

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	1 st week of September	chapter-3 Handball (Practical) <ul style="list-style-type: none"> ➤ Passing. ➤ Catching the ball ➤ Jump shot ➤ Dive shot 	Getting a description of handball skills in the textbook with the help of facilitator or subject teacher to complete the following activities. 1. Write a description by looking at the pictures of handball skills. <ul style="list-style-type: none"> • Passing. • Catching the ball • Jump shot • Dive shot 	Teacher activity review and evaluate individual work sheets to understand students' learning
2	2 nd week of September	chapter-4 Handball (Theory) <ul style="list-style-type: none"> ➤ Defensive tactics of Handball game ➤ Characteristics of Handball player ➤ Achievers who earned awards. 	Practice the Handball chapter in the textbook and complete the following activities with the help of facilitators. <ul style="list-style-type: none"> ✓ Write the methods of defensive techniques in handball game. ✓ Match and write the qualities of handball player. ✓ List out the award winners in Handball game. 	Teacher activity review and evaluate individual work sheets to understand students' learning

3	3 rd week of September	<p>chapter -5 Basketball(theory)</p> <ul style="list-style-type: none"> ➤ Tactics in Basketball game ➤ Essential qualities of basketball players. ➤ Competitions in basketball game 	<p>Getting the description of basketball skills in the text book with the help of subject teacher or facilitator to complete the following activities.</p> <ol style="list-style-type: none"> 1. Explain the techniques of basketball game. 2. Write down the qualities of basketball players should have. 3. List out the tournaments in basketball game. 	<p>Teacher activity review and evaluate individual work sheets to understand students' learning</p>
4	4 th week of September	<p>chapter -4 Basketball (practical)</p> <ul style="list-style-type: none"> ➤ Overhead pass ➤ shooting ➤ Jump shot 	<p>Practice and understand the basketball chapter in the textbook and complete the following activities with the help of facilitator.</p> <ol style="list-style-type: none"> 1. See the picture of the skills given on the work sheet and write an explanation. 2. See the picture of basketball game equipment and name it. 	<p>Teacher activity review and evaluate individual work sheets to understand students' learning</p>

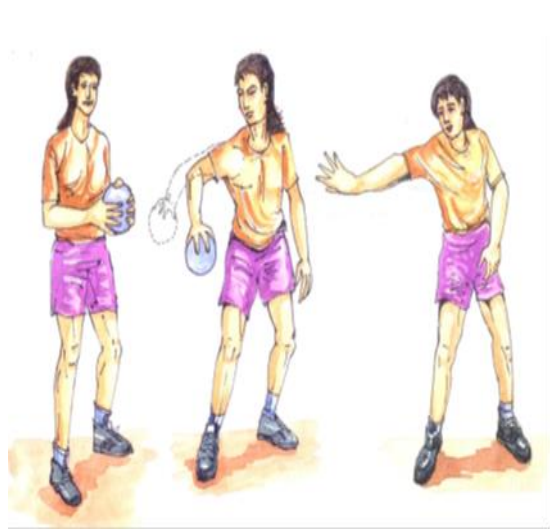
Alternative Educational Plan for the academic year 2021-22

Work sheet

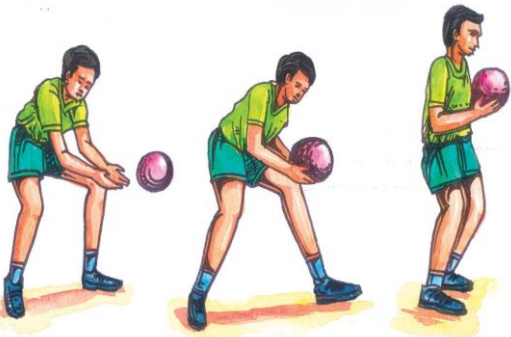
Class : 9	Subject : Physical education	Month /week: September 1 st week
Name of the student:		Roll no :

1. Write the description by seeing the pictures of handball skills?

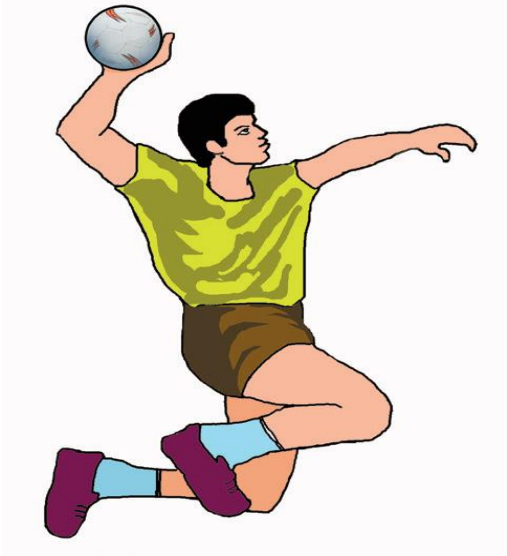
A . Passing- wrist pass:

 <p>Wrist passing</p>	Ball holding and stance –
	Execution –
	Follow through –

B. Catching the ball:


Stance-	 <p>Receiving the ball</p>
Execution:–	
Follow through:–	

C. Jump shot:

	Stance—
	Execution—
	Follow through—

Jump shot

D. Dive shot:

stance —	
Execution -	
Follow through —	

Dive shot

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Work sheet

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

1. Write the methods of defensive techniques in handball game?

1. Defensive techniques:

1. -----
.....

2.-----

3.-----

2. Match and write the characteristics of handball players.

“A”	“B”	Answers
A. For playing entire court	1. accuracy is required-----	
B. For successful passing	2. Agility is essential -----	
C. Receiving the ball and scoring goals	3. needs endurance -----	
D. Changing direction as per the movements	4. Speed is required -----	
E. Handball team consists	5. 12 players. -----	

3. Complete the name of the awardees for Handball sports achievement:

1. State award winners (For achievements in Dasara games)

1	S				n				S					
---	---	--	--	--	---	--	--	--	---	--	--	--	--	--

2	R				i				m		
---	---	--	--	--	---	--	--	--	---	--	--

3	K				a				K					i
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4	P					n				
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2. Ekalavya award winners:

1	R					R					
---	---	--	--	--	--	---	--	--	--	--	--

2	A					R		
---	---	--	--	--	--	---	--	--

3	K				a				K					i
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4	P					n				
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Work sheet

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

1. Describe the (Offensive) attacking tactics of a basketball game?

A. Screening–

B. Post play–

C. Fast break -

2. Qualities that should be present in basketball players. Identify true/false.

sl.no	subject	True or False
1	Tall players will find easy to put the ball into basket or to obtain rebound if unsuccessful.	
2	Explosiveness is essential for jumping as it is inevitable in most situations	
3	Agility is essential for defending the ball as per the movements of opponents, and to pass as well as shoot the ball.	
4	In order to speedily cover distance of the court length, speed is essential.	
5	For receiving the pass and giving the pass by stretching the body flexibility is essential.	
6	Eye-hand co-ordination is essential for players to successfully put the ball into basket.	
7	Accuracy is needed to successfully put the ball into basket.	

3. List out the Basketball sport tournaments.

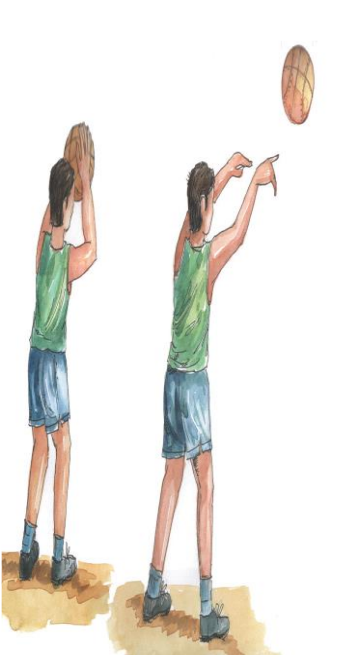
sl.no	Name of the tournaments
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Work sheet

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


1. See the picture of Basketball skill and write a description.

A.

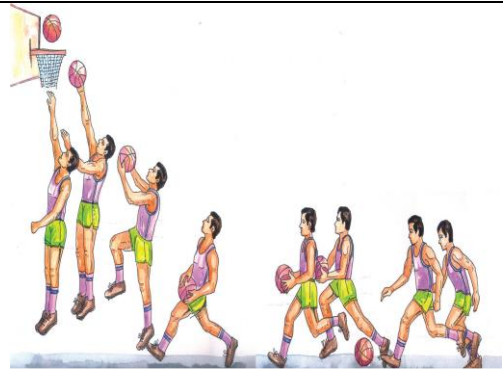
Stance-	
Execution-	
Follow through-	
Receiving the ball-	

Over head pass

B.

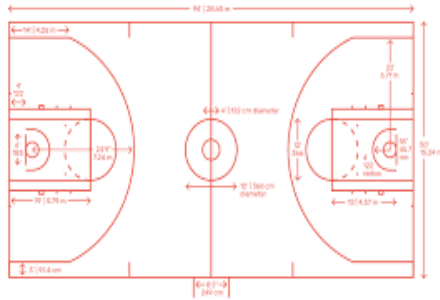
	Stance-
	Execution-
	Follow through-

shooting



Jump shot

2. Write the name by seeing the picture.



1. _____ 2. _____ 3. _____