

Alternative Educational Plan for the academic year 2021-22

Class : 8th Standard

Subject: Physical Education

Sl No	Month/ Week	Important learning abilities	Learning activities	Evaluation
01	1 st week of August	Chapter – 1 Significance of physical education (Theory)	Understanding the benefits of physical education in the text book under the guidance of facilitators and completing the following activities in worksheet. <ol style="list-style-type: none"> 1. List the benefits of physical education in worksheet. 2. Collect the pictures of sports persons (athletes) and write their name and sports name. 	Teacher give the worksheet to the students, evaluate the worksheet and record the students learning.
		Chapter-1 Volley ball (Practical) <ol style="list-style-type: none"> 1. Upper hand pass 2. Under hand pass 3. Under hand service 	Complete the following activities on the worksheet after watching a video of volleyball skills using the link below <ol style="list-style-type: none"> 1. http://www.youtube.com/watch?v=ohKGF6cvScY 2. http://www.youtube.com/watch?v=siDVtYyRG M 3. http://www.youtube.com/watch?v=E65rysfSWNQ 1. see the picture of skills and explain the skills on worksheet.	Teacher give the worksheet to the students, evaluate the worksheet and record the students learning.
02	2 nd week of August	Chapter-2 Volley ball (Theory) <ol style="list-style-type: none"> 1. History of the volley ball 2. Measurement of the volley ball court. 3. Equipments of the game volley ball. 4. Rules of the game volley ball 	Understanding the volleyball skills in the text book with the help of facilitators completes the following activities on the worksheet . <ol style="list-style-type: none"> 1. Draw the dimensions of the volley ball court and write down the names of the different lines. 2. Write the five general rules of volleyball on worksheet. 3. See the pictures in worksheet and write the equipments of volley ball game. 	Teacher give the worksheet to the students, evaluate the worksheet and record the students learning.
03	3 rd week of August	Chapter-2 Hockey (Practical) <ol style="list-style-type: none"> 1. Holding the stick and stance 2. Indian dribbling and open dribbling 3. Straight push and straight stop 4. Parallel pass 	Complete the following activities on the worksheet after watching a video of Hockey skills using the link below. <ol style="list-style-type: none"> 1. http://www.youtube.com/watch?v=QH-swZZPNZY 2. http://www.youtube.com/watch?v=Vm7LsxXGfDo 3. http://www.youtube.com/watch?v=Zji9TXynpS0 1. See the picture of the game of hockey on the worksheet and explain the skills. 2. See the picture and write the name of the Hockey game skills.	Teacher give the worksheet to the students, evaluate the worksheet and record the students learning.

04	4 th week of August	Chapter -3 Hockey(Theory) 1.History of Hockey 2.Development of Hockey in India achievements of Indian Hockey team in Olympics 3.Hockey court measurements and equipments 4.Rules of the game Hockey	Understanding the Hockey skills in the text book with the help of facilitators completes the following activities on the worksheet. 1.Draw the dimensions of the hockey court and measurement write down the names of the different lines. 2.Write the five general rules of Hockey in worksheet. 3. See the picture in worksheet and write the equipments of Hockey game.	Teacher give the worksheet to the students, evaluate the worksheet and record the students learning.
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Worksheet - Theory

Subject: Physical Education

Class : 8

Month : August - 1st Week




Student Name :

Reg No :

List the benefits of Physical education.

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....

Look at the Pictures of sports person and write the name and sports/game.

		
<input data-bbox="185 1608 587 1688" type="text"/>	<input data-bbox="603 1608 999 1688" type="text"/>	<input data-bbox="1038 1608 1410 1688" type="text"/>
		
<input data-bbox="196 2022 600 2105" type="text"/>	<input data-bbox="616 2022 999 2105" type="text"/>	<input data-bbox="1046 2022 1433 2105" type="text"/>

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Worksheet -Practical

Subject: Physical Education

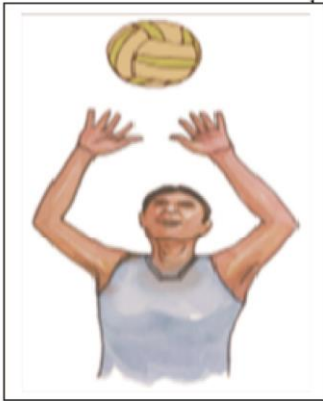
Class : 8

Month :August – 1st Week

Student Name :

Reg No :

I. Write the explanation of upper hand pass skill used in volley ball game.

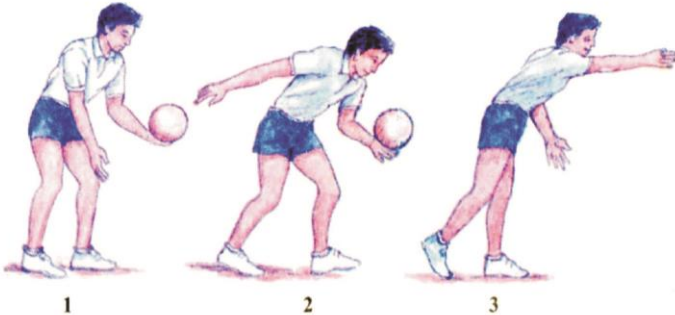


1. Stance :

2. Execution :

3. Follow Through

II. Write the explanation of under hand service skill used in Volley ball game.



1. Stance :

2. Execution :

3. Follow Through :

Alternative Educational Plan for the academic year 2021-22

Worksheet

Subject: Physical Education

Class : 8

Month : August – 2nd Week

Student Name :

Reg No :

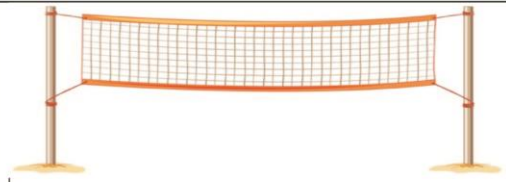
1. Draw the dimensions of the volleyball court and write down the names of the different lines.

2. Write few sentences about the equipments used in Volley ball game.



Ball : -

Net : -



Antenna : -

Pole : -



Alternative Educational Plan for the academic year 2021-22

Worksheet

Subject: Physical Education

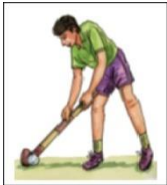
Class : 8

Month : August – 3rd Week

Student Name :

Reg No :

1. Write the explanation of skill used in Hockey game given the picture.



1. Grip : _____

2. Position : _____

3. Position of ball : _____

4. Execution : _____

5. Follow through : _____

2. Write the explanation of skill used in hockey game given the picture.



1. Grip: _____

2. Position : _____

3. Position of ball : _____

4. Execution : _____

5. Follow through : _____

3. Write skill used in hockey game given in the space provided.



Alternative Educational Plan for the academic year 2021-22

Worksheet

Subject: Physical Education

Class : 8

Month :August – 4th Week

Student Name :

Reg No :

1. Draw the dimensions of the Hockey court and write down the names of the different lines.

2. Describe the warning cards used in the hockey game.

Colour of the cards	Describe the warning cards
1. Green Card	
2. Yellow Card	
3. Red Card	

3. Write the short notes of Hockey equipments.

a. Hockey stick :

b. Hockey ball :