

Alternative Educational Plan for the Academic year -2021-22

Standard:-7

Subject: Physical Education

| Sl No:- | Month / Week | IMPORTANT LEARNING COMPETENCIES | Learning Activity | Evaluation |
|---------|---------------------------|---|---|--|
| 1. | August -1 week | Chapter-01(Theory) Aims of Physical Education | Practice the Aims of Physical Education, prescribed in the text book understand it with the assistance of Subject Teacher/facilitator, complete the activity given below. In the practice sheet. 1. In practice sheet list the aim of physical education 2. Identify sports equipment given in the picture | Teacher evaluates the practice sheet and asses the students learning potential |
| 2. | | Chapter-2 Kabaddi(Practical) 1.Scooping hand touch 2.combinaion riding 3.Defensive Skills | Practice the kabaddi chapter prescribed in the text book and, understand it with the assistance of Facilitator and also complete the activity given below. In the practice sheet 1. Look at Kabaddi skill picture given in the practice sheet and explain it 2. Look at the picture given the work sheet and indentify the defensive skill by naming it | Teacher evaluates the practice sheet and asses the students learning potential |

| | | | | |
|---|-------------------------------|---|--|---|
| 3 | August Second week | Chapter-1 Kabaddi (Theory) 1.Characterstics of Kabaddi players 2. Introduction to the famous Kabaddi players of Karnataka | With the supervision of subject teacher/facilitator, complete the activity in the practice sheet, from Kabaddi chapter prescribed in the text book 1. List the Characteristics of Kabaddi Player 2. Indentify the Kabaddi player in the given picture and write a short notes * Honnappa * B.C. Ramesh * Mamtha Poojari | Teacher evaluates the practice sheet and asses the students learning potential. |
| 4 | August Third week | Chapter-2 Kho-Kho (Practical) 1. Back touch/ Tapping from the back 2. Pole Dive 3. Judgment kho | With the assistance of subject teacher/ facilitator, get a explanation of all kabaddi skill prescribed in the text book and complete the activity given below. In the practice sheet 1. Looking at the skill picture given in the practice sheet. Give a explanation to it | Teacher evaluates the practice sheet and asses the students learning potential |
| 5 | August Fourth week | Chapter-2 Kho-Kho (Theory) 1. Characteristics of Kho-Kho Player 2. Arjun Awardees in Kho-Kho Game | With the supervision of subject teacher / facilitator complete the activity in the work sheet given below, from Kho-Kho chapter prescribed in the text book. 1. List the Characteristics of Kho-Kho Player 2. List the Arjun Awardees in Kho-Kho game | Teacher evaluates the practice sheet and asses the students learning potential |


Alternative Educational Plan for the Academic year -2021-22
Work sheet

| | | |
|-----------------------|------------------------------------|--------------------------------------|
| Standard 7 | Subject: Physical Education | Month/Week: August first week |
| Students Name: | Roll Number: | |

I List the aims of physical education

- 1.....
- 2.....
- 3.....
- 4.....
- 5.....
- 6.....
- 7.....
- 8.....
- 9.....
- 10.....

II . Look and identify the picture

| | | |
|---|--|---|
|  |  |  |
| Name : | Name : | Name : |

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Work Sheet

| | | |
|-----------------------|------------------------------------|--------------------------------------|
| Standard 7 | Subject: Physical Education | Month/Week: August First week |
| Students Name: | | Roll Number: |

1. Look at the Kabaddi skill picture and explain it.



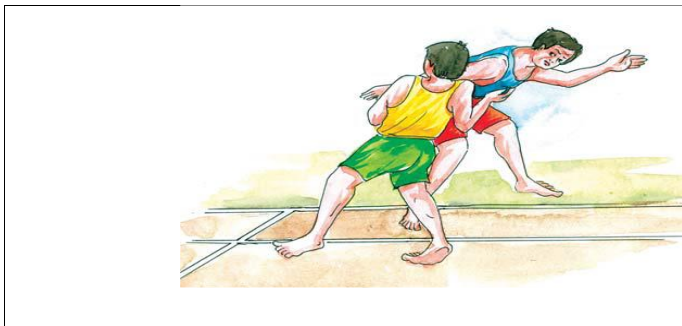
1.Scooping Hand touch

2. See the picture and write the description



2. Combination riding

3. Look at the picture and write the names of the defensive skill



Skill name:

Skill name:

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Work Sheet

| | | |
|-----------------------|------------------------------------|---------------------------------------|
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| Students Name: | | Roll Number: |

Write the characteristics of Kabaddi Player

1. _____

2. _____

3. _____

4. _____

5. _____

Write a short notes about following kabaddi player



C. Honnappa

B.C. Ramesh



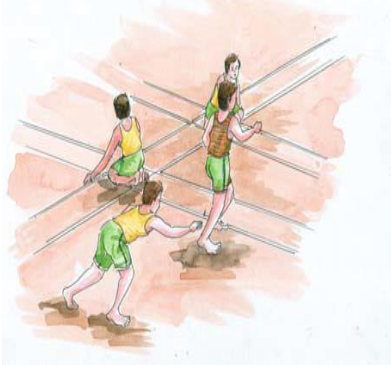
Mamtha Poojari

Alternative Educational Plan for the Academic year -2021-22
Work Sheet

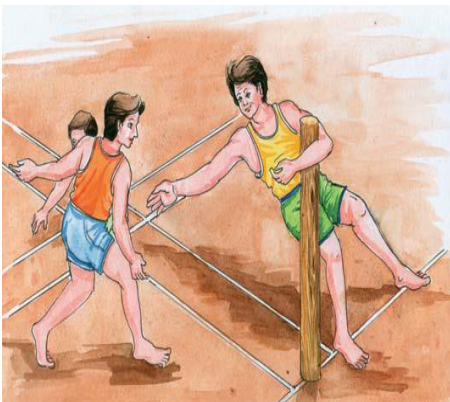
| | | |
|-----------------------|------------------------------------|--------------------------------------|
| Standard 7 | Subject: Physical Education | Month/Week: August Third week |
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Look at the Kho Kho game skill picture given below and explain about in the box

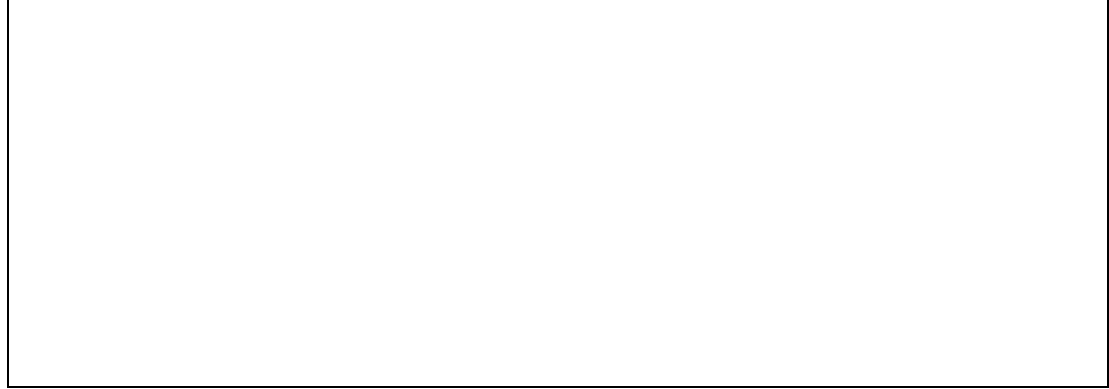
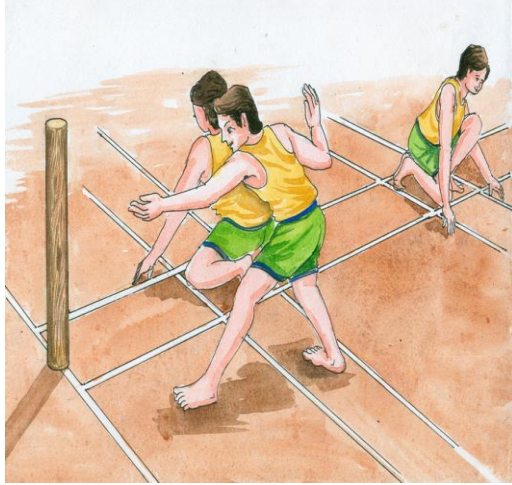
1. Touching the back (Tapping)



2. Doing pole dive



3. Judgement Kho Kho



| | | |
|----------------|-----------------------------|--------------------------------|
| Standard 7 | Subject: Physical Education | Month/Week: August Fourth week |
| Students Name: | | Roll Number: |

List the characteristics of Kho-Kho player

1. _____

2. _____

3. _____

4. _____

5. _____

Write down the names of Arjun Awardee players in Kho-Kho game.

| | |
|---|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |