

SYLLABUS
PHYSICAL EDUCATION – HEALTH AND SAFETY EDUCATION FOR STANDARD I

UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
1	Free movements and Loco motor Co-ordination.	Loco motor Movement: Walking, Running, Hopping, Trunk bending and Twisting.	Demonstration and Practicing activity.	
2	Sense of awareness, fun and enjoyment	Imitation & Mimetic: Elephant Frog Lion Rabbit Horse Gallop } Walk Train Car Bullock Cart Dog } Sound	Demonstration, Part- Whole-part method.	
3	Ball Sense, Development of Skills.	Free play with ball, Rolling, Bouncing, Catching and Throwing.	Demonstration, Part- Whole-part method.	Basketball, Football, Throw ball etc.
4	Promote a positive and non-competitive environment, develops group co-ordination, Create happiness and joy.	Recreational Game: <ul style="list-style-type: none"> • Chair Tag • Osterich Tag • Jump Tag • Good morning- Good morning • In the pond on the bank. 	Demonstration, Explanation and Playing the game.	

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5	Health and Personal Hygiene Body Awareness Body movement Correct posture Awareness of cleanliness	Description and Identification of the body parts. Different types of fundamental movements (Sitting, Standing, Walking, and Running). Sit, Stand, Walk, Sleep. Cleanliness before and after food, play, toilet etc.	Observing mirror image and Self Portrait. Demonstration, Imitation and Practice of natural movements Demonstration Activities through explanation Demonstration and play way activities with examples.	Mirror, live example of children’s Ownbody, Charts, Drawing, Pictures. Live examples and Audio Visual Aids. Posters and charts. Visual Aids, charts and posters.
6	Food and Nutrition Need of Food Eating habits and food habits	Food as a source of energy for work: Identification of food items and locally available food. Hygiene and cleanliness, wastage of food and eating as per need.	Explanations and the importance of homemade food. Demonstration through play way method. Discussion and demonstration. Sharing of experiences.	Poster and charts: Food at home. Breakfast, Lunch, Dinner and healthy food items Food at home, Health and Hygienic habit.
7	Safety Education Awareness of safety and safety rules	Common Hindrances to Safe-Play Common mishaps at home, Road, School and Play grounds and measures to prevent such accidents.	Identifying the play areas in the surrounding (Home and School).Assessing the hazards and keeping the body Safe.	Series of Pictures, Posters, Stories and Audio Visual Aids.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
1	Co-ordination and balance	Non-Loco motor Movement: Slide, Leap, Gallop, Skip, Chasing and Dodging.	Demonstration, Part- Whole-part method.	Skipping rope and Ball
2	Acquire basic skills, balance and co-ordination	Movement Orientation Walk/Run Jump on toes Walk on heels Moving forward and backward Jumping over different Obstacles Balancing on the toes and heels.	Demonstration, Part- Whole-part method.	Different Obstacles
3	Sense of awareness.	Imitation and Mimetic: <ul style="list-style-type: none"> ● Imitate-Harvesting ● Fishing ● Wood Cutting ● Bird Fly etc. 	Demonstration, Part- Whole-part method.	
4	Development in basic skills	Rolling, Throwing, Passing, Catching, Jumping.	Demonstration and Practice	Any ball
5	Promote a positive and Non-competitive environment.	Recreation Games: <ul style="list-style-type: none"> ● Touch and Run ● Keep the ball up ● Come with me ● Cat and Mice ● Drop the kerchief. 	Demonstration and Practice	Any ball

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING	EQUIPMENT/ MATERIAL
6	<p>Health and Personal Hygiene Body Awareness.</p> <p>Personnel Cleanliness.</p>	<p>Awareness about sensory Organs (Eyes, Ears, Nose, Tongue and Skin).</p> <p>Cleanliness of Sensory organs.</p>	<p>Demonstration of each Sensory Organ.</p> <p>Demonstration and Observation, Sharing experiences.</p>	<p>Charts and Live examples.</p> <p>Visual Aids and Charts, Cleaning equipments, Soaps, Brushes etc.</p>
7	<p>Food and Nutrition Taste and Colours of Food.</p> <p>Source of food.</p>	<p>Identification of taste and colours of food (Bitter, Sweet, Sour, Salt and Colours).</p> <p>Farm and Fields, Shops, Canteen and Ration Shop.</p>	<p>Explanation and Discussion, Sharing the experiences.</p> <p>Explanation and Discussion.</p>	<p>Various kinds of food items through pictures and audio visual Aids.</p> <p>Various Kinds of Charts, pictures and audio visual aids.</p>
8	<p>Safety Education Awareness of Safety measures.</p> <p>Getting help during emergency.</p>	<p>Removing glass, Blade, plastics, broken materials at home, School, playgrounds etc.</p> <p>In the event of injury or sickness at home, school, playground. Report to the parents and teachers.</p>	<p>Through discussion and demonstration.</p> <p>Through discussion and demonstration.</p>	<p>Posters and Charts</p> <p>Pictures and audio visual aids.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
1	Develop accuracy, co-ordination, hand control and basic skills.	Manipulative Movement: Catching and Throwing, Rolling and Bouncing. Non-LoCo motor Movements Bend, Stretch, Swing, Push and Pull.	Demonstration, Part- Whole-part method.	Throw ball, Basket ball, and Football
2	Awareness of physical fitness and its related exercises.	Callisthenc (Free hand exercise): Position: Comfortable stance (Feet at shoulder width and arms close to the body). Exercise:1 1.Arms forward raise at shoulder level 2.Position (4 Counts) Exercise:2 1.Arms Sideward raise at shoulder level 2.Position (4 Counts).	Demonstration, Part- Whole-part method.	
3	Development of Skills	50mts run, Dribbling and Passing, Zig –Zag run, Skipping, Tossing, Throwing and Catching. Introduction to Gymnastics: Stretching exercises, Forward rolling and Backward rolling.	Demonstration, explanation and practice.	Balls (any), Cones and mat.
4	Develop the habits of team work	Minor games: <ul style="list-style-type: none"> • Zig-Zag relay • Ball passing relay • Tunnel ball relay • Dodge ball • Luggage van . 	Demonstration and Playing the games.	Balls (any), Cones

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING	EQUIPMENT/ MATERIAL
5	<p>Health and Personal Hygiene Social Health. Family and Social relation.</p> <p>Growth and development of breathing, seeing, hearing etc.</p>	<p>Concept of family, Respect for elders and each other, Respect for other genders, Co-operation, Communication with parents, grand parents, teachers and neighbours.</p> <p>Understanding and breathing pattern vision, hearing, Puffing and sneezing. Awareness of seeing near and far, avoiding listening to high volume of music.</p>	<p>Group activities, Discussion based on stories, Sharing of experiences on talking about the contents.</p> <p>Observation, discussion and sharing experiences.</p>	<p>Pictures, stories and audio visual aids.</p> <p>Pictures, charts and audio visual aids.</p>
6	<p>Food and Nutrition Importance of whole some food.</p> <p>Variety of food.</p> <p>Seasonal food.</p>	<p>Constituents of food (Energy, bodybuilding and protection).</p> <p>Variety of food items and importance of including variety of food in diet.</p> <p>Varieties available in different season.</p>	<p>Demonstration of food materials and Sharing the experiences.</p> <p>Discussion and Demonstration.</p> <p>Sharing experiences during special festivals and Season.</p>	<p>Pictures, charts and audio visual aids.</p> <p>Pictures and audio visual aids.</p> <p>Pictures, Charts and audio visual aids.</p>
7	<p>Safety Education Awareness of safety measures.</p>	<p>Safety measures (fire, electricity, crackers, animals, insects, sharp objects and insecticides).</p>	<p>Demonstration, Role-play Group discussion and Sharing experiences.</p>	<p>First aid materials, available safety gadgets.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
1	Marching command, co-ordination and balance	<ul style="list-style-type: none"> • Attention • Stand-at-ease • Stand-easy • Right turn • Left turn. 	Demonstration, Part- Whole-part method.	
2	Awareness of physical fitness.	<p>Callisthenics (Free hand exercises): Position: Comfortable stance (Feet at shoulder width and arms close to the body). Exercise:1 1.Arms upward raise 2.Bend forward and touch the toes 3.Same as one 4.Position. Exercise:2 1.Hands on the hip 2.Arms sideways 3.Same as one 4.Position. Exercise:3 1.Feet apart jump and clap the hands above the head. 2.Position .</p>	Demonstration, Part- Whole-part method.	
3	Discipline and Concentration	<p>Introduction to Asanas:</p> <ul style="list-style-type: none"> • Pranamasana (Prayer pose) • Hasta Utthanasana (Raised arm pose) • Padhastasana (Hand to foot pose) 	Demonstration, Part- Whole-part method.	Mat
4	i.Develop motor fitness component such as	<p>Basic Skills:</p> <ul style="list-style-type: none"> • Football (Kicking and Dribbling) 	Demonstration, explanation and playing the games.	Football, Throw ball and Volleyball.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
	Agility, Co-ordination and Balance. ii.Help the children to acquire adequate skills in games and sports.	<ul style="list-style-type: none"> • Throw ball(Throwing and Catching) • Kho Kho(Zig-Zag running) • Volley ball (Under arm pass) • Skipping • 50mts run. 		
5	Develop the habit of working in a team with full enjoyment	Minor games: <ul style="list-style-type: none"> • Sit and run relay • Wandering ball • Dribbling relay • Circle – Kho. 	Demonstration, explanation and playing the games.	Balls (any) and Chunnam
6	Awareness of Heredity and Environment. Lighting and ventilation. Water purification.	Role of heredity and environment in shaping-self. (Height, weight, habits, voice temperament, behaviour in the family and Physical resemblance etc). Importance of adequate lighting and ventilation for health at home and school. Awareness of pure water, difference between clean and dirty water, source of water supply. Agencies responsible for water supply water purification method.	Discussion and Sharing experiences through stories. Demonstration and experiments. Discussion and Demonstration of water purification.	Photographs, materials on child’s own experiences in family, school and community. Field visit experiment charts and pictures. Articles needed for water purification (pictures).

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7	Food and Nutrition Help the children to know about wholesome food and junk food.	Importance of whole some food. Harmful effect of the junk food, difference between food items that get spoil soon and food items that do not get spoil soon. Storage and hygiene methods of food items.	Demonstration, observation, discussion and Sharing experiences.	Pictures and charts of whole some food and junk food.
8	Safety Education Road safety Awareness of crossing roads and signals.	Walk-ways, Zebra crossing , Traffic signals and its controls on the road	Mock play (Policeman, Driver, Cyclist, motorist etc.) Demonstration of traffic signals.	Chart, drawing, road safety literature, use of the traffic signal (model).

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
1	Alertness smartness in appearance and discipline.	Marching Command: <ul style="list-style-type: none"> • Right turn • Left turn • About turn • Single line marching. 	Demonstration, Part- Whole-part method.	
2	Awareness of Physical Fitness.	Callisthenic: Free hand exercise Position: Comfortable stance (Feet at shoulder width and arms close to the body). Exercise:1 1.Arms forward raise at shoulder level 2.Arms upward raise 3.Same as one 4.Position. Exercise:2 1.Hands on the hip 2.Trunk bend forward 3.Same as one 4.Position. Exercise:3 1.Arm forward raise, simultaneously raise the left knee at hip level. 2.Position . 3. Arm forward raise, simultaneously raise the right knee at hip level. 4.Position.	Demonstration, Part- Whole-part method.	

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EQUIPMENT
3	Help the children to develop healthy habits related to positive co-ordination, concentration and flexibility.	Asanas: <ul style="list-style-type: none"> • Dandasana • Vajrasana • Padmasana 	Demonstration, Part- Whole-part method.	Mat or Blanket.
4	i.Help the children to acquire adequate skills in games and sports. (Agility, flexibility, skill co-ordination and explosive power).	Basic Skills: <ul style="list-style-type: none"> • Basketball (Passing and Dribbling) • Tennikoitl (Service, receiving and returning) • Kabaddi (Cant, Catching, Raiding) • Volleyball(Service) • Football (Throw-in, Shooting) • 75 mts run • Long jump • Skipping. 	Demonstration and Playing the games.	Throw ball, Basketball, Volleyball and Football, Tennikoit, Skipping rope and Measuring tape.
5	Develop the habit of working in a team, help the children to acquire interest in sports and games.	Lead up games: <ul style="list-style-type: none"> • Cant relay • Combination of dribbling and passing relay 	Demonstration and Playing the games	Volleyball, Football and Basketball.
6	To help children to know health status, structure and functions of the body. Awareness of Plastic wastages.	Awareness of body function and understanding of body system functional anatomy and physiology. (Skeleton, muscular, respiratory, circulatory, digestive and excretory Systems). Uses and abuses of plastics. Safe disposal and recycling of plastics.	Basic functions of the body systems by demonstration and explanations. Explanations and discussions about the hazards of plastics.	Charts and pictures. Plastic articles, magazines literatures etc.

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7	To help the children to know about mal nutrition and obesity. Food culture Awareness of fast food and traditional food and its effects. Drug abuse	Malnutrition and its causes. Effects of malnutrition, deficiency problems and obesity. Our traditional food habits and health, bad effects of fast food. Awareness of alcohol, Smoking and using drugs.	Discussion with students and sharing experiences. Demonstration and Sharing experiences about the contents.	Charts, videos and pictures. Pictures, charts.
8	SAFETY EDUCATION Road Safety: Awareness of Signs and crossing roads.	Signs: Pedestrian, Railway gate, Speed breakers, School, Diversion, U turn, Yellow lane, White lane, Horn sound etc.	Demonstration and discussion of Traffic signs.	Charts and model pictures.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
1	<ul style="list-style-type: none"> ● Improvement in bearing. ● Smartness in appearance and turn out. ● Co-ordination among various body segments. ● Sense of discipline and Self confidence. ● The quality of immediate and implicit obedience to orders. ● Knowledge of drill and marching. 	<p>Marching:</p> <ul style="list-style-type: none"> ● Fall in single rank. ● Attention. ● Stand at ease. ● Stand easy. ● Eyes right. ● Eyes front. <p>Turn:</p> <ul style="list-style-type: none"> ● Left, Right and about turn. ● Mark time march. 	<p>Demonstration with explanation.</p> <p>Students to practice under teacher’s supervision.</p> <p>Group practice under student leader.</p> <p>Students to witness.</p> <p>NCC parade.</p> <p>Republic day and Independence day parade.</p>	<p>Timing, Rhythm, Response to command to be evaluated.</p>
2	<p>Development of :</p> <ul style="list-style-type: none"> ● Health related physical fitness and Motor fitness. ● Factors such as Speed, Strength, Agility, Flexibility, Explosive power, Muscular and Cardio-Vascular endurance. 	<p>Free Hand Exercises</p> <p>Exercise 1.</p> <p>Position-Attention position.</p> <ol style="list-style-type: none"> 1.Arms forward . 2.Arms sideward 3.same as one 4.Position. <p>Exercise 2.</p> <ol style="list-style-type: none"> 1.Arms forward 2.Arms upward 3.Same as one. 4.Position. 	<p>Demonstration, Part- Whole-part method.</p>	<p>Graceful rhythmic movement, uniformity for music or count to be evaluated.</p>

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	<ul style="list-style-type: none"> • Sense of Physical and mental well being. • Knowledge about physical fitness and its relationship to exercise. 	<p>Exercise 3. 1.Arms forward, left leg forward-step 2. Arms sideward, left leg sideward-step 3.Same as one 4.Position.</p> <p>Exercise 4. 1.Arms forward, Left leg forward-step. 2. Arms upward legs together. 3.Same as one 4.Position</p> <p>Exercise 5. 1. Arms forward , left leg forward-step 2. Arms upward left leg-lunge. 3.Same as one 4.Position</p> <p>Exercise 6. 1.Arms sideward left leg sideward-step. 2. Arms sideward left leg-lunge. 3.Same as one 4.position</p> <p>Exercise 7. 1. Arms sideward feet apart - jump. 2. Arms upward legs together-jump.</p>		

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		3.Same as one 4.Position Exercise 8. 1.Arms forward feet apart-jump 2.Arms sideward legs together – jump. 3.Same as one 4.Position.		
3	<ul style="list-style-type: none"> • Sense of rhythm. • Creative self expression. • Physical recreation and enjoyment. • Appreciation of concepts • Such as unity in diversity and national integration. • Understanding of our Culture. 	Rhythmic and light apparatus. Wands Drill Position: Stand in attention, hold the wands at shoulder width horizontally in front of the thigh. Exercise 1. 1. Arms forward, shoulder level 2. Arms upward. 3. Same as one. 4. Position. Exercise 2 . 1. Arms forward, left leg forward-step. 2. Arms upward left leg-lunge. 3. Same as one. 4.Position.	Demonstration, Part- Whole-part method and group performance.	Graceful, Rhythmic movement uniformity to music or count to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 3. 1. Arms upward. 2. Bend forward brings the wands close to the ground. 3. Same as one. 4. Position.</p> <p>Exercise 4. 1. Flex the elbow, bring the wands to shoulder. 2. Arms upward, raise the heels. 3. Same as one. 4. Position.</p> <p>Exercise 5. 1. Arms forward, left leg forward-step. 2. Arms sideward, left leg sideward-step. 3. Same as one. 4. Position.</p>		
4	<ul style="list-style-type: none"> • Correct breathing habit and desirable body posture. • Better range of movement in the joint. • Increase resistance power of the body to certain illness. • Muscles that are not usually exercised are involved. 	<ul style="list-style-type: none"> • Suryanamaskar 12 steps. • Padmasana • Ardha – katti chakrasana • Vajrasana • Ardhachakrasana. 	Demonstration with explanation of the Asana by the teacher. Methods of breathing. Benefits of particular asana. Students to do the asana in the initial stage to slow counts-given by the teacher	Students to do asana chosen by the teacher. Approach, holding of the posture and proper breathing to be given weightage in evaluation.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Awareness of our cultural heritage. Self discipline and concentration. • Knowledge of yoga exercise and understanding its influence on human body. • Application of yoga exercise to health needs of the individual. 			
5	<ul style="list-style-type: none"> • Development of health related physical fitness and Motor fitness, muscular endurance and muscular strength. • Appreciation of Indian system of Physical culture. • knowledge of Dands and Baithaks. 	<p>Indigenous exercise. Dands and Baithaks.</p> <ul style="list-style-type: none"> • Ordinary Dand. • Frog dand. • Namaskar Baithak. • Baithak with single arm movement. 	Demonstration, Part- Whole-part method.	Performance and withstanding capacity to be evaluated.
6	<ul style="list-style-type: none"> • Development of major muscle group. • Organic fitness and Neuro-muscular co-ordination and Knowledge of the activity, Understanding the role of physical activity for healthy life. • Knowledge of management of body equilibrium. 	<p>Gymnastics and Pyramids.</p> <p><u>Gymnastics:</u></p> <ol style="list-style-type: none"> 1. Free standing 2. Forward roll 3. Backward roll 4. Dive roll <p><u>Pyramids:</u></p> <ol style="list-style-type: none"> 1. Double men 	Demonstration, Part- Whole-part method.	Maintenance of body equilibrium to be evaluated. Approach, performance and landing perfection to be evaluated.

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		2. Three men 3. Four men 4. Five men pyramid.		
7	<ul style="list-style-type: none"> • Improved motor skills and ability to perform work with easy and grace. • Participate fairly with co-operation. • Knowledge of the events and real spirit behind the activity. • Team spirit and sportsmanship qualities. • Understanding of various skills and rules. • Development of Patriotism. 	<p><u>Track and Field .</u> 100 Meters. Long Jump. Shot put.</p> <p>1. Three types of starting</p> <ol style="list-style-type: none"> 1. Bunch 2. Medium 3. Elongated <p>2. Long Jump: Four steps</p> <ol style="list-style-type: none"> 1. Approach Run 2. Using the take-off board 3. Flying in the air 4. Landing <p>3. Shot Put: Five steps</p> <ol style="list-style-type: none"> 1. Holding 2. Stance. 3. Gliding 4. Releasing 5. Follow through 	Demonstration, Part- Whole-part method.	Timing for track events, Distance for field events and group competitions.

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8	<ul style="list-style-type: none"> • Development of major muscle group and motor skill. knowledge of healthy and worthy use of the leisure time. • Maintenance of physical fitness. • Pleasure and healthy outlook. • Development of team spirit and sportsmanship qualities. • Knowledge of various skills of the games. • Leadership quality and obedience. • Knowledge of the rules and regulations of the particular games. 	<p>Major Games:</p> <ul style="list-style-type: none"> • Football • Kabaddi • Kho Kho • Volleyball <p>1. Football Dribbling with right leg Dribbling with left leg Inside of the foot dribbling Outside of the foot dribbling.</p> <p>Kicking Inside of the foot kick Outside of the foot kick Instep kick Inner instep kick</p> <p>Trapping Sole of the foot trapping(Ground level) Sole of the foot (air level) Inside of the foot Outside of the foot Instep trapping</p> <p>Passes Push pass Inside of the foot pass Outside of the foot pass.</p> <p>Dribbling and shooting-combination of skills.</p>	<p>Demonstration, Part- Whole-part method.</p>	<p>Style, interest and initiative rather than actual performance to be consider. Skill test of concern games to be used. Knowledge gained to be assessed as part of theory examination.</p>

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		<p>2.Kabaddi Defence: 1.Ankle catch 2.Wrist catch 3.Knee catch 4.Trunk catch 5.Chain formation(2-3-2, 2-2-2) Offence: 1.Cant 2.Hand touch 3.Toe touch 4.Side kick 3.Kho- Kho 1.Sitting method in the square- Parallel and Bullet toe. 2.Giving Kho 3.Covering: Monkey Crawl 4.Diving: Sitting dive, Pole dive 5.Turning at the post 6.Running technique: Single and Double chain 4.Volleyball 1.Service: Under arm service Over head service</p>		

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		2. Passing Under arm pass Over head pass		
9	<ul style="list-style-type: none"> • Develops co-operative attitude. • Develops Knowledge about rules of the games. • Plays an important role to remove fatigue. • Creates happiness and pleasure. • Develops group Co-ordination. • Knowledge of collective strength. 	Minor games <ul style="list-style-type: none"> • Ordinary tag. • Come with me • Tunnel relay • Tiger and the goat • Hide and seek. 	Demonstration and oral instructions	Competitions and rewarding the winners.
10	<ul style="list-style-type: none"> • Knowledge of physical health. • Reasons for ill health. • Knowledge to preserve health. • Knowledge of Internal organs and their functions are developed . 	Health Education: <ul style="list-style-type: none"> • Definition. • Importance of health. • Different system in our body and their functions. • Care of eyes: Causes for eye defect. • Care of ears. • Care of mouth and teeth. • Care of skin. 	Oral explanation, Charts, Photos, models, Audio visual.	Knowledge to be evaluated.

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		<ul style="list-style-type: none"> • Heredity. • Environment • Bad habits. • Prevention. 		Knowledge to be evaluated.
11	Safety Education <ul style="list-style-type: none"> • Knowledge to avoid accident on road and play field. • Knowledge about external factors that influence accidents are developed. 	<ul style="list-style-type: none"> • Factors in safety education. • Safety measures at home. 	Demonstration and Oral explanation. Visiting traffic signals. Reading manuals.	Records and Practical knowledge to be evaluated.
12	Food and Nutrition <ul style="list-style-type: none"> • Knowledge of right food habit. • Knowledge of nutrition's and its role on human life and growth are developed. 	Nutrition's present in our food: <ul style="list-style-type: none"> • Carbohydrates • Protein • Fat • Minerals • Vitamins • Water. 	Demonstration, Oral explanation , Charts, Photos, models, Audio visual, Songs, Speech and participating in seminars.	Knowledge to be evaluated.
13	First Aid <ul style="list-style-type: none"> • Knowledge of body parts and its functions. • Knowledge to keep the affected parts in right position and prevent further damages are developed. 	<ul style="list-style-type: none"> • Meaning. • Common injuries: Abrasion-Loss of skin. Laceration-Cuts. Treatments. 	Demonstration and Oral explanation.	Performance to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
1	<ul style="list-style-type: none"> ● Improvement in bearing. ● Smartness in appearance and turn out. ● Co-ordination among various body segments. ● Sense of discipline and Self confidence. ● The quality of immediate and implicit obedience to orders. ● Knowledge of drill and marching. 	<p>Marching:</p> <ul style="list-style-type: none"> ● Single line formation ● Attention ● Stand –at-ease ● Stand-easy ● Open order and close order march ● Mark time march and Halt ● Forward march and Halt. 	<p>Demonstration, Part- Whole-part method.</p>	<p>Timing, Rhythm, Response to command to be evaluated.</p>
2	<p>Development of :</p> <ul style="list-style-type: none"> ● Health related physical fitness and Motor fitness. ● Factors such as Speed, Strength, Agility, Flexibility, Explosive power, Muscular and Cardio-Vascular endurance. ● Sense of Physical and mental well being. ● knowledge about physical fitness and its relationship to exercise. 	<p>Free Hand Exercises</p> <p>Exercise 1. Position-Attention position.</p> <ol style="list-style-type: none"> 1.Arms sideward 2.Arms upward 3.same as one 4.Position <p>Exercise 2.</p> <ol style="list-style-type: none"> 1. Arms upward 2. Arms forward 3.Same as one. 4.Position. 	<p>Demonstration, oral instructions, part by part method.</p>	<p>Graceful rhythmic movement, uniformity to music or count to be evaluated.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 3. 1.Arms sideward left leg forward-step. 2. Arms upward legs together. 3.Same as one. 4.Position.</p> <p>Exercise 4. 1. Arms sideward left leg sideward-step 2. Arms upward left side-lunge 3.Same as one. 4.Position.</p> <p>Exercise 5. 1. Arms sideward left leg sideward-step. 2.Arms upward left side-lunge. 3.Same as one. 4.Position.</p> <p>Exercise 6. 1. Arms forward feet apart-jump. 2. Arms upward legs together. 3.Same as one. 4.Position.</p> <p>Exercise7. 1. Arms forward feet apart -jump. 2. Arms sideward legs together. 3.Same as one. 4.Position.</p> <p>Exercise8. 1. Arms sideward.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		2.Trunk left side-twist. 3.Same as one. 4.Position.		
3	<ul style="list-style-type: none"> • Sense of rhythm. • Creative self expression. • Physical recreation and enjoyment. • Appreciation of concepts • Such as unity in diversity and national integration. • Understanding of our Culture. 	<p>Rhythmic and light apparatus (Dumbbells)</p> <p>Exercise 1.</p> <ol style="list-style-type: none"> 1.Arms stretch forward and click 2.Raise upward and click 3.Same as one 4.Back to position. <p>Exercise 2.</p> <ol style="list-style-type: none"> 1.Arms stretch forward and click 2.Bend forward and click 3.Same as one 4.Position. <p>Exercise 3.</p> <ol style="list-style-type: none"> 1.Arms sideward stretch 2.Bring the right dumbbells to the left dumbbells and click. 3.Same as one 4.Position. <p>Exercise 4.</p> <ol style="list-style-type: none"> 1.Stretch forward and click 2.Click the other ends of the dumbbells at the same level 3.Same as one 4.Position. 	Demonstration, Part- Whole-part method and group performance.	Graceful, Rhythmic movement uniformity to music or count to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 5. 1.Click the dumbbells at the chest level 2.Lift the right leg and click the dumbbells under the right thigh. 3.Same as one 4.Position.</p> <p>Exercise 6. 1.Raise arms above the head and click 2.Bring the hands down and click the dumbbells at knee level 3.Same as one 4.Position.</p> <p>Exercise 7. 1.Click the dumbbells at knee level 2.Click the dumbbells at ankle level 3.Same as one 4.Position.</p>		
4	<ul style="list-style-type: none"> • Correct breathing habit and desirable body posture. • Better range of movement in the joint. • Increase resistance power of the body to certain illness. • Muscles that are not usually exercised are involved. • Awareness of our cultural heritage. Self discipline and concentration. 	<p>Yogasana: 1.Suryanamaskar 2.Trikonasana 3.Simhasana 4.Gomukasana 5.Bhujangasana 6.Salabasana 7.Chakrasana</p>	<p>Demonstration with explanation of the asana by the teacher. Methods of breathing. Benefits of each asana. Students to do the asana in the initial stage to slow counts-given by the teacher.</p>	<p>Students to do asana chosen by the teacher. Approach, holding of the posture and proper breathing to be given weight age in Evaluation.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> Knowledge of yoga exercise and understanding its influence on human body. Application of yoga exercise to health needs of the individual. 			
5	<ul style="list-style-type: none"> Development of health related physical fitness and Motor fitness, muscular endurance and muscular strength. Appreciation of Indian system of Physical culture. knowledge of Dands and Baithaks. 	Indigenious Exercises: Dands and Baithaks Dands:Scorpion dands Bitaks:Baithaks with double arm movement, Chair baithaks, Hanuman baithaks	Demonstration, Part- Whole-part method.	Performance and withstanding capacity to be evaluated.
6	<ul style="list-style-type: none"> Development of major muscle group. Organic fitness and Neuro-muscular co-ordination and Knowledge of the activity, Understanding the role of physical activity for healthy life. Knowledge of management of body equilibrium. 	Gymnastics and Pyramids. Gymnastics: Forward roll Backward roll Cartwheel Toe walk. Pyramids: Three men, Four men and five men pyramid formation.	Demonstration, Part- Whole-part method.	Maintenance of body equilibrium to be evaluated. Approach, performance and landing perfection to be evaluated.
7	<ul style="list-style-type: none"> Improved motor skills and ability to perform work with easy and grace. Participate fairly with co-operation. 	Track and Field: 1.100mts and 200mts Three types of starting 1.Bunch 2.Medmium 3.Elongated	Demonstration, Part- Whole-part method.	Timing for track events, Distance for field events and group competitions.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Knowledge of the events and real spirit behind the activity. • Team spirit and sportsmanship qualities. • Understanding of various skills and rules. • Development of Patriotism 	<p>2.Long Jump: Teaching Long jump in four steps</p> <ol style="list-style-type: none"> 1.Approach 2.Take off 3.Sailing in the air 4.Landing. <p>3.High Jump: Teaching High jump in five steps.</p> <ol style="list-style-type: none"> 1.Approach 2.Take off 3.Style of method 4.Landing 5.Clear the field. <p>4.Shot Put: Three types</p> <ol style="list-style-type: none"> 1.Standing 2.Gliding 3.Disco Put. 		
8	<ul style="list-style-type: none"> • Development of major muscle group and motor skill. knowledge of healthy and worthy use of the leisure time. • Maintenance of physical fitness. • Pleasure and healthy outlook. • Development of team spirit and sportsmanship qualities. • Knowledge of various skills of the games. 	<p>Major games</p> <ol style="list-style-type: none"> 1.Basketball 2.Football 3.Kabaddi 4.Kho Kho 5.Tennikoit 6.Volleyball <p>1.Basketball</p> <p>Fundamental skills</p> <p>I.Players Stance</p> <p>a.Ball Handling</p> <ol style="list-style-type: none"> 1.Triple Threat position 2.Wrestlers Stand 3.Boxers Stand 	Demonstration, Part- Whole-part method.	Style, interest and initiative rather than actual performance to be considered. Skill test of concern games to be used. Knowledge gained to be assessed as part of theory examination.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Leadership quality and obedience. • Knowledge of the rules and regulations of the particular games. 	<p>Passing and Receiving</p> <ol style="list-style-type: none"> 1.Chest Pass 2.Bounce Pass 3.Over Head Pass <p>Dribbling</p> <ol style="list-style-type: none"> 1.High dribble 2.Change of direction dribble. <p>Shooting</p> <ol style="list-style-type: none"> 1.Lay up Shot – Under arm, Cross over shot. <p>Individual Defence</p> <p>Defensive Stance</p> <ol style="list-style-type: none"> 1.Semi maximum position 2.Step and slide 3.Digging action 4.Retreat and Reverse 5.Zone defence 6.Man to man defence <p>Foot work</p> <p>Pivoting-Maintaining the point of floor contact.</p> <p>2.Football</p> <p>Kicking</p> <p>Inside of the foot kick Outside of the foot kick</p> <p>Trapping</p> <p>Sole of the foot trapping(Ground level) Sole of the foot (Air ball)</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Inside of the foot Outside of the foot Inside trapping Heading Heading with forehead Heading sideways(right) Heading sideways(left) Passes 1.Push pass 2.Inside of the foot pass 3.Outside of the foot pass Dribbling and shooting-combination of skills. Goal keeping: Ball gathering-Ground level, Abdominal level Diving-Right side, Left side, Front side. Fisting-Right hand, left hand, jump and punch. 3.Kabaddi Defence: 1.Ankle catch 2.Wrist catch 3.Knee catch 4.Trunk catch 5.Chain formation(2-3-2, 2-2-2) Offence: 1.Cant 2.Hand touch 3.Toe touch 4.Side kick</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>4.Kho- Kho 1.Sittingmethod in the square Parallel and Bullet toe. 2.Giving Kho 3.Covering: Monkey Crawl 4.Diving: Sitting dive, Pole dive 5.Turning at the post 6.Running technique: Single and Double chain 7.Defence 8.Offence.</p> <p>5.Tennikoit 1.Service: Stance, Execution 2.Catching 3.Returning.</p> <p>6.Volleyball 1.Service: Under arm service Over head service Jump service Spin service 2.Passing Under arm pass Over head pass 3.Setting 4.Spiking Blocking:Single and Collective.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
9	<ul style="list-style-type: none"> Develops co-operative attitude. Develops Knowledge about rules of the games. Plays an important role to remove fatigue. Creates happiness and pleasure. Develops group Co-ordination. Knowledge of collective strength. 	Minor games. 1. Ordinary Tag 2. Good Morning- Good Morning 3. Luggage Van 4. Three leg relay 5. Plucking the flowers.	Demonstration and oral instructions	Competitions and rewarding the winners.
10	<ul style="list-style-type: none"> Knowledge of physical health. Reasons for in- health internal. Knowledge to preserve health. Knowledge of Internal organs and their functions are developed . 	Health Education: <ul style="list-style-type: none"> Definition. Bone-Healthy bones. Posture-Postural defects. Role of physical exercise in maintaining health. Communicable disease. Non-Communicable disease. Immunization-protection from disease. 	Oral explanation, Charts, Photos, models, Audio visual	Knowledge to be evaluated.
11	Safety Education <ul style="list-style-type: none"> Knowledge to avoid accident on road and play field. Knowledge of external factors that influence accidents are developed. 	Factors in safety educations: <ul style="list-style-type: none"> Safety measures at home. Rules. Crossing the road. Bicycle riding. Bus travel. 	Demonstration and Oral explanation. Visiting traffic signals. Reading manuals.	Records and Practical knowledge to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
12	Food and Nutrition <ul style="list-style-type: none"> • Knowledge of right food habit. • Knowledge of nutrition's and its role on human life and growth are developed. 	<ul style="list-style-type: none"> • Nutrition present in our food. • Source of nutrition. • Control of disease. • Diet is medicine. 	Demonstration, Oral explanation, Charts, Photos, models, Audio visual, Songs, Speech and participating in seminars.	Knowledge to be evaluated.
13	First Aid <ul style="list-style-type: none"> • Knowledge of body parts and its functions. • Knowledge to keep the affected in parts in right position and prevent further damages are developed. 	Meaning Common injuries <ul style="list-style-type: none"> • Contusion • Fracture 	Demonstration and Oral explanation.	Performance to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
1	<ul style="list-style-type: none"> • Improvement in bearing. • Smartness in appearance and turn out. • Co-ordination among various body segments. • Sense of discipline and Self confidence. • The quality of immediate and implicit obedience to orders. • Knowledge of drill and marching. 	<p>Marching:</p> <ul style="list-style-type: none"> • Open and Close order march • Mark time march and Halt • Forward march and Halt. • Mark time march , Halt and quick march • Salute while marching, left wheel and right wheel • Change quick time march and double time march. 	<p>Demonstration, Part- Whole-part method.</p>	<p>Timing, Rhythm, Response to command to be evaluated.</p>
2	<p>Development of :</p> <ul style="list-style-type: none"> • Health related physical fitness and Motor fitness. • Factors such as Speed, Strength, Agility, Flexibility, Explosive power, Muscular and Cardio-Vascular endurance. • Sense of Physical and mental well being. • knowledge about physical fitness and its relationship to exercise.. 	<p>Free Hand Exercises</p> <p>Exercise 1. Position-Attention.</p> <ol style="list-style-type: none"> 1. Arms sideward 2.Palms upward, Stretch head backward-press. 3.Same as one 4.Position <p>Exercise 2.</p> <ol style="list-style-type: none"> 1.Arms forward 2.Arms upward raise the heal. 3.Same as one. 4.Position. <p>Exercise 3.</p> <ol style="list-style-type: none"> 1.Arms upward,left leg forward-step. 2. Arms forward legs together. 	<p>Demonstration, oral instructions Part- Whole-part method.</p>	<p>Graceful rhythmic movement, uniformity for music or count to be evaluated.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>3.Same as one. 4.Position. Exercise 4. 1. Arms upward left leg forward-step. 2.Arms sideward legs together. 3.Same as one 4.Back to position. Exercise 5. 1. Arms forward left leg forward 45degree-step. 2.Arms upward left leg-lunge. 3.Same as one. 4.Position. Exercise 6. 1. Arm side ward feet apart-jump 2.Arms upward clap legs together 3.Same as one 4.Back to position. Exercise7. 1.Hands on hip. 2.Bend forward. 3.Same as one. 4.Position. Exercise8. 1.Hands on hip. 2.Bend backward 3.Same as one 4.Position.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
3	<ul style="list-style-type: none"> • Sense of rhythm. • Creative self expression. • Physical recreation and enjoyment. • Appreciation of concepts • Such as unity in diversity and national integration. • Understanding of our Culture. 	<p>Rhythmic light apparatus (Hoops) Position: Stand with feet slightly apart Hold the hoops closer to the chest and parallel to the body</p> <p>Exercise 1. 1.Raise the hands above the head and keep the hoops in vertical position. 2.Bend forward and keep the hoops in vertical position 3.Same as one 4.Back to position.</p> <p>Exercise 2. 1.Bring the hands forward at shoulder level keep the hoops vertical. 2.Bring the hoops to the left shoulder. 3.Same as one 4.Position.</p> <p>Exercise 3. 1.Right leg forward-step and bring the hands forward and hoops vertical. 2.Bend the right knee-lunge, arms upward keep the hoops vertical. 3.Same as one 4.Position.</p>	Demonstration, Part- Whole-part method and group performance.	Graceful, Rhythmic movement uniformity to music or count to be evaluated..

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 4. 1.Arms upward and keep the hoops vertical. 2.Left leg forward-step, and keep the hoops on the ground vertical by bending the right knee. 3.Same as one 4.Position.</p> <p>Exercise 5. 1.Bring the hoops to the left shoulder. 2.Position. 3. Bring the hoops to the right shoulder. 4.Position.</p>		
4	<ul style="list-style-type: none"> • Correct breathing habit and desirable body posture. • Better range of movement in the joint. • Increase resistance power of the body to certain illness. • Muscles that are not usually exercised are involved. • Awareness of our cultural heritage. Self discipline and concentration. • Knowledge of yoga exercise and understanding its influence on human body. 	<p>Yogasana: 1.Suryanamaskar 2. Arthachakrasana 3. Shasangasana 4. Supta Vajrasana 5. Parsuvakonasana 6.Vipareetha Karani asana.</p>	<p>Demonstration with explanation of the asana by the teacher. Methods of breathing. Benefits of each asana. Students to do the asana in the initial stage to slow counts-given by the teacher.</p>	<p>Students to do asana chosen by the teacher Approach, holding of the posture and proper breathing to be given weight age in evaluation.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> Application of yoga exercise to health needs of the individual. 			
5	<ul style="list-style-type: none"> Development of health related physical fitness and Motor fitness, muscular endurance and muscular strength. Appreciation of Indian system of Physical culture. knowledge of Dands and Baithaks 	<p>Indigenous Exercises</p> <p>Dands: Circle dands, Snake dands</p> <p>Baitaks: Kneeling baithaks, Standing baithaks</p>	Demonstration, Part- Whole-part method.	Performance and withstanding capacity to be evaluated.
6	<ul style="list-style-type: none"> Development of major muscle group. Organic fitness and Neuro-muscular co-ordination and Knowledge of the activity. Understanding the role of physical activity for healthy life. Knowledge of management of body equilibrium. 	<p>Gymnastics and Pyramids.</p> <p>Gymnastics: Cartwheel Toe walk. Hand stand Hand spring.</p> <p>Pyramids: Six men and Eight men Pyramid formation.</p>	Demonstration, Part- Whole-part method.	Maintenance of body equilibrium to be evaluated. Approach, performance and landing, perfection to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
7	<ul style="list-style-type: none"> • Improved motor skills and ability to perform work with easy and grace. • Participate fairly with co-operation. • Knowledge of the events and real spirit behind the activity. • Team spirit and sportsmanship qualities. • Understanding of various skills and rules. • Development of Patriotism. • Team spirit and sportsmanship qualities. • Understanding Of various skills 	<p>Track and Field: Middle distance race: 400mts, 600mts, 800mts. High jump Discuss 4 X 100mts relay.</p> <p>1.400mts and 600mts Three types of starting 1.Bunch 2.Medmium 3.Elongated 2.High Jump: Teaching High jump in five steps 1.Approach 2.Take off 3.Style of method 4.Landing 5.Clear the field. 3.Discuss: Teaching the event in four steps. 1.Keeping or grip 2.Standing 3.Swinging arms 4.Hurling the disc.</p>	Demonstration, Part- Whole-part method	Timing for track events, Distance for field events and by group competitions to be evaluated.
8	<ul style="list-style-type: none"> • Development of major muscle group and motor skill. knowledge of healthy and worthy use of the leisure time. • Maintenance of physical fitness. 	<p>Major games 1.Basketball 2.Ballbadminton 3.Handball 4.Tennikoit 5.Throwball</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Pleasure and healthy outlook. • Development of team spirit and sportsmanship qualities. • Knowledge of various skills of the games. • Leadership quality and obedience. • Knowledge of the rules and regulations of the particular games. 	<p>1. Basketball Fundamental skills I. Players Stance a. Ball Handling 1. Tripple Threat position 2. Wrestler Stand 3. Boxers Stand Passing and Receiving 1. Under arm Pass One hand: Bounce pass, Push pass Dribbling 1. Low dribble 2. Change of direction dribble. 3. Behind the back dribble 4. Scissors dribble Shooting 1. Lay up Shot – Under arm, Cross over. 2. Two hand shot – Set shot, Hook shot. Individual Defence Defensive Stance 1. Retreat and Reverse 2. Zone defence 3. Man to man defence Foot work Pivoting-Maintaining the point of floor contact.</p>	Demonstration, Part- Whole-part method.	Style, interest and initiative rather than actual performance to be consider. Skill test of concern games to be used. Knowledge gained to be assessed as part of theory examination.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>2. Ball Badminton Holding the racket: Service, Receiving, Stroke, Passing, Smash. 3. Handball: Bouncing, Throwing, , Catching the ball, Jump Shot. 5. Tennis: Service Stance Execution Catching Returning. 6. Throwball Service Receiving Returning.</p>		
9	<ul style="list-style-type: none"> • Develops co-operative attitude. Develops Knowledge about rules of the games. • Plays an important role to remove fatigue. • Creates happiness and pleasure. • Develops group Co-ordination Knowledge of collective strength. 	<p>Minor games. 1. Jump the stick relay 2. Kangaroo relay 3. Nondi Tag 4. Zig-Zag relay 5. Rope skipping relay.</p>	Demonstration and oral instructions	Competitions and rewarding the winners.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
10	<ul style="list-style-type: none">• Knowledge of physical health.• Reasons for in- health internal.• Knowledge to preserve health.• Knowledge of Internal organs and their functions are developed .	Health Education: <ul style="list-style-type: none">• Growth and development.• Meaning.• Sanitation-Meaning.• Need for sanitation.• Sanitary measures to be taken at home.• Sanitary measures to be taken at school.• Prevention of communicable disease Chicken-box, Measles, Influenza, Whooping cough , Tuber closis, Malaria, Water borne diseases, Safe water and role of local bodies.	Oral explanation, Charts, Photos, models, Audio visual.	Knowledge to be evaluated.
11	Safety Education <ul style="list-style-type: none">• Knowledge to avoid accident on road and play field.• Knowledge of external factors that influence accidents are developed.	<ul style="list-style-type: none">• Factors in Safety Education.• Safety measures in schools. Class rooms, Lab and playground.	Demonstration and Oral explanation. Visiting traffic signals. Reading manuals.	Records and Practical knowledge to be evaluated.
12	Food and Nutrition <ul style="list-style-type: none">• Knowledge of right food habit.• Knowledge of nutrition’ and its role on human life and growth are developed.	<ul style="list-style-type: none">• Mal Nutrition’ meaning.• Diseases caused by Mal Nutrition	Demonstration, Oral explanation , Charts, Photos, models, Audio visual, Songs, Speech and participating in seminars.	Knowledge to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
13	First Aid <ul style="list-style-type: none"> • Knowledge of body parts and its functions. • Knowledge to keep the affected parts in right position and prevent further damages are developed. 	<ul style="list-style-type: none"> • Meaning • Fracture • Types of fracture • General first aid for fracture. 	Demonstration and Oral explanation.	Performance to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
1	<ul style="list-style-type: none"> • Improvement in bearing. • Smartness in appearance and turn out. • Co-ordination among various body segments. • Sense of discipline and Self confidence. • The quality of immediate and implicit obedience to orders. • Knowledge of drill and marching. 	Marching: <ul style="list-style-type: none"> • Mark time march • Halt • Dressing • Open and Close order • Quick time march • Turning while marching • Changing step while marching • Double time march. 	Demonstration, Part- Whole-part method.	Timing, Rhythm, Response to command to be evaluated.
2	Development of : <ul style="list-style-type: none"> • Health related physical fitness and Motor fitness. • Factors such as Speed, Strength, Agility, Flexibility, Explosive power, Muscular and Cardio-Vascular endurance. • Sense of Physical and mental well being. • knowledge about physical fitness and its relationship to exercise. 	Calisthenics: (Position-Attention) Exercise 1. 1.Arms forward, left toe forward-step. 2. Arms sideward left toe sideward-step. 3.same as one 4.Position Exercise 2. 1.Arms forward left toe forward-step. 2.Arms upward left toe backward-step. 3.Same as one 4.Back to position.	Demonstration, oral instructions, part by part method.	Graceful rhythmic movement, uniformity to music or count to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 3. 1.Arms forward, Half squat. 2.Arms sideward 3.Same as one 4.Position</p> <p>Exercise 4. 1.Arms forward, 2.Arms upward,Half squat. 3.same as one 4.Position</p> <p>Exercise 5. 1.Arms sideways feet apart-jump. 2.Arms upward legs together. 3.Same as one 4.Position.</p> <p>Exercise 6. 1.Arms upward left leg forward, right leg backward split-jump. 2. position. 3.Arms upward right leg forward, left leg backward split-jump. 4.Position.</p> <p>Exercise 7. 1.Arms side ward. 2.Arms upward 45degree angle –fly . 3.Same as one 4.Position.</p> <p>Exercise 8. 1.Arms sideways feet apart-jump 2.Jump turn right, legs together arms down.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		3.Arms forward feet apart-jump. 4. Same as two. 5.Same as one. 6. Same as two. 7.Same as three. 8.Position.		
3	<ul style="list-style-type: none"> • Sense of rhythm. • Creative self expression. • Physical recreation and enjoyment. • Appreciation of concepts • Such as unity in diversity and national integration. • Understanding of our Culture. 	<p>Rhythmic and light apparatus (Indian Clubs) Position: Attention, Hold the Indian Club at hip level.</p> <p>Exercise 1. 1.Arms Sideward – Shoulder level 2.Arms forward – Shoulder level 3.Same as one 4.Position</p> <p>Exercise 2. 1.Arms forward – Shoulder level 2.Stretch the clubs alone forward 3.Same as one 4.Position</p> <p>Exercise 3. 1.Arms Sideward – Shoulder level 2.Bring the club tips to the Shoulder level 3.Same as one 4.Position</p> <p>Exercise 4. 1.Arms forward – Shoulder level 2.Bend forward – Keep the club tips on the ground 3.Same as one 4.Position</p>	Demonstration, Part- Whole-part method and group performance.	Graceful, Rhythmic movement uniformity to music or count to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 5. 1.Arms Sideward – Shoulder level 2.Twist both the clubs inward at the same level 3. Twist both the clubs outward at the same level 4.Position</p> <p>Exercise 6. 1.Arms Sideward – Shoulder level 2.Twist the right club around the head-back to shoulder level. 3. Twist the left club around the head-back to shoulder level. 4.Position</p> <p>Exercise 7. 1.Arms Sideward – Shoulder level 2.Stretch the clubs forward at the same level. 3. Same as one 4.Position</p> <p>Exercise 8. 1.Arms sideward Shoulder level- left leg sideward – step. 2.Turn the trunk alone to the left side 3.Same as one 4.Position</p>		
4	<ul style="list-style-type: none"> • Correct breathing habit and desirable body posture. • Better range of movement in the joint. 	<p>Yogasana: 1.Suryanamaskar. 2.Yogamuthra 3.Padha Hastasana 4.Artha Chakrasana</p>	Demonstration with explanation of the asana by the teacher.	Students to do asana chosen by the teacher Approach, holding of the posture and

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Increase resistance power of the body to certain illness. • Muscles that are not usually exercised are involved. • Awareness of our cultural heritage. Self discipline and concentration. • Knowledge of yoga exercise and understanding its influence on human body. • Application of yoga exercise to health needs of the individual. 	5.Halasana 6.Chakrasana	Methods of breathing. Benefits of each asana. Students to do the asana in the initial stage to slow counts-given by the teacher.	proper breathing to be given weightage in Evaluation.
5	<ul style="list-style-type: none"> • Development of health related physical fitness and Motor fitness, muscular endurance and muscular strength. • Appreciation of Indian system of Physical culture. • knowledge of Dands and Baithaks. 	Dands and Baithaks Circle dand, Twisting dand, Legs forward dand Bajrang baithak, Chair baithak, Stooping baithak, Hanuman baithak.	Demonstration, Part- Whole-part method.	Performance and Withstanding capacity to be evaluated.
6	<ul style="list-style-type: none"> • Development of major muscle group. • Organic fitness and Neuro-muscular co-ordination and Knowledge of the activity, 	Gymnastics and Pyramids: Gymnastics: Hand Stand, Cartwheel, Dive roll, Head spring. Pyramids: Ten men and Twelve men pyramid formation.	Demonstration, Part- Whole-part method.	Maintenance of body equilibrium to be evaluated. Approach, performance and landing, perfection to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<p>Understanding the role of physical activity for healthy life.</p> <ul style="list-style-type: none"> • Knowledge of management of body equilibrium. 			
7	<ul style="list-style-type: none"> • Improved motor skills and ability to perform work with easy and grace. • Participate fairly with co-operation. • Knowledge of the events and real spirit behind the activity. • Team spirit and sportsmanship qualities. • Understanding of various skills and rules. • Development of Patriotism. Team spirit and sportsmanship qualities. Understanding Of various skills 	<p>Track and Field: 800mts, 1500mts, 100mtsHurdles, Triple jump, Discus throw, Javelin throw.</p> <p>1.Triple jump: Four steps. Approach run Using the take off board Jumping Sailing in the air. Landing.</p> <p>2.Discus throw: Four steps. Keeping or holding Standing swinging arms Hurling the Disc.</p> <p>3.Javelin throw: Four steps. Holding Standing Running Releasing with five steps or foot work</p> <p>4.Hurdles (100mts) Height of the hurdles according to the event. How to stand the hurdles cutting. Teaching hurdles race style with arm action, leg action etc.</p>	<p>Demonstration, Part- Whole-part method.</p>	<p>Timing for track events, Distance for field events and group competitions.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
8	<ul style="list-style-type: none"> • Development of major muscle group and motor skill. knowledge of healthy and worthy use of the leisure time. • Maintenance of physical fitness. • Pleasure and healthy outlook. • Development of team spirit and sportsmanship qualities. • Knowledge of various skills of the games. • Leadership quality and obedience. • Knowledge of the rules and regulations of various games. 	<p>Major games</p> <ol style="list-style-type: none"> 1.Badminton 2.Ball Badmiinton 3.Cricket 4.Handball 5.Hockey 6.Throwball <p>1.Badminton</p> <p>Service: Grip, Stance, Hitting the shuttle, Follow through.</p> <p>Stroke: Forehand stroke, Backhand stroke, Overhead stroke.</p> <p>Smash: Return of smash, Net stroke, Return of drops.</p> <p>2.BallBadminton</p> <p>Holding the racket</p> <p>Passing: Forehand pass, underhand pass.</p> <p>Service: Long Service, Short Service, Spin Service</p> <p>Smash: Above the head, Drop Stroke, Spin.</p> <p>3.Cricket</p> <p>Bowling:</p> <p>Fast: In swing and out swing Medium fast, Spin :Leg break, Off break and Googly.</p> <p>Batting:</p> <p>Straight drive, Off drive, Cover drive, On drive, Hook shot</p> <p>Defence:Fore hand, Backhand.</p>	<p>Demonstration, Part- Whole-part method.</p>	<p>Style, interest and initiative rather than actual performance to be consider. Skill tests of concern games to be used. Knowledge gained to be assessed as part of theory examination.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Fielding: Close, Distance, Catching, Throwing. Wicket Keeping: Stumping, Catching. 4.Handball: Bouncing, Over arm throw, Holding the Ball, Catching the ball, Jump Shot. 5.Hockey Dodging: On the right side of the opponent On the left side of the opponent Fake and dodge on both sides. Passes: Parallel pass, Ahead pass, Return pass, Over head pass, Through pass, Diagonal pass. Flick: Straight flick, Reverse flick. International standard Astro Turf Skills: Drag flick, Slap shot, Reverse sweep, Straight trapping(Flat stick), Reverse trapping(Flat stick). 6.Throwball: Service, Receiving, Returning.</p>		
9	<ul style="list-style-type: none"> • Develops co-operative attitude. Develops Knowledge about rules of the games. • Plays an important role to remove fatigue. • Creates happiness and pleasure. • Develops group Co-ordination. • Knowledge of collective strength. 	<p>Minor games. 1.Ball bounce relay 2.Over and under relay 3.Sit and run relay 4.Four corners 5.Snatching the kerchief 6.Back to back relay</p>	Demonstration and oral instructions	Competitions and rewarding the winners.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
10	<ul style="list-style-type: none"> • Knowledge of physical health. • Reasons for in- health internal. • Knowledge to preserve health. • Knowledge of Internal organs and their functions are developed . 	Health Education: <ul style="list-style-type: none"> • Definition. • Sanitation. • Need for Sanitation. • Sanitary measures to be taken at home. • Sanitary measures to be taken at school. • Sanitary measures to be taken in community. • Typhoid: 1.Causing agent 2.Symptoms 3.Transmission 4.Prevention and Control. • Air borne diseases. • Aids-Prevention and Control. 	Oral explanation, Charts, Photos, models, Audio visual.	Knowledge to be evaluated.
11	Safety Education <ul style="list-style-type: none"> • Knowledge to avoid accident on road and play field. • Knowledge of external factors that influence accidents are developed. 	<ul style="list-style-type: none"> • Safety in play ground. • Importance of warming up and warm down. 	Demonstration and Oral explanation. Visiting traffic signals. Reading manuals.	Records and Practical knowledge to be evaluated.
12	Food and Nutrition <ul style="list-style-type: none"> • Knowledge of right food habit. • Knowledge of nutrition and its role on human life and growth are developed. 	<ul style="list-style-type: none"> • Mal Nutrition • Obesity Meaning Causes Effects Prevention 	Demonstration, Oral explanation , Charts, Photos, models, Audio visual, Songs, Speech and participating in seminars.	Knowledge to be evaluated.
13	First Aid <ul style="list-style-type: none"> • Knowledge of body parts and its functions. 	<ul style="list-style-type: none"> • Sprain • Strain • Insect bites. • Treatment for insect bite. 	Demonstration and Oral explanation.	Performance to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
	<ul style="list-style-type: none"> • Knowledge to keep the affected parts in right position and prevent further damages are developed. 			
14	<p>Crisis Management</p> <ul style="list-style-type: none"> • Knowledge of decision making. • Knowledge to save the public and personal property. • Knowledge to handle unforeseen situation. • Knowledge to save the lives are developed. 	<p>Types of Crisis:</p> <ul style="list-style-type: none"> • Riot • Flood • Fire • Earthquake 	<p>Demonstration and Oral explanation.</p>	<p>Performance to be evaluated</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
1	<ul style="list-style-type: none"> ● Improvement in bearing. ● Smartness in appearance and turn out. ● Co-ordination among various body segments. ● Sense of discipline and Self confidence. ● The quality of immediate and implicit obedience to orders. ● Knowledge of drill and marching. 	<p>Marching:</p> <ul style="list-style-type: none"> ● Slow march ● Ceremonial march 	<p>Demonstration, Part- Whole-part method.</p>	<p>Timing, Rhythm, Response to command to be evaluated.</p>
2	<p>Development of :</p> <ul style="list-style-type: none"> ● Health related physical fitness and Motor fitness. ● Factors such as Speed, Strength, Agility, Flexibility, Explosive power, Muscular and Cardio-Vascular endurance. ● Sense of Physical and mental well being. ● knowledge about physical fitness and its relationship to exercise. 	<p>Calisthenics:</p> <p>Exercise 1.</p> <ol style="list-style-type: none"> 1.Arms forward feet apart-jump. 2.Arms upward legs together-jump. 3.Arms sideward feet apart-jump 4.Position. <p>Exercise 2.</p> <ol style="list-style-type: none"> 1.Hands on hip, feet apart-jump 2.Bend forward, touch the left toe with both hands. 3.same as one 4.Position 	<p>Demonstration, oral instructions, part by part method.</p>	<p>Graceful rhythmic movement, uniformity to music or count to be evaluated</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 3. 1.Arms sideward left leg forward-step. 2.Trunk left side twist. 3.same as one 4.Position</p> <p>Exercise 4. 1.Arms forward. 2.Full squat. 3.same as one. 4.Position.</p> <p>Exercise 5. 1.Fingers on shoulders 2.Arms upwards at V shape feet apart-jump. 3.same as one 4.Position</p> <p>Exercise 6. 1.Arms forward left leg forward-step. 2.Arms downward legs together-move. 3. Arms forward left leg backward-step. 4.Position</p> <p>Exercise 7. 1. Arms sideward left leg sideward-step. 2.Arms downward legs together-move 3. Arms sideward right leg right side-step. 4.Position.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>Exercise 8. Position: Attentions hands on hip. 1.Jump on toes. 2.Jump on toes. 3.Jump turn left-squat (crouch start position). 4.Maintain the position. Note:(These steps can performed on all four directions).</p>		
3	<ul style="list-style-type: none"> • Sense of rhythm. • Creative self expression. • Physical recreation and enjoyment. • Appreciation of concepts • Such as unity in diversity and national integration. • Understanding of our Culture. 	<p>Rhythmic light apparatus (Lezium) Position: 1.Hold the longer handle of the lezium in a horizontal position with the left hand. 2.Hold the shorter handle with the right hand. 3.Keep the lezium near right hip by longer grip parallel to ground and shorter handle below and crossed with the longer handle. Exercise 1. Doh Awaj – Two counts. 1.Pull the small rod down with the right hand. 2.Join the small rod with the longer rod. Exercise 2. Char Awaj – Fout counts. 1.Pull the small rod and bring the lezium to the left side near left hip. 2.Raise the lezium little up on the left side and join the longer handle with the smaller handle. 3.Pull the small handle and bring the lezium to the right side near the right hip.</p>	<p>Demonstration, Part- Whole-part method and group performance.</p>	<p>Graceful, Rhythmic movement uniformity to music or count to be evaluated.</p>

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION								
		<p>4.Join the longer handle with the smaller handle. (Repeat the same for 16 counts).</p> <p>Exercise 3. Aat Awaj – Eight counts.</p> <p>1.Pull the small rod and bring the lezium to the left side near left hip.</p> <p>2.Raise the lezium little up on the leftside and join the longer handle with the smaller handle.</p> <p>3.Pull the small handle and bring the lezium to the right side near the right hip.</p> <p>4.Join the longer handle with the smaller handle.</p> <p>5.Bring the lezium over the head in a circular way to the left side while pulling, shorter handle should be forward, parallel to the ground, elbow slightly bend.</p> <p>6.Join the smaller handle to the longer handle near the forehead.</p> <p>7.Bring the lezium from above the right side hip and pull the smaller handle.</p> <p>8.Join the smaller handle to longer handle. (Repeat the same for 16 counts).</p> <p>Exercise 4: Kadam Tal- Spot steps.</p> <p>Exercise 3-Aat Awaj should be done with, on the spot marching.</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">1.Right step</td> <td style="width: 50%;">5.Step right foot</td> </tr> <tr> <td>2.Raise left foot</td> <td>6.Raise left foot</td> </tr> <tr> <td>3.Step left</td> <td>7.Step left foot</td> </tr> <tr> <td>4.Raise right foot</td> <td>8.Raise right foot.</td> </tr> </table>	1.Right step	5.Step right foot	2.Raise left foot	6.Raise left foot	3.Step left	7.Step left foot	4.Raise right foot	8.Raise right foot.		
1.Right step	5.Step right foot											
2.Raise left foot	6.Raise left foot											
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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
4	<ul style="list-style-type: none"> • Correct breathing habit and desirable body posture. • Better range of movement in the joint. • Increase resistance power of the body to certain illness. • Muscles that are not usually exercised are involved. • Awareness of our cultural heritage. Self discipline and concentration. • Knowledge of yoga exercise and understanding its influence on human body. • Application of yoga exercise to health needs of the individual. 	Yogasana: 1.Surya Namaskar 12 Steps. 2.Parivartta Trikonasana. 3.Pachimotanasana 4.Ustasana 5.Sarvangasana 6. Matchayasana	Demonstration with explanation of the asana by the teacher. Methods of breathing. Benefits of each asana. Students to do the asana in the initial stage to slow counts-given by the teacher.	Students to do asana chosen by the teacher. Approach, holding of the posture and proper breathing to be given weightage in evaluation.
5	<ul style="list-style-type: none"> • Development of health related physical fitness and Motor fitness, muscular endurance and muscular strength. • Appreciation of Indian system of Physical culture. knowledge of Dands and Baithaks. 	Indegeneous exercises. Dands & Baithaks Dands:Alternate leg dand. Baithaks:Kneeling baithak.	Demonstration, Part- Whole-part method.	Performance and withstanding capacity to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
6	<ul style="list-style-type: none"> • Development of major muscle group. • Organic fitness and Neuro-muscular co-ordination and Knowledge of the activity, Understanding the role of physical activity for healthy life. • Knowledge of management of body equilibrium. 	<p>Gymnastics and Pyramids. Gymnastics: Hand Stand, Straddle roll up, Dive roll, Hand spring, Shoulder wheel. Pyramids: Fourteen men and Sixteen men pyramid formation.</p>	Demonstration, Part- Whole-part method.	Maintenance of body equilibrium to be evaluated. Approach, performance and landing perfection to be evaluated.
7	<ul style="list-style-type: none"> • Improved motor skills and ability to perform work with easy and grace. • Participate fairly with co-operation. • Knowledge of the events and real spirit behind the activity. • Team spirit and sportsmanship qualities. • Understanding of various skills and rules. • Development of Patriotism. 	100mtsHurdles, Triple jump, Polevault, Discus throw, Javelin throw. 1.100mts Hurdles: Teaching hurdle race. Style with arm action, leg action etc. 2.Triple jump: Approach run Using the take off board Flying in the air. Landing. 3.Pole Vault: How to hold the Pole. Approach run. Using board. Cross the bar Landing Clear the field.	Demonstration, Part- Whole-part method.	Timing for track events, Distance for field events and by group competitions.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>4.Javelin Throw: Four steps. Holding Standing Running Releasing with five steps or foot work.</p>		
8	<ul style="list-style-type: none"> • Development of major muscle group and motor skill. knowledge of healthy and worthy use of the leisure time. • Maintenance of physical fitness. • Pleasure and healthy outlook. • Development of team spirit and sportsmanship qualities. • Knowledge of various skills of the games. • Leadership quality and obedience. • Knowledge of the rules and regulations of the particular games. 	<p>Major games 1.Badminton 2.Basketball 3.Cricket 4.Hockey 5.Table Tennis 6.Volleyball</p> <p>1.Badminton Smash: Smash, Return of smash. Stroke: Net stroke (drop), Return of drops.</p> <p>2.Basketball Passing & Receiving: One hand, Over Shoulder, Hook pass. Dribbling: Low dribble, Spin dribble. Shooting: Two hand-Set Shot, Jump Shot, Hook Shot. Rebounding: Defensive rebound-Box out Offensive rebound-Trip in shot.</p> <p>3.Cricket Batting: Straight drive, Off drive, Cover drive, On drive, Hook shot. Wicket Keeping: Stumping, Catching.</p>	Demonstration, Part- Whole-part method.	Style, interest and initiative rather than actual performance to be consider. Skill test of concern games to be used. Knowledge gained to be assessed as part of the theory examination.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	TEACHING/ LEARNING ACTIVITIES	EVALUATION
		<p>4.Hockey Passes: Parallel pass, Ahead pass, Return pass, Over head pass, Through pass, Diagonal pass. Flick: Straight flick, Reverse flick.</p> <p>5.Table Tennis Grip: Shake hand Pen hold. Service: Forehand service (Pendulum) Spin service-Backhand spin, Top spin, Side spin. Stroke: Drive-Forehand, Backhand. Push- Forehand, Backhand. Block-Chopping Smash- Forehand, Backhand</p> <p>6.Volleyball Service: Jump service Spin service. Spiking Blocking: Single block Collective block.</p>		

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	DEMONSTRATION	EVALUATION
9	<ul style="list-style-type: none"> Develops co-operative attitude. Develops Knowledge about rules of the games. Plays an important role to remove fatigue. Creates happiness and pleasure. Develops group Co-ordination. Knowledge of collective strength. 	Minor Games 1.Hopping relay 2.Ball pass relay 3.Shadow tag 4.Leg tag	Demonstration and oral instructions	Competitions and rewarding the winners.
10	<ul style="list-style-type: none"> Knowledge of physical health. Reasons for in- health internal. Knowledge to preserve health. Knowledge of Internal organs and their functions are developed . 	Health Education: <ul style="list-style-type: none"> Meaning. Personal Health. <ul style="list-style-type: none"> Food Elimination of body waste. Exercise and play. Sleep and rest. Posture. Common disease caused by. <ul style="list-style-type: none"> Mal nutrition Adulteration. 	Oral explanation, Charts, Photos, models, Audio visual.	Knowledge to be evaluated.
11	Safety Education <ul style="list-style-type: none"> Knowledge to avoid accident on road and play field. Knowledge of external factors that influence accidents are developed. 	<ul style="list-style-type: none"> Safety while playing. 	Demonstration and Oral explanation. Visiting traffic signals. Reading manuals.	Records and Practical knowledge to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	DEMONSTRATION	EVALUATION
12	Food and Nutrition <ul style="list-style-type: none"> • Knowledge of right food habit. Knowledge of nutrition's and its role on human life and growth are developed.	<ul style="list-style-type: none"> • Food is medicine. • Obesity Meaning Causes Effects 	Demonstration, Oral explanation , Charts, Photos, models, Audio visual, Songs, Speech and participating in seminars.	Knowledge to be evaluated.
13	First Aid Knowledge of body parts and its functions. <ul style="list-style-type: none"> • Knowledge to keep the affected in parts in right position and prevent further damages are developed. 	<ul style="list-style-type: none"> • Definition • Snake bite • Dislocation. • Types of fracture. • Suitable bandage for fracture. • Prevention Rest Ice Compression Elevation Rehabilitation. 	Demonstration and Oral explanation.	Performance to be evaluated.
14	Crisis Management <ul style="list-style-type: none"> • Knowledge of decision making. • Knowledge to save the public and personal property. • Knowledge to handle unforeseen situation. • Knowledge to save the lives are developed. 	Types of Crisis: <ul style="list-style-type: none"> • Riot • Flood • Fire • Earthquake • Tsunami. 	Demonstration and Oral explanation.	Performance to be evaluated.

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UNIT	EXPECTED OUTCOMES OF LEARNING	CONTENT	DEMONSTRATION	EVALUATION
15	Drug Abuse <ul style="list-style-type: none">• Knowledge of body parts and it functions.• Knowledge to keep the affected parts in right position and prevent further damage and developed.	Ways to prevent drug abuse.	Demonstration and explanation.	Performance to be evaluated.