

## 8<sup>th</sup> Standard Annual Program of work 2021-22

Month	Chapter	Period	Practical	Theory	LEARNING OUTCOME	P.E.T Signature	H.M. Signature	Date
June	Physical efficiency test-1	16	06	-	<b>PHYSICAL EFFICIENCY TEST-1</b> <b>BOYS</b> 1. 50 Met. Run(Speed) 2. Vertical Jump(Power) 3. Sit-ups 60 Sec. (Endurance) <b>GIRLS</b> 1. 30 Met. Run(Speed) 2. Vertical Jump (Power) 3. Sit-ups-in 30 sec.(Endurance)			
	Significance of Physical education		-	02	Significance of Physical education			
	Volleyball		05		1. Under Hand Pass 2. Upper Hand Pass 3. Under Hand Service			
			-	03	1. History of the volleyball 2. Lay out of Volley ball court 3. Measurements & Equipment 4. Rules of the game			
July	Hockey	16	07		1. Holding the stick & stance 2. Indian dribbling & open dribbling 3. Straight push 4. Reverse push 5. Straight stop 6. Parallel pass			
			06		1. History of Hockey 2. Development of Hockey in India 3. Indian team performance at Olympics 4. Dimensions of Hockey field and equipment 5. Rules of the game			
	<b>Formative Assessment -1</b>		03	-	Group Games			

August	Ghati Lezium	16	06		<ol style="list-style-type: none"> <li>1. Aath toak</li> <li>2. Thaal Se Kadam</li> <li>3. Peeche paav</li> <li>4. Aage paav</li> <li>5. Pavithra</li> <li>6. Kudan pavithra</li> <li>7. Pavithra Baithak</li> </ol>			
	Drill & Marching		05	-	<ol style="list-style-type: none"> <li>1. Line division</li> <li>2. Then line me Tej chal</li> <li>3. Tej chal me thaam</li> </ol>			
	Mental Health & Emotions		-	05	<ol style="list-style-type: none"> <li>1. Meaning &amp; importance of Mental Health</li> <li>2. Understanding of Positive and Negative emotions</li> <li>3. Understanding of balance emotions</li> </ol>			
September	National Flag and National Anthem	12		07	<ol style="list-style-type: none"> <li>1. Factors promoting National Integration</li> <li>2. History, importance and code of conduct regarding National flag and National anthem</li> <li>3. Citizenship and Fundamental rights</li> </ol>			
	<b>Formative Assessment -2</b>		03		Rhythmic Activities			
	<b>summative Assessment -1</b>			02	summative Assessment -1			
October	Middle and long distance races	04	04		<ol style="list-style-type: none"> <li>1. Arm and Leg movements</li> <li>2. Semi Crouch start and body position</li> <li>3. Finish Strategies</li> <li>4. Running Strategies</li> </ol>			
November		16		04	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Start and finish of races</li> <li>3. Rules of the competition</li> <li>4. State, national &amp; international records</li> </ol>			
	High Jump		03		<ol style="list-style-type: none"> <li>1. Straddle technique</li> <li>2. Approach run</li> <li>3. Take off</li> <li>4. Parallel straddle</li> <li>5. Dive straddle</li> <li>6. Landing</li> </ol>			
			02		<ol style="list-style-type: none"> <li>1. Rules and fouls in High Jump competition</li> <li>2. National &amp; International Level records</li> </ol>			

	Basketball		07		<ol style="list-style-type: none"> <li>1. Stance</li> <li>2. Holding the ball</li> <li>3. Dribbling</li> <li>4. Chest pass</li> <li>5. Receiving the ball</li> <li>6. Step stop</li> <li>7. Pivoting</li> <li>8. Shooting</li> </ol>			
December	Basketball	16		04	<ol style="list-style-type: none"> <li>1. History and development</li> <li>2. Court layout and its dimensions</li> <li>3. Equipments</li> <li>4. Rules of the game</li> </ol>			
	Badminton		05	<ol style="list-style-type: none"> <li>1. Foot work of the players</li> <li>2. Holding the racket</li> <li>3. Fore hand service</li> <li>4. Fore hand-Underhand receive/return</li> </ol>				
			04	<ol style="list-style-type: none"> <li>1. History and development</li> <li>2. Court and its dimensions</li> <li>3. Equipment</li> <li>4. Rules of the game</li> </ol>				
	<b>Formative Assessment -3</b>		03	ATHELETICS				
JANUARY	Physical efficiency test-1	16	06	<p align="center"><b>PHYSICAL EFFICIENCY TEST-1</b></p> <p align="center"><b>BOYS</b></p> <ol style="list-style-type: none"> <li>1. 50 Met. Run(Speed)</li> <li>2. Vertical Jump(Power)</li> <li>3. Sit-ups 60 Sec. (Endurance)</li> </ol> <p align="center"><b>GIRLS</b></p> <ol style="list-style-type: none"> <li>4. 30 Met. Run(Speed)</li> <li>5. Vertical Jump (Power)</li> <li>6. Sit-ups- 30 sec.(Endurance)</li> </ol>				
	Yogsana		06	<p align="center"><b>STANDING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Parshva Konasana</li> <li>2. Parivrittha Trikonasana</li> <li>3. Ardha Chakrasana</li> <li>4. Ushtrasana</li> </ol> <p align="center"><b>SITTING ASANAS</b></p> <ol style="list-style-type: none"> <li>1. Ardha Matsyendrasana</li> <li>2. Gomukhasana</li> <li>3. Paschimopthanasana</li> <li>4. Ardhabaddha paschimothanasana</li> </ol>				

					<p><b>LAYING ASANA'S</b></p> <ol style="list-style-type: none"> <li>1. Mathsyasana</li> <li>2. Sarvangasana</li> <li>3. Rajakapotasana</li> <li>4. Dhanurasana</li> </ol>			
				04	<ol style="list-style-type: none"> <li>1. Difference between Yogasana and Exericse</li> <li>2. Understanding the meaning and importance of pranayama</li> <li>3. Preparation for pranayama practice</li> </ol>			
February	Pranayama	16		05	<p><b>PRANAYAMA</b></p> <ol style="list-style-type: none"> <li>1. Anuloma – Viloma</li> <li>2. Chandranuloma – viloma</li> <li>3. Suryanuloma – viloma</li> </ol> <p><b>DHYANA:</b></p> <ol style="list-style-type: none"> <li>1. Initial practice</li> <li>2. Suguna Dhyana</li> </ol>			
	Handball			07	<ol style="list-style-type: none"> <li>1. Offensive Player Basic Stance</li> <li>2. Defensive player Basic Stance</li> <li>3. Catching the ball</li> <li>4. Passing</li> <li>5. Shot (Shooting)</li> <li>6. Passing with dribble</li> <li>7. Basic Stance of Goal keeper</li> <li>8. Ball stopping skill</li> <li>9. Stopping the high shots</li> </ol>			
				04	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. History and Development</li> <li>3. Court &amp; measurements</li> <li>4. Equipment &amp; Rules</li> </ol>			
March	First Aid	10		03	<ol style="list-style-type: none"> <li>1. Need for First Aid</li> <li>2. Procedure of first aid in different situations</li> </ol>			
	Recreational Games			02	<ol style="list-style-type: none"> <li>1. Ratha Yudda</li> <li>2. Haranna Thoranna</li> <li>3. Akasha, Bhoomi, Pathala</li> <li>4. Sankya Rachane</li> <li>5. Entara Oota</li> <li>6. Mosale Bhai</li> <li>7. Malagiddu Eelu</li> <li>8. Vakya Bedisu</li> <li>9. Hathu Sankeya Atta</li> <li>10. Shathayu</li> <li>11. Hunjada Kalaga</li> <li>12. Khada Kho</li> </ol>			

	<b>Formative Assessment -4</b>		03		<b>yoga</b>			
	<b>summative Assessment -2</b>			02	Evaluation			
	Evaluation	03		03	Evaluation			

Phy. Edu. Teacher Signature

Head Master Signature

2021-22