

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

| MONTH/NO OF DAYS | TOPIC: SUB TOPIC | OBJECTIVES | AIDS/ACTIVITIES | MULTIPLE INTELLIGENCE SKILLS | LEARNING OUTCOME |
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| <p style="text-align: center;">APRIL No of Days: 18</p> | <p>Employability Skills</p> <p>Unit 1 Communication Skills - I</p> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of various methods of communication • Provide descriptive and specific feedback • Apply measures to overcome barriers in communication • Apply principles of communication • Demonstrate basic writing skills | <p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Methods of communication <p>Brainstorming about communication.</p> <p>SKILLS:</p> <ul style="list-style-type: none"> • Verbal Skills • Critical Thinking • Listening skills <p>APPLICATION:</p> <ul style="list-style-type: none"> • Model reading of the lesson. • Video based explanation • Analyzing the types of Communication <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Identifying various components of communication | <ul style="list-style-type: none"> • Linguistic • Spatial • Intrapersonal | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Understand and appreciate methods of communication • Understand the barriers in communication and basic writing skills |

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| <p>MAY</p> <p>No of Days: 14</p> | <p>Subject Specific Skill</p> <p>UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT</p> | <p>Students will be able to:</p> | <p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Demonstrate the knowledge of the importance of physical activity in child development. <p>SKILLS:</p> <ul style="list-style-type: none"> • Verbal Skills • Analytical skill • Listening skills <p>APPLICATION:</p> <p>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>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Individuals in this role are involved in conducting play activities, coaching, mentoring and training of children at primary level. | <ul style="list-style-type: none"> • Linguistic • Spatial • Intrapersonal | <p>Students will be able to:</p> <p>Developing and maintaining good health.</p> <ul style="list-style-type: none"> • Taking preventive measure against disease. • Improving mental and physiological strength and physical fitness. • Improving mental concentration. • Building self-esteem. |
| | <p>REVISION: PT-1</p> | | | | |
| <p>CONDUCTION OF PT-1 ASSESSMENT(Third Week Of May)</p> | | | | | |
| <p>JULY</p> <p>No of Days: 27</p> | <p>Employability Skills</p> <p>Unit 2: Self- Management Skills – I</p> <p>Subject Specific Skills</p> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Meaning and importance of stress management | <p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Label the icons on desktop • Identify the taskbar and its items. | <ul style="list-style-type: none"> • Linguistic • Spatial • Intrapersonal | <p>Students will be able to:</p> <p>Activities for increasing physical</p> |

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| | UNIT 2: PLANNING AGE APPROPRIATE PHYSICAL ACTIVITIES | <ul style="list-style-type: none"> • Stress management techniques • Importance of the ability to work independently • Describe the types of self-awareness • Describe the meaning of self-motivation and self-regulation | <ul style="list-style-type: none"> • Planning age-appropriate physical education activities can be fun and can create a positive environment for your students' development.. <p>SKILLS:</p> <ul style="list-style-type: none"> • Writing Skills • Analytical skill • Listening skills <p>APPLICATION:</p> <ul style="list-style-type: none"> • Model reading of the lesson. • Practical Based explanation <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Activities for increasing physical strength and coordination. | | strength and coordination Plan physical activities for developing cognitive skills and Manage class |
| AUGUST No of Days: 23 | <p>Subject Specific Skills</p> Unit 3: ORGANIZING AGE APPROPRIATE PHYSICAL ACTIVITIES | Students will be able to: <ul style="list-style-type: none"> • Games for everyday activities • Activities to develop strength and balance • Activities to develop | <p>KNOWLEDGE:</p> Developmental levels that should be considered when outlining activities include psychomotor skills, cognitive abilities, | <ul style="list-style-type: none"> • Linguistic • Spatial • Logical | Students will be able to: <ul style="list-style-type: none"> • Activities to develop endurance and flexibility • Organize sport activities |

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| | | cognitive skills | and affective development SKILLS: <ul style="list-style-type: none"> • Listening Skills • Critical skill • Observation skills APPLICATION: Demonstrate the knowledge of children health and safety <ul style="list-style-type: none"> • Assess and evaluate the students UNDERSTANDING: <ul style="list-style-type: none"> • Conduct recreational activities | | |
| SEPTEMBER No of Days: 05 | Employability Skills Unit 3: Information and communication Technology Skills | Students will be able to: <ul style="list-style-type: none"> • Classes of operating systems • Menu, icons and task bar on the desktop • File concept, file operations, file organization, directory structures, | KNOWLEDGE: <ul style="list-style-type: none"> • Recall the software use to paint and draw • List few tools in Ms Paint • Enhance the use of Ms Paint SKILLS: <ul style="list-style-type: none"> • Listening Skills • Critical skill • Observation skills APPLICATION: | <ul style="list-style-type: none"> • Linguistic • Spatial • Logical Thinking | Students will be able to: <ul style="list-style-type: none"> • Explore more about tools of tux paint • Utilize effect of Tux paint tools • Recall the method to delete a file in Tux paint |

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

CONDUCTION OF TERM-1 ASSESSMENT

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| OCTOBER No of Days: 22 | <p>Subject Specific Skills Unit 3: CHILDREN HEALTH AND SAFETY</p> | Students will be able to: <ul style="list-style-type: none"> • Child health care and habits • Various aspects of safety management and | <p>KNOWLEDGE: Demonstrate the knowledge of maintaining records</p> <p>SKILLS:</p> <ul style="list-style-type: none"> • Listening Skills • Critical skill • Observation skills <p>APPLICATION:</p> | <ul style="list-style-type: none"> • Linguistic • Spatial • Logical | Students will be able to: <ul style="list-style-type: none"> • Role Play: Conduct on-ground demonstration of first aid. Remember the action measures of |
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| | | emergency response | <p>Involve the students to demonstrate how to use the props safely.</p> <ul style="list-style-type: none"> . Demonstrate the correct procedures to perform the basic exercises. <p>UNDERSTANDING The goals of inventory management is to understand stock levels and stock's location in warehouses</p> <ul style="list-style-type: none"> • | | first aid while demonstrating. |
| <p>NOVEMBER No of Days: 23</p> | <p>Employability Skills Entrepreneurial Skills</p> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • List the characteristics of successful entrepreneur • Entrepreneurship and society • Qualities and functions of an entrepreneur • Role and importance of an entrepreneur | <p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Identify the Network and Internet. • Brainstorming about the Internet Terms. <p>SKILLS:</p> <ul style="list-style-type: none"> • Writing Skills • Analytical skill • Listening skills <p>APPLICATION:</p> <ul style="list-style-type: none"> • Model reading of the lesson. | <ul style="list-style-type: none"> • Linguistic • Spatial • Intrapersonal | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Categorize terms related to Internet • List requirements for an Internet connection • Recall the best practices related to |

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| | | <ul style="list-style-type: none"> • Myth about entrepreneurs hip Entrepreneurs hip as a career option | <ul style="list-style-type: none"> • Practical Based explanation • Analyzing the various terms. <p>UNDERSTANDING :</p> <ul style="list-style-type: none"> • Identify basic requirements for an Internet Connection • Tell best practices related to online safety • Categorize Internet terms. | | online safety. |
| REVISION: PT-2 | | | | | |
| CONDUCTION OF PT-2 ASSESSMENT(Fourth Week Of November) | | | | | |
| <p>DECEMBER No of Days: 11</p> | <p>Employability Skills Unit 5: Green Skills</p> | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Definition of sustainable development Importance of sustainable development Problems related to sustainable development | <p>KNOWLEDGE:</p> <ul style="list-style-type: none"> • Recall the software use to play • List few tools in Scratch • Enhance the use of Scratch <p>SKILLS:</p> <ul style="list-style-type: none"> • Listening Skills • Critical skill • Observation skills <p>APPLICATION:</p> | <ul style="list-style-type: none"> • Linguistic • Spatial • Logical Thinking | <p>Students will be able to:</p> <ul style="list-style-type: none"> • Explore more about tools of Scratch • Utilize effect of Scratch tools • Recall the method to Change back drop in Scratch. |

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| | | | <ul style="list-style-type: none"> • Practical Based explanation • Introduction to tools used in Scratch • Relate the working of Scratch • Explore more about Scratch tools <p>UNDERSTANDING:</p> <ul style="list-style-type: none"> • Usage of various tools of Scratch • Apply effects of each tool • Tell the method to play instruments in Scratch. | | |
| JANUARY No of Days: 21 | REVISION TERM-2 | | | | |
| FEBRUARY No of Days: 22 | REVISION TERM-2 | | | | |
| MARCH | ANNUAL EXAM | | | | |