

2021-22 Academic year's Alternative Academic Plan

Standard:-7

Month: October

Subject: Physical Education


SI NO:-	Month/week	Main Learning Components	Learning Activity	Evaluation
1.	October First Week	Chapter 06 Rhythmic Activity Hindi Lazium practical *Do Rukh * Aage Phalang	As in text book in the practical part chapter-6 Hindi Lazium Do Rukh and Age Phalang Exercise to be practiced and understand under the guidance of teachers /facilitator and there after worksheet that is provided separately should be completed. 1. looking at the picture of Do Rukh in worksheet activity to be completed. 2. Looking at the picture of Age Phalang in worksheet activity to be completed.	Teacher evaluate the students through completed worksheet
2.	October Second week	Chapter 06 Rhythmic Activity Hindi Lazium practical *Peeche Phalang * Sher Dhaz	As in text book in the practical part chapter-6 Hindi Lazium Peeche phalang and Sheer Dhaz Exercise to be practiced and understand under the guidance of teachers /facilitator and there after worksheet that is provided separately should be completed. 1. looking at the picture of Peeche phalang in worksheet activity to be completed. 2. Looking at the picture of Sheer Dhaz in worksheet activity to be completed.	Teacher evaluate the students through completed worksheet
3.	October Third week	Chapter 06 Shot put Theory * Shot put marking *Shot Put Stop Board * Sector lane * Legitimate Throw *Foul Throw	With the guidance of teacher/ facilitator understand the description of Shot Put skills that is prescribed in the Text Book and complete the Activity in the Work sheet . 1. construct the diagram of the Shot Put and mention its measurements. 2. Shot Put Board to be mentioned in the diagram separately along with its measurements. 3. Legitimate throw. 4. Foul Throw.	Teacher evaluate the students through completed worksheet

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Work sheet

Standard 7	Subject: Physical Education	Month/Week: October first week
Students Name:	Roll Number:	

1. Give a explanation looking at the Do Rukh picture given below:

2. Give a explanation looking at theAage phalang picture given below:

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Work sheet

Standard 7	Subject: Physical Education	Month/Week: October second week
Students Name:	Roll Number:	

1. Give an explanation looking at the Peeche Phalang picture given below:

2. Give an explanation looking at the Sher Dhaz picture given below:

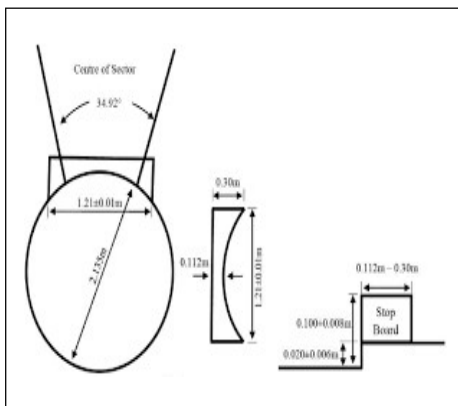
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Work sheet

	Subject: Physical Education	Month/Week: October Third week
Students Name:		Roll Number:

1. As there in the Text Book Draw a neat Diagram of Shot put:

2. Looking at the Stop Board Picture from the Text Book mention its measurements and explain about it:



3. Write about Legitimate Throw:

4. Write about Foul Throw:
