAGEMENT</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Describe the process of inventory management</li> <li>• Manage props and equipment</li> </ul>	<p><b>KNOWLEDGE:</b> Demonstrate the knowledge of maintaining records</p> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Listening Skills</li> <li>• Critical skill</li> <li>• Observation skills</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• inventory management is the process of ordering, storing and using a</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Logical</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Maintain sports inventory</li> </ul>
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			company's inventory: raw materials <b>UNDERSTANDING</b> the goal of inventory management is to understand stock levels and stock's location in warehouses •		
NOVEMBER No of Days: 17	<b>Employability Skills</b> Entrepreneurial Skills	Students will be able to: <ul style="list-style-type: none"> <li>• List the characteristics of successful entrepreneur</li> <li>• Entrepreneurship and society</li> <li>• Qualities and functions of an entrepreneur</li> <li>• Role and importance of an entrepreneur</li> <li>• Myth about entrepreneurship Entrepreneurship as a career option</li> </ul>	<b>KNOWLEDGE:</b> <ul style="list-style-type: none"> <li>• Identify the Network and Internet.</li> <li>• Brainstorming about the Internet Terms.</li> </ul> <b>SKILLS:</b> <ul style="list-style-type: none"> <li>• Writing Skills</li> <li>• Analytical skill</li> <li>• Listening skills</li> </ul> <b>APPLICATION:</b> <ul style="list-style-type: none"> <li>• Model reading of the lesson.</li> <li>• Practical Based explanation</li> <li>• Analyzing the various terms.</li> </ul> <b>UNDERSTANDING :</b>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Intrapersonal</li> </ul>	Students will be able to: <ul style="list-style-type: none"> <li>• Categorize terms related to Internet</li> <li>• List requirements for an Internet connection</li> <li>• Recall the best practices related to online safety.</li> </ul>

			<ul style="list-style-type: none"> <li>• Identify basic requirements for an Internet Connection</li> <li>• Tell best practices related to online safety</li> <li>• Categorize Internet terms.</li> </ul>		
<b>REVISION: PT-2</b>					
<b>CONDUCTION OF PT-2 ASSESSMENT(Fourth Week Of November)</b>					
<p>DECEMBER</p> <p>No of Days: 16</p>	<p><b>Employability Skills</b></p> <p>Unit 5: Green Skills</p>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Definition of sustainable development</li> <li>Importance of sustainable development</li> <li>Problems related to sustainable development</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• Recall the software use to play</li> <li>• List few tools in Scratch</li> <li>• Enhance the use of Scratch</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Listening Skills</li> <li>• Critical skill</li> <li>• Observation skills</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practical Based explanation</li> <li>• Introduction to tools used in Scratch</li> <li>• Relate the working of Scratch</li> <li>• Explore more</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Spatial</li> <li>• Logical Thinking</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Explore more about tools of Scratch</li> <li>• Utilize effect of Scratch tools</li> <li>• Recall the method to Change back drop in Scratch.</li> </ul>

			about Scratch tools <b>UNDERSTANDING:</b> <ul style="list-style-type: none"> <li>• Usage of various tools of Scratch</li> <li>• Apply effects of each tool</li> <li>• Tell the method to play instruments in Scratch.</li> </ul>		
JANUARY No of Days: 21	<b>REVISION:PRE BOARD 1</b>				
FEBRUARY No of Days: 06	<b>REMEDIAL CLASSES AND REVISION</b>				
MARCH	<b>ANNUAL EXAM</b>				