

CLASS – 1st

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	<ol style="list-style-type: none"> 1. Safety & Comfort in water 2. Swimming rules 3. Swimming
CONCEPT & SKILLS	<ol style="list-style-type: none"> 1. Changing clothes 2. Use of swimwear & bath towel 3. Enter and exit water safely 4. Blow bubbles through mouth and nose 5. Be at ease with water showered from overhead 6. Scoop the water and wash face 7. Learn how to stay safe, including recognizing an emergency and knowing how to call for help 8. Move forwards for a distance of 1 metres
LEARNING OUTCOMES	<ol style="list-style-type: none"> 1. Wearing swimsuit properly & use of towel. 2. Overcome aquaphobia. 3. Learn basic pool safety rules. 4. Enter unassisted, move 1 metres and exit safely.
INSTRUCTIONAL TOOLS & REFERENCES	<ol style="list-style-type: none"> 1. Pool safety signs 2. "How to Swim" video 3. Whistle 4. Swimming pool
PEDAGOGY	<p>Practical demonstration for wearing swimwear. Use of bath towels. Display pool safety signs around swimming pool. Showering of water to overcome aquaphobia (if any). Demonstrate – pool entry, moving forwards, exit pool</p>
ACTIVITY / ASSIGNMENT / RESEARCH	<p>Changing uniform and putting on swimwear. Keeping uniform neatly at a proper place. Entering water safely. Front glides and floats. Use of basic slides.</p>
ASSESSMENT	Daily observation to monitor – obedience of pool rules, following safety signs, wearing of swimwear and towel. Observing basic forward movement
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic swimming floats & glides; and cooperation / coordination with class mates.

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	Dribbling
CONCEPT & SKILLS	1.Commands 2.Whole-part Whole methods 3.Warm up exercises
LEARNING OUTCOMES	1. Wrists of students will be strong. 2.Spinal cord exercises will be done through this skill.
INSTRUCTIONAL TOOLS & REFERENCES	1.Commands 2.Basketball court 3.Basketball
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	1. Specific warm-ups like wrist rotation. 2. Ball gripping 3. Dribbling of basketball with one hand.
ASSESSMENT	Daily observation to monitor – skills of basketball.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic skills of basket ball and cooperation / coordination with class mates.

SEPTEMBER

CLASS IST	
CLASS REQUIRED	(40 minutes period class)
TOPIC	ekwondo/Cricket & Skipping
CONCEPT & SKILL	Development of fighting skills. Measures of self-defence. Warm up exercises. Skipping techniques
LEARNING OUTCOMES	Aware of Fist & 2 nd kick of taekwondo Aware of stance Improvement in standing position. Concentration with bat to ball
INSTRUCTIONAL TOOLS & REFERENCES	Commands Kicking pads

	<p>Skipping rope</p> <p>Cricket kit</p>
DAGOGY	actical demonstration
CTIVITY/ SIGNMENT/ SEARCH	<p>Students will follow instructions properly</p> <p>Demonstration will be given by teacher (Instructor)</p>
SESSMENT	aily observation to monitor-skills of taekwondo
LLABUS FOR FORMATIVE & MMATIVE SESSMENT	<p>n the basis of daily observation and student participation, child will be assessed for discipline, motivation & basic skills of taekwondo.</p>

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CONCEPT & SKILLS	<ol style="list-style-type: none"> 1. Changing clothes 2. Use of swimwear & bath towel 3. Enter and exit water safely 4. Blow bubbles through mouth and nose 5. Be at ease with water showered from overhead 6. Scoop the water and wash face 7. Learn how to stay safe, including recognizing an emergency and knowing how to call for help 8. Move forwards for a distance of 1 metres
LEARNING OUTCOMES	<ol style="list-style-type: none"> 1. Wearing swimsuit properly & use of towel. 2. Overcome aquaphobia. 3. Learn basic pool safety rules. 4. Enter unassisted, move 1 metres and exit safely.
INSTRUCTIONAL TOOLS & REFERENCES	<ol style="list-style-type: none"> 1. Pool safety signs 2. "How to Swim" video 3. Whistle 4. Swimming pool
PEDAGOGY	Practical demonstration for wearing swimwear. Use of bath towels. Display pool safety signs around swimming pool. Showering of water to overcome aquaphobia (if any). Demonstrate – pool entry, moving forwards, exit pool
ACTIVITY / ASSIGNMENT / RESEARCH	Changing uniform and putting on swimwear. Keeping uniform neatly at a proper place. Entering water safely. Front glides and floats. Use of basic slides.
ASSESSMENT	Daily observation to monitor – obedience of pool rules, following safety signs, wearing of swimwear and towel. Observing basic forward movement
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic swimming floats & glides; and cooperation / coordination with class mates.

Class 1st (October)

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	Intra class events(Tug of war, One legged race)
CONCEPT & SKILLS	1. Commands 2. Whole-part Whole methods 3. Warm up exercises
LEARNING OUTCOMES	1. Improvement in standing position. 2. Improvement in balancing body
INSTRUCTIONAL TOOLS & REFERENCES	1. Commands 2. Whistle 3. Rope
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	1.Students will follow commands properly 2. Demonstration will be given by teacher(coach).
ASSESSMENT	Daily observation to monitor .
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation and coordination with class mates.

CLASS – 1st (November)

CLASSES REQUIRED	12 (40 minutes period class)
TOPIC Games being introduced	<ul style="list-style-type: none"> a. Skipping b. Badminton c. Basket Ball
CONCEPT & SKILLS	<ul style="list-style-type: none"> a. Commands b. Skills related commands as grip c. Grip and Stance d. Dribbling e. Chest Pass f. Skipping Technique
LEARNING OUTCOMES	<p>Students will learn:</p> <ul style="list-style-type: none"> a. Basics of various games and try to master the techniques being taught b. Self discipline and correct response to commands. c. Sportsmanship d. Teamwork e. Knowledge about effects of good exercise on body parts. f. Basics of how to be healthy person.
INSTRUCTIONAL TOOLS & REFERENCES	<ul style="list-style-type: none"> a. Skipping rope b. Ground c. Soft surface d. Commands by instructor.
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	<ul style="list-style-type: none"> a. Warm up b. Stretching, skipping forward and backward c. General warm up d. Specific warm up related skills e. Techniques needed for various games being taught.
ASSESSMENT	<ul style="list-style-type: none"> a. On daily basis to see the gradual improvement in the skill being taught b. Daily observations during class to see team work co-operation etc.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of students participation in activities done in the sports class, the students will be assessed for the motivation, expertise and sportsmanship throughout the session.

