

## Alternative Educational plan for the Academic Year 2021-22

Class : 6

PHYSICAL EDUCATION

SL. NO	MONTH/ WEEK	Important learning Components	LEARNING ACTIVITIES	EVALUATION
1	1st week of August	<b>Lesson : 13</b> Meaning of Physical education ( Theory ) <ul style="list-style-type: none"> <li>➤ Meaning of Physical education</li> <li>➤ Definition of Physical education</li> </ul>	Understanding the meaning of physical education in the textbook under the guidance of facilitators, and complete the following activities in a separate sheet . <ol style="list-style-type: none"> <li>1. Write the meaning of physical education.</li> <li>2. Write different definitions of physical education .</li> </ol>	Teachers give worksheets to Students, evaluate the completed answers and record their learning .
		<b>Lesson : 1</b> Kabaddi ( Practical) <ul style="list-style-type: none"> <li>• Offensive Skills                             <ol style="list-style-type: none"> <li>1. Cant</li> <li>2. Side kick</li> <li>3. Back kick</li> </ol> </li> <li>• Defensive Skills                             <ol style="list-style-type: none"> <li>1. Wrist catch</li> <li>2. Ankle catch</li> <li>3. Thigh catch</li> </ol> </li> </ul>	Complete the following activities after watching the video using the following links. <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=DTOOGIJfBfs">https://www.youtube.com/watch?v=DTOOGIJfBfs</a></li> <li>2. <a href="https://www.youtube.com/watch?v=vHfvaso7iTU">https://www.youtube.com/watch?v=vHfvaso7iTU</a></li> <li>3. <a href="https://www.youtube.com/watch?v=IPY9bRPOxQo">https://www.youtube.com/watch?v=IPY9bRPOxQo</a></li> <li>4. <a href="https://www.youtube.com/watch?v=valciZTVXrA">https://www.youtube.com/watch?v=valciZTVXrA</a></li> </ol> 1. See the image of kabaddi Skills, and write the description on worksheet.	Teachers give worksheets to Students, evaluate the completed answers and record their learning.
		<b>Lesson : 14</b> Kabaddi ( Theory) <ol style="list-style-type: none"> <li>1. History of the game Kabaddi</li> <li>2. Rules of the game Kabaddi</li> </ol>	Under the guidance of teachers/ facilitators, complete the following activities with a description of the kabaddi lesson in the Theory part of the textbook. <ol style="list-style-type: none"> <li>1. Write the history of the game Kabaddi on worksheet.</li> <li>2. Write six general rules of the game Kabaddi on worksheet.</li> </ol>	Teachers review the worksheets and evaluate students learning.
2	2 <sup>nd</sup> week of August	<b>Lesson : 2</b> Kho-Kho (Practical) <ul style="list-style-type: none"> <li>➤ Chasing skills</li> <li>• Parallel toe method</li> <li>• Bullet method</li> </ul>	Complete the following activities with a description of the Kho-Kho skills in the text book under the guidance of the teachers / facilitators and learn knowledge of the subject using the links below. <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=EuxsHYPMmE">https://www.youtube.com/watch?v=EuxsHYPMmE</a></li> <li>2. <a href="https://www.youtube.com/watch?v=1060KueKOC1">https://www.youtube.com/watch?v=1060KueKOC1</a>,</li> </ol>	Teachers give worksheets to Students, evaluate the completed answers and record their learning.

		<ul style="list-style-type: none"> <li>➤ Dodging skills</li> <li>• Single chain</li> <li>• Ring method</li> </ul>	<ol style="list-style-type: none"> <li>1. write about chasing skills such as parallel toe method and bullet method on worksheet.</li> <li>2. write about dodging skills such as single chain and ring method.</li> </ol>	
		<p><b>Lesson :15</b> Kho-Kho (Theory)</p> <ol style="list-style-type: none"> <li>1. History of the game Kho-Kho</li> <li>2. Kho-Kho Court measurements</li> <li>3. Rules of the game Kho-Kho</li> </ol>	<p>Complete the following activities under the guidance of teachers/ facilitators to illustrate the Kho-Kho lesson in the Theoretical part of the textbook.</p> <ol style="list-style-type: none"> <li>1. write the history of the Kho-Kho game on worksheet.</li> <li>2. Draw a Kho-Kho court on worksheet, and write the measurements.</li> </ol>	<p>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</p>
3	<b>3<sup>rd</sup> week of August</b>	<p><b>Lesson :9</b> Hindi Leziem ( Practical)</p> <p>Hindi Leziem skills:</p> <ol style="list-style-type: none"> <li>1. Leziem skund</li> <li>2. Leziem Araam</li> <li>3. Leziem Hoshiyar</li> </ol> <p>Hindi Leziem Execrcises</p> <ol style="list-style-type: none"> <li>1. Char Avaz</li> <li>2. Ek Jagahe</li> </ol>	<p>Complete the following activities after watching the video using the following links.</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=RLa5k-HBD2U">https://www.youtube.com/watch?v=RLa5k-HBD2U</a></li> <li>1.write about the Hindi Leziem skills, Leziem Skund and Leziem Araam on worksheets.</li> <li>2. write about Char Avaz method in Hindi Leziem on worksheets.</li> <li>3. write about the method of performing Ek Jagahe in Hindi leziem on worksheets.</li> </ol>	<p>Teachers review the worksheets and evaluate students learning.</p>
4	<b>4<sup>th</sup> week of August</b>	<p><b>Lesson :10</b> Drill and Marching ( Practical)</p> <ul style="list-style-type: none"> <li>➤ Skills</li> <li>1. Savadhan</li> <li>2. Vishram</li> <li>3. Kadam - tal</li> </ul>	<p>Under the guidance of teachers or facilitators, complete the following activities below in the textbook or using the link given below.</p> <ol style="list-style-type: none"> <li>1. <a href="https://www.youtube.com/watch?v=CMBujkEsgvo">https://www.youtube.com/watch?v=CMBujkEsgvo</a> .</li> <li>1.Write about the position 'Savadhan' on worksheet.</li> <li>2. Write about the position 'Vishram' on worksheet.</li> <li>3. Write about the position 'Kadam - tal' on worksheet.</li> </ol>	<p>Teachers review the worksheets and evaluate students' learning.</p>

		<p><b>Lesson : 12</b> National Integration ( Practical)</p> <p>A Zanda Ooncha Rahe Hamara’</p>	<p>Under the guidance of facilitators, learn the National integration song ‘Zanda–Ooncha rahe Hamara’ in the textbook. and watch the video using the link below to complete the following activities on the worksheet.</p> <ol style="list-style-type: none"><li>1. <a href="https://www.youtube.com/watch?v=spKsJofSUQE">https://www.youtube.com/watch?v=spKsJofSUQE</a></li><li>2. <a href="https://www.youtube.com/watch?v=MmRf8IRF1VI">https://www.youtube.com/watch?v=MmRf8IRF1VI</a></li></ol> <p>1. Write the song ‘Zanda Ooncha Rahe Hamara’ on worksheet.</p>	<p>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</p>
--	--	--	--	--

# Alternative Educational plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

Month/ Week: August- 1 week

Student Name :

Reg. No:

Answer the following questions in one sentence .

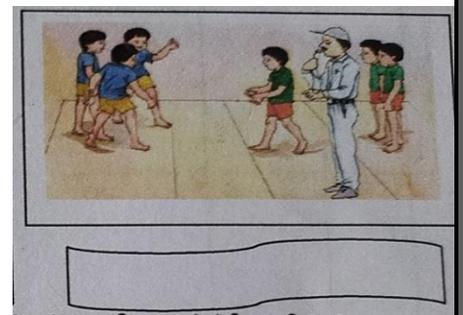
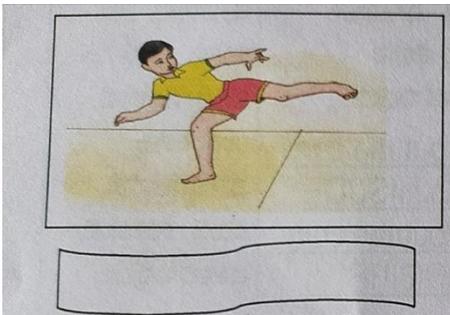
1. Write the meaning of Physical Education

Answer : \_\_\_\_\_

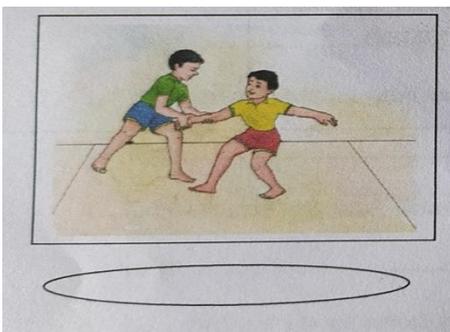
2. Write the definition of Physical Education according to 'Marshal'.

Answer : \_\_\_\_\_

3. Write the names of the Offensive skills of game Kabaddi , in the space provided below the picture.



4. Write the names of the Defensive skills of game Kabaddi, in the space provided below the picture.



5. Match the following

**A**

1. Defensive skill
2. Offensive skill
3. Earlier name of Kabaddi

**B**

1. Side kick
2. Hu-tu-tu
3. Thigh catch

**Answer**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Fill in the blanks :

1. The word Kabaddi is derived from \_\_\_\_\_ word.
2. Lona means \_\_\_\_\_ points.
3. The word cant is a \_\_\_\_\_ skill.

# Alternative Educational plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

Month/ Week: August- 2nd week

Student Name :

Reg. No:

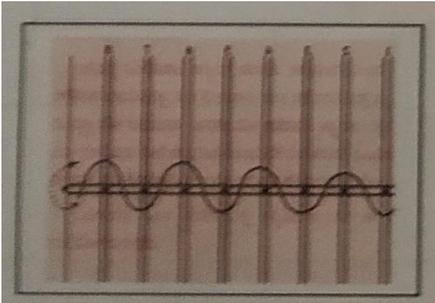
Write the summary of Chasing skills of the game Kho-Kho given below.



Parallel toe method :



Bullet toe method :



Single chain :

Answer the following questions in one sentence.

1. Expand : K K F I

Answer: \_\_\_\_\_

2. Which is the Institution to formed the rules of game Kho-Kho for the first time?

Answer : \_\_\_\_\_

3. How many innings are there in the game Kho-Kho?

Answer: \_\_\_\_\_

4. How many players are there in the Kho-Kho team?

Answer: \_\_\_\_\_

5. What is retreat ?

Answer: \_\_\_\_\_

# Alternative Educational plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

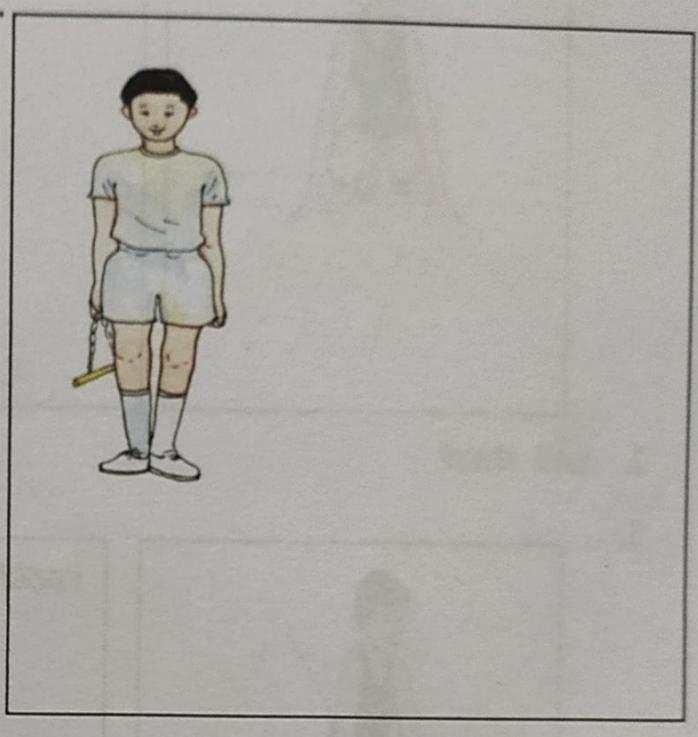
Month/ Week: August- 3rd week

Student Name :

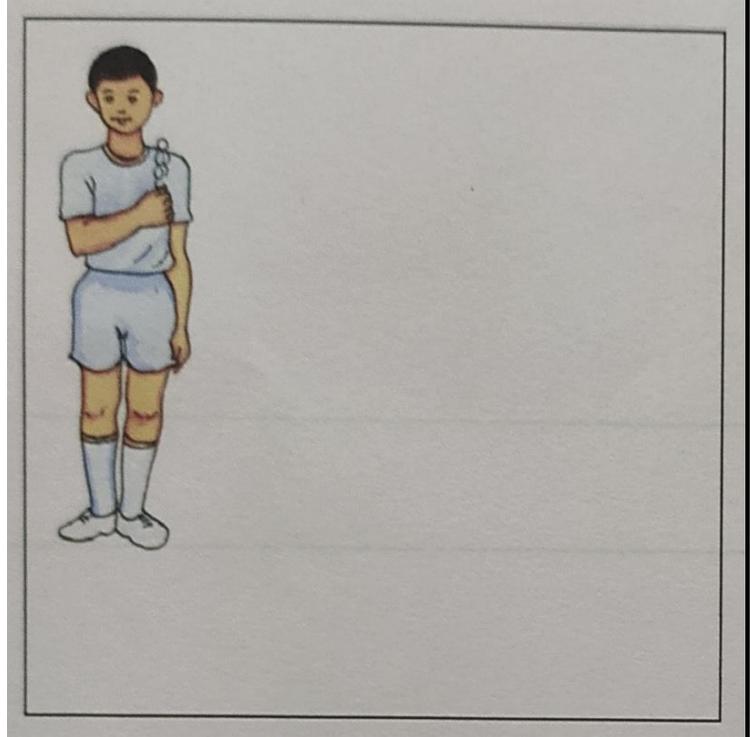
Reg. No:

1. Write the summary of Hindi Leziem activities, such as Leziem skund and Leziem Araam in the space provided.

Leziem skund



Leziem Araam



2. Answer the following questions :

1. Which activity can Hindi Leziem be called ?

Answer : \_\_\_\_\_

2. What are the materials used for making Leziem ?

Answer : \_\_\_\_\_

3. What is Char Avaaz in Hindi Leziem ?

Answer : \_\_\_\_\_

4. What is the benefit of performing Hindi Leziem ?

Answer : \_\_\_\_\_

5. Can Hindi Leziem be performed with music or song.

Answer : \_\_\_\_\_

# Alternative Educational plan for the Academic Year 2021-22

## Worksheet

Class: 6

Subject: Physical Education

Month/ Week: August- 4th week

Student Name :

Reg. No:

Write the summary of the position of Drill and Marching, given in the space provided.



Savadhan



Vishram



Kadam- tal

