

CHOITHRAM SCHOOL, MANIK BAGH, INDORE

ANNUAL CURRICULUM PLAN SESSION 2017 – 2018

CLASS:12

SUBJECT: PHYSICAL EDUCATION

Month & Working Days	Theme/ Sub-theme	Learning Objectives		Activities & Resources	Expected Learning Outcomes
		Subject Specific (Content Based)	Behavioral (Application based)		
JUNE	Lesson- 1 Planning in sports.	1. Meaning and objective of planning 2. various committees and its responsibilities. 3. tournaments, fixture procedure 4. Intramural, extramural and specific sports programme	1. Student will learn how to make basic plan for any activity or task. 2. Student will learn how to make committees and its working. 3. student will understand that in some stage of life we need to take helping hand for smooth going. 4. student will also learn how to create awareness about physical fitness among the society	First of all we give general introduction about the chapter then we talk about plan on any topic like anything. We divide student in to two or three group and tell them to make plan for organizing a small party in their home . By these they come out with lot of planning . then we collect all the planning step and rearrange in a symmetric order. Like the same if we are going to organize any tournament firstly we know about the fixture in detail . Then student will organize a simple and small tournament in p.e practical class.	1. Students have learned how to make plan of any tournament or for any single activity in their life. 2. students have learned to make different committees and coordinate with these committees. 3. students have learned the important of physical fitness in our life.

JULY	Lesson -2 Sports Nutrition	Balance diet and their function , Carbohydrates, proteins, fat, vitamins, minerals, eating disorder , eating for weight control (preventing obesity), dieting myths.	1. Students will learn how much and which kind of diet should be taken in our daily life . 2. Students will learn the importance of proper diet. 3. Student will learn the side facts of eating disorders. 4. student will learn how to control or prevent various health problems .	First of all we go for general group discussion about our topics and see what all the points come out by the student side and arrange in the systematic order. After that we come to our main points that is relative to the topics, like obesity causes of obesity prevention of obesity, etc. we also make a small class work tell them to make a small chat on what they eat in yesterday after that compile all the points and categorize in two different groups one is good for body and second one is less profitable to our body . and tell them to use the food which is good for their health and fitness of the body . and also share the harmful effects of improper diet (health problems).	1. Children have learned the importance of diet in daily life 2. children have learned to identify the nutritive and non nutritive component of diet . 3. Children have learned the harmful effects of disorder in eating in our daily life . 4. children have learned about various diseases which occurs due to irregular eating in our daily life like obesity.
	Lesson -3 Yoga and lifestyle	Meaning of yoga. obesity, diabetes , Asthma, hypertension, back pain (corrective measures of all these.) Posture deformities	1. Student will learn the importance of yoga in daily life. 2. student will learn about various common diseases and their remedial method. 3. Student will learn how to	For this chapter we take our class on ground and divided the student into two or three groups in which girls have one group. And give general introduction about yoga . we call one teacher or student who can perform the asana . Then we demonstrate different types of asana and simultaneously we give brief explanation about it like how to	1. Student have learned that yoga is one of the heritage of India. 2. student have learned to perform various asana and pranayams. 3. student have learned to identify the asana and use of asana for correct or reducing the effect of

			perform various yoga asana and pranayam for the benefits of health and fitness of body and mind	perform, benefits of asana ,which asana are helpful for reducing which diseases ,like for diabetes :- bhujang asana , for asthma:- sukh asana, chakra asana, ect.	diseases .	
AUGUST	Lesson -4 Physical education or sports for different abled.	Concept of disability or disorder types of disability ,causes of disability, correctives method for disability .strategies to make p.e activities for special kind of children	1.student will learn the importance of physical activities. 2. Student will learn about the causes of different Disorders or diseases due to lack of physical activities in life. 3. Student will learn about the advantage of physical activities for special cases children . 4. Student will learn how to organized a physical activities for these type of children.	In this chapter we are going to organized a group discussion on the basic topics which are related to our lesson because there are many number of things which we seen in our daily life .like physical disability , intellectual disability ,cognitive disability. After that we take all the topic for more detail explanation through lecture method in this we covers various topic disabilities, causes of disabilities, advantages of physical activities for normal children or for special children .	1.Students have learned to identify the common disabilities and disorder found in human body . 2. students have learned how to make best physical activities for special type of children . 3. students have learned which all the thing to remember while dealing with the normal as well as special Kind of children or people.	

	Lesson-5 Children and sports	Motor development in children , factor affecting motor development, physical and physiological benefits of exercise, weight and food supplements (effects), Activities for quality life(aerobic, anaerobic,yoga, swimming,sports)	1.Children will learn about the basic correct body posture of body . 2.children will learn about various stages of their growth and development. 3. children will learn to identify the correct body posture and if it is not correct then he follow the corrective measures for that.	In this when we talking theory class and providing the information about the growth and development stage of human we also explain the normal exercises which the student are already done of familiar with them. After that we show various picture or make dummy for the same postural deformity and tell them in detail like causes of deformities, preventing steps for these diformities,and correctives measures for the same.we also take student on ground and demonstrate various yoga asana and their benefits also.	1.Students have learned the basic and motor development of human body. 2. students have learned to identify the body posture and correctives measures . 3.student have learned the importance of physical activities and yoga in our daily life.	
SEPTEMBER	Lesson -6 Women and sports	1.womens participation in India .2. womens physiological problem. 3.Psycological aspect of women athlete.4. sociological aspects of sports participation.	Student will learn about the present condition of women’s participation in sports in India. 2.student will learn about which all physiological problems are faced by womens. 3. Student will learn what all psychological and	In this chapter we take general group discussion on the topic women participation in sports. After that we collect all the ideas and arrange in a systematic order and come in a conclusion. We can also give many examples of various famous girls or women sports personality(marry kom) who faces so many problem like lack of motivation from parents or society , less respect in society ,financial problem,ect after that we take a lecture on the physiological aspect which women are faced like	1.Students have learned about the present conditions of women participation in sports . 2. students have learned about all the basic problem which the Indian women are facing during the participating in sports . 3. students have learned about the physiological , sociological factors that faced by the Indian	

	<p>Lesson – 7</p> <p>Test and measurement in sports</p>	<p>1.computation of fat percentage. 2. Muscular strength measurement 3. Motor fitness test. 4 general fitness test. 5. Cardiovascular fitness measurement. 6. Senior citizen fitness.</p>	<p>sociological problems are occurs when women starts participating in sports in india.</p> <p>1.children will learn about the fat percentage in our body and how to calculates it. 2. children will learn about muscle strength and by this they can develops their body strength . 3. children will learn about the cardiovascular fitness and it help to develops and measure the cardiovascular fitness. 4. children will also going to learn how to measure the minimum fitness level of senior citizen</p>	<p>menarch,menstrual dysfunction, pregnancy, menopause.etc.</p> <p>In this chapter we take student out in the ground and make arrangement for their sitting. We make a platform for performing various movement for the individual. One teacher come and perform various movement related to various test like rakili and jones test, cardio vascular fitness test, motor fitness test.</p>	<p>women while there are participating in sports</p> <p>1.Students have learned about the minimum fitness of the body. 2. student have learned how to measures the minimum fitness of the human body at different stages of life . 3.Student have learned to identify the test which is used to measure which kind of fitness of a person.</p>	
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SEPTEMBER	LESSON -8 PHYSIOLOGY AND SPORTS	1. Gender differences in physical and physiological parameters. 2. physiological factors determining the component of physical fitness . 3. Effect of exercises of different system of human body.	1. student will learn different parameter of human body. 2. Student will learn physiological component of fitness. 3. student will learn about various system of the body. 4. student will learn the effects of exercises on various system of human body.	For this chapter we take student on ground and make to sit on pavilion and then we call one girl and one boy form among them who stand in front of them then teacher start explaining the physiological differences among both the bodies of girl and boy . like weigth,height,muscular strength , skeleton differences etc. for other topics we told students to go for one round of the track (400m) after that we explain about various effects of exercise se on various system. Because in some point they feel exactly the same in their own body like increased cardiacout, resting pulse increases ,faster adaptation of working load, expansion of chest,faster responses,etc.	1. Students have learned student have learn the basic physical and physiological differences between male and female.. 2. students have learned physiological factor determining components of physical fitness. 3. students have learned about different body system of human body which is going to help him to maintain proper physical fitness of the body. 4. student have learned the effects of exercises on various system of human body by which he or she can maintain the proper body shape and size by regular physical activities according to there body	
OCTOBER	LESSON -10 KINESIOLOGY, BIOMECHANICS	1. Projectile and factors affecting projectile 2. Laws of motions and its	1. Students will learn about projectile and	In this chapter we take student in ground and make stand in front of us in a line or in a group . after that we	1. Students have learned how to used different types of laws and	

	AND SPORTS	<p>application in sports</p> <p>3. aerodynamics and principles of aerodynamics friction, axes , planes.</p> <p>4.Types of movement and major muscles involved in it.</p>	<p>factors affecting on it. This is going to help in daily life works .</p> <p>2.Student will learn the uses of various laws of motion in sports or in daily life</p> <p>3.Student will learn about various body movement and the involment of the muscles in that movement</p>	<p>start our lesson topics and explain that with a suitable example related to the sports field like walking in walking we used all 3 law of motion ,in sortput throw we use projectile, in javelin we use the principles of aerodynamic etc.</p>	<p>principles of biomechanics and kinesiology in our sports field or in our daily life activities .</p> <p>2. students have learned about the muscles of our body and which muscles are responsible for the movement of which part of the body .</p> <p>3. students have learned to apply the laws of biomechanics correctly and in efficient way to perform better in sports or competition.</p>	
NOVEMBER	Lesson – 11 Psychology and sports	<p>Stress , anxiety and it management, Coping strategies(probem focused and emotion focused), Motivation and it types& technieques. Self stream & body image.</p>	<p>1.student will learn different parameter of human body.</p> <p>2. Student will learn physiological component of fitness.</p> <p>3. student will learn about various system of the body.</p> <p>4. student will learn the effects of exercises on</p>		<p>1.Students have learned how to groom themselves or present In front of other .</p> <p>2. students have learned to manage the stress level of their own as well as other also ..</p> <p>3. students have learned to utilize their aggression in a positive way which is going to enhance their performance any activities.</p>	

	Lesson -9 Sports medicine	1.concept,aims,scopeof sports medicine. 2.causes and prevention of sports injuries. First aid aims and objectives. 3. Management of sports injuries.	various system of human body. 1.Learner will learn about the sports medicine use of sports medicine in sports or in daily life. 2.Learner will learn about the basic step for handling any minor injuries. 3.Learner will learn how to manage the injuries. 4. Learner will learn to identify the injuries whether it is soft tissues injuries ,bone injuries or joint	We make group discussion on the topic sports injuries . in these we discuss on various topics which include various types of sports injuries like soft tissues injuries(abrasion, contusion, incision, sprain and strain.).bone and joint injuries (dislocation, fractures, stress fracture , green stick, comminated,etc in this we also talk about the causes and preventing method of these injuries. We also conduct one small activity in ground that they are playing football match and one student fall done . At that time what other student are going to do to deal with these situation or they are able to identify the injury or can handle the student using the first aid knowledge	1.Students have learned to indentify the different types of injuries like major or minor injuries, soft tissues injuries or hard tissues injuries. 2. students have learned the uses of first aid in the time of any injuries occurs . 3. students have learned to use the knowledge of sports medicines in their day today life also.	
DECEMBER	Lesson – 12 Training in sports	Different types of ohysical fitness components and there training methods (strength,endurance,	1.Students will learn about projectile and factors affecting			

		flexibility, coordination, speed ,)	on it. This is going to help in daily life works . 2.Student will learn the uses of various laws of motion in sports or in daily life 3.Student will learn about various body movement and the involment of the muscles in that movement			