

8th Standard Annual Program of work 2023-24

| Month | Chapter | Pe riod | Prac tical | Theory | LEARNING OUTCOME | P.E.T Signat ure | H.M. Signatu re | Date |
|-------|------------------------------------|------------|---------------|--------|---|------------------------|-----------------------|------|
| June | Physical efficiency test-1 | 16 | 06 | - | PHYSICAL EFFICIENCY TEST-1 BOYS 1. 50 Met. Run(Speed) 2. Vertical Jump(Power) 3. Sit-ups 60 Sec. (Endurance) GIRLS 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 | | | |
| | Formative Assessment -1 | | 03 | - | Group Games | | | |

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

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

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

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| | Formative Assessment -4 | | 03 | | yoga | | | |
| | summative Assessment -2 | | | 02 | Evaluation | | | |
| | Evaluation | 03 | | 03 | Evaluation | | | |

Phy. Edu. Teacher Signature

Head Master Signature

2023-24