

Alternative Educational Plan for the academic year 2021-22

Class: 10

Subject: Physical education

Sl. no.	Month/ week	Key learning abilities	Learning activities	Evaluation
1	February/ 1 st week	<p>communicable diseases (theory) following points are learnt.</p> <ol style="list-style-type: none"> 1. The causes and symptoms of various communicable diseases. 2. Method of spread, Prevention and control of these diseases are learnt. 	<p>Understand the communicable diseases (theory) chapter in the text book under the guidance of facilitator and complete the following activity.</p> <ul style="list-style-type: none"> ❖ Malaria, cholera, tuberculosis, typhoid, influenza – Write in table, the causes, symptoms, method of spread, prevention and control of these diseases. 	<p>Teachers provide work sheet to children. Appropriate guidance is provided for interpreting the chapter. Evaluate the answer sheet and record the learning.</p>
2	February/ 2 nd week	<p>Aerobics (practical) The following skills will be learnt.</p> <ol style="list-style-type: none"> 1. On the spot low impact marching 2. Marching forward and backwards. 3. Steps to the side, 4. Double steps 5. `L' shape steps 6. `V' steps 7. Step touch front 	<p>Understand the aerobics (practical) chapter in the text book under the guidance of facilitator, and use the link given below to watch the video of the skills of aerobics and write the description of the skills.</p> <ol style="list-style-type: none"> 1. https://youtu.be/bR1_zPY7Yjk ❖ On the spot low impact marching ❖ Marching forward and backwards. ❖ Steps to the side, ❖ Double steps ❖ `L' shape steps ❖ `v' steps ❖ Step touch forward 	<p>Teachers provide work sheet to children. Appropriate guidance is provided for interpreting the chapter. Evaluate the answer sheet and record the learning.</p>

3	February/ 3 rd week	<p>Aerobics (practical) The following skills are learnt.</p> <ol style="list-style-type: none"> 1. Step touch back 2. Grape vine 3. Grape vine with pivot 4. Mambo 5. Mambo with pivot on left foot. 6. Cha - Cha -Cha 7. Knee raise 8. Hand raise 	<p>Understand the aerobics (practical) chapter in the text book under the guidance of facilitator, and use the link given below to watch the video of the skills of aerobics and complete the activity.</p> <ol style="list-style-type: none"> 1. https://youtu.be/rDBIEQLMkQg explanation of the skills <ul style="list-style-type: none"> ❖ Step touch backward. ❖ Grape vine ❖ Grape vine with pivot ❖ Mambo ❖ Mambo with pivot on left foot. ❖ Cha-Cha - Cha ❖ Knee raise ❖ Hand raise 	<p>Teachers provide work sheet to children. Appropriate guidance is provided for interpreting the chapter. Evaluate the answer sheet and record the learning.</p>
4	February/ 4 th week	<p>Lifestyle diseases (theory) The following points are learnt Diseases that occur due to life style.</p> <ul style="list-style-type: none"> ❖ Blood pressure, ❖ Causes and preventive measures of cardiovascular diseases ❖ Diabetes. 	<p>Understand the Lifestyle diseases (theory) chapter in the text book under the guidance of facilitator and complete the following activity give below.</p> <ol style="list-style-type: none"> 1. write the causes and the preventive measures of lifestyle diseases 2. write the causes and prevention of high blood pressure. 3. write the factors that prevent cardiovascular diseases. 4. write the effects and types of diabetes. 	<p>Teachers provide work sheet to children. Appropriate guidance is provided for interpreting the chapter. Evaluate the answer sheet and record the learning.</p>

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Work sheet

Class : 10	Subject : Physical education	Month /week: February 1st week
Name of the student:		Roll no :

1. Write the causes for the spread of various communicable diseases. types of transmission, prevention, and preventive measures.

1.Malaria		
1. Causes	2. symptoms	3.method of transmission/spreading

4. Write the control and precautionary measures of malaria.

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1. Cholera		
1. Causes	2. symptoms	3.method of transmission/spreading

4. Write the control and precautionary measures of cholera.

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3.Tuberculosis

1. Causes	2. symptoms	3.method of transmission/spreading

4. Write the control and precautionary measures of tuberculosis.

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4. Typhoid

1. Causes	2. symptoms	3. method of transmission/spreading

4. Write the control and precautionary measures of typhoid.

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5. Influenza

1. Causes	2. symptoms	3. method of transmission/spreading

4. Write the control and precautionary measures of influenza.

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Work sheet

Class : 10	Subject : Physical education	Month /week: February 2nd week
Name of the student:		Roll no :

1. Write the explanation after watching the video of aerobics skills.

1) Low impact march on the spot

Similarly do this exercise for 16 counts

2) March forward and backward

It consists of four counts. Similarly do this exercise for 16 counts.

Step - 1

Step - 2

Step - 3

Step - 4

Similarly start this exercise by right leg.

3) steps to the side(step touch)

It consists of four counts. Similarly do this exercise for 16 counts.

Step - 1

Step - 2

Step - 3

Step - 4

Similarly start this exercise by right leg.

4) double step touch

It consists of eight counts. Similarly do this exercise for 16 counts.

Step - 1

Step - 2

Step - 3

Step - 4

For the next four counts use the right leg instead of the left leg

5) 'L' shapes

It is sixteen count exercise

Step - 1

Step - 2

Step - 3

Step - 4

The next eight counts require steps in the right direction

6) 'V' step

This will be four count exercise

Step - 1

Step - 2

Step - 3

Step - 4

Accordingly, this exercise should be started with the right foot

7) Step touch forward

It is four count exercise. Should start with the right leg.

Step - 1

Step - 2

Step - 3

Step - 4

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Work sheet

Class : 10	Subject : Physical education	Month /week: February 3rd week
Name of the student:		Roll no :

1. Write the explanation after watching the video of aerobics skills.

8. Step touch backward	
This is four count movement	
Step - 1	
Step - 2	
Step - 3	
Step - 4	
This exercise starts with left leg as the leading leg.	

9) Grape vine	
This is four count step	
Step - 1	
Step - 2	
Step - 3	
Step - 4	
Likewise do it on the right side substituting the right leg for the left and the left leg for the right.	

10) Grape vine with pivot:	
This is a four count step	
Step - 1	
Step - 2	
Step - 3	
Step - 4	
From the count 5 to 8 do it on the right side substituting the right leg for the left and the left leg for the right.	

11) Mambo.

This is four count step.

Step - 1

Step - 2

Step - 3

Step - 4

On the right side: inter change the legs.

12) Mambo with pivot on the left foot

Step - 1

Step - 2

Step - 3

Step - 4

The count on the right leg is 1 to 4 but the legs must be replaced, flat

13) Cha-cha-cha

It is a five count rhythmic exercise, and the third, fourth, and fifth counts must be performed quickly (1-2—3.4.5 or 1-2-1-2) (I.e.,left-right-left)

Step - 1

Step - 2

Step - 3

Step - 4

Do the same exercise with the right leg for the next five counts

14) Knee raise.

Step - 1

Step - 2

Step - 3

Step - 4

15) Hand raise

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Work sheet

Class : 10	Subject : Physical education	Month /week: February 4th week
Name of the student:		Roll no :

1. Name the lifestyle diseases.

1		2	
3		4	
5		6	
7		8	

2. Write the causes and precautionary measures, and the types of lifestyle diseases.

Sl. no.	The causes for the lifestyle diseases
1	
2	
3	
4	
5	
6	
7	
8	

Sl. no.	Precautionary measures
1	
2	
3	
4	
5	
6	
7	
8	

3. The causes and prevention of high blood pressure.

Sl. no.	Causes for high blood pressure	Prevention of high blood pressure
1		
2		
3		
4		
5		

4. List out the steps to prevent cardiovascular diseases.

Sl no	Steps to prevent cardiovascular diseases.
1	
2	
3	
4	
5	

5. Explain the effects and types of diabetes.

Write effects of diabetes.	

Explain the types of diabetes.	
Type 1 Diabetes	
Type 2 Diabetes	

