

Alternative Educational Plan for the Academic Year 2021-22

Class : 7

PHYSICAL EDUCATION

SL. NO	MONTH/ WEEK	Important learning Components	LEARNING ACTIVITIES	EVALUATION
1	1 st week of September	Lesson -4 Athletics : (Practical) RELAY Types of relay Baton exchange 1. Visual method 2. Non- Visual method	Under the guidance of teachers/ facilitators, complete the following activities with a description of the Athletics (Relay) lesson in the Practical part of the textbook. 1. Write the Visual method of baton exchange skill on worksheet. 2. Write the Non-Visual method of baton exchange skill on worksheet.	Teachers give worksheets to Students, evaluate the completed answers and record their learning .
		Achievements of Indian Sports person in Tokyo Olympics	Under the guidance of facilitators, collect information of the achievements of Indian sportsperson in recent Tokyo Olympics and complete the following activities in a separate sheet . 1. In which sport did Neeraj Chopra won gold medal? 2. Who won the Bronze Medal in Badminton? 3. In which Competition Mirabai Chanu won a silver medal? 4. Write the name of the athlete who won the silver medal in the wrestling match?	Teachers give worksheets to Students, evaluate the completed answers and record their learning .
2	2 nd week of September	Lesson : 5 Athletics (Theory) RELAY Composition of relay team Exchange tactics Good baton Technique Construction of baton Rules of baton exchange	Under the guidance of teachers/ facilitators, complete the following activities with a description of the Athletics (Relay) lesson in the Theoretical part of the textbook. 1. Write the types of relay race on worksheet. 2. Write the shape and construction of relay baton on worksheet. 3. Write the baton exchange tactics on worksheet. 4. Write the construction of baton on worksheet.	Teachers give worksheets to Students, evaluate the completed answers and record their learning .

3	3 rd week of September	Lesson : 7 Surya namaskara (Practical) 12 steps of performing Surya namaskara	Under the guidance of teachers/ facilitators, complete the following activities with a description of the Surya namaskara lesson in the Practical part of the textbook. 1. Write all the steps of performing Suryanamaskara on worksheet.	Teachers give worksheets to Students, evaluate the completed answers and record their learning.
4	4 th & 5 th week of September	Lesson : 7 Patanjali Yoga (Theory) Introduction of Patanjali Yoga Definition of Yogasutra Different paths of Yoga Aims and Objectives of Yoga Common instructions to be followed during performing Yoga	Under the guidance of teachers/ facilitators, complete the following activities with a description of the Yoga (Patanjali yoga) lesson in the Theoretical part of the textbook. 1. Answer the following question. 2. Match the following. 3. Choose the suitable answer and write on worksheet. 4. Write the description of four important Yoga paths on worksheet.	Teachers give worksheets to Students, evaluate the completed answers and record their learning.

Alternative Educational Plan for the Academic Year 2021-22

Worksheet

Class: 7

Subject: Physical Education

Month: September- 1st week

Student Name :

Reg. No:

I. Explain the types of baton exchange in relay race.



Visual method

1. Visual method :



Non-Visual method

2. Non-Visual method :

I. Look at the pictures below and write down Sportsperson name and their achievement in Tokyo Olympics .

1.



Name:

Achievement :

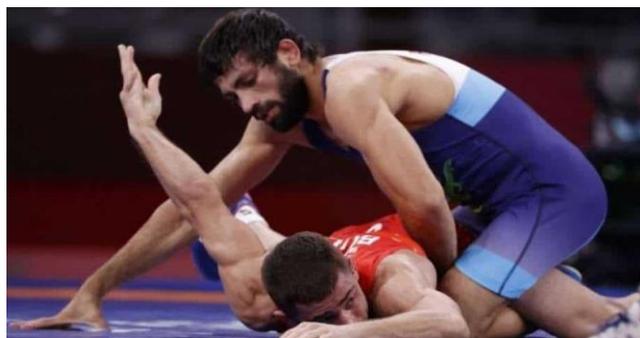
2.



Name:

Achievement :

3.



Name:

Achievement :

4.



Name:

Achievement :

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Worksheet

Class: 7

Subject: Physical Education

Month: September- 2nd week

Student Name :

Reg. No:

I. Answer the following questions .

1. Mention the two types of relay race ?

Ans: _____

2. Write the shape of Relay baton ?

Ans: _____

3. Mention the number of athletes in relay race team ?

Ans: _____

4. What is the distance to be covered by each runner in a 4x100 mts relay race?

Ans: _____

5. Which language the word 'Athletics' term derived from?

Ans: _____

II. Mark right or wrong in the space provided.

1. Relay is a team event.

2. There are 6 runners in a relay team.

3. The baton is painted with vivid colors.

4. All the runners of the relay team run at a time.

III. Answer the following questions:

Write four rules of the relay race.

IV. Draw a neat diagram of 400 mts track and mention the relay baton exchange zone for 4x100 mts relay.

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Worksheet

Class: 7

Subject: Physical Education

Month: September- 3rd week

Student Name :

Reg. No:

I Look at pictures given below and write the steps of Suryanamaskara in the space provided.





Alternative Educational Plan for the Academic Year 2021-22

Worksheet

Class: 7

Subject: Physical Education

Month: September- 4th week

Student Name :

Reg. No:

I. Answer the following questions :

1. Who is the father of Yoga ?

Ans : _____

2. The word 'Yoga ' is Originated from ?

Ans: _____

3. What is the Theory of Karma yoga?

Ans: _____

4. Name the four important yoga paths.

Ans: _____

I. Match the following :

Answer

1. Karma yoga

Bhakti oriented

2. Bhakti yoga

Human and Universal power

3. Jnana yoga

Astanga yoga

4. Raja yoga

Work is worship

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Worksheet

Class: 7

Subject: Physical Education

Month: September- 5th week

Student Name :

Reg. No:

I. Choose the correct answer and write.

1. Yogah Karmasu Koushalum is referred in _____

- a. Patanjali b. Yoga vasishta c. Bhagavadgita d. Ramayana

2. The sentence 'Yogah chittavrutti nirodhaha' is referred by _____

- a. Yoga Vasishta b. Sage Patanjali c. Bhagavadgita d. Ramayana

3. The other name for Patanjali yoga is _____

- a. Karma Yoga b. Bhaktiyoga c. Jnana yoga d. Raja yoga

II. Write the description of the following 'Yoga paths'.

1. Jnana Yoga : _____

2. Bhakti Yoga : _____

3. Karma yoga : _____

4. Raja Yoga : _____
