



KENDRIYA VIDYALAYA SANGATHAN RAIPUR REGION



ANNUAL ONLINE/ OFFLINE
PHYSICAL & HEALTH EDUCATION
CLASSROOM INTEGRATED
ACTIVITY PLAN FOR STUDENTS



KENDRIYA VIDYALAYA SANGTHAN

REGIONAL OFFICE, RAIPUR

An Autonomous Body under the Ministry of Education, Government of India

ANNUAL ONLINE/ OFFLINE PHYSICAL AND HEALTH EDUCATION

CLASSROOM INTEGRATED ACTIVITY PLAN SESSION 2021-22

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ANNUAL ONLINE/OFFLINE HEALTH AND PHYSICAL EDUCATION INTEGRATED ACTIVITY PLAN FOR STUDENTS– 2021-22

CLASS: VI

S.No.	MONTH	LESSON / ACTIVITIES /EVENT	HOME ASSIGNMENT	LEARNING OUTCOME
1	April	<p>A. How to remain physically Fit Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT: 1. Mass PT (Including all staff of School) 2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise) 3. Awareness generation Rally on themes “We Fit – India Fit” Links for reference: https://youtu.be/N8ZtmNTpGKo?t=10 https://www.youtube.com/watch?v=De0rztV14U https://youtu.be/fBxgv6gtmr4?t=21</p> <p>C. Participation at KVS Regional sports meet 2021-22 D. Updating the profiles of students for SBSB assessment for upcoming session.</p>	<p>1. To write down the meaning and component of physical fitness. YouTube Link - https://www.youtube.com/results?search_query=component+of+physical+fitness+</p> <p>2. To write down the importance and Benefits of Physical Fitness.</p> <p>3. Students practice the correct techniques of push up and keep the record of maximum push up in one attempt. Link - https://www.youtube.com/watch?v=8a-Y50NHPkE</p> <p>4. Student practices the correct technique of standing broad jump.</p> <p>5. Students record the best timing of 50 m Dash.</p>	<p>1. The students will understand the concept of Physical fitness.</p> <p>2. The students will recognize the relationship between health and Physical fitness.</p> <p>3. To motivate the students for positive attitude towards need of physical fitness.</p> <p>4. Students may able to work towards attaining Physical fitness.</p>

3.	July	<p>Unit 2: Games and Sports are important. (Individual Games)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on “Health in Human life”</p> <p>C. Participation at KVS National sports meet and coaching of selected students for SGFI.</p> <p>D. Conduct of Inter house competition.</p> <p>Conduct of Inter house competition: Rope Skipping: A) 30sec speed B)30 sec double under C) 3 min endurance</p> <p>D) free style</p>	<ol style="list-style-type: none"> List down the various individual and team sports games. What do you mean by sprinting and what are the different types of start? <p>Link: - https://www.youtube.com/watch?v=0fj1sMGI8eI</p> <ol style="list-style-type: none"> List down the jumping event in games and sports. List down the throwing events. Write down the famous sports personalities of Athletics and Gymnastics. Write down the different strokes in swimming. <p>Link: - https://www.youtube.com/watch?v=nAPI9IWjgL8</p> <p>D 1. Make video for rope skipping competition. 2. Watch videos related to rope skipping</p>	<p>Students will be:</p> <ol style="list-style-type: none"> Understand and acquire different various motor skills. They apply these skills and improve performance while participating in different games & sports. Enable students to understand and acquire various aspect of fundamental skills related to individual and team sports. Acquire competency in these skills. <p>D 1. Students will develop and inculcate sportsman spirit.</p> <ol style="list-style-type: none"> Improves physical fitness. Improves concentration
4	August	<p>A. Fundamental skills (Individual Sports basic style)</p> <p>Book Reference: www.ncert.nic.in www.ncert.nic.in</p>	<ol style="list-style-type: none"> Practicing the skills of individual games i.e. athletics, swimming, boxing, taekwondo etc. Name of 5 Exercise related individual events. How many components of fitness are there (create chart) 	<p>It will help students to:</p> <ol style="list-style-type: none"> To develop neuro muscular coordination. To learn tactics and strategy of individual sports. Provide recreation to students

		<p>B. FIT INDIA MOVEMENT:</p> <p>1. Staff V/s Students Interclass Traditional games.</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Participation at sports events organized by outside agencies.</p> <p>E. Conduct/completion of SBSB Term I Assessment.</p> <p>E. School Health checkup referral and follow up</p> <p>E. Celebration of National Sports day.</p>	<p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with equipments. (Warming up and cool down for an hour)</p> <p>G1. Watch videos related to chess.</p> <p>G1. Watch videos related to respective skill.</p> <p>2. Make video for competition.</p>	<p>by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, and will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p> <p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>G1. Students will improve mental development.</p> <p>2. Students will develop and inculcate sportsman spirit.</p>
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6	October	<p>A. Fundamental Skills (Team Sports first game)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Fit India Cycling 2. Plogging Run 3. Hula Hoping 4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community. <p>Mind fullness</p> <p>https://youtu.be/2fL0CQrPbeg</p> <p>https://youtu.be/Ar7YuuQXZRI?t=7</p> <p>https://youtu.be/Ar7YuuQXZRI?t=7</p> <p>https://youtu.be/S-p5PPXyj3E?t=9</p> <p>https://youtu.be/9A0S54yAgEg?t=14</p> <p>https://youtu.be/vzKryaN44ss?t=5</p> <p>https://youtu.be/mjtfyuTTQFY?t=18</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Inter House Competitions.</p>	<ol style="list-style-type: none"> 1. Practicing the skills of team games i.e. handball, football, cricket, volleyball etc. 2. Name of 5 Exercise related team games. 3. Any 5 skills related to team game. 4. Doing shadow practice of skills of your respective team event. 5. Practicing at home for one week with equipments. (Warming up and cool down for an hour) 6. Watch video of sports training, skill and technique. <p>1. Send scan copy of your essay with name, class and roll number to their respective class teacher.</p>	<p>This will enable students to :</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the talent and prepare the students for sports events. 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions. <p>1. Students will improve their knowledge related to sports field.</p>
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7	November	<p>UNIT – 4: Our Environment and Health.</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Inter and Intra School competitions and National Games across the country.</p> <p>C. Inter house competitions: Poster making and slogan competition</p> <p>Topic: Fit India, Khelo India and Olympics 2020.</p> <p>D. Conduct of Annual Sports Day</p>	<p>1. List down the useful and harmful microbes.</p> <p>2. Write a short note on how our body is protected from diseases?</p> <p>3. What are the harmful microbes and their modes of transmission?</p> <p>4 Importance of safe water and sanitization.</p> <p>Link: - https://www.youtube.com/watch?v=4XPQbipFR6M</p> <p>1. Send scan copy of your poster and slogan with name, class and roll number to their respective class teacher.</p>	<p>It will help students to understand:</p> <ol style="list-style-type: none"> 1. Learn about microbes /microorganism. 2. Develop and understanding about different categories of Microbes useful and harmful microbes and modes of transmission of harmful microbes. <p>1. Students will improve their knowledge relative to sports field.</p>
8	December	<p>UNIT – 4: Our Environment and Health.</p> <p>(continue)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year.</p>	<p>5 What are the measures to safe guard from water and food borne disease?</p> <p>6, List down disease cause by air borne and water borne.</p> <p>Link: - https://www.youtube.com/watch?v=TgMB5RG6JEY</p> <p>Link: - https://www.youtube.com/watch?v=bnvtixk68Xc</p>	<ol style="list-style-type: none"> 3. Know the role of immune system and importance of Immunization to protect individual from disease. 4. Take preventive measures against harmful microbes with special reference to water and food borne diseases. 5. Know about air borne and water borne disease.

		<p>2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement.</p> <p>C. Selection of team for regional sports meet</p>	<p>7 Write a short note on Typhoid, Common cold, COVID-19, Polio, Malaria, Tuberculosis.</p>	
9	January	<p>a. Practicing of first and second team game and individual game. Book Reference: www.ncert.nic.in</p> <p>B. Conduct of SBSB Term II Assessment.</p> <p>C. II School Health checkup referral and follow up</p>	<p>1. Watch videos of relative team games and individual games. (Asian game , commonwealth game, Olympic , world cup)</p>	<p>This will enable students to:</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the talent
10	February	<p>A. A. Fundamental Skills (Team Sports second game) www.ncert.nic.in</p> <p>B. Fit India Movement</p> <p>Khelo India song</p> <p>1 Organization of Indigenous/Traditional Sports</p> <p>Popular Games of the states</p> <p>2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite</p>	<ol style="list-style-type: none"> 1. Practicing the skills of team games i.e. handball, football, cricket, volleyball etc. 2. Watch video of sports training, skill and technique. 3. Any 5 skills related to team game. 4. Doing shadow practice of skills of your respective team event. 5. Practicing at home for one week with equipment. 	<p>This will enable students to :</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the

		<p>Dishes etc.)</p> <p>https://youtu.be/ bFPdRbrCGM</p> <p>https://youtu.be/49VhuGxzkpU?t=23</p> <p>https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</p>		talent
11	March	<p>Games & sports (Skill) : provided advance training to selected students for regional sports meet.(INDIVIDUAL GAME and TEAM GAME)</p> <p>A. Fit India Movement</p> <ol style="list-style-type: none"> 1. Words Picture making 2. Puzzle solving (Sudoku, Crosswords& Jumbles) 3. Meditation / Mindfulness activities (5 Minutes) <p>B. Preparation and planning of Annual academic activities for upcoming session.</p> <p>C. Final Grade</p>		<p>1. Students will be prepared for regional sports meet.</p> <p>2. Students will get advanced skill training.</p> <p>3. Students will become efficient in their respective games.</p> <p>Activities under fit India movement will help students:</p> <ol style="list-style-type: none"> 1. To release tensions and exam stress. 2. Being joyful 3. Improvise their moods 4. Harmony between body and mind through yogic activities.

S.No.	MONTH	LESSION / ACTIVITIES /EVENT	HOME ASSIGNMENT	LEARNING OUTCOME
1	April	<p>A. 1. Calisthenics, Mass Fitness and Rhythmic Activities</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Mass PT (Including all staff of School) 2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise) 3. Awareness generation Rally on themes “We Fit – India Fit” <p>Links for reference: https://youtu.be/N8ZtmNTpGKo?t=10 https://www.youtube.com/watch?v=De0rzr0V14U https://youtu.be/fBxgv6gtnr4?t=21</p> <p>C. Participation at KVS Regional sports meet 2021-22</p> <p>D. Updating the profiles of students for SBSB assessment for upcoming session.</p> <p>Being healthy, safe and active</p>	<ol style="list-style-type: none"> 1. Each student make one free hand exercise. 2. Students draw a diagram of their exercise. 3. Every student make one exercise with any equipment’s. 4. Perform aerobics in their own way. <p>examine and judge the merit, significance or value of something</p>	<p>The students able to develop</p> <ol style="list-style-type: none"> 1. Ability to listen, understand and responds commands. 2. Sense of time and use os space. 3. Coordination of movements. 4. Understand the benefits of mass participation. 5. Neuro-muscular coordination. <ul style="list-style-type: none"> • exploring and experimenting with different offensive and defensive strategies in <i>games and sports</i> to determine an agreed game plan • investigating different forms of skill practice to determine the most effective for a given skill • identifying a key issue linked to the ethical use of mobile technologies in school, at home and in social situations, and developing critical questions to actively seek and propose solutions • investigating the physical, social and psychological impact of <i>drugs</i> such as energy drinks on young

				<p>people's health and wellbeing</p> <ul style="list-style-type: none"> Investigating and challenging stereotypes about and advocating for young people's involvement in <i>community</i> actions. <p>Integrated to language</p> <ul style="list-style-type: none"> To review vocabulary related to sports To practice reading skills To practice listening skills To develop speaking skills in a discussion and role play. <p>Integrated to maths</p> <ul style="list-style-type: none"> To review math's related angle to sports To practice angle to move skills To practice release angle skills To develop circle rectangle and others formation to play.
2	June	<p>A. Social Health</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> Quiz competition on Hygienic and Un Hygienic foods and nutrition. Essay, Quotes, Slogan writing on Themes "Fit India Movement". <p>Essay Quotes Slogan</p> <p>C. Celebration of "Yoga Day" (Age -Appropriate Yoga activities)</p>	<ol style="list-style-type: none"> WHO? Define Health? What is customs and tradition? 	<p>It will help students to understand:</p> <ol style="list-style-type: none"> Customs and traditions prevailing in the society related to health. Influence of customs and traditions on the health of people living in the society. Develop positive attitude and skills towards proper use of leisure time. <p>Integrated to language</p> <ul style="list-style-type: none"> To review vocabulary related to sports To practice reading skills To practice listening skills To develop speaking skills in a discussion and role play.

		<p>Links for reference: https://youtu.be/36Wv9pgERsI?t=18 https://youtu.be/4buvqsZm2I4?t=13 https://youtu.be/bVKIaLfV7hE?t=5 https://youtu.be/dATnnPBnBPE?t=90 https://youtu.be/CBko9JPMtHs?t=216</p> <p>D. Participation at KVS National Sports Meet</p> <p>E. Interhouse competition: Yoga – Different asanas (selection of asanas according to regional meet and other different activities of yoga will also be included)</p>		<p>Cross curricular links: Sports Education, History, and Social Science.</p> <p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves fitness and flexibility.</p> <p>3. Improves concentration.</p>
3	July	<p>A We are growing?</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. <u>FIT INDIA MOVEMENT:</u></p> <p>Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on “Health in Human life”</p> <p>C. Participation at KVS National sports meet and coaching of selected students for SGFI.</p> <p>D. Interhouse competition : Yoga – Different asanas (selection of asanas according to regional meet and other different activities of yoga will also be included)</p>	<p>1. What is growth and development?</p> <p>2. What are the various phases of growth and development?</p>	<p>It will help students to understand:</p> <p>1. Aspect of Growth and development during adolescence.</p> <p>2. Myth and misconception regarding growing up.</p> <p>3. Identity issues and concerns related to sex abuses.</p> <p>4. Concept of body image and misconception.</p> <p>Integrated to language</p> <ul style="list-style-type: none"> • To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play.

4	August	<p>A. Fundamental skills (Individual Sports basic style)</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Staff V/s Students Interclass Traditional games. 2. Indoor & Outdoor Games 3. Age appropriate Yoga Activities. <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Participation at sports events organized by outside agencies.</p> <p>E. Conduct/completion of SBSB Term I Assessment.</p> <p>E. School Health checkup referral and follow up</p> <p>G. Inter house competition: 1. Chess: by using different chess online apps</p> <ol style="list-style-type: none"> 2. Skill competition of different games <ol style="list-style-type: none"> a) Basketball b) handball c) football etc. <p>H. Celebration of National Sports day.</p>	<ol style="list-style-type: none"> 1. Practicing the skills of individual games i.e. athletics, swimming, boxing, taekwondo etc. 2. Name of 5 Exercise related individual events. 3. How many components of fitness are there (create chart) 4. Doing shadow practice one week at individual event. 5. Practicing at home for one week with equipment. (Warming up and cool down for an hour) <p>G1. Watch videos related to chess.</p> <p>G1. Watch videos related to respective skill.</p> <ol style="list-style-type: none"> 2. Make video for competition. 	<p>It will help students to:</p> <ol style="list-style-type: none"> 1. To develop neuro muscular coordination. 2. To learn tactics and strategy of individual sports. 3. Provide recreation to students by participation in sports. 4. Develop qualities like self-esteem, confidence, and will power, physical and mental wellbeing of students. 5. It will help teacher to identify the talent and prepare the students for sports events. 6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions. <p>G1. Students will improve mental development.</p> <ol style="list-style-type: none"> 2. Students will develop and inculcate sportsman spirit.
5	September	<p>A. Fundamental skills (Individual Sports)</p> <p>ATHLETICS/SWIMMING</p>	<ol style="list-style-type: none"> 1. Practicing the skills of individual games i.e. Athletics, Table Tennis, Badminton, 	<p>It will help students:</p> <ol style="list-style-type: none"> 1. To develop neuro muscular coordination. 2. To learn tactics and strategy of individual

		<p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT</p> <p>a. Indoor & Outdoor Games b. Age appropriate Yoga Activities.</p> <p>specialized movement skills</p>	<p>Rope Skipping etc.</p> <p>To use in a particular situation</p>	<p>sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p> <p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>Movement skills that is required in more organized games and activities. Examples of specialized movement skills include fielding a ground ball in softball, climbing a rock wall and performing a grapevine step in dance.</p> <p>Integrated to language</p> <ul style="list-style-type: none"> • To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play.
6	October	<p>A Fundamental Skills (Team Sports)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>C. Inter house competition: 1. Push-ups, pull ups and sit up challenge: one minute will be given for the competition 2. Sports quiz: maximum no. of questions-40(through Google form)</p>	<p>1. Make video for competition.</p> <p>1. Practicing the skills of Team games i.e., Kho-Kho, Football, Cricket, Kabaddi etc.</p>	<p>This will enable students to:</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p>

		<p>1. Fit India Cycling 2. Plogging Run 3. Hula Hoping 4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community. Mind fullness https://youtu.be/2fL0CQrPbeg https://youtu.be/Ar7YuuQXZRI?t=7 https://youtu.be/Ar7YuuQXZRI?t=7 https://youtu.be/S-p5PPXyj3E?t=9 https://youtu.be/9A0S54yAgEg?t=14 https://youtu.be/vzKryaN44ss?t=5 https://youtu.be/mjtfyuTTQFY?t=18 C. Training and coaching of selected students for SGFI. D. Inter House Competitions. Essay writing: 1) U-14: National sports day 2) U-17: India in Olympic 3) U- 19: Women in sports in India (300 to 500 words)</p>	<p>1. Send scan copy of your essay with name, class and roll number to their respective class teacher.</p>	<p>3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness.5. It will help teacher to identify the talent and prepare the students for sports events. 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions. Integrated to language• To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play. 1. Students will improve their knowledge related to sports field.</p>
7	November	<p>A. Food and Nutrition Book Reference: www.ncert.nic.in B. FIT INDIA MOVEMENT: Inter and Intra School competitions and National Games across the country. C. Inter house competitions for Primary classes.</p>	<p>1. What are different types of food practices 2. What is balance Diet? 3. Nutrients of balance diet? 4. Cooked any five food items.</p>	<p>Students enable to 1. Understand the balance diet and different nutrients. 2.Method of cooking the food nutritionally. 3. Understand the relationship between, Food, festivals and celebrations. Students apply strategies for working cooperatively and apply rules fairly. They use decision-making and problem-solving skills to</p>

		D. Conduct of Annual Sports Day		<p>select and demonstrate strategies that help them stay safe, healthy and active. They refine fundamental movement skills and apply movement concepts and strategies in a variety of physical activities and to solve movement challenges. They create and perform movement sequences using fundamental movement skills and the elements of movement.</p> <p>Integrated to language</p> <ul style="list-style-type: none"> • To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play.
8	December	<p>A. Common Injuries</p> <p>Book Reference: www.ncert.nic.in</p> <p>A. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year. 2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement. <p>C. Selection of team for regional sports meet</p>	<ol style="list-style-type: none"> 1. What are injuries? 2. What is the first aid used on injury. 3. Identify the sports equipment during play any game? 	<p>It will help students to understand:</p> <ol style="list-style-type: none"> 1. The different type of injuries and their causes. 2. Develop skills of providing first aid for different type injuries. 3. The procedure of management of various injuries. <p>Integrated to language</p> <ul style="list-style-type: none"> • To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play.
9	January	A. Practicing of first and second team game and individual game.	1. What is 1. Watch videos of relative team games and individual games.	<p>It This will enable students to:</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental

		<p>B. Conduct of SBSB Term II Assessment.</p> <p>C. II School Health checkup referral and follow up</p>	<p>(Asian game, commonwealth game, Olympic, word cup)</p>	<p>techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p> <p>4. Develop qualities of leadership, followership, team spirit, cooperation</p> <p>togetherness.5. It will help teacher to identify the talent</p>
10	February	<p>A. Fundamental Skills (Team Sports second game)</p> <p>B. Fit India Movement</p> <p>Khelo India song</p> <p>1 Organization of Indigenous/Traditional Sports</p> <p>Popular Games of the states</p> <p>2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)</p> <p>https://youtu.be/_bFPdRbrCGM</p> <p>https://youtu.be/49VhuGxzkpU?t=23</p> <p>https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</p>	<p>1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc.</p> <p>2.Watch video of sports training, skill and technique.</p> <p>3.Any 5 skills related to team game.</p> <p>4.Doing shadow practice of skills of your respective team event.</p> <p>5.Practicing at home for one week with equipment. (Warming up and cool down for an hour)</p> <p>6.Watch video of sports training, skill</p>	<p>It w This will enable students to:</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p> <p>4. Develop qualities of leadership, followership, team spirit, cooperation will help students to:</p> <p>1. Encourage and motivate to participation in games and sports.</p> <p>2. Awareness about the various incentive for their achievement in various level.</p> <p>3. Recognize achievement of young sportsperson.</p> <p>4. Recognize outstanding performance of sports person in different levels.</p> <p>Integrated to language</p>

			and technique	<ul style="list-style-type: none"> • To review vocabulary related to sports • To practice reading skills • To practice listening skills • To develop speaking skills in a discussion and role play.
11	March	<p>Games & sports (Skill): provided advance training to selected students for regional sports meet. (INDIVIDUAL GAME and TEAM GAME)</p> <p>A. Fit India Movement</p> <ol style="list-style-type: none"> 1. Words Picture making 2. Puzzle solving (Sudoku, Crosswords & Jumbles) 3. Meditation / Mindfulness activities (5 Minutes) <p>A. Preparation and planning of Annual academic activities for upcoming session.</p> <p>B. Final Grade</p>	<ol style="list-style-type: none"> 1. Preform at home. <p>Shadow practice</p>	<p>Activities under fit India movement will help students:</p> <ol style="list-style-type: none"> 1. To release tensions and exam stress. 2. Being joyful 3. Improvise their moods 4. Harmony between body and mind through yogic activities.

KENDRIYA VIDYALAYA SANGATHAN, RAIPUR REGION

ANNUAL ONLINE/OFFLINE HEALTH AND PHYSICAL EDUCATION INTEGRATED ACTIVITY PLAN FOR STUDENTS– 2021-22

CLASS: VIII

S.No.	MONTH	LESSION / ACTIVITIES /EVENT	HOME ASSIGNMENT	LEARNING OUTCOME
1	April	<p>A. Knowing Mental changes Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Mass PT (Including all staff of School) 2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise) 3. Awareness generation Rally on themes “We Fit – India Fit” <p>Links for reference: https://youtu.be/N8ZtmNTpGKo?t=10 https://www.youtube.com/watch?v=De0r zr0V14U https://youtu.be/fBxgv6gtnr4?t=21</p> <p>C. Participation at KVS Regional sports meet 2021-22</p> <p>D. Updating the profiles of students for SBSB assessment for upcoming session.</p>	<ol style="list-style-type: none"> 1. To write down own five strength and weaknesses. 2. To record own sleeping hour per day for a week. 3. Each student could draw a hexagon and write one goal they have in life in its center. Then on each side of the hexagon write the answer to the following questions <ol style="list-style-type: none"> a. Is your goal clear? b. is it realistic? c. is it achievable? d. When can you achieve it? e. what will you have to do in order to achieve it? f. How will you know when you reach it? 	<ol style="list-style-type: none"> 1. The students will be able to understand the meaning of mental health and mental illness 2. Students can observe the behavior of different people and learn to manage social relationships. 3. Mange and regulate emotional changes within oneself 4. Equip them with goal setting and identifying strategies for achieving the goals 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.

2	June	<p>A. Food and nutrition</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Quiz competition on Hygienic and Un Hygienic foods and nutrition. 2. Essay, Quotes, Slogan writing on Themes “Fit India Movement”.</p> <p>Essay Quotes Slogan</p> <p>3. Celebration of “Yoga Day” (Age-Appropriate Yoga activities)</p> <p>Links for reference: https://youtu.be/36Wv9pgERsl?t=18 https://youtu.be/4buvqsZm2l4?t=13 https://youtu.be/bVKIaLfV7hE?t=5 https://youtu.be/dATnnPBnBPE?t=90 https://youtu.be/CBko9JPMtHs?t=216</p> <p>C. Participation at KVS National Sports Meet</p> <p>D. Interhouse competition: Yoga – Different asanas (selection of asanas according to regional meet and other different activities of yoga will also be included)</p>	<p>1. What are different types of food practices</p> <p>2. What are GM foods?</p> <p>3. Pros and cons of GM Foods?</p> <p>GM food - Genetically modified food</p> <p>D 1. Make video for yoga competition.</p> <p>2. Watch videos of different asanas.</p>	<p>1. Students will understand the importance of food nutrients and their function.</p> <p>2. Different types of food items, food practices and their relevance.</p> <p>3. The importance of seasonal indigenous foods and their nutritive value.</p> <p>4. To ensure all round development of children.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves fitness and flexibility.</p> <p>3. Improves concentration.</p>
3.	July	<p>A. Water Conservation</p> <p>Book Reference: www.ncert.nic.in</p>	<p>1. What is the importance of water conservation?</p> <p>2. How do we prevent water wastage – at personal level, family level and community level?</p>	<p>Students will be:</p> <p>1. able to understand importance of water.</p> <p>2. Become aware of</p>

		<p>B. FIT INDIA MOVEMENT:</p> <p>Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on “Health in Human life”</p> <p>C. Participation at KVS National sports meet and coaching of selected students for SGFI.</p> <p>D. Conduct of Inter house competition: Rope Skipping: A) 30sec speed B)30 sec double under C) 3 min endurance D) free style</p>	<p>3. What is seed banking and how to do it?</p> <p>D 1. Make video for rope skipping competition.</p> <p>2. Watch videos related to rope skipping</p>	<p>consequences of wasting water.</p> <p>3. Appreciate the need of conservation of water.</p> <p>4 Learn about different ways and means of water conservation.</p> <p>5. Learn how to dispose household liquid waste.</p> <p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves physical fitness.</p> <p>3. Improves concentration.</p>
4	August	<p>A. Fundamental skills (Individual Sports)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Staff V/s Students Interclass Traditional games.</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Participation at sports events organized by outside agencies.</p> <p>E. Conduct/completion of SBSB Term I Assessment.</p>	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3.How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with equipment. (Warming up and cool down</p>	<p>It will help students to:</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p>

		<p>E. School Health checkup referral and follow up</p> <p>G. Inter house competition: 1. Chess: by using different chess online apps</p> <p>2. Skill competition of different games a) basketball b) handball c) football etc.</p> <p>H. Celebration of National Sports day.</p>	<p>for an hour)</p> <p>G1. Watch videos related to chess.</p> <p>2. Make video for competition.</p>	<p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>G1. Students will improve mental development.</p> <p>2. Students will develop and inculcate sportsman spirit.</p>
5	September	<p>A. Fundamental skills (Individual Sports) - continued</p> <p>B. Fundamental skills (Team sports)</p> <p>C. FIT INDIA MOVEMENT</p> <p>a. Indoor & Outdoor Games</p> <p>b. Age appropriate Yoga Activities.</p> <p>C. Interhouse competition: 1. Push-ups, pull ups and sit up challenge: one minute will be given for the competition</p> <p>2. Sports quiz: maximum no. of questions-40(through Google form)</p>	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3.How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with equipment's. (Warming up and cool down for an hour)</p> <p>6. Watch video of sports training, skill and technique.</p> <p>1. Make video for competition.</p>	<p>Students through competitions.</p> <p>1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves physical fitness.</p>

6	October	<p>A. Fundamental Skills (Team Sports) - continued</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Fit India Cycling 2. Plogging Run 3. Hula Hoping 4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community. <p>Mind fullness</p> <p>https://youtu.be/2fL0CQrPbeg https://youtu.be/Ar7YuuQXZRI?t=7 https://youtu.be/Ar7YuuQXZRI?t=7 https://youtu.be/S-p5PPXyj3E?t=9 https://youtu.be/9A0S54yAgEg?t=14 https://youtu.be/vzKryaN44ss?t=5 https://youtu.be/mjtfyuTTQFY?t=18</p> <p>C. Training and coaching of selected</p> <p>D. Inter House Competitions.</p> <p>Essay writing: 1) U-14: National sports day 2) U-17 : India in Olympic 3) U- 19: Women in sports in India (300 to 500 words)</p>	<ol style="list-style-type: none"> 1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc. 2. Name of 5 Exercise related team games. 3. Any 5 skills related to team game. 4. Doing shadow practice of skills of your respective team event. 5. Practicing at home for one week with equipments. (Warming up and cool down for an hour) 6. Watch video of sports training, skill and technique. <ol style="list-style-type: none"> 1. Send scan copy of your essay with name, class and roll number to their respective class teacher. 	<p>It will help students to understand:</p> <ol style="list-style-type: none"> 1. The concept of healthy and its importance. 2. Perform various yogic practices that improves lifestyle while developing harmony between Body and mind. 3. To inculcate competitive spirit and sense of true sportsmanship among students through competitions. <ol style="list-style-type: none"> 1. Students will improve their knowledge relative to sports field.
7	November	<p>A. Yoga for Concentration</p> <p>Book Reference:</p>	<ol style="list-style-type: none"> 1. What are the asanas and Kriyas we can perform? 2. Practicing yogic asanas like 	<p>It will help students to understand:</p> <ol style="list-style-type: none"> 1. The concept of concentration

		<p>www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Inter and Intra School competitions and National Games across the country.</p> <p>C. Inter house competitions: Poster making and slogan competition</p> <p>D. Conduct of Annual Sports Day</p>	<p>Halasana, Ardhmatsyendrasana, Paschimotasana, Gomukhasan , Bhadrasana, Tadasana ,Uddiyana Bandha, Agnisara.</p> <p>1. Send scan copy of your poster and slogan with name, class and roll number to their respective class teacher.</p>	<p>and its importance.</p> <p>2. Perform various yogic practices that improves concentration while developing harmony between Body and mind.</p> <p>3. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>
8	December	<p>A. Recreation and outdoor activities</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year.</p> <p>2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement.</p> <p>C. Selection of team for regional sports meet</p>	<p>1. Learning and describing traditional and new outdoor recreational games other than those taught in this chapter.</p>	<p>It will help students to:</p> <ol style="list-style-type: none"> 1. Learn party games. 2. Learn skills of modified games. 3. Learn about camping. 4. Utilize their leisure time in productive manner 5. Familiarize with group games. 6. Develop social qualities. 7. Develop Neuromuscular coordination 8. Learn discipline in a joyful learning atmosphere 9. To inculcate competitive spirit and sense of true sportsmanship among students

				through competitions.
9	January	<p>A. Safety security and First aid</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. Conduct of SBSB Term II Assessment.</p> <p>C. II School Health checkup referral and follow up</p>	<ol style="list-style-type: none"> 1. How can we prevent and treat immediate attack on our body from animals? 2. Where is treatment available? 3. What are the situations which require first –aid? 4. Preparing practical file mentioning steps to tackle animal attack, along with providing first-aid. 	<p>It will help students to:</p> <ol style="list-style-type: none"> 1. Discuss and adopt safety security measures. 2. Enlist various situation regarding First aid 3. Learn about various safety and security measures and injuries caused by animal attacks. 4. Acquire knowledge about dressing and bandaging.
10	February	<p>A. Fundamental Skills (Team Sports second game)</p> <p>B. Fit India Movement</p> <p>Khelo India song</p> <p>1 Organization of Indigenous/Traditional Sports</p> <p>Popular Games of the states</p> <p>2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)</p> <p>https://youtu.be/ bFPdRbrCGM https://youtu.be/49VhuGxzkpU?t=23 https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</p>	<ol style="list-style-type: none"> 1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc. 2. Watch video of sports training, skill and technique. 3. Any 5 skills related to team game. 4. Doing shadow practice of skills of your respective team event. 5. Practicing at home for one week with equipment. (Warming up and cool down for an hour) 6.Watch video of sports training, skill and technique 	<p>This will enable students to:</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the talent and prepare the students for sports events. 6. To inculcate competitive

				spirit and sense of true sportsmanship among students through competitions
11	March	<p>Games & sports (Skill): provided advance training to selected students for regional sports meet. (INDIVIDUAL GAME and TEAM GAME)</p> <p>A. Fit India Movement</p> <ol style="list-style-type: none"> 1. Words Picture making 2. Puzzle solving (Sudoku, Crosswords & Jumbles) 3. Meditation / Mindfulness activities (5 Minutes) <p style="padding-left: 40px;">A. Preparation and planning of Annual academic activities for upcoming session.</p> <p style="padding-left: 40px;">B. Final Grade</p>		<p>Activities under Fit India Movement will help students:</p> <ol style="list-style-type: none"> 1. To release tensions and exam stress. 2. Being joyful 3. Improvise their moods 4. Harmony between body and mind through yogic activities.

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CLASS: IX

Sl No.	Month	Lesson/ Activity/ Event	Assignment	Learning Out come
1	April	<p>A. Lesson -1. Health and Diseases</p> <p>1. What is Illness?</p> <p>2. Communicable and non–communicable diseases</p> <p>Activity 1.1 Discuss with your classmates, why we should not go to public places when suffering from cold, cough or fever?</p> <p>Activity 1.2.1 List how many things you follow for food and water hygiene</p> <p>1.2.2. Discuss the list with your friend.</p> <p>1.2.3. What would you like to do to improve your personal hygiene?</p> <p>Activity 1.3 Prepare an Immunisation chart. Put it in your classroom. Discuss with your classmates whether everyone has been vaccinated? If not, request them to consult a nearby health centre.</p> <p>Book Reference:</p> <p>www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Mass PT (Including all staff of School)</p> <p>2. Ringing of Fit India Bell (10 minutes stretching and Simple</p>	<p>1. To write down communicable and non-communicable disease.</p> <p>2. Write five healthy habits.</p> <p>3. Make a list to improve your family Hygiene.</p> <p>4. List major risk factors for non-communicable diseases</p>	<p>1. Students will understand the importance of good health.</p> <p>2. Students will understand the importance of personal hygiene.</p> <p>3. Students will understand communicable and non-communicable disease.</p> <p>4. Students understand what is immunity and how its help in our body.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>

		<p>exercise)</p> <p>3. Awareness generation Rally on themes “We Fit – India Fit”</p> <p>Links for reference :</p> <p>https://youtu.be/N8ZtmNTpGKo?t=10</p> <p>https://www.youtube.com/watch?v=De0rZr0V14U</p> <p>https://youtu.be/fBxgv6gtnr4?t=21</p> <p>C. Participation at KVS Regional sports meet 2021-22</p> <p>D. Updating the profiles of students for SBSB assessment for upcoming session.</p>		
2	June	<p>A. Lesson- 2 Physical Education</p> <p>2.1. Introduction and meaning of Physical education.</p> <p>Activity 1 Find out the following facts about your school and prepare a write-up.</p> <p>1.1. Periods allocated for physical education in your school?</p> <p>1.2. What do students do during physical education periods? How many students of a class actually participate in activities during such periods?</p> <p>1.3. What type of knowledge is provided by the teachers about the concerned games and sports related skills?</p> <p>1.4. What do the students do during these classes when they are left free?</p> <p>1.2. Compare your write-up with the above objectives.</p> <p>1.3. What will you do, if some of the objectives are not covered?</p> <p>Book Reference:</p> <p>www.ncert.nic.in</p> <p>B. <u>FIT INDIA MOVEMENT</u>:</p>	<p>1. Collect information from your friends how many classes of physical education they have.</p> <p>2. Write importance of Physical education.</p>	<p>1. Students will understand the Physical Education.</p> <p>2. Students will understand how to achieve holistic development.</p> <p>3. Students know physical education provides opportunities to grow and develop as adults to be useful for the society.</p> <p>4. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>

		<p>1. Quiz competition on Hygienic and Un Hygienic foods and nutrition.</p> <p>2. Essay, Quotes, Slogan writing on Themes “Fit India Movement”.</p> <p>Essay Quotes Slogan</p> <p>3. Celebration of “Yoga Day” (Age-Appropriate Yoga activities)</p> <p>Links for reference: https://youtu.be/36Wv9pgERsI?t=18 https://youtu.be/4buvqsZm2I4?t=13 https://youtu.be/bVKIaLfV7hE?t=5 https://youtu.be/dATnnPBnBPE?t=90 https://youtu.be/CBko9JPMtHs?t=216</p> <p>C. Participation at KVS National Sports Meet.</p> <p>D. Interhouse competition: Yoga – Different asanas (selection of asanas according to regional meet and other different activities of yoga will also be included).</p>	<p>D 1. Make video for yoga competition.</p> <p>2. Watch videos of different asanas.</p>	<p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves fitness and flexibility.</p> <p>3. Improves concentration.</p>
3.	July	<p>A. Lesson- 2 Physical Education</p> <p>2.2 Objectives of Physical Education</p> <p>2.3 Scope of Physical Education</p> <p>Activity 2. You must have observed some students not participating in physical education activities including sports in your school. Discuss with them and your peers how to ensure their participation in physical activities, individual and sports</p> <p>Activity 3. Prepare one Physical Education Card for any sport of choice in group.</p>	<p>1. Write importance of Physical education.</p> <p>2. Write Scope of Physical education.</p> <p>3. Collect information collages/ university provide Physical education courses.</p>	<p>1. Students will understand the importance of Physical Education.</p> <p>2. Students know the aim of physical education.</p> <p>3. Students know the physical education help to equip learners with knowledge, skills, capacities, values, and the enthusiasm to</p>

		<p>B. Book Reference:</p> <p>www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on “Health in Human life”</p> <p>C. Participation at KVS National sports meet and coaching of selected students for SGFI.</p> <p>D. Conduct of Inter house competition: Rope Skipping: A) 30sec speed B)30 sec double under C) 3 min endurance D) free style</p>		<p>maintain and carry on a healthy lifestyle</p> <p>4. Students will understand the scope of the physical education.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>
4	August	<p>A. Fundamental skills (Individual Sports basic style)</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Staff V/s Students Interclass Traditional games.</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Participation at sports events organized by outside agencies.</p>	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3. How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with equipment's. (Warming</p>	<p>It will help students to:</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p>

		<p>E. Conduct/completion of SBSB Term I Assessment.</p> <p>F. School Health checkup referral and follow up</p> <p>G. Inter house competition: 1. Chess: by using different chess online apps</p> <p>2. Skill competition of different games</p> <p>a) Basketball b) handball c) football etc.</p> <p>G. Celebration of National Sports day.</p>	<p>up and cool down for an hour)</p> <p>G1. Watch videos related to chess.</p> <p>G1. Watch videos related to respective skill.</p> <p>2. Make video for competition.</p>	<p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>G1. Students will improve mental development.</p> <p>2. Students will develop and inculcate sportsman spirit.</p>
5	September	<p>A. Fundamental skills (Individual Sports advanced)</p> <p>ATHLETICS/SWIMMING</p>	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3. How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with equipments. (Warming up and cool down for an</p>	<p>It will help students to:</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, and will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p> <p>6. To inculcate competitive</p>

		<p>B. FIT INDIA MOVEMENT</p> <p>a. Indoor & Outdoor Games</p> <p>b. Age appropriate Yoga Activities.</p> <p>D. Interhouse competition:</p> <p>1. Push-ups, pull ups and sit up challenge: one minute will be given for the competition</p> <p>2. Sports quiz: maximum no. of questions- 40(through Google form)</p>	<p>hour)</p> <p>G1. Watch videos related to chess.</p> <p>G1. Watch videos related to respective skill.</p> <p>2. Make video for competition.</p>	<p>spirit and sense of true sportsmanship among students through competitions.</p> <p>G1. Students will improve mental development.</p> <p>2. Students will develop and inculcate sportsman spirit.</p>
6	October	<p>A. Fundamental Skills (Team Sports first game)</p> <p>B. FIT INDIA MOVEMENT:</p>	<p>1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc.</p> <p>2. Name of 5 Exercise related team games.</p> <p>3. Any 5 skills related to team game.</p> <p>4. Doing shadow practice of skills of your respective team event.</p> <p>5. Practicing at home for one week with equipment's. (Warming up and cool down for an hour)</p> <p>6. Watch video of sports training, skill and technique.</p>	<p>This will enable students to:</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p> <p>4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p>

		<p>1. Fit India Cycling</p> <p>2. Plogging Run</p> <p>3. Hula Hoping</p> <p>4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community.</p> <p>Mind fullness</p> <p>https://youtu.be/2fL0CQrPbeg</p> <p>https://youtu.be/Ar7YuuQXZRI?t=7</p> <p>https://youtu.be/Ar7YuuQXZRI?t=7</p> <p>https://youtu.be/S-p5PPXyj3E?t=9</p> <p>https://youtu.be/9A0S54yAgEg?t=14</p> <p>https://youtu.be/vzKryaN44ss?t=5</p> <p>https://youtu.be/mjtfyuTTQFY?t=18</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Inter House Competitions:</p> <p>Essay writing : 1) U-14 : National sports day</p> <p>2) U-17 : India in Olympic</p> <p>3) U- 19: Women in sports in India</p> <p>(300 to 500 words)</p>		<p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>1. Students will improve their knowledge related to sports field.</p>
7	November	<p>A. Lesson-5. Fundamental skills (Individual Sports)</p> <p>Activity -1. Collect information about your favorite Badminton player national/international and which aspects of his/her game do you like?</p> <p>Activity -2. Is badminton played in your school? If yes, is it played</p>	<p>1. Practicing the skills of Individual sports i.e. Badminton, Table tennis, Taekwondo etc.</p> <p>Example: (Badminton)</p>	<p>It will help students to:</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to</p>

		<p>in a specially prepared court? Observe the court and find out the measurements.</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Inter and Intra School competitions and National Games across the country.</p> <p>C. Inter house competitions: Poster making and slogan competition</p> <p>Topic: Fit India, Khelo India and Olympics 2020.</p> <p>D. Conduct of Annual Sports Day.</p>	<p>2. Write down the history of badminton game.</p> <p>3. Write any five rules of badminton game.</p> <p>4. Write down the dimensions of the badminton court.</p>	<p>students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>
8	December	<p>A. Lesson -6 Fundamental Skills (Team Sports) - continued</p> <p>Activity – 1 Is it possible to play basketball with different dimensions of court and with different ball size? Please write your comments. Also find out how playing any team game helps in improving physical and mental health?</p> <p>Activity – 2 Observe a basketball match and identify different forms of shooting.</p> <p>Activity -3 What is the full form of IPL?</p>	<p>1. Practicing the skills of Team games i.e., Basketball, Football, Handball etc.</p> <p>Example : (Basketball)</p> <p>1. Where did the game of basketball originated?</p> <p>2. Who was Dr. James Naismith?</p>	<p>This will enable students to:</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p>

		<ul style="list-style-type: none"> • Write about your observation of any cricket match. • Discuss with your friends, any cricket match you have seen. • Write health related advantage of playing cricket. <p>Book Reference:</p> <p>www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT :</p> <ol style="list-style-type: none"> 1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year. 2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement. <p>C. Selection of team for regional sports meet.</p>	<p>3. What are the dimensions of the basketball court?</p>	<p>4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>
9	January	<p>a. Practicing of first and second team game and individual game.</p> <p>B. Conduct of SBSB Term II Assessment.</p> <p>C. Second School Health checkup referral and follow up.</p>	<p>1. Watch videos of relative team games and individual games. (Asian game, commonwealth game, Olympic, world cup)</p>	<p>This will enable students to:</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the talent

10	February	<p>A. Fundamental Skills (Team Sports second game)</p> <p>B. Fit India Movement</p> <p>Khelo India song</p> <p>1 Organization of Indigenous/Traditional Sports Popular Games of the states</p> <p>2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)</p> <p>https://youtu.be/ bFPdRbrCGM</p> <p>https://youtu.be/49VhuGxzkpU?t=23</p> <p>https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</p>	<p>1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc.</p> <p>2. Watch video of sports training, skill and technique.</p> <p>3. Any 5 skills related to team game.</p> <p>4. Doing shadow practice of skills of your respective team event.</p> <p>5. Practicing at home for one week with equipment. (Warming up and cool down for an hour)</p> <p>6.Watch video of sports training, skill and technique</p>	<p>This will enable students to:</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p> <p>4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions</p>
11	March	<p>Games & sports (Skill): provided advance training to selected students for regional sports meet. (INDIVIDUAL GAME and TEAM GAME)</p> <p>A. Fit India Movement</p> <p>1. Words Picture making</p> <p>2. Puzzle solving (Sudoku, Crosswords & Jumbles)</p>	<p>2. Preform at home.</p> <p>3. Shadow practice</p>	<p>Activities under fit India movement will help students:</p> <p>1. To release tensions and exam stress.</p> <p>2. Being joyful</p>

	<p>3. Meditation / Mindfulness activities (5 Minutes)</p> <p>C. Preparation and planning of Annual academic activities for upcoming session.</p> <p>D. Final Grade</p>		<p>3. Improvise their moods</p> <p>4. Harmony between body and mind through yogic activities.</p>
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KENDRIYA VIDYALAYA SANGATHAN, RAIPUR REGION

ANNUAL ONLINE/OFFLINE HEALTH AND PHYSICAL EDUCATION INTEGRATED ACTIVITY PLAN FOR STUDENTS– 2021-22

CLASS: X

S.No.	MONTH	LESSION / ACTIVITIES /EVENT	HOME ASSIGNMENT	LEARNING OUTCOME
1	April	<p>A. Test for measuring different fitness components.</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <ol style="list-style-type: none"> 1. Mass PT (Including all staff of School) 2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise) 3. Awareness generation Rally on themes “We Fit – India Fit” <p>Links for reference: https://youtu.be/N8ZtmNTpGKo?t=10 https://www.youtube.com/watch?v=De0rzt0V14U https://youtu.be/fBxgv6gtnr4?t=21</p> <p>C. Participation at KVS Regional sports meet 2021-22</p>	<ol style="list-style-type: none"> 1)Measuring muscular strength by doing push- up (2 person). 2) Timing of 600-meter run and walk (self-endurance test) 3) Do some yoga asana daily (To increase your flexibility) 4)Practice of shuttle – run daily to increase your agility) 5) Throwing and catching the ball (to improve body 	<ol style="list-style-type: none"> 1. The students will be able to develop strength, endurance, flexibility, speed, body components. 2. Students will understand test for measuring different fitness components. 3. These activities will improve the performance of students. 4. Students will improve their confidence towards playing games. 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.

		D. Updating the profiles of students for SBSB assessment for upcoming session.	composition)	
2	June	<p>Relation with another subject</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Quiz competition on Hygienic and Un Hygienic foods and nutrition.</p> <p>2. Essay, Quotes, Slogan writing on Themes “Fit India Movement”.</p> <p>Essay Quotes Slogan</p> <p>3. Celebration of “Yoga Day” (Age-Appropriate Yoga activities)</p> <p>Links for reference: https://youtu.be/36Wv9pgERsI?t=18 https://youtu.be/4buvqsZm2I4?t=13</p>	<p>1. Track marking (finding area, radius and diagonal of various ground.)</p> <p>2. Cricket commentary</p> <p>3. Write about any game skill with its scientific principle.</p> <p>4. History of any two games.</p> <p>5. Effect of warming-up and exercise in different systems of body.</p>	<p>1. Students will understand the relation with other subjects.</p> <p>2. Students are able to mark tracks and grounds.</p> <p>3. Improving English and Hindi speaking.</p> <p>4. Knowledge about ancient and modern history of sports.</p> <p>5. Use of physics in several sports skills.</p> <p>6. Knowledge about different effects of warming up and exercises in a human body.</p>

		<p>https://youtu.be/bVKIaLfV7hE?t=5 https://youtu.be/dATnnPBnBPE?t=90 https://youtu.be/CBko9JPMtHs?t=216</p> <p>C. Participation at KVS National Sports Meet.</p> <p>D. Interhouse competition: Yoga – Different asanas (selection of asanas according to regional meet and other different activities of yoga will also be included)</p>		
			<p>D 1. Make video for yoga competition.</p> <p>2. Watch videos of different asanas.</p>	<p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves fitness and flexibility.</p> <p>3. Improves concentration.</p>
3.	July	<p>A. Effect of Physical Activity on Human Body</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. <u>FIT INDIA MOVEMENT:</u></p> <p>Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to</p>	<p>1. Make a diagram of human skeletal system and also label it?</p> <p>2. If a person is doing push-up for straight one month, what difference do you find in them?</p> <p>3. Check your pulse rate before exercise and after exercise?</p> <p>4. Count how many second you can hold your breath, if you do cardio exercise for 15 days. Write your observation before and after?</p>	<p>Students will be :</p> <p>1. Able to understand effect of physical activity on human body.</p> <p>2. Knowledge about functioning of different systems of human body.</p> <p>3. Students will improve muscular endurance, cardio muscular endurance, muscles size, VO2 Max etc.</p> <p>4. Students will learn to check their pulse rate.</p> <p>5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>

		<p>aware the students / fellow Teachers / Staff/Parents on “Health in Human life”</p> <p>C. Participation at KVS National sports meet and coaching of selected students for SGFI.</p> <p>D. Conduct of Inter house competition: Rope Skipping: A) 30sec speed B)30 sec double under C) 3 min endurance D) free style</p>	<p>D 1. Make video for rope skipping competition.</p> <p>2. Watch videos related to rope skipping.</p>	<p>D 1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves physical fitness.</p> <p>3. Improves concentration.</p>
4	August	<p>A. Fundamental skills (Individual Sports basic style)</p> <p>Book Reference: www.ncert.nic.in</p>	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3.How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at individual event.</p> <p>5. Practicing at home for one week with</p>	<p>It will help students to :</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and prepare the students for sports events.</p> <p>6. To inculcate competitive</p>

		<p>B. FIT INDIA MOVEMENT:</p> <p>1. Staff V/s Students Interclass Traditional games.</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Participation at sports events organized by outside agencies.</p> <p>E. Conduct/completion of SBSB Term I Assessment.</p> <p>F. School Health checkup referral and follow up</p> <p>G. Inter house competition: 1. Chess: by using different chess online apps</p> <p>2. Skill competition of different games</p> <p>a) Basketball b) handball c) football etc.</p> <p>G. Celebration of National Sports day.</p>	<p>equipments. (Warming up and cool down for an hour)</p> <p>G1. Watch videos related to chess.</p> <p>G1. Watch videos related to respective skill.</p> <p>2. Make video for competition.</p>	<p>spirit and sense of true sportsmanship among students through competitions.</p> <p>G1. Students will improve mental development.</p> <p>2. Students will develop and inculcate sportsman spirit.</p>
5	September	A. Fundamental skills (Individual Sports advanced)	<p>1. Practicing the skills of individual games i.e., athletics, swimming, boxing, taekwondo etc.</p> <p>2. Name of 5 Exercise related individual events.</p> <p>3. How many components of fitness are there (create chart)</p> <p>4. Doing shadow practice one week at</p>	<p>It will help students to:</p> <p>1. To develop neuro muscular coordination.</p> <p>2. To learn tactics and strategy of individual sports.</p> <p>3. Provide recreation to students by participation in sports.</p> <p>4. Develop qualities like self-esteem, confidence, will power, physical and mental wellbeing of students.</p> <p>5. It will help teacher to identify the talent and</p>

		<p>B. FIT INDIA MOVEMENT</p> <p>a. Indoor & Outdoor Games</p> <p>b. Age appropriate Yoga Activities.</p> <p>D. Interhouse competition:</p> <p>1. Push-ups, pull ups and sit up challenge: one minute will be given for the competition</p> <p>2. Sports quiz: maximum no. of questions- 40(through Google form)</p>	<p>individual event.</p> <p>5. Practicing at home for one week with equipment's. (Warming up and cool down for an hour)</p> <p>6. Watch video of sports training, skill and technique.</p> <p>1. Make video for competition.</p>	<p>prepare the students for sports events.</p> <p>6. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>1. Students will develop and inculcate sportsman spirit.</p> <p>2. Improves physical fitness.</p>
6	October	<p>A. Fundamental Skills (Team Sports first game)</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Fit India Cycling</p> <p>2. Plogging Run</p> <p>3. Hula Hoping</p> <p>4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community.</p> <p>Mind fullness</p> <p>https://youtu.be/2fL0CQrPbeg https://youtu.be/Ar7YuuQXZRI?t=7 https://youtu.be/Ar7YuuQXZRI?t=7</p>	<p>1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc.</p> <p>2. Name of 5 Exercise related team games.</p> <p>3. Any 5 skills related to team game.</p> <p>4. Doing shadow practice of skills of your respective team event.</p> <p>5. Practicing at home for one week with equipments.</p>	<p>This will enable students to :</p> <p>1. Understand and acquire various fundamental techniques of games.</p> <p>2. Learn the tactics and strategies of selected team games.</p> <p>3. Channelize their energy for achieving performance in games.</p> <p>4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness.</p> <p>5. It will help</p>

		<p>https://youtu.be/S-p5PPXyj3E?t=9 https://youtu.be/9A0S54yAgEg?t=14 https://youtu.be/vzKryaN44ss?t=5 https://youtu.be/mjtfyuTTQFY?t=18</p> <p>C. Training and coaching of selected students for SGFI.</p> <p>D. Inter House Competitions:</p> <p>Essay writing: 1) U-14: National sports day</p> <p>2) U-17: India in Olympic</p> <p>3) U- 19: Women in sports in India (300 to 500 words)</p>	<p>(Warming up and cool down for an hour) 6. Watch video of sports training, skill and technique.</p> <p>1. Send scan copy of your essay with name, class and roll number to their respective class teacher.</p>	<p>teacher to identify the talent and prepare the students for sports events. 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p> <p>1. Students will improve their knowledge related to sports field.</p>
7	November	<p>A. Yoga for healthy life.</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>Inter and Intra School competitions and National Games across the country.</p>	<p>1. What are the asanas and Kriyas we can perform?</p> <p>2. Practicing yogic asanas like Halasana, Ardhamatsyendrasana , Paschimotasana, Gomukhasana, Bhadrasana, Tadasana, Uddiyana Bandha, Agnisara.</p> <p>1. Send scan copy of your poster and</p>	<p>It will help students to understand:</p> <p>1. The concept of healthy and its importance.</p> <p>2. Perform various yogic practices that improves lifestyle while developing harmony between Body and mind.</p> <p>3. To inculcate competitive spirit and sense of true sportsmanship among students through competitions.</p>

		<p>C. Inter house competitions: Poster making and slogan competition</p> <p>Topic: Fit India, Khelo India and Olympics 2020.</p> <p>D. Conduct of Annual Sports Day</p>	<p>slogan with name, class and roll number to their respective class teacher.</p>	<p>1. Students will improve their knowledge relative to sports field.</p>
7	December	<p>A. social health</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. FIT INDIA MOVEMENT:</p> <p>1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year.</p> <p>2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement.</p> <p>C. Selection of team for regional sports meet</p>	<p>1. What are the qualities of social healthy person?</p> <p>2. Am I Socially healthy?</p> <p>3. What are various health programmes?</p> <p>4. What is role of media and advertisement in health?</p>	<p>It will help students to learn:</p> <p>1. Concept of Social health.</p> <p>2. Understand the relationship between health and society.</p> <p>3. Learn how social customs and traditions affect social health.</p>
8	January	<p>a. Practicing of first and second team game and individual game.</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. Conduct of SBSB Term II Assessment.</p> <p>C. Second School Health checkup referral and follow up.</p>	<p>1. Watch videos of relative team games and individual games. (Asian game , commonwealth game, Olympic , world cup)</p>	<p>It will help students to:</p> <p>1. Discuss and adopt safety security measures.</p> <p>2. Enlist various situation regarding First aid</p> <p>3. Learn about various safety and security measures and injuries caused by animal attacks.</p> <p>4. Acquire knowledge about dressing and bandaging.</p>

9	February	<p>A. Fundamental Skills (Team Sports second game)</p> <p>Book Reference: www.ncert.nic.in</p> <p>B. Fit India Movement</p> <p>Khelo India song</p> <p>1 Organization of Indigenous/Traditional Sports Popular Games of the states</p> <p>2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)</p> <p>https://youtu.be/_bFPdRbrCGM https://youtu.be/49VhuGxzkpU?t=23 https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/</p>	<p>1. Practicing the skills of team games i.e., handball, football, cricket, volleyball etc.</p> <p>2.Watch video of sports training, skill and technique.</p> <p>3.Any 5 skills related to team game.</p> <p>4.Doing shadow practice of skills of your respective team event.</p> <p>5.Practicing at home for one week with equipment. (Warming up and cool down for an hour)</p> <p>6.Watch video of sports training, skill and technique</p>	<p>This will enable students to:</p> <ol style="list-style-type: none"> 1. Understand and acquire various fundamental techniques of games. 2. Learn the tactics and strategies of selected team games. 3. Channelize their energy for achieving performance in games. 4. Develop qualities of leadership, followership, team spirit, cooperation and togetherness. 5. It will help teacher to identify the talent and prepare the students for sports events. 5. To inculcate competitive spirit and sense of true sportsmanship among students through competitions
10	March	<p>Games & sports (Skill) : provided advance training to selected students for regional sports meet.(INDIVIDUAL GAME and TEAM GAME)</p>		<ol style="list-style-type: none"> 1.Students will be prepared for regional sports meet. 2. Students will get advanced skill training. 3. Students will become efficient in their respective games. <p>Activities under Fit India</p>

		<p>A. Fit India Movement</p> <ol style="list-style-type: none">1. Words Picture making2. Puzzle solving (Sudoku, Crosswords & Jumbles)3. Meditation / Mindfulness activities (5 Minutes) <p>B. Preparation and planning of Annual academic activities for upcoming session.</p>	<p>Movement will help students:</p> <ol style="list-style-type: none">1. To release tensions and exam stress.2. Being joyful3. Improvise their moods4. Harmony between body and mind through yogic activities.
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PHYSICAL & HEALTH EDUCATION

LESSON PLAN (Activity)

Date of Commencement Expected date of Completion

No. of Periods Required Actual Date of Completion

Game/Activity Thought: Basketball Lay Up Shot & Dribbling

Time Duration: 40 Minutes


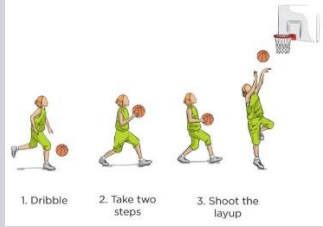


Class & Section: VI A&B

Aim of Lesson (Learning outcome): The students will be able to dribble a basketball using motor skills and different movement patterns.

The students will be able to dribble and shoot the ball on basket.

Material Required: Whistle, Basketball and Basketball Court.

Subject Matter	Content	Organization	Methodology
Assembly	All the students are assembling on Side line of Basketball Ground.	File formation	Command Method
Warm- Up	Run and Perform the exercise around basketball Court.	Circle formation	Demonstration Method

<p>Main Part/Skill</p>	<p><u>Dribbling</u></p> <p>Stance: low athletic stance, feet shoulder width apart, head up, eyes looking ahead.</p> <p>Ready Position: dribble with hands farthest from defender, keep other arm 90 degree to protect ball, stay low.</p> <p>Hands: Fingers spread apart only use fingertip pads, hands and wrist relaxed.</p> <p>Feet: Pivot foot, only move if dribbling if stop dribbling only pivot.</p> <p><u>Lay Up Shot</u></p> <ul style="list-style-type: none"> • Start with them at around the second rebounding block (about two steps away from the hoop) • Start with right hand lay-ups. • Just a right step, left step, and up. • Drive right elbow and right knee up together as if connect with a rope. • Aim at the right corner of the square on the background. 	<p>Circle formation or Semi-circle formation</p>	<p>Lecture method and Demonstration Method</p>   
<p>Lead Up Activity</p>	<p>Divide the class into two groups A & B. All the participants from both the team stands on end line. The starters of both the teams have a ball and rest student's stands behind him. On the signal go the first person will start dribbling up to the end line, come back and pass to other. In this way one by one all the students will dribble the ball. The team who will complete first will be declared as winner.</p> <p>Or students dribble the ball and shut on board and again come to initial position and pass to other.</p>	<p>File formation</p>	<p>Command Method</p> 
<p>Summarization</p>	<p>Summarize the lesson.</p> <p>Re-assembly</p> <p>All the students are assemble in a single line formation and ask doubt if any.</p>	<p>Line Formation</p>	<p>Command Method</p>

Progression 1: 1-Step Lay Up – Footwork Emphasis

Start close to the basket with your right foot forward and left foot back. Bend your knees and get low so you are ready to explode. Take a step with your left foot, jump and shoot the lay-up.

Right-Handed Lay Up – Right Foot Forward

Left-Handed Lay Up – Left Foot Forward

Progression 2: 1-Step Lay Up – Eyes and Hip Pocket Emphasis

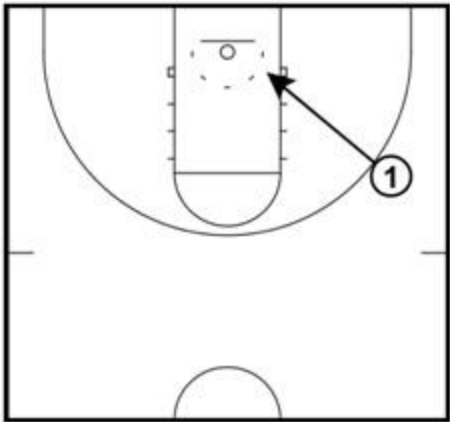
Take a step with your left foot, jump and shoot the lay up.

These lay ups should be practiced from both sides of the basket.

On the left side, they need to keep the ball in their left hip pocket.

Progression 3: 1 Dribble Lay Up

The next progression is to add the dribble to the lay up. Young kids should start near the free throw line. Older, more experienced players can start from beyond the three point line.



the player will start with their right foot forward and their left foot back. Have them take one dribble, and then shoot the lay up.

The same thing can be completed on the left side, starting with their left foot forward.

Footwork for right-handed lay up: Left – Right – Left

Footwork for left-handed lay up: Right – Left – Right

PHYSICAL & HEALTH EDUCATION

LESSON PLAN (Theory)

Date of Commencement Expected date of Completion

No. of Periods Required Actual Date of Completion


Theory: Food and Nutrition

Time Duration: 40 Minutes

Class & Section: VI A&B

Aim of Lesson: Understand the importance of food, nutrients and their functions.

Material Required: PPT, Model

Sl No	Topic	Learning out com	Remark
01.	<p>Food and Nutrition:</p> <p>1. Introduction: Food is essential as it supplies nutrients to our body, which are needed to sustain life and physical activity.</p> <p>2. Food and Nutrition: Adequate nutrients are important for maintaining good health and physical</p>	<ol style="list-style-type: none">1. Understand the importance of food, nutrients and their functions.2. Know Different types of food items, food practices and their relevance.3. Know the importance of seasonal, indigenous foods and their nutritive values.	<p>Activity 1: Awareness about healthy foods</p> 

	fitness, and help prevent injuries and infections.		
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Signature of TGT (P&HE)

Principal

INTER HOUSE COMPETITION

Category:-

U-14:- Class VI to VIII

U-17:- Class IX to X

U-19:- Class XI to XII

NOTE: - TGT P& HE can add or subtract some events according to the suitability and availability of resources

While conducting the event TGT P& HE can take help from house master, house captain, class teachers and class monitors.

PHYSICAL & HEALTH EDUCATION DEPARTMENT FACILITIES

Sports Room Dimension - 30'x30'

With Computer with internet, Printer, Projector, Dari, Black Board, and Display Board.

Sports Equipment's required- As per availability of area of play.

1. Football- Different Size ball – (use 1 ball between 10 players), goal net, corner flag,
2. Volleyball- Ball with different size and materials, net
3. Badminton- Good quality racket, plastic shuttle cock, feather shuttle cock, net.
4. Handball- Different size of ball with different materials, net.
5. Basketball- Different size of colourful ball with different materials, goal net.
6. Cricket – Full Mat, Half Mat, Practice bat, Match bat, (Kashmir and English Willow both) Stumps, Dues ball, Tennis ball, Leg Guard, Gloves, Abdomen Guard, Chest Guard, Thigh Guard, Helmet, Wicket Keeper- Pad, Gloves, and Guard. Practice Pitch with net.
7. Table Tennis - TT Table, TT Bat, TT ball, Clamp and Net.

8. Carom Board- Board Stand, Carom coin, powder, Striker.
9. Chess – Board, chess man, chess clock.
10. Athletics – Shot Put, Discus, Javelin.
11. Long Jump Pit filled with sand.
12. Boxing Punch Bag.

Primary Class Sports Equipment -

1. Skipping Rope.
2. Flying disc.
3. Tennikoit Ring,
4. Lagori set.
5. Small football
6. Tennis Cricket Bat, Ball and Plastic Stump set.

Other Important equipment's like

School Flag, Color Flag, Flag Pole, Ground Umbrella, Victory Stand, Exam Pad, Rope for Tug of War, Whistle, Stop watch, Starter, Meter tap- 30, 50 & 100 mt., Different Type of Rope, GI wire, the items can be purchased as per availability of Playground and possibility of use.

**KENDRIYA VIDYALAYA FITNESS PROGRESS REPORT CARDS****SESSION: -****PHYSICAL FITNESS TEST OF STUDENTS (To be done in 6 months gap)****Name of Student:****Class & Sec:****Admission No:****Date of Birth:****House:****Boy/Girl :**

Sl.N	Name of Test		Date of Test	Score	Ratings	Remarks
1	PULL- UP (BOYS)	1 st chance				
		2 nd chance				
		3 rd chance				
2	FLEXED ARM (GIRLS)	1 st chance				
		2 nd chance				
		3 rd chance				
3	SIT UP	1 st chance				
		2 nd chance				
		3 rd chance				
4	SHUTTLE RUN	1 st chance				
		2 nd chance				
		3 rd chance				

5	STANDING LONG JUMP	1 st chance				
		2 nd chance				
		3 rd chance				
6	50 YARD DASH	1 st chance				
		2 nd chance				
		3 rd chance				
7	600 YARD RUN	1 st chance				
		2 nd chance				
		3 rd chance				
8	BMI	Weight (Kg):				
		Height (Meter)				

Three chances will be given for each test. The best score will be taken into consideration.

Signature of Parents with Name & Mobile Number

Sign and Name of TGT (P & HE)

BENCH MARK NORMS FOR THE STUDENTS

PEDIODICAL PHYSICAL FITNESS TESTS (at least once in 6 months)

1. Pull-up (Boys) – to judge the **strength of arm & shoulder**.
2. Flexed-arm hang (Girls) - **do**
3. Sit-up – to judge the **efficiency of abdominal & hip flexor muscles**.
4. Shuttle run – to judge the **speed & change of direction** (Agility)
5. Standing long jump – to judge the explosive power of **leg muscles**.
6. 50-yard dash – to judge the **Speed**.
7. 600-yard run – to judge the **Endurance**.

Pull-Ups (Boys)

	Age							
Ratings	10	11	12	13	14	15	16	17+
95	9	9	9	10	12	15	15	15
75	3	4	4	5	7	9	10	10
50	1	2	2	3	4	6	7	7
25	0	0	0	1	2	3	4	4
5	0	0	0	0	0	0	1	1

Repetitions

Perform pull-ups to exhaustion on bar that allows hanging without touching floor. Begin by hanging from bar with overhand grip. Pull chin over bar then lower until arms are straight. Kicking and jerking is not permitted.

Flexed-Arm Hang (Girls)

	Age							
Ratings	10	11	12	13	14	15	16	17+
95	42	39	35	35	35	35	34	34
75	18	18	18	18	18	18	18	18
50	9	9	9	9	9	9	8	8
25	3	3	3	3	3	3	3	3
5	0	0	0	0	0	0	0	0

Seconds

Perform flexed-arm hang to exhaustion on bar that allows hanging without touching floor. Begin timing when hanging from bar with overhand grip and chest close to the bar. Stop timing when 1) chin touches bar 2) head tilts back in effort to keep chin from touching bar (3) chin falls below level of bar.

Sit-ups (Boys)

	Age												
Ratings	5	6	7	8	9	10	11	12	13	14	15	16	17
95	30	36	42	47	48	50	51	56	58	59	60	61	62

75	23	26	33	37	38	40	41	46	48	49	50	51	52
50	18	20	26	30	32	34	36	39	41	42	44	45	46
25	11	15	19	25	26	27	29	31	35	36	38	38	38
5	2	6	10	14	15	16	17	19	25	27	28	28	25

Repetitions

Sit-ups (Girls)

	Age													
Ratings	5	6	7	8	9	10	11	12	13	14	15	16	17	
95	28	35	40	44	45	47	50	52	51	51	56	54	54	
75	24	28	31	35	36	39	40	41	41	42	43	43	44	
50	19	22	25	29	30	32	34	36	35	35	37	37	37	
25	12	14	20	22	23	25	28	30	30	30	30	30	31	
5	2	6	10	12	14	15	19	19	19	20	20	20	20	

Repetitions

Shuttle Run (4X10 mtr) (Boys) in secs

	Age												
Rating	6	7	8	9	10	11	12	13	14	15	16	17	
90	14	14	13	13	12	12	11	11	10	10	09	09	
70	15	15	14	14	13	13	12	12	11	11	10	10	
50	16	16	15	15	14	14	13	13	12	12	11	11	
30	17	17	16	16	15	15	14	14	13	13	12	12	
10	18	18	17	17	16	16	15	15	14	14	13	13	

Seconds

Shuttle Run (4X10 mtr) (Girls)

	Age											
Rating	6	7	8	9	10	11	12	13	14	15	16	17
90	15	15	14	14	13	13	12	12	11	11	10	10
70	16	16	15	15	14	14	13	13	12	12	11	11
50	17	17	16	16	15	15	14	14	13	13	12	12
30	18	18	17	17	16	16	15	15	14	14	13	13
10	19	19	18	18	17	17	16	16	15	15	14	14

Seconds

Two objects will be placed at a distance of 10 meters. He/ She will bring back the objects one by one covering 40 meters.

Standing Long Jump (Boys)

	Age							
Ratings	10	11	12	13	14	15	16	17+
95	72	74	78	84	90	96	98	100
75	64	67	71	75	80	86	90	93
50	59	62	65	69	74	80	84	85
25	54	56	60	62	66	73	78	78
5	46	48	50	52	56	62	65	65

Inches

Standing Long Jump (Girls)

	Age							
Ratings	10	11	12	13	14	15	16	17+
95	70	72	74	77	78	78	79	81
75	62	64	66	69	71	71	71	72
50	56	59	60	63	64	65	65	65
25	49	52	54	57	58	59	59	59
5	41	44	46	48	49	50	49	49

Inches

Stand with feet parallel approximately shoulder width apart, toes at starting line. Squat and jump horizontally as far as possible. Measure from starting line to back of heels. Score best of three trials.

50 m Run (Boys) in Secs

	Age												
Ratings	5	6	7	8	9	10	11	12	13	14	15	16	17
95	09	8.5	8.5	08	08	7.5	7.5	07	07	6.5	6.5	06	06
75	10	9.5	09	8.5	8.5	08	08	7.5	7.5	07	07	6.5	6.5
50	11	10.5	10	9.5	09	8.5	8.5	08	08	7.5	7.5	07	07
25	12	11.5	11	10.5	10	9.5	09	8.5	8.5	08	08	7.5	7.5
5	13	12.5	12	11.5	11	10.5	10	9.5	09	8.5	8.5	08	08
Seconds													

50 Run (Girls) in Secs

	Age												
Ratings	5	6	7	8	9	10	11	12	13	14	15	16	17
95	10	9.5	09	8.5	8.5	08	08	7.5	7.5	07	07	6.5	6.5
75	11	10.5	10	9.5	09	8.5	8.5	08	08	7.5	7.5	07	07
50	12	11.5	11	10.5	10	9.5	09	8.5	8.5	08	08	7.5	7.5
25	13	12.5	12	11.5	11	10.5	10	9.5	09	8.5	8.5	08	08
5	13.5	13	13	12.5	12	11.5	11	10.5	10	9.5	09	8.5	8.5
Seconds													

600 m Run (Boys) in Secs

	Age												
Ratings	11	12	13	14	15	16	17						

95	120	115	115	110	110	105	105
75	125	120	115	115	110	110	110
50	130	125	125	120	120	115	115
25	135	135	130	130	125	125	120
5	140	140	135	135	130	130	125

600 m Run (Girls) in Secs

Ratings	11	12	13	14	15	16	17
95	125	120	120	115	115	110	110
75	130	125	125	120	120	115	115
50	135	130	130	125	125	120	120
25	140	135	135	130	130	125	125
5	145	140	140	135	135	130	130

KENDRIYA VIDYALAYA SANGATHAN (Fit India Movement)

Month wise programme and the Teachers to be utilized			
S.no	Month	Theme based Activities	All Teachers to be engaged smooth and successful completion of activities
1	February	Magical Monday:	

		Khelo India song	https://youtu.be/ bFPdRbrCGM
		1 Organization of Indigenous/Traditional Sports	TGT(P&HE), Coach, Yoga Teacher, PRT
		Popular Games of the states	https://youtu.be/49VhuGxzkpU?t=23
			https://fitindia.gov.in/indigeneous-games/
			https://parenting.firstcry.com/articles/magazine-15-traditional-games-of-india-that-probably-internet-generation-dont-know/
		2.Students Profile (Name, Age, weight, Height, Sleeping Hours, Breakfast/Lunch/Dinner Timing, Favorite Dishes etc.)	Class Teacher & Co-Class Teacher
2	March	Mental Fitness week: The following activities to be brought into CCA activity schedule	
		1. Words Picture making	CCA in charge, Language teachers, Class teachers
			https://youtu.be/R-iBVPevUTU
			https://youtu.be/JkT3lP2kEig
			https://youtu.be/rLKWWMFrLJI
			https://www.pinterest.ca/bymyword/sports-word-art/
		2. Puzzle solving (Sudoku, Crosswords & Jumbles)	CCA in-charge, Language teachers, Class teachers
		Sudoku (Maths Teachers)	1) https://youtu.be/OtKxtvMUahA 2) https://www.youtube.com/watch?v=MnP0vs19ISl
		Crosswords (Language teachers)	https://www.youtube.com/watch?v=sBx5rMm_ojM https://www.youtube.com/watch?v=FeixN2jBIMc
			https://www.youtube.com/watch?v=4ZB6GNtHBu8
		word Jumbles (language teachers)	https://www.youtube.com/watch?v=DVCoxo3--Ps https://www.youtube.com/watch?v=BljnSfDUZZM
		3. Meditation / Mindfulness activities (5 Minutes)	TGT(P&HE) , Yoga Teachers , Class teachers
		Mind fullness	https://www.youtube.com/watch?v=SEfs5TJZ6Nk
sleep	https://www.youtube.com/watch?v=rtKtGL8uC6w		
3	April	Fitness awareness Week: TGT(P&HE) , Coach , Class Teachers	
		1. Mass PT (Including all staff of School)	https://youtu.be/N8ZtmNTpGKo?t=10
		2. Ringing of Fit India Bell (10 minutes stretching and Simple exercise)	https://www.youtube.com/watch?v=De0rzoV14U
		3. Awareness generation Rally on themes "We Fit – India Fit"	https://youtu.be/fBxgv6gtnr4?t=21
4	May	Funny Tuesday:	
		1. Free Hand Exercise, Dance & follow the leader activities.	TGT(P&HE) , Coach , ART, primary teachers Class Teachers
		Free Hand exercise	https://youtu.be/VjrrLXb_tM4?t=48
		Fallow the leader	https://youtu.be/riicsTE2TzQ?t=13

			https://youtu.be/fbDNDHJ7E6s?t=197
			https://youtu.be/rjV9o_NEbnQ?t=1562
		dance	https://youtu.be/3gKwqRmVJNw?t=649
			https://youtu.be/Vzi5-qH2RyE?t=165
		2. Fit India – Parents Teachers Meeting.	Class Teacher & Co-Class Teacher
			https://youtu.be/LmF0ACYR-bA?t=18
5	June	Fit India Literary week: The following activities to be incorporated into CCA activity schedule	
		1. Quiz competition on Hygienic and Un Hygienic foods and nutrition.	TGT(P&HE), TGT (LIB) , Class Teachers https://youtu.be/36Wv9pgERsl?t=18
		2. Essay, Quotes, Slogan writing on Themes “Fit India Movement”.	TGT(P&HE), TGT (LIB) , Class Teachers, CCA I/C
		Essay	https://youtu.be/4buvqsZm2I4?t=13
		Quotes	https://youtu.be/bVKIaLfV7hE?t=5
		Slogan	https://youtu.be/dATnnPBnBPE?t=90
		3. Celebration of “Yoga Day” (Age-Appropriate Yoga activities)	TGT (P&HE) , Yoga Teachers, Class Teachers , CCA I/C https://youtu.be/FczFd5K6b4Q?t=4
			https://youtu.be/CBko9JPMtHs?t=216
6	July	Fit India Talks:	
		1. Physical Education Teacher or any eminent person from related field will talk on or may use any creative method to aware the students / fellow Teachers / Staff/Parents on “Health in Human life”	TGT(P&HE), TGT (Science), PGT (BIO), Interested Teachers, Outstanding Sports personalities from parent side, Alumines, nearby localities, SAI, Sports College etc.,
7	August	Winner’s Wednesday:	
		Staff V/s Students Interclass Traditional games.	TGT(P&HE), Coach, Class Teachers
8	September	Thursday Shiny morning:	
		1. Indoor & Outdoor Games 2. Age appropriate Yoga Activities.	TGT(P&HE), Coach, Yoga Teacher
9	October	Fit Friday : TGT(P&HE), Coach , Class Teachers, CCA I/C , Yoga Teacher	
		1. Fit India Cycling	https://youtu.be/2fL0CQRpbeg
		2. Plogging Run	https://youtu.be/Ar7YuuQXZRI?t=7
		3. Hula Hoping	https://youtu.be/8cdCULEQfcQ?t=6
		4. Meditation / Mindfulness (5 Minutes Sleep) in Schools / Community.	https://youtu.be/S-p5PPXyj3E?t=9 https://youtu.be/9A0S54yAgEg?t=14

		Mind fullness	https://youtu.be/vzKryaN44ss?t=5
			https://youtu.be/mjtfyuTTQFY?t=18
10	November	Sportier Saturday:	
		Inter and Intra School competitions and National Games across the country.	TGT(P&HE), all House Masters and Associate Housemasters
			https://youtu.be/49VhuGxzkpU?t=20
11	December	Fit India Awards Week:	
		1. Fit Star Kids: recognition of the Fit star Kids from the school on the basis of his / her performance throughout the year.	TGT(P&HE), all House Masters and Associate Housemasters
		2. Fit Teacher Award: recognition of Fit Teacher award from the school on the basis of active participation in the movement.	

forgotten Traditional games

Indian Childhood Games on The Verge of Extinction

<https://youtu.be/IIFOdPwxH0U>

<https://youtu.be/4XkJ29PX4ck>