

## Alternative Educational Plan for the Academic Year 2021-22

Class : 6

PHYSICAL EDUCATION

SL . N O	MONTH/ WEEK	Important learning Components	LEARNING ACTIVITIES	EVALUATION
1	1 <sup>st</sup> week of September	Achievements of Indian Athletes in Tokyo Olympics.	<p style="text-align: center;">Under the guidance of facilitators, collect information of the achievements of Indian sportsperson in recent Tokyo Olympics and complete the following activities in a separate sheet .</p> <ol style="list-style-type: none"> <li>1. In which sport did Neeraj Chopra won gold medal?</li> <li>2. Who won the Bronze Medal in Badminton?</li> <li>3. In which Competition Mirabai Chanu won a silver medal?</li> <li>4. Write the name of the athlete who won the silver medal in the wrestling match?</li> </ol>	Teachers give worksheets to Students, evaluate the completed answers and record their learning .
2	2 <sup>nd</sup> week of September	Lesson : 4 Athletics ( Practical) Sprint  Crouch start  Finish	<p style="text-align: center;">Under the guidance of teachers/ facilitators, complete the following activities with a description of the Athletics (Sprint) lesson in the Practical part of the textbook.</p> <ol style="list-style-type: none"> <li>1. Write the Crouch Start technique in Athletics-Sprint, on worksheet.</li> <li>2. Write the finishing technique in Athletics-Sprint, on worksheet.</li> </ol>	Teachers give worksheets to Students, evaluate the completed answers and record their learning .
3	3 <sup>rd</sup> week of September	Lesson : 4 Athletics ( Practical) Sprint 1. Shoulder Shrug Technique  2. Run through	<p style="text-align: center;">Under the guidance of teachers/ facilitators, complete the following activities with a description of the Athletics(Sprint ) lesson in the Practical part of the textbook.</p> <ol style="list-style-type: none"> <li>1. Write the Shoulder Shrug Technique in Athletics-Sprint, on worksheet.</li> <li>2. Write the Run through Technique in Athletics-Sprint,</li> </ol>	Teachers give worksheets to Students, evaluate the completed answers and record their learning .

		<b>Technique</b>	<b>on worksheet.</b>	
<b>2</b>	<b>4<sup>th</sup> week of September</b>	<p><b>Lesson : 17 Athletics ( Theory) Sprint</b></p> <p><b>Various Sprint events.</b></p> <p><b>Rules of the sprint events.</b></p> <p><b>Construction of track</b></p> <p><b>Fouls committed by the athletes</b></p>	<p><b>Under the guidance of teachers/ facilitators, complete the following activities with a description of the Athletics(Sprint) lesson in the Theoretical part of the textbook.</b></p> <ol style="list-style-type: none"> <li><b>1. Write the various Sprint events?</b></li> <li><b>2. Write any three basic rules of Sprint events?</b></li> <li><b>3. Draw a neat diagram of 400mts Track.</b></li> </ol>	<p><b>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</b></p>

## Alternative Educational Plan for the Academic Year 2021-22

### Worksheet

Class: 6

Subject: Physical Education

Month/ Week: September- 1<sup>st</sup> week

Student Name :

Reg. No:

#### I. Answer the following questions in one sentence .

1. In which sport did Neeraj Chopra won gold medal?

Answer: \_\_\_\_\_

2. Who won the Bronze Medal in Badminton?

Answer: \_\_\_\_\_

3. In which Competition Mirabai Chanu won a silver medal?

Answer: \_\_\_\_\_

4. Write the name of the Sportsperson who won the silver medal in wrestling match ?

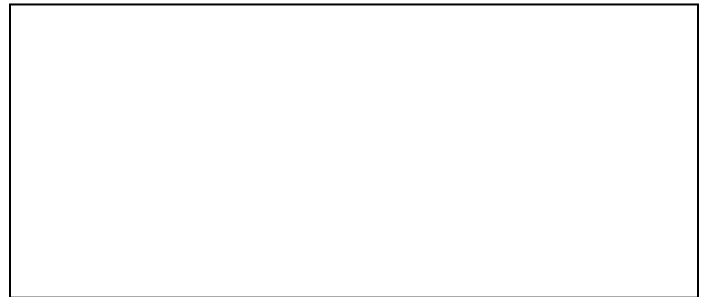
Answer: \_\_\_\_\_

1. Look at the pictures below and write down Sportsperson name and their achievement in Tokyo Olympics .

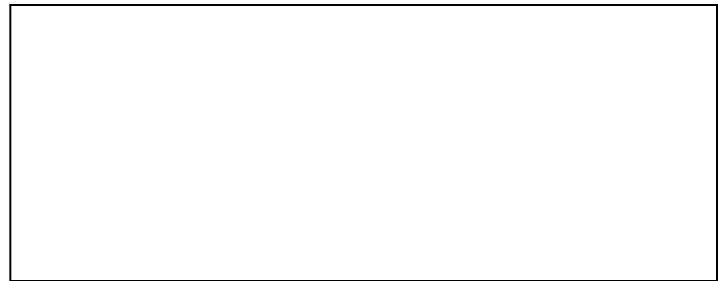
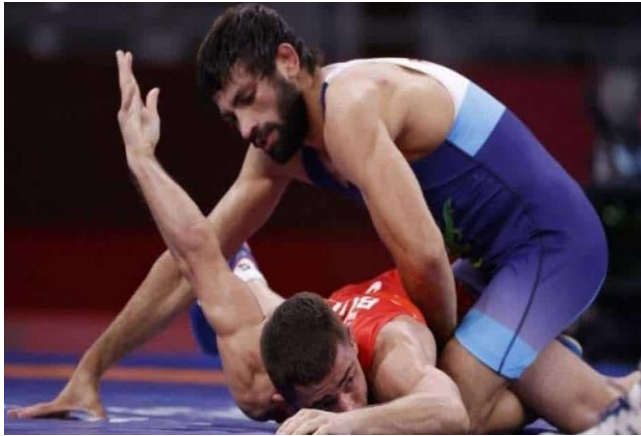
1.



2.



3.



4.



# Alternative Educational Plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

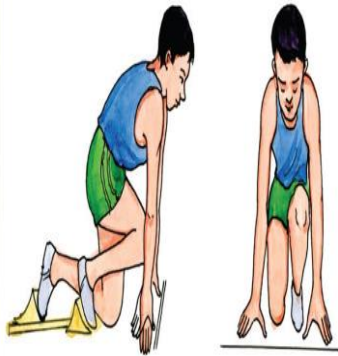
Month/ Week: September- 2<sup>nd</sup> week

Student Name :

Reg. No:

I. Write the summary of the Skills of given below pictures.

1. Crouch Start technique in Sprint:



On your mark



Set



Go

On your mark :

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Set:

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Go:

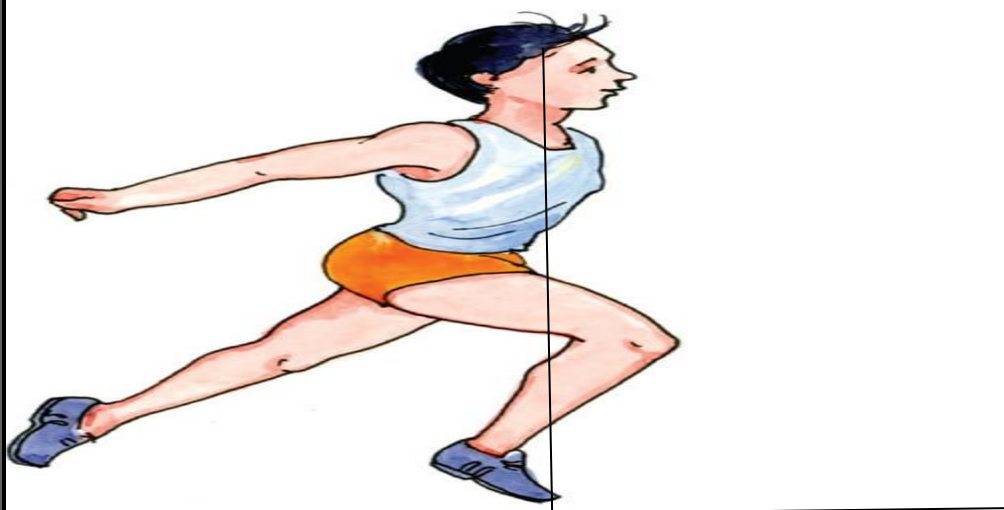
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2. Finishing technique in Sprint:



**Lunge Technique :**

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# Alternative Educational Plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

Month/ Week: September- 3<sup>rd</sup> week

Student Name :

Reg. No:

I. Write the summary of the Skills of given below pictures.

1. Shoulder shrug Technique :



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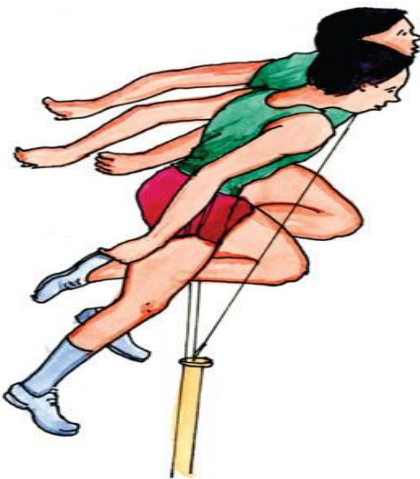
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2. Run through Technique :



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# Alternative Educational Plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

Month/ Week: September- 4<sup>th</sup> week

Student Name :

Reg. No:

I. Answer the following questions .

1. Which are Sprint events ?

Ans: \_\_\_\_\_  
\_\_\_\_\_

2. Which are long distance race events ?

Ans: \_\_\_\_\_  
\_\_\_\_\_

3. Expand: S G F I

Ans: \_\_\_\_\_

4. How many lanes are there in standard 400 mts track?

Ans: \_\_\_\_\_

II. Fill in the blanks :

1. The length of the straight in standard 400 mts track is \_\_\_\_\_

2. Athletics is known as the \_\_\_\_\_ of all the sporting events.

3. The word 'ATHLAN' means \_\_\_\_\_

III. Draw a neat diagram of 400 mts track.