

7<sup>TH</sup> Std. PHYSICAL EDUCATION NOTES OF LESSON-2020-21

CATEGORY & PERIOD		LEARNING POINTS	FORMULATED ACTIVITIES	TEACHING AIDS	EVALUATION TECHNIQUE TOOL	TEACHER'S SELF ANALYSIS	DATE	PET SIG.	HM SIG.
Pactical	06	<p>Physical efficiency test-1</p> <p><b>BOYS</b></p> <ol style="list-style-type: none"> <li>50 Met. Run(Speed)</li> <li>Vertical jump (Strength)</li> <li>Sit-ups-in 60 sec. (Endurance)</li> </ol> <p><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>30 Met. Run(Speed)</li> <li>Vertical jump (Strength)</li> <li>Sit-ups-in 30 sec. (Endurance)</li> </ol>	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-1</p>	Conducting efficiency test separately For boys and Girls			
THEORY	02	Physical Education and objectives of Physical Education	Learning points have to be explained descriptively through discussion	Text book Pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Students would participate interestingly provided the subject in taught through discussion			
Practical kabaddi	05	<ol style="list-style-type: none"> <li>Offensive skills: Scooping hand touch, combination raid, Escape below the chain, Anti-pushing tactic</li> <li>Defensive skills: Pushing tactics, chain catch, Skills of lead-up activities</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>Entry</li> <li>Stance</li> <li>Execution</li> <li>Contact</li> <li>Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Skill Pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Completion of learning and practicing process in the allotted period's			

Theory kabaddi	03	<ol style="list-style-type: none"> <li>1. Characteristics of Players</li> <li>2. Nation's Achievement</li> <li>3. State's Achievement</li> <li>4. Individual Achievements of Karnataka &amp; National Player's</li> <li>5. Awards</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Kho-Kho	04	<b>Chasing Skills</b> <ol style="list-style-type: none"> <li>1. Rushing to the pole from the third square</li> <li>2. Taping from the back</li> <li>3. Surprise attack</li> <li>4. Countering surprise</li> <li>5. Making a pole dive</li> <li>6. Countering the pole dive</li> <li>7. Judgment Kho</li> </ol>	To learn these skills Five stages should be followed: <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> Provide the opportunity to the students to practice individually or in groups	Court Skill Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
	03	<b>Dodging</b> <ol style="list-style-type: none"> <li>1. Rushing to the pole from 3<sup>rd</sup> box</li> <li>2. Chain Playing Single Chain, 3-6 up Chain running and ring, Medium ring, Long ring</li> <li>3. Practicing the skills in game situation</li> <li>4. Warming up activates</li> <li>5. Points to remember</li> <li>6. Activities</li> </ol>							
Theory Kho-Kho	06	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. A good Kho-Kho player,</li> <li>3. Achievements of players in State and National levels</li> <li>4. Championship Games organized in Kho-Kho</li> <li>5. Awards in Kho-Kho</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			

Formative Assessment -1	03	Group Games Kho-Kho 1. Rushing to the pole from 3 <sup>rd</sup> box 2. Judgment kho	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
Hindi Leziums	08	1. Dho rukh 2. Aage Phalang 3. Peeche phalang 4. Sherdhez method	To learn these skills Five stages should be followed: 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through Provide the opportunity to the students to practice individually or in groups	Lezium	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Dril & Marching Practical periods 05	06	1.Dahine Mud (right Turn) 2. Bayyen Mud (Left turn) 3.Peeche Mud (Right about turn) 4. Line formation 5. Splitting the line 6. Samane Salute 7. Kadam Taal Se Aage Bud	To learn these skills Five stages should be followed: 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through Provide the opportunity to the students to practice individually or in groups	Text book	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
National Integration & National Flag	02	1. Naujawanonka Sandesh	Learn these national integration song	Text book	<b>TECHNIQUE:</b> Observation	Completion of learning and practicing process in the allotted period's			

Health Education	03	<p>Exercise, Rest and Sleep</p> <ol style="list-style-type: none"> <li>1. Advantages of exercises</li> <li>2. Rest and sleep Advantages of rest</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	Student would participate interestingly provided the subject is taught through discussion			
Ideal Posture	01	<ol style="list-style-type: none"> <li>1. Ideal posture</li> <li>2. While Sleeping</li> <li>3. While standing</li> <li>4. while sitting</li> <li>5. While walking</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p>	Student would participate interestingly provided the subject is taught through discussion			
Necessity of Balanced Intuitions food and Balanced diet of sports persons	02	<ol style="list-style-type: none"> <li>1. Classification of Nutrients</li> <li>2. Balanced food</li> <li>3. Nutrient Groups and Their Uses</li> <li>4. Balanced Diet for Sportspersons</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p>	Student would participate interestingly provided the subject is taught through discussion			
Healthy habits	01	<ol style="list-style-type: none"> <li>1. Meaning of queue system and its significance</li> <li>2. Punctuality</li> <li>3. Queue-system</li> </ol>	Learning points have to be explained descriptively through discussion	Text book pictures	<p><b>TECHNIQUE:</b> Observation</p>	Student would participate interestingly provided the subject is taught through discussion			
Formative Assessment -2	03	<p><b>RHYTHMIC ACTIVICTY</b></p> <p><b>Lzium:</b></p> <ol style="list-style-type: none"> <li>1. Do rukh</li> <li>2. Sher Dhaz</li> </ol>	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Lezium	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	Each student should undergo evaluation			

summative Assessment -1	03	summative Assessment -1	summative Assessment -1		<b>TECHNIQUE:</b> Evaluation  <b>TOOL:</b> Check list FORMAT-3	Each student should undergo evaluation			
Practical Relay	04	<ol style="list-style-type: none"> <li>Baton exchange method</li> <li>Visual method, Non-Visual method</li> <li>Methods of exchanging techniques</li> <li>Upward pass technique</li> <li>Steps of learning relay</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>Entry</li> <li>Stance</li> <li>Execution</li> <li>Contact</li> <li>Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Court Lane Skill pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Theory Relay	06	<ol style="list-style-type: none"> <li>Relay events</li> <li>Composition of relay team</li> <li>Baton exchange tactics</li> <li>Good Baton technique</li> <li>Construction of Baton</li> <li>Rules</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Shot put	05	<ol style="list-style-type: none"> <li>Holding the shot</li> <li>Stand</li> <li>"T" Position and Crouch</li> <li>Gliding</li> <li>Release and Recovery</li> <li>Lead up game</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>Entry</li> <li>Stance</li> <li>Execution</li> <li>Contact</li> <li>Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Pit Skill pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Theory Shot put	05	<ol style="list-style-type: none"> <li>1. Construction of field for shot put</li> <li>2. Stop board</li> <li>3. Throwing sector</li> <li>4. Shot put</li> <li>5. Weight</li> <li>6. Fundamental rules of shot put</li> <li>7. Foul Throws</li> <li>8. Preparatory activities before the throw</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Practical Football Periods 05	06	<ol style="list-style-type: none"> <li>1. The Chip (Short pass and Long pass)</li> <li>2. Trapping the ball by chest</li> <li>3. Fully volley kick and half volley kick</li> <li>4. Heading</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	Football Skill Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			
Theory Football Periods 05	05	<ol style="list-style-type: none"> <li>1. Characteristics of a Football player</li> <li>2. Achievements of players at State and National level</li> <li>3. National level players</li> <li>4. International level players</li> <li>5. Sports awards and championships</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
First aid	02	<ol style="list-style-type: none"> <li>1. Bleeding</li> <li>2. Types of bleeding and treatment</li> <li>3. Sprains Fracture types</li> </ol>	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			

Formative Assessment -3	03	<b>ATHLETICS</b> <b>SPRINTS:</b> 1. baton exchange 2. Shot put Perry O Brien Style	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court Lane Finishing line	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
Physical Efficiency test-2	06	Physical efficiency test-1 <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Vertical jump (Strength) 3. Sit-ups-in 60 sec. (Endurance) <b>GIRLS</b> 1. 30 Met. Run(Speed) 2. Vertical jump (Strength) 3. Sit-ups-in 30 sec. (Endurance)	Conduct the test and enter the obtained data in FORMAT-1	STOP WATCH MEASURING TAPE	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-1	Conducting efficiency test separately For boys and Girls			
Yogasana Practical 10 periods	02	<b>SURYA NAMASKAR 12 STEPS</b> 1. Namaskarasana 2. Urdvasana 3. Hasta padasana 4. Ekapada prasarasana 5. Dwipada prasaranasana 6. Budarasana 7. Astangapranipathasana 8. Bujangasana 9. Budarasana 10. Ekapada prasaranasana 11. Hasdapadasana Namskarasana	To learn these skills Five stages should be followed: 1. Entry 2. Stance 3. Execution 4. Contact 5. Follow through Provide the opportunity to the students to practice individually or in groups	Mat  Pictures	<b>TECHNIQUE:</b> Observation  <b>TOOL:</b> Check list FORMAT-2	Completion of learning and practicing process in the allotted period's			

Yogasana Practical	08	<p><b>STANDING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Thri konasana</li> <li>2. Veerabhadrasana</li> <li>3. Pada hastasana</li> <li>4. Vrikshasana</li> </ol> <p><b>SITTING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Tholasana</li> <li>2. Uthita padmasana</li> <li>3. Parvathasana</li> <li>4. Yoga mudrasana</li> </ol> <p><b>SLEEPING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Uthita dwi padasana</li> <li>1. Pada sparsha meru dandasana</li> <li>2. Eka pada shalabhasana</li> <li>Shalabhasana</li> </ol>	<p>To learn these skills Five stages should be followed:</p> <ol style="list-style-type: none"> <li>1. Entry</li> <li>2. Stance</li> <li>3. Execution</li> <li>4. Contact</li> <li>5. Follow through</li> </ol> <p>Provide the opportunity to the students to practice individually or in groups</p>	<p>Mat</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			
Yogasana Theory	07	<ol style="list-style-type: none"> <li>1. Meenging of Yoga, Pathanjali Yoga, Definitions of Yoga</li> <li>2. Ashtanga Yoga</li> <li>3. Different paths of Yoga</li> </ol> <p>Aims and objectives of yoga</p>	<p>Learning points have to be explained descriptively through discussion</p>	<p>Text book</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Self-reflection</p>	<p>Students would participate interestingly provided the subject in taught through discussion</p>			
Pranayama Practical 03 periods	08	<p><b>PRANAYAMA</b></p> <ol style="list-style-type: none"> <li>1. Respiration</li> <li>2. Arms sideward and forward</li> <li>3. Stretch the arms forward and breathe</li> <li>4. Stand on toes breathe</li> <li>5. Shasha swasa</li> <li>6. Swana swasa</li> <li>7. Vyagra swasa</li> </ol> <p><b>MUDRAS</b></p> <ol style="list-style-type: none"> <li>1. Nasika mudra</li> <li>2. Shanmukhi mudra</li> </ol>	<p>Make the students to sit in any meditative posture practice pranayama and mudra's on instructions.</p>	<p>Mat</p> <p>Pictures</p>	<p><b>TECHNIQUE:</b> Observation</p> <p><b>TOOL:</b> Check list FORMAT-2</p>	<p>Completion of learning and practicing process in the allotted period's</p>			

		<b>VIBHAGIYA RESPIRATION</b> 1. Adhama swasa 2. Madhyama swasa							
Regional Festivals & National Festivals	03	1. Regional Festivals 2. National Anthem	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
National Integration (National Flag) 03	01	1. Awaken feelings of national integration 2. National festivals 3. National emblem	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Recreational Games 02	02	1. Train Bogie 2. Fill the Jail 3. Rama Ravana 4. Nectar and poison 5. Dog and Bone 6. Circle Kho 7. Tiger and cow 8. Memory power 9. Hare hare Bham Bham Alphabet	Learning points have to be explained descriptively through discussion	Text book Pictures	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Self-reflection	Students would participate interestingly provided the subject in taught through discussion			
Formative Assessment -4	03	Yogasana 1. Vrikshasana 2. Parvatjasama	To evaluate the learnt exercises five stages should be followed, and allow the students to demonstrate the skills.	Court Lane Finishing line	<b>TECHNIQUE:</b> Observation <b>TOOL:</b> Check list FORMAT-2	Each student should undergo evaluation			
summative	02	Blue print & question paper	Evaluation		<b>TECHNIQUE:</b>	Each student			

Assessment -2					Evaluation TOOL: Check list FORMAT-3	should undergo evaluation			
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PHY.EDU.TEACHER'S SIGNATURE

HEAD MASTER'S SIGNATURE

2020-21