

## Alternative educational plan for the academic year 2021-22

**Class: 9**

**Subject : Physical education**

Sl.no.	Month and week	Abilities for key learning	Learning activities	Evaluation
1	1 <sup>st</sup> week of August	<p>Chapter-1 (theory)</p> <p><b>Development of physical education in India after Independence</b></p> <ul style="list-style-type: none"> <li>➤ Development of physical education in India after Independence</li> <li>➤ Appointment of various committee for the development of physical education</li> <li>➤ Recommendation and implementation of various committees</li> </ul>	<p>Understanding the growth of physical education in India after Independence under the guidance of facilitators</p> <p>Answer the following questions in particular work sheets.</p> <p style="text-align: center;"><b>1. Match the following</b></p> <p>Name of committees and the year of commencement</p> <p style="text-align: center;"><b>2. List out the games</b></p> <ul style="list-style-type: none"> <li>✓ Make a list of games your elders played</li> <li>✓ Make a list of the games you are playing now.</li> </ul>	<p>Teachers give the work sheets to the students, the answered work sheets are evaluate and maintain the records by the teacher.</p>
		<p><b>Chapter-1(practical)</b></p> <p><b>Volley ball</b></p> <ul style="list-style-type: none"> <li>➤ Tennis service</li> <li>➤ Setting the ball</li> <li>➤ Straight smash</li> <li>➤ Receiving the ball and rolling</li> </ul>	<p>Complete the following activities after watching the video using the link below as guided by facilitator.</p> <ul style="list-style-type: none"> <li>✓ <a href="https://www.youtube.com/watch?v=9Xd-nuj54As">https://www.youtube.com/watch?v=9Xd-nuj54As</a></li> <li>✓ <a href="https://www.youtube.com/watch?v=rWg4CJdij3c">https://www.youtube.com/watch?v=rWg4CJdij3c</a></li> <li>✓ <a href="https://www.youtube.com/watch?v=4GmNrSFOG1w">https://www.youtube.com/watch?v=4GmNrSFOG1w</a></li> </ul> <ol style="list-style-type: none"> <li>1. See the picture of volleyball skills and write the name</li> <li>2. Collecting pictures of volleyball game from newspaper</li> </ol>	<p>Teachers give the work sheet to the children, evaluate the answer sheet and record the learning.</p>

2	2 <sup>nd</sup> week of August	<b>Chapter-2(theory) Volleyball</b> <ul style="list-style-type: none"> <li>➤ Some tactics in volleyball</li> <li>➤ Characteristics that should be present in volleyball players</li> <li>➤ Volleyball tournaments, prizes and awards</li> </ul>	<p>With the help of facilitators understand the description of volleyball skills in the textbook and complete the following activities on the work sheet</p> <ul style="list-style-type: none"> <li>a) List the techniques of the game of volleyball.</li> <li>b) Name the tournaments in volleyball game.</li> <li>c) Identify right or wrong for statements given on the work sheet.</li> </ul>	<p>Teachers give the work sheet to the children. Evaluate the answer sheet and record the learning.</p>
3	3 <sup>rd</sup> week of August	<b>Chapter-2(Practical) Hockey</b> <ul style="list-style-type: none"> <li>➤ Straight hit</li> <li>➤ Scoop aerial stop</li> <li>➤ Dodging and diagonal pass</li> <li>➤ Goal keeper's stance</li> </ul>	<p>Use the following link in the facilitator guide to complete the following activities on the work sheet after watching the video.</p> <ul style="list-style-type: none"> <li>✓ <a href="https://www.youtube.com/watch?v=LpNZcXcOncA">https://www.youtube.com/watch?v=LpNZcXcOncA</a></li> <li>✓ <a href="https://www.youtube.com/watch?v=Zzj9TXynpS0">https://www.youtube.com/watch?v=Zzj9TXynpS0</a></li> <li>✓ <a href="https://www.youtube.com/watch?v=RRndDzpLkl">https://www.youtube.com/watch?v=RRndDzpLkl</a></li> </ul> <p>see the picture of the hockey game equipment and write the name Explain the skills mentioned in the work sheet</p>	<p>Teachers give the work sheet to the children. Evaluate the answer sheet and record the learning.</p>
4	4 <sup>th</sup> week of August	<b>Chapter-3 (Theory) Hockey</b> <ul style="list-style-type: none"> <li>➤ Strategies of the game of Hockey</li> <li>➤ Essential qualities of a Hockey player</li> <li>➤ Tournaments and awards</li> </ul>	<p>Understanding the Hockey skills in the text book with the help of facilitators. Complete the following activities on the work sheet.</p> <ul style="list-style-type: none"> <li>✓ See the picture on the work sheet and complete the Hockey court.</li> <li>✓ Draw an image of Hockey stick</li> <li>✓ Name the tournaments in the Hockey game</li> </ul>	<p>Teachers give the work sheet to the children. Evaluate the answer sheet and record the learning.</p>

# Alternative educational plan for the academic year 2021-22

## Work sheet

<b>Class : 9</b>	<b>Subject : Physical education</b>	<b>Month /week: August 1<sup>st</sup> week</b>
<b>Name of the student:</b>		<b>Roll no :</b>

1. Various committees were appointed for the growth and development of physical education in India after Independence. Match the names with the year:

Sl.no.	Name of the committee	Year	Answer
1	Dr. Radhakrishnan committee	2006	
2	Tarachand committee	1959	
3	Hridayanath Kunzru committee	1967	
4	Dr. Deshmukh committee	1992	
5	K.P. Singhdeve committee	1948	
6	Prof. L.R. Vaidyanathan committee	1948	

2. List the games that your elders played and the games you are playing now in the table below:

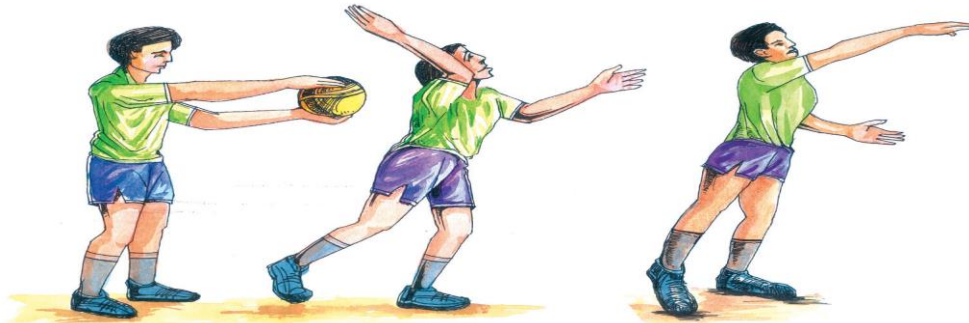
Make a list of games your elders played	Make a list of the games you are playing now

# Alternative educational plan for the academic year 2021-22

## Work sheet

<b>Class : 9</b>	<b>Subject : Physical education</b>	<b>Month /week: August 1<sup>st</sup> week</b>
<b>Name of the student:</b>		<b>Roll no :</b>

1. Write a Tennis service skill description of Volleyball with the help of a text book?



- a) Stance.....  
.....  
.....  
.....  
.....
- b) Execution : Toss and serving action  
.....  
.....  
.....  
.....  
.....  
.....
- c) Contact:  
.....  
.....  
.....  
.....  
.....
- d) Follow through action :  
.....  
.....  
.....  
.....  
.....

2. Write a description of Volleyball playing straight smashing skills with the help of a text book?



a) Stance.....  
.....  
.....  
.....

b) Execution : Toss and serving action  
.....  
.....  
.....  
.....

c) Contact:.....  
.....  
.....  
.....

d) Follow through action :  
.....  
.....  
.....  
.....



# Alternative academic plan in the year 2021-22

## Work sheet

<b>Class : 9</b>	<b>Subject : Physical education</b>	<b>Month /week: August 2<sup>nd</sup> week</b>
<b>Name of the student:</b>		<b>Roll no :</b>

1. See the picture of the game of Volleyball and name the skill?



Name the skill



Name the skill



Name the skill

2. Name the tournaments in Volleyball game?

Sl.no	Prizes and award names
1	
2	
3	
4	
5	
6	

3. Identify the right or wrong for the statements given on the work sheet?

Sl.no.	Statement	True/False
1	The number of players in a team playing Volleyball is 7	
2	Volleyball players have to be tall	
3	The length of the Volleyball court is 18meters and width 9meters	
4	Volleyball players must have good/higher explosive power	
5	The first name of a Volleyball game is “ <i>mintonet</i> ”	

# Alternative educational plan for the academic year 2021-22

## Work sheet

<b>Class : 9</b>	<b>Subject : Physical education</b>	<b>Month /week: August 3rd week</b>
<b>Name of the student:</b>		<b>Roll no :</b>

1. See the picture of the Hockey game equipments and write the name?



Name the equipment

Name the equipment

Name the equipment

Name the equipment

2. See the picture of the skills given on the work sheet and write an explanation?

a) Grip

.....  
 .....  
 .....

b) Placement of the ball

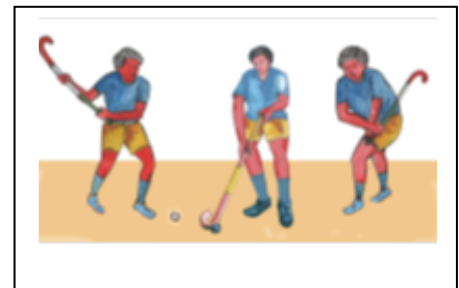
.....  
 .....

c) Stance

.....  
 .....

d) Execution

.....  
 .....



a). Grip :.....

b). Ball placement:.....  
 .....

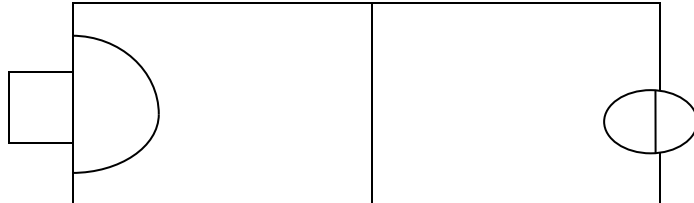
c). Stance:.....  
 .....

d). Execution :.....

Alternative educational plan for the academic year 2021-22  
Work sheet

<b>Class : 9</b>	<b>Subject : Physical education</b>	<b>Month /week: August 4<sup>th</sup> week</b>
<b>Name of the student:</b>		<b>Roll no :</b>

1. Complete the diagram by observing the Hockey court below:



2. Draw a picture of the stick in the empty space next to the image of the Hockey stick?

	Draw a picture
--	----------------

3. Write the tournaments in Hockey game?

Sl.no.	Name of the Tournaments
1	
2	
3	
4	
5	
6	



