

Alternative educational plan for the academic year 2021-22

Class: 9

Subject: Physical education

Sl. no.	Month and week	Key learning abilities	Learning activities	Evaluation
1	February/ 1st week	<p>Chapter-13 First aid (theory) Understanding the different types of first aid that can be done in different situations of first aid.</p> <p>1. Snake bite 2. Drowning</p>	<p>Understand the first aid (Theory) chapter in the text book under the guidance of facilitator and complete the following activity. Complete the activity given below</p> <ul style="list-style-type: none"> ❖ Symptoms of person bitten by the snake and the methods to follow the treatment. ❖ Method of treating the person who has drowned. 	<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/ 2nd week	<p>Chapter-12 Recreational games (practical) Following recreational games are learnt.</p> <ul style="list-style-type: none"> ❖ Locking the chain and unlocking it. ❖ War of the walls. ❖ Shoulder lock. ❖ Multiples. ❖ Sum of jumps ❖ Potato race. 	<p>Understand the recreational games (Practical) chapter in the text book under the guidance of facilitator and complete the following activity.</p> <ul style="list-style-type: none"> ❖ Locking the chain and unlocking it. ❖ War of the walls. ❖ Shoulder lock. ❖ Multiples. ❖ Sum of jumps. ❖ Potato race. 	<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>Chapter-12 Recreational games (practical) Following recreational games are learnt.</p> <ul style="list-style-type: none"> ❖ Race in pairs ❖ Steal the flag ❖ Chess ❖ Khayenge ❖ Kangaroo relay ❖ Dodge ball 	<p>Understand the Recreational games (Practical) chapter in the text book under the guidance of facilitator and complete the following activity.</p> <ul style="list-style-type: none"> ❖ Race in pairs ❖ Steal the flag ❖ Chess ❖ Khayenge ❖ Kangaroo relay ❖ Dodge ball 	<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>Chapter-14 National integration (theory) Following points are learnt.</p> <ul style="list-style-type: none"> ❖ Code of conduct for national flag and communal harmony ❖ National integration ❖ We will learn about national flag and communal harmony. 	<p>Understand the National Integration (theory) chapter in the text book under the guidance of facilitator and complete the following activity.</p> <ul style="list-style-type: none"> ❖ Write a note on national flag and communal harmony ❖ Write the meaning of the tri colours in the flag. ❖ Write the proper procedure of hoisting the national flag. ❖ List out the points to be noted while displaying the national flag. ❖ Write the programmes to inculcate the spirit of national integration. 	<p>Teachers provide work sheet to children. Appropriate guidance is provided for interpreting the chapter. Evaluate the answer sheet and record the learning.</p>

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

Class : 9	Subject: Physical education	Month /week: February 1st week
Name of the student:		Roll no :

1. Write the symptoms and the methods of treatment for the person bitten by the snake.

Sl. No.	Write the symptoms of person bitten by the snake.
1	
2	
3	
4	
5	
6	
7	
8	

Sl. no.	Write the way of treating the person bitten by the snake.
1	
2	
3	
4	
5	
6	
7	
8	

2. Write the method of treating the person who is drowned.

Sl. No.	Write the method of treating the person who is drowned.
1	
2	
3	
4	
5	
6	
7	
8	

3. Explain the uses of bandages.

Name of the bandages	Bandages used in different situations
Bandage for finger tips	
Bandage for small joints	
Gauze	
Pressure bandage	
Sterilised pad rolls	
Triangular bandage	
Joint stabilising bandage	

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

Class : 9	Subject: Physical education	Month /week: February 2nd week
Name of the student:		Roll no :

1. Write the description on recreational games.

Name of the game	Write the explanation of the game
Locking the chain and unlocking it	

Name of the game	Write the explanation of the game
War of the walls	

Name of the game	Write the explanation of the game
Shoulder lock	

Name of the game	Write the explanation of the game
Multiples (hara hara bham bham)	

Name of the game	Write the explanation of the game
Sum of jumps	

Name of the game	Write the explanation of the game
Potato race	

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

Class : 9	Subject: Physical education	Month /week: February 3rd week
Name of the student:		Roll no :

1. Write the description on recreational games.

Name of the game	Write the explanation of the game
Race in pairs	

Name of the game	Write the explanation of the game
Steal the flag	

Name of the game	Write the explanation of the game
Chess	

Name of the game	Write the explanation of the game
khayenge	

Name of the game	Write the explanation of the game
Kangaroo relay	

Name of the game	Write the explanation of the game
Dodgeball	

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

Class : 9	Subject: Physical education	Month /week: February 4th week
Name of the student:		Roll no :

1. Write a note on code of conduct for National flag.

2. Write the meaning of the Tricolours in the National flag.

colours	Explanation
Saffron	
White	
Green	
Ashoka chakra	

3. Write the proper procedure of hoisting the flag.

1	
2	
3	

4. List out the points that has to be noted while displaying the national flag.

Sl no	Points to be noted while displaying the national flag
1	
2	
3	
4	
5	
6	
7	
8	

5. Write the programmes that inculcate national integration.

Sl no	Programmes that inculcate national integration
1	
2	
3	
4	
5	
6	
7	
8	

Occasions of flag display	
Half mast display	