

Alternative Educational Plan for the Academic year -2021-22

Class-10

Subject-Physical Education

SI.NO.	MONTH/WEEK	IMPORTANT LEARNING COMPETENCIES	LEARNING ACTIVITIES	EVALUATION
1.	August 1 st week	<p>Chapter -1 (Theory) Modern Olympics and Asian games.</p> <ol style="list-style-type: none"> 1. Origin of modern Olympics and its objectives 2. The Olympic flag. 3. The Olympic torch. 4. Asian games. 	<p>Under the suitable guidance of the teacher/facilitator understand the chapter- Modern Olympics and Asian games and answer the following questions separately in the given worksheet.</p> <ol style="list-style-type: none"> 1. Match the following. 2. Fill in the blank. 3. Answer the following questions in one sentence. 	<p>Teachers should give the worksheet to the children. Give suitable guidance to understand the chapter. Evaluate the answered worksheet, record the students learning.</p>
2.	August 2 nd week	<p>Chapter-1 (Theory) Volleyball</p> <ol style="list-style-type: none"> 1. Introduction of National and International players. <p>Chapter-1 (practical) Volleyball skills</p> <ol style="list-style-type: none"> 1. Floating service 2. Turn the body and smash the ball. 3. Single block and double block. 	<p>Under the suitable guidance of the teacher/facilitator understand the Chapter :- Introduction of National and International players of volleyball game. Complete the following activities given in the worksheet .</p> <p>*Describe the volleyball skills by observing the following picture. Collect the pictures of the volleyball skills by using the link given below.</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=NRV0rMeSOBI 2. 1. https://www.youtube.com/watch?v=30lxcOsUXGM 	<p>Teachers should Evaluate the worksheet separately and record the students learning.</p> <ol style="list-style-type: none"> 1. Making a list of national and international players of volleyball. 2. View the pictures of volleyball skills and name it.

3.	August 3 rd week	<p>Chapter-15 (Theory)</p> <ol style="list-style-type: none"> 1. State Anthem-Jai bharatha jananiya tanu jaate. 2. National Anthem- Jana gana mana adhinayaka jaya hai. 	<p>Under the suitable guidance of the teacher /facilitator practice the State Anthem and National Anthem and learn the rhythm of singing the songs by using the link given below.</p> <ol style="list-style-type: none"> 1. https://www.youtube.com/watch?v=CR4mWDSzIXQ 2. https://www.youtube.com/watch?v=HtMF973tXIY <p>Complete the following activities given in the worksheet .</p>	<p>Teachers should give the worksheet to the children. Give suitable guidance to learn the rhythm of State Anthem and National Anthem. Evaluate the answered worksheet and record the students learning.</p>
4.	August 4 th week	<p>Chapter-2 (Theory)</p> <p><u>Hockey</u></p> <p>Introduction of achievements of famous National and Inter-national players of hockey games.</p>	<p>Write a short note on the achievements of the famous National and Inter-national players of hockey games.</p> <ol style="list-style-type: none"> 1. Dhyan Chand 2. Dr. M P Ganesh 3. Dhanaraj Pilley 	<p>Teachers review the worksheet separately and evaluate the students learning.</p>

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WORKSHEET

CLASS :10

SUBJECT:PHYSICAL EDUCATION

MONTH/WEEK:AUG-1ST WEEK

STUDENT NAME:

REG.NO.

1. Match the following:

A	B	Answers
1. Origin of Olympic games	a.1946	_____
2. Founder of modern Olympic	b.Greek country	_____
3. First Asian games	c.776 BC	_____
4. Ancient Olympic	d.1951	_____
5. Olympic torch	e.Baron pierre De Coubertin	_____

2. Fill in the blanks by choosing suitable option given below:

- The headquarters of the international Olympic committee situated in _____.
a. Lausanne b. New Delhi c. California d. Bangalore
- The lyrics wrote by Greek poet Kastaspalamas is _____.
a. John Dickson b. Spyras samaras c. Rome d. Othelo
- The Olympic games flag was created in _____ year.
a. 1913 b. 1920 c. 1942 d. 1947
- A Ramana rao is from _____ state.
a. Tamilnadu b. Karnataka c. Andhra Pradesh d. Maharashtra
- M shyam sundar received _____ award.
a. Arjuna award b. Ekalavya award
c. Jhansi Rani award d. Padmabhushan award

3. Answer the following questions in one sentence each:

- Name the colors of rings on the Olympic flag?
Ans. _____
- In which year the Olympic sports torch was initiated?
Ans. _____
- When and where did the first Asian games were held?
Ans. _____
- Jimmy George belong to which state?
Ans. _____
- Where and in which year was Charles Kiraly born?
Ans. _____
- Mention the two achievements of Yumilka Juija?
Ans. _____

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WORKSHEET

CLASS :10

SUBJECT:PHYSICAL EDUCATION

MONTH/WEEK:AUG-2nd WEEK

STUDENT NAME:

REG.NO.

Describe the volleyball skills by observing following pictures .

1. Body turn and smash

 A black silhouette of a volleyball player in mid-air, performing a body turn and smash. The player's body is arched, and their arms are extended upwards towards a volleyball floating above their head.	<p>Stance:</p> <p>Take off and body turn:</p> <p>Body position in the air:</p> <p>Follow through:</p>
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2. Single block and double block.

 Two photographs illustrating blocking techniques. The top photo shows a male player in a green and red jersey blocking a ball. The bottom photo shows two female players in white and blue jerseys performing a double block. A watermark 'MATT PENDELTON PHOTO' is visible in the bottom right corner of the images.	<p>Blocking and its variations</p>
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CLASS :10

SUBJECT:PHYSICAL EDUCATION

MONTH/WEEK:AUG-3rd WEEK

STUDENT NAME:

REG.NO.

Answer the following questions

1. Which is the Karnataka State Anthem?

Ans _____

2. Who composed the Karnataka state Anthem?

Ans _____

3. What is the duration of singing the Karnataka state Anthem?

Ans _____

4. Who wrote National Anthem?

Ans _____

5. What is the duration of singing the National Anthem?

Ans _____

6. Write the Karnataka State Anthem without any mistake?

7. Write the National anthem without any mistake?

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WORKSHEET

CLASS :10

SUBJECT:PHYSICAL EDUCATION

MONTH/WEEK:AUG-4th WEEK

STUDENT NAME:

REG.NO.

1. Write a short note on the of famous National and Inter-national players of hockey games.



Dhyanchand



M. P. Ganesh

Dr.M P Ganesh



Dhanraj Pillay