

Alternative Academic plan for the Year 2021-22

Class : 6

Month : October

PHYSICAL EDUCATION

SL. NO	MONTH/ WEEK	Important learning Components	LEARNING ACTIVITIES	EVALUATION
1	1 st week of October	<p>Lesson : 5 Long jump (Practical)</p> <ul style="list-style-type: none"> ➤ Check mark ➤ Take off 	<p>Under the guidance of teachers/ facilitators, complete the following activities with a description of the Long jump lesson in the Practical part of the textbook.</p> <ol style="list-style-type: none"> 1. Write the explanation of the skill Check mark on worksheet. 2. Write the explanation of the skill Take off on worksheet. <p>Complete the following activities on the worksheet after watching the video of long jump, the link given below.</p> <p>https://www.youtube.com/watch?v=K - BWT47 E.</p> <p>https://www.youtube.com/watch?v=X7Y x5WbSUww.</p>	<p>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</p>
2	2 nd week of October	<p>Lesson : 5 Long jump (Practical)</p> <ul style="list-style-type: none"> ➤ Action in the air (sail technique) ➤ Landing 	<p>Under the guidance of teachers/ facilitators, complete the following activities with a description of the Long jump lesson in the Practical part of the textbook.</p> <ol style="list-style-type: none"> 1. Write the explanation of the skill action in the air (sail technique) on worksheet. 2. Write the explanation of the skill Landing on worksheet . <p>Complete the following activities on the worksheet after watching the video of long jump, the link given below.</p> <p>https://www.youtube.com/watch?v=K - BWT47 E .</p> <p>https://www.youtube.com/watch?v=X7Y x5WbSUww.</p>	<p>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</p>

3	3 rd week of October	<p>Lesson : 18 Long jump (Theory)</p> <ul style="list-style-type: none"> ➤ Dimensions of long jump pit ➤ Basic rules of the event ➤ Fouls 	<p>Under the guidance of teachers/ facilitators, complete the following activities with a description of the long jump lesson in the theoretical part of the textbook.</p> <ol style="list-style-type: none"> 1. Draw neat diagram of long jump pit, and write the measurements on worksheet. 2. Write the basic rules the long jump event on worksheet. 3. Write the explanation of 'Take off board' used in long jump. 4. Write the explanation of the runway used in long jump. 	<p>Teachers give worksheets to Students, evaluate the completed answers and record their learning.</p>
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Alternative Educational plan for the Academic Year 2021-22

Worksheet

Class: 6

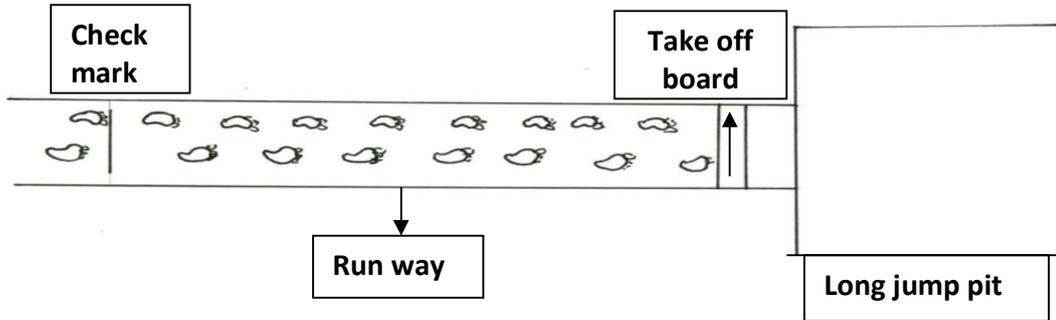
Subject: Physical Education

Month/ Week: October- 1st week

Student Name :

Reg. No:

I. Write the brief explanation of parts of the Long jump pit.



1. Check mark : _____

2. Take off board : _____

3. Run way : _____

4. Long jump Pit : _____

II. Look at picture given below and write the explanation of the skill 'Take off' in long jump.



Take off: _____

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Worksheet

Class: 6

Subject: Physical Education

Month/ Week: October- 2nd week

Student Name :

Reg. No:

- I. Look at picture given below and write the explanation of the skill action in the air (sail technique) in long jump.



Action in air

- I. Look at picture given below and write the explanation of the skill 'Landing' in long jump.



Approach

Take-off

Flight

Landing

Alternative Educational plan for the Academic Year 2021-22

Worksheet

Class: 6

Subject: Physical Education

Month/ Week: October- 3rd week

Student Name :

Reg. No:

I. Draw a neat diagram of 'Long jump pit' and write the measurements.

Answer :

II. Write the basic rules long jump event.

3. Write the explanation of 'take off board' used in long jump.



Take off board

Take off board :

4. Write a note on runway used in long jump.



Runway

Runway :

Moto of the Olympic game : Citius, Altius, Fortius.