SARASWATHY VIDYANIKETHAN CENTRAL SCHOOL ,ENGANDIYUR

CURRICULUM PLAN-2023-24

SUBJECT: PHYSICAL AND HEALTH EDUCATION

SECTION A (I –III)

MONTH	TOPIC NAME	NUMBER OF DAYS	PEDAGOGICAL STRATEGY & LEARNING ACTIVITIES	LEARNING OUTCOME
JUNE	*LOCO MOTOR SKILLS *NON LOCO MOTOR SKILLS:	12	Demonstrate mature pattern of all four loco motor skills. Hop, Gallop, Slide, Skip with fluid motion. Demonstrate mature pattern of all four non-loco motor skills. Bending, Stretching, Turning, Lifting.	Move through general space and maintaining control. [Example walking in a circle in a same direction. Change level of body position while maintaining control.[example: high, medium, low.]
JULY	*ASSEMBLY:	11	1. Understanding the school in a better way. 2. Difference between stand at ease and attention. 3. Postures like pledge, national song, and national anthem.	Develop core values, learning social discipline.
AUGUST	*DISCIPLINE: *GOOD POSTURES OF SITTING:	11	*Maintain discipline in classroom, library, computer lab, Ground. *Three rules of good posture: 1. Head on top. 2. Good base of support. 3. Curve spin.	Learners will be able to maintain discipline.
SEPTEMBER	*OBJECT CONTROL SKILLS: *BODY CONTROL SKILLS:	10	*Under hand and over hand throw Catching and rolling ball Catch the flying ball. *Stretching, Lifting turning.	Children will get the flexibility. Will able to identify the body parts.
OCTOBER	*NUTRITION. *SAFETY. *BENEFITS OF HEALTHY FOOD.	10	*Explaining about food charts *Difference between healthy and unhealthy food . *Follow teachers' directions for safe participation.	*The learners will know the benefits of healthy food * The students will learn to follow rules and listen to teachers.

NOVEMBER	***RHYTHMIC PATTERNS. *PERSONAL & SOCIAL CONCEPT. *MOVEMENT ACTIVITIES.**	**11**	***Learn to understand and move to the tempo/beat Even/uneven, fast & slow. *Choose to exercise regularly for personal enjoyment.(Minor games)**	***Builds enthusiasm in learners while improving cognitive skills.**
DECEMBER	***SELF EXPRESSION**	**3**	***Describe positive feelings that result from participating in physical activity.**	***The learners will build a intrinsic motivation to improve their body health**
JANUARY	***NON-LOCO MOTOR SKILLS *GOOD POSTURE * FLEXIBILITY**	**12**	***Skipping rope and standing broad jump *Teach good posture while Walking, running & standing. *Flexing static & dynamic stretching**	*** Learners will know the different kinds of jumps. *Improves explosive strength in students**
February	***Basic calisthenics *Proper stretching**	**11**	***Freehand exercise *Manipulative full body stretching**	*** Children will get balancing abilities**

SECTION B (IV –VI)

MONTH	TOPIC NAME	NUMBER OF DAYS	PEDAGOGICAL STRATEGY & LEARNING ACTIVITIES	LEARNING OUTCOME
JUNE	***Warm up: *Non locomotor skills: *Manipulated skills: *Locomotor skills:**	**12**	***Physical exercises *Bending. *Dribbling *Walk, run**	***The Student will adhere to the instruction of exercises. Know about ball dribbling. * Understand bending exercises. * Knowledge about types of walk and run**
JULY	***Locomotor skills *Non locomotor skills *Manipulated skills:**	**11**	***Sprint 50mtrs dash. *Stretching. *Throwing.**	*** The Student learn speed in 50-meter sprint. * Develop flexibility in our body. *Develop hand power and strength in our body.**
AUGUST	***Locomotor skills: *Non locomotor skills: *Manipulated skills:**	**11**	***Rope jump, relay. *Curling. *Kicking.**	*** The Student get improve stamina. * Develop strengthens in our upper body. * Develop strength, agility and cardiovascular endurance in our body.**

SEPTEMBER	***Non locomotor skills:** ***Manipulated skills:** ***Cognitive concepts:**	**10**	***Twisting.** ***Striking.** ***Nutrition.**	*** Boosting to ab strength and muscle tone.** *** Develop strength and cardiovascular endurance in our body.** *** Understand importance of nutrition**
OCTOBER	***Rhythmic skills:** ***Manipulated skills:** ***Cognitive concepts:**	**10**	***Clap & walk.** ***Bouncing.** ***Body awareness.**	*** Children will understand body parts and movements, practice more and enjoy.** ***Children will understand importance of bouncing in basketball.** ***Understand importance of body awareness.**
NOVEMBER	***Gross motor skills:** ***Cognitive concepts** ***Manipulated skills:**	**11**	***Leaping & hopping.** ***Catching.** ***Direction.**	***The student understands body coordination and balance in leaping and hopping.** *** Improve catching skills.** *** Knowledge about directions in the school**
DECEMBER	***SELF EXPRESSION**	**3**	***Describe positive feelings that result from participating in physical activity.**	***The learners will build a intrinsic motivation to improve their body health**
JANUARY	***Physical fitness:** ***Personal and social:** ***Manipulated skills:** ***Cognitive concepts:**	**7**	*** Manipulated skills: Pushing.** ***Cognitive concepts: Healthy life style**	***Maintain good posture body.** ***Maintain and develop good character.** *** Develop hand power and develop muscle strength.** *** Know about the healthy life style.**

FEBRUARY	***Personal and social:** ***Manipulated skills:** *** Cognitive concepts:**	**9**	***Personal and social: Behavior.** *** Manipulated skills: Rolling.** *** Cognitive concepts: Responsibility.**	***Maintain and continue good behavior in school and outside.** *** Understand coordination very important in rolling.** *** Know about the responsibilities.**

SECTION C (VII-X)

MONTH	TOPIC NAME	NUMBER OF DAYS	PEDAGOGICAL STRATEGY & LEARNING ACTIVITIES	LEARNING OUTCOME
JUNE	*** Warmup exercises & Cool down exercises .** ***Athletics: Sprints 100 mts** ***Football**	**12**	*** Rules related to the athletics /games. Starting and finishing techniques in 100 mts sprints.** *** Learn dribbling and ball control techniques.**	*** Follow the instructions and play the games.** *** Know the rules of the game.**
JULY	***Athletics Long jump** ***Football: Foot dribbling** ***Sports & games: meaning.**	**11**	***Learn rules and techniques to play Long jump** *** Various long jump techniques.** *** Passing the ball to moving mates.** ***Developing motor skills and using arms and legs.** *** Dribble the football towards the target.** *** Learn about the difference between sports and game**	*** Play the games following the rules.** *** Develop and maintain coordination between the body parts.** *** Dribble the ball in football.**
AUGUST	***Athletics 400 mtr starting, finishing position.** ***Football: Kicking, corner kick.**	**11**	***Learn rules and techniques to play Athletics, football.** *** Importance of teamwork.** *** Learn to kick the football from the corner and score a goal•**	*** Follow the rules and regulations to play the games.** *** Adhere to the team rules and teamwork.** *** Build endurance through warm up exercises.** ***Practice various kicking skills in football.** *** Build individual batting techniques.**
SEPTEMBER	***Athletics: High jump [approach, take off, fly, land].** *** Football: Trapping and ball passing.**	**10**	***Students learn the rules and techniques To play High Jump, Football** *** How to take off, approach, fly and land in high jump.** *** Learn about the various types of passes and trapping**	*** Apply the rules and techniques to play various games.** ***Develop coordination between different body parts and teamwork.**

OCTOBER	***Athletics: Shot put standing follow through, dropping point** *** Football: Defensive play positioning.** ***Badminton: Fore hand volley, Backhand volley.**	**10**	***Students learn the rules and techniques to play shotput, football, badminton.** *** To throw shotput, standing, follow through and dropping.** ***Defensive play and positioning in football.** *** Learn to play forehand and backhand volleys.**	***Students follow the rules and techniques while playing games.** ***Use appropriate services, play volleys and improve their catches.**
NOVEMBER	***Athletics: Discuss throw standing, movement, follow through, dropping point.** *** Kabaddi: Raiding Trunk hold, Ankle catch..** ***Football: Terminology and rules regulations** ***Badminton: Receiving, drop shot**	**11**	*** Students learn the rules and techniques to play.** *** Discuss throw, standing movement, different style of throwing.** *** Kabaddi –raiding, ankle catch and chanting.** ***Learn terminology related to football.** *** Learn bounce pass and drop shot in badminton.**	**Students are able to Follow the rules and techniques while playing the game.** *** Is able to throw a discuss.** ***Know the importance of teamwork in kabaddi.**
DECEMBER	***SELF EXPRESSION**	**3**	***Describe positive feelings that result from participating in physical activity.**	***The learners will build a intrinsic motivation to improve their body health**
JANUARY	*** Kho-Kho: Sitting position, Kho passing skills, Pole turn pole dive.** *** Kabaddi: Toe touch Thigh catch, Trunk hold chain movements.** *** Athletics: Terminology for track and field events.**	**12**	*** Rules and techniques to be followed when bowling.** *** Learn Kho-Kho-sitting position, running and chasing the opponent.** *** Learn about Kabaddi-toe touch, thigh catch, trunk hold, chain movements.** *** Know about the terminology used in track and field events.•**	*** Apply rules when playing kho and kabaddi.** *** Use the correct terminology related to track events.**
February	*** Kho-Kho: Running skills zig zag run, ring game.** *** Kabaddi: Rules, regulation, and terminology.** *** Kho-Kho: Rules, regulation, and terminology.**	**11**	*** Importance of BMI at different stages of life.** *** The rules , regulations and terminology of kabaddi and Kho-Kho games.**	***Students become aware and apply The rules while playing Kho-Kho, kabaddi rules.** *** The importance of BMI.** *** Develop stamina and endurance by practicing.**

CULTURAL ACTIVITIES 2023-24

DATE	PROGRAMME	ACTIVITY	OBJECTIVE	OUTCOME
1/6/23	Vidyagopalapooja	Bhajans, Pooja	To enhance memory power	refresh the minds of the learners.
19/6/23	Reading week celebration	Poster Making, Book Review	To inculcate the reading habits in students	familiarise with new books and authors
21/6/23	International Yoga Day	Demo Of Yoga	To create awareness on yoga practice	students can attain inner tran quility, acquire good health and balanced temperament
3/7/23	Gurupoornima	Padapooja Bhajans	To express our heartfelt appreciation who have illuminated our path	understand the significant role of guru
17/7/23	Ramayana month celebration	Ramayana chanting, Fancy dress and Colouring of ramayana charatcters	To promote traditional values and instilling a sense of pride in our heritage	emphasize the importance of dharma or righteousness among students
15/8/23	Independence Day Celebration	Quiz Competition,Speech, Bharath Matha Pooja	To know the value of freedom and instilling a sense of patriotism	understnd the significant role played by our freedom fighters.
25/8/23	Onam Celebration	Floral Design, Onappattu,Thiruvathirakkali	To understand the mythological legend	understand the value of truthfulness, integrity, peace and love.
5/9/23	Teachers Day	Role play of students as teachers	To acknowledge the invaluable contributions of educators	recognized the significant role of teachers to build up our community
2/10/23	Gandhi Jayanthi Celebration	Cleaning, Speech	To instill the feeling of patriotism and to commemorate the birth anniversary of Mahatma Gandhi	recognize the values of non-violence,truth and simplicity.
24/1O/23	Vijayadashami Celebration	Grandhapooja	Impart cultural knoweldge	Understand the value of triumph and

		Bhajans		**justice over lies and injustice**
14/11/23	**Childrens Day Celebration**	**Fancy Dress,** **Speech**	**To raise awareness of childrens rights and challenges they face globely**	**promoting international togetherness and improving childrens welfare.**
12/01/24	**Vivekanandha Jayanthi**	**Speech,** **Fancydress**	**To inspire and motivate the youth,dissminating the ideals propagated by swami vivekananda**	**understand the valuable teachings of swami vivekanda in shaping the future of the youth**
26/01/23	**Republicday Celebration**	**Flag Hoisting,** **Speech**	**To foster a sense of patriotism in students and spread awareness about our freedom struggle, the constitution and its values**	**realise the principles of justice,liberty, equality and fraternity**

*OTHER ACTIVITIES

*** TO IMPROVE THE COMMUNICATIVE SKILL AMONG TEACHERS ,CONDUCTED COMMUNICATIVE ENGLISH CLASS ON 22/05/23.**

***CONDUCTED SKILL DEVELOPMENT WORKSHOP FOR TEACHERS ON23/05/23.**

***CONDUCTED TEACHERS EMPOWERMENT WORKSHOP ON 29/05/23.**

***ARRANGED MOTIVATION CLASS FOR PARENTS ON 8/06/23**

***ARRANGED AWARENESS CLASS FOR PARENTS ON 16/06/23.**

***CONDUCTED BVN CULTURAL SCHOLARSHIP EXAM ON 24/11/23.**

293 STUDENTS REGISTERED IN THE EXAM .131 STUDENTS PASSED AND 16 STUDENTS BAGGED SCHOLARSHIP.

NAVATHI CELEBRATION

OUR SCHOOL CELEBRATED THE 90TH BIRTHDAY OF OUR MANAGER SRI.VELAYUDHAN PANIKKASSERY . HONOURABLE GOVERNOR OF KERALA, SRI ARIF MUHAMMED KHAN INAUGURATED THE FUNCTION ON 15/03/24 THURSDAY .