

			<p>sequence. The team forming the number in a correct manner first is given one point, whereas the one making mistakes or forming late is not given any point. The team securing 10 points first is considered winner.</p>
<p>Day :- 2 Practical</p>			
	<p>Figure of eight race</p>	<p>Figure of eight race</p>	<p>Students are divided into two teams and made to stand in a straight line facing each other at a distance of 8 to 10 meters. A stick is placed in the hands of first player of each team. On the command of teacher, the first player of each team starts to move around the opponent team and then around his own team in the figure of eight pattern and resumes his initial position. The second player collects the stick from the first one and continues to move in a similar manner. All other players continue the same pattern of movement. The team finishing first is considered winner.</p>

Day :- 3Theory			
<p>Learning the hockey court and the equipments</p>	<p>1.gorund construction 2.equipments</p>	<p>Ground construction</p> 	<p>Teachers draw a diagram of hockey court and its dimension on black board to teach the students and make to write in their book</p> <p>Displaying the pictures related to hockey court/ equipments ask the students to identify and make a list.</p>
Day – 4		practical	
<p>Learning the hockey skills such as holding hockey stick, stance, stopping the ball, push</p>	<p>1.Holding the sitck</p> <ul style="list-style-type: none"> ➤ Close grip ➤ Open grip <p>2. Stance</p>	<p>1. Holding the stick</p> <p>2. Stance</p> 	<p>1.Teacher demonstrate as how to hold the hockey stick followed by the students, is observed by the teacher</p> <p>2.Demonstration of stance by holding the stick</p>

Day :- 5 practical

	<p>3.Learning the skill stopping the ball And push</p>	<p>Stopping pushing</p> 	<p>Teacher demonstrate how to stop the ball with stick, followed by the students</p> <p>Use the below given link to watch the video.</p> <p>https://www.youtube.com/watch?v=wHvO2kYxkU</p>
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Day :- 6

Theory

<p>Learning history and court of handball</p>	<p>1.History of handball</p> <p>2.Introduction of hand ball court</p>	<p>1.Quiz</p> <p>2.Structure of handball court</p>	<p>Gathering the information of handball history by conducting quiz competition</p> <p>Teachers draw the diagram of handball court blackboard, involving the students to identify dimensions of the court to facilitate the student learning.</p>  <p>©1996 Encyclopaedia Britannica, Inc.</p>
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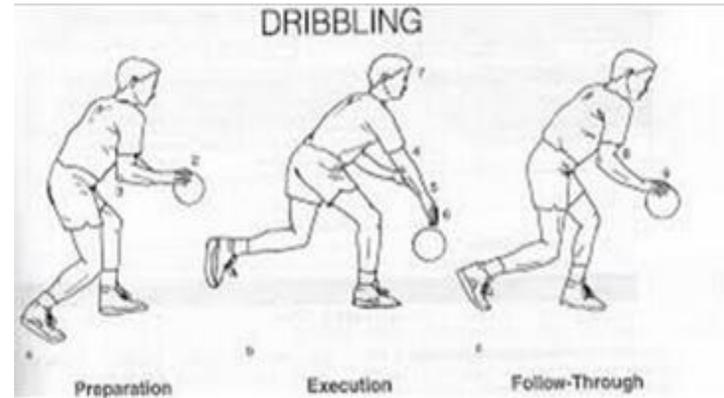
Day :- 7 Practical

Learning the skill of handball
Holding
Dribbling
Pass
Shoot
Jump shot

1.Handball dribbling

➤ Ball holding and dribbling

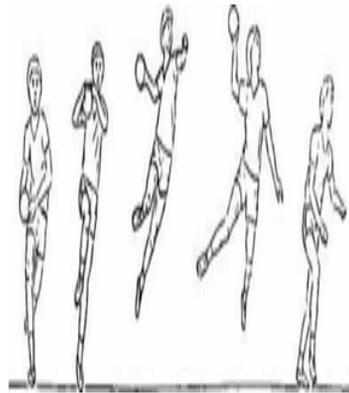
Demonstrating the suggested handball skills by the teacher and make the students to execute



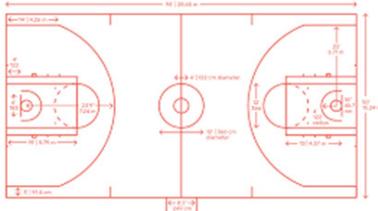
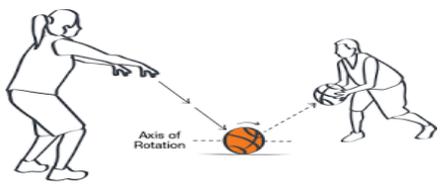
Day :- 8 practical

3.Pass
4.Shoot
5.Jump shot

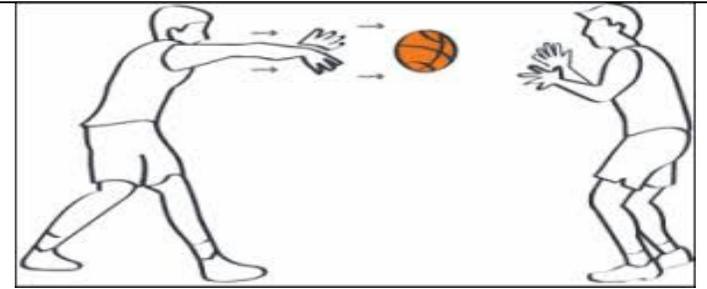
Pass, shoot, jump shot



Demonstration of skill such as pass, shoot and jump shot by the teachers to the students to execute.

Day :- 9			Theory
Learning of basketball court and measurements	Structure of basketball Court measurements	Structure of basketball and measurements 	<p>1. Teachers draw the diagram of basketball court blackboard, involving the students to identify dimensions of the court to facilitate the student learning.</p> <p>2. use this below link for the video https://www.youtube.com/watch?v=9cdCDdU0X</p>
Day :- 10 practical			
Learning basketball skills Holding Dribbling pass	<p>1 Holding the ball</p> <p>2. Dribbling</p> <p>3. Pass</p> <ul style="list-style-type: none"> ➤ Chest pass ➤ Bounce pass ➤ Overhead pass 	<p>Holding the ball</p> <p>Dribbling the ball</p> <p>Passing the ball</p> <ul style="list-style-type: none"> • chest pass • Bounce pass <p>Overhead pass</p> 	<p>Demonstrating basketball skills such as holding ball, dribbling the ball, pass by the teacher to students to facilitate their learning.</p> <p>1. Teacher can use below link to show the video students</p> <p>2. .https://www.youtube.com/watch?v=6ntwsSQds</p>

3.Bounce pass



2.Chest pass

Day :- 11practical

Learning badminton skills

Holding the racquet, Service, Shuttle receiving and Shuttle returning

1.holding the racquet

2.Service

- Fore hand
- Back hand

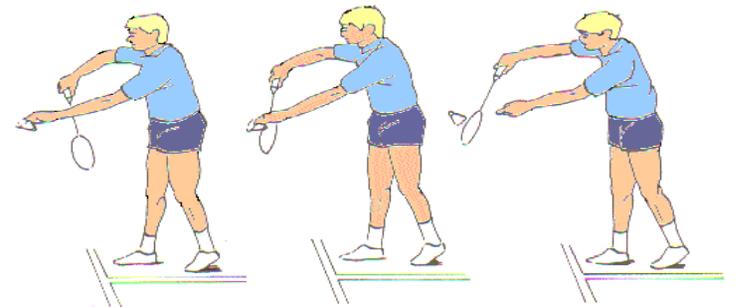
1.Holding the racquet



2.Service

- forehand
- back hand

Demonstrating Badminton skills such as holding racquet, service by the teacher to the students to facilitate their learning. Interact about badminton racquet, colour of the shuttle, weight to improve their learning.



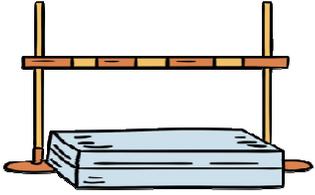
Day :- 12practical			
	3.Badminton shuttle receive 4.Shuttle return	Shuttle receiving Shuttle return	Demonstrating Badminton skills such as shuttle receiving and shuttle return by the teacher to the students and facilitate their learning and interact about the number badminton player in a game. 1. Teacher use the below link to show video. https://www.youtube.com/watch?v=n1oDoTLV3rY
Day :- 13Practical			
Learning the volleyball skill Under hand pass Upper hand pass	1.Under hand pass 2.Upper hand pass	1.Under hand pass 2.Practicising of upperhand pass 	Demonstrating volleyball skills such as under hand pass and upper hand pass by the teacher to the students and facilitate their learning by questioning them
Day :- 14Theory			
Learning the	Middle distance	➤ 800 mts	Make the students to list out the state level and national

names of the middle distance and long distance athletes	<p>race</p> <ul style="list-style-type: none"> ➤ 800 mts ➤ 1500 mts ➤ 3000 mts 	<ul style="list-style-type: none"> ➤ 1500 mts ➤ 3000 mts 	<p>level athletes</p>  <p>State level athletes: Damodar gowda, Sathyanarayana, Arun D'souza.</p> <p>National level athletes: Sriram singh, Bahadur prasad, Surendar singh</p>
Day :- 15		Practical	
Learning the skill of middle running like semi crouch start and run through action	<ol style="list-style-type: none"> 1. Semi crouch start 2. Run through 	<ol style="list-style-type: none"> 1. Semi crouch start 2. Run through method 	<p>1. Teacher marks finishing line 30 mts away from the starting line. Now mark a diagonal axis in the starting point and make students stand behind the diagonal axis to start the race by teacher whistle and follow run through action in finishing line. This is demonstrated and executed by teacher and students to facilitate their learning</p>
Day :- 16 practical			
Learning Shot put	<ol style="list-style-type: none"> 1. Hold the Shot put 	<ul style="list-style-type: none"> ➤ Holding the shot put ➤ Method of throwing the shot put 	<p>Teachers demonstrate the skills like holding Shot put and throwing make the students to practice and observe</p>

skills holding and throwing	2. Method of throwing the shotput (Peri O'briyan)		it. Teacher use the below link to show the video students https://www.youtube.com/watch?v=1B94PIqMU_M https://www.youtube.com/watch?v=oFO_n6jEpg4
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Day:- 17

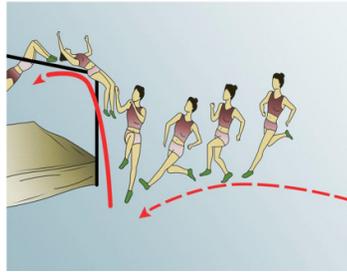
Theory

Learning high jump rules and equipments like High jump bed Stand and cross bar	1. High jump rules ➤ Bed ➤ Stand, ➤ Cross bar	Draw the pictures of highjump equipments 	<ul style="list-style-type: none"> ➤ Instruct to List out the highjump rules to students ➤ Ask the students to identify the highjump equipments.
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Day :- 18 practical

Learning approach run and take off in highjump	1. Approach run	1. Approach run 2. Take off	Demonstrating the skill approach and take off by the teacher and make the student to follow. 3. Teacher uses this link to show the skills to the students
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2. Take off



<https://www.youtube.com/watch?v=zW87tVnDKIU>

Day:- 19

Theory

Learning
yogasnas and
mudras

**1.standing
asanas**

- tadasana
- virukshasana

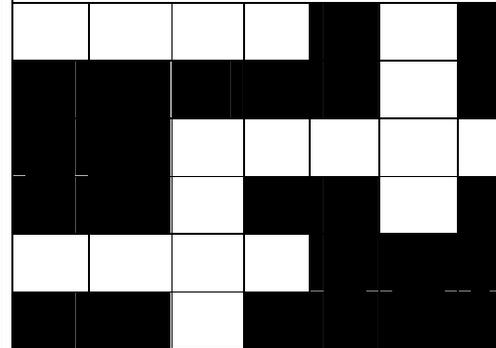
**2.Sitting
asanas**

- padmasana
 - Vajrasana
- 4. sleeping
asanas**
-

1.puzzle

S	B	V	G	D	U	V	O	U	P	L	K
P	H	P	V	A	J	R	A	S	A	N	A
J	S	A	F	G	H	U	J	K	L	O	N
H	I	L	L	O	A	K	T	R	E	E	N
N	A	V	S	A	A	S	A	N	A	M	N
K	A	L	L	A	B	H	E	E	M	A	A
L	O	P	A	D	M	A	S	A	N	A	D
I	G	O	L	F	A	S	S	T	I	N	A
P	P	T	H	A	D	A	S	A	N	A	P
Q	U	E	E	N	K	N	E	B	N	E	A
C	A	T	C	H	E	A	L	L	E	A	D
V	O	S	H	A	V	A	S	A	N	A	A

IDENTIFY THE ASANAS IN THE PUZZLE



Teacher using a student demonstrate yogasanas and teach the name of asanas. Now using a puzzle make students to identify by observing the pictures of asanas shown by the teacher. Teacher by demonstrating mudras to the student teaches the names, in a group make them repeat and learn the mudras

- mudras
- chinmudra
- chinmayamudra
- nasika mudra
- shanmuki mudra

	shalabas anas ➤ shavasa nas 4. Mudras chinmudra chinmayamudr a nasika mudra shanmuki mudra		53	21	
Day :- 20			Practical		
Learning tadasana virukshasana padmasanas shalabasana	➤ tadasana ➤ virukshan sana	➤ tadasana ➤ virukshansana	Teacher demonstrate the suggested asanas and make the students to follow and practice. 1.teacher uses this link to show the skills to the students https://www.youtube.com/watch?v=XSPXKDLOg3Q Informing the students about benefits of practicing tadasanas and virukshansana		

Day :- 21		Practical	
	<ul style="list-style-type: none"> ➤ Padmasana ➤ Shalabasana 	<ul style="list-style-type: none"> ➤ Padmasana ➤ Shalabasana 	<p>Teacher demonstrate the suggested asanas and make the students to follow and practice.</p> <p>1.teacher uses this link to show the skills to the students</p> <p>https://www.youtube.com/watch?v=XSPXKDLOg3Q</p> <p>Informing the students about benefits of practicing padmasana and shalabasana</p>
Day :- 22		practical	
<p>Meditation</p> <p>Anu loma viloma</p>	<p>1.Meditation</p> <p>2. Anu loma viloma</p>		<p>Teacher demonstrate the suggested asanas and make the students to follow and practice</p> <p>Performing simple breathing</p> <p>Performing anu loma viloma and informing the benefits about the benefits of doing</p>
Day :- 23		Theory	

Teaching the sing vande matharam rhythmically	Learning vande mathram	Vande mathram song	<p>1. Teacher sing vandemathram song to the students to learn and make them to sing</p> <p>2. teacher use this below link to show the video</p> <p>https://www.youtube.com/watch?v=YeJb5s6Xxml</p> <p>https://www.youtube.com/watch?v=LpKgW4XWvVw</p>
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Day :- 24 Practical

Forming three lines and quick march	Line formation	<p style="text-align: center;">Line formation</p> 	<p>Teacher demonstrate the first and ask the students to follow when there is a command</p> <p>Tallest to the right..... shortest to the left class..... form a line. class from the right..... count in twoos Children counts from the right 1-2,, 1-2, till the end of the line. number 1 one step back, number 2 one steps forward class forward march, command is given by the teacher,then number one to the right and number two to the left, except right marker all others form three ranks by quick march immediately after the command given by the teacher</p>
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Day :- 25

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	Quick march in three line	Quick march in three line and halt	<p>One(ek):- the left leg is placed forward along with a forward swing from the right arm and the same time the left hand is taken back with a swing</p> <p>Two(do):- the right leg is place forward along with a forward swing from the left hand simultaneously the left hand taken back with a swing.</p> <p>While marching class command is given to the left foot and halt command to the right foot</p> <p>Student say one on left foot by digging and join the right foot to left foot by saying two thus marching comes to an halt in attention position.</p>
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Day :- 26

Practical

<p>Learning lezium ghati lezium ataa tok, Thal se kadam ,piche pav, and aage pav</p>	<p>Ataa tok Thal se kadam</p>	<p>Ataa tok Thal se kadam</p>	<p>Teacher demonstrate lezium activity first and facilitate students to learn</p>
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Day :- 27			practical
	Piche pav Aaage pav	Piche pav Aage pav	Teacher demonstrate lezium activity first and facilitate students to learn
Day :- 28			Theory
Sports equipmets	Hockey stick, hockey ball, volleyball, throwball,cricket ball,basketball,shuttle cock, shuttle racquet javelin, cricket bat, hand ball	Display of sports equipments 	Teacher display the sports equipments in the class to the students and ask them observe identify as which equipment is related to which sport and make them to list out what is learnt.
Day :- 29Theory			
Learning of positive emotions and negative emotions	<ul style="list-style-type: none"> ➤ Positive emotions ➤ Negative emotions 	<ul style="list-style-type: none"> ➤ Positive emotions ➤ Negative emotions 	<p>Instruct the students to write a list on positive emotions and negative emotions.</p> <ul style="list-style-type: none"> ➤ Positive emotions Love, friendship,happiness, appreciation ➤ Negative emotions Fear, angry, jealous, sorrow, shame, refusal

Day :- 30Theory			
Healthy habits Strolling in the air , rest, sleep, and advantages	<ol style="list-style-type: none"> 1. Strolling in the air 2. Rest 3. sleep 	Advantages of Strolling in the air Rest Sleep	By Interacting with students about the Benefits of Strolling in the air, rest, sleep, question the students to facilitate learning.