

BHARTIYA VIDYA MANDIR SENIOR SECONDARY SCHOOL
SECTOR-39, CHANDIGARH ROAD, LUDHIANA
SYLLABUS OF CLASS VII

SUBJECT : HEALTH & PHYSICAL EDUCATION				SESSION : 2025-26	
Month	Unit/Chapter/ Topic	Learning Objective	Pedagogy Tools Used/ Methodology	Learning Outcomes	Skills Learnt by Students
APRIL	1. Athletics	1. To build students' confidence and competence to participate in athletics over the game-based program 2. To teach the students about 100 mts., 200 mts., 400 mts., 800mts., Shot Put, Long Jump, Relay Races, 100m Hurdle Race	1. Introduction to Athletics, 2. Checking their previous knowledge, 3. Warm Up, 4. Skill Development, 5. Demonstrating them the correct use of Arms and Legs to run	Students will develop confidence and have more zeal to participate over athletics based games	1. Running 2. Confidence 3. Speed 4. Strength

	2. Walking and Jogging	<ol style="list-style-type: none"> Helps to strengthen muscles Improve cardiovascular fitness Burn plenty of calories 	Building on the importance of place, sensory inquiry and rhythm	<ol style="list-style-type: none"> Helps to strengthen muscles Improve cardiovascular fitness Burn plenty of calories 	<ol style="list-style-type: none"> Endurance Strength
MAY	3. Major Games	<p>To make the students aware about the following major games:-</p> <ol style="list-style-type: none"> Football Hand Ball Volley Ball Badminton Chess Kho-Kho Table-Tennis Yoga Carrom 	<ol style="list-style-type: none"> Engage students with the topic by asking them to list the top three things necessary to know before playing these major games By telling the students that they will be working on basic football, handball, Volley Ball etc. skills 	<p>The students will be able to recognise:-</p> <ol style="list-style-type: none"> Various major games Rules of these games Safer way to play these games 	<ol style="list-style-type: none"> Teamwork Decision-making Discipline Leadership Goal setting
JULY	4. Combative Games	<p>To make the students aware about the following Combative games:-</p> <ol style="list-style-type: none"> Judo 	<ol style="list-style-type: none"> Introduction to the students of combative games 	<p>Students will be able to recognise:-</p> <ol style="list-style-type: none"> Various Combative Games 	<ol style="list-style-type: none"> Discipline Self-reliance Strength

		2. Wrestling 3. Karate	2. Telling them about the basic rules, do's and don'ts of these games 3. Telling the students about the safer way to play these games	2. Importance of learning these combative games 3. Rules of these games	
	5. Dribbling of Basket Ball	1. Burn calories and build endurance 2. Improve balance and coordination 3. Develop self-discipline and concentration 4. Build up muscles	1. Keep your head up and your eyes on the game. Don't look at the ball. 2. Use your fingers not your palm to control the ball. 3. Use your body and your non-dribbling arm to shield the ball from the defenders.	1. Burn calories and build endurance 2. Improve balance and coordination 3. Develop self-discipline and concentration 4. Build up muscles	1. Strength 2. Speed
AUGUST	6. General Exercises	To make the students aware about various general fitness exercises	1. Introducing the students about the importance of these exercises	Students will be able to recognise the purpose and importance of doing these exercises	1. Balance 2. Accuracy 3. Strength 4. Discipline 5. Endurance

			2. Giving them the 10-12 basic exercises to practice for fitness		
	7. Mass P.T. Drill Exercises	To make the students aware about various mass P.T. Drill exercises	1. Introducing the students about the importance of these exercises 2. Giving them the 8 basic exercises to practice	Students will be able to recognise the purpose and importance of doing these exercises	1. Strength 2. Endurance 3. Discipline
SEPTEMBER	8. Yoga and Meditation	1. To make the students learn about the benefits of inculcating yoga in their day to day life 2. They will learn the advantages of meditating on daily basis	1. Teaching the students about the meaning of asana 2. Telling them the different yoga postures 3. Making them practice various Yogic Postures 4. Giving the students the step by step guidance for	Students will be able to:- 1. Learn about the benefits of inculcating yoga in their day to day life 2. Learn the advantages of meditation	1. Flexibility 2. Balance 3. Strength 4. Stress-management

			practicing Yoga		
OCTOBER	9. Recreational Games	To make the students aware about:- 1. Walking 2. Jogging 3. Hiking 4. Swimming etc.	Introducing the students about the importance of these exercises	Students will be able to recognise the purpose and importance of doing these exercises	1. Endurance. 2.Accuracy 3.Strength 4.Discipline 5.Balance
	10. Callisthenics	1. Helps for long term better health 2. Improve mobility and ease of movement 3. Burn more calories	Exercise 1 On Count 1-Stand at attention. On Count 2-Extend both arms in front at the shoulders level with palms facing each other. On count 3. Raise the arms upwards touching the ears, palms facing each other. On count 4. Bring the arms Down and back to the attention position. On count 5. Repeat step 2 to 4, Five times. Exercise 2 On count 1.Stand at attention.	1. Helps for long term better health 2. Improve mobility and ease of movement 3. Burn more calories	1. Co-ordination 2. Balance 3. Agility 4. Aerobic conditioning

			<p>On count 2. Extend both arms in front at shoulder level with palm facing each other. On count 3. Move the arms sideways, first toward the left and then to the right side. On count 4. Bring the arms back to position 2. On count 5. Bring the arms down and back to the attention position. Repeat the steps 2 to 5, five times.</p> <p>Exercise 3 On count 1. Stand at attention position. On count 2. Extend both arms at the sides at the shoulder level with palm facing down.</p>		
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			<p>On count 3. Clap the hands over the head without bending the arms at the elbows.</p> <p>On count 4. Bring the arms back to position 2.</p> <p>On count 5. Bring the arms down and back to attention position.</p> <p>On count 6.</p> <p>Repeat Steps 2 To 5, Five Times</p> <p>Exercise 4</p> <p>On count 1. Stand at attention.</p> <p>On count 2.</p> <p>Stretch out both the arms at front at shoulders, length with palm facing down.</p> <p>On count 3. Bend down and touch the toes.</p> <p>On count 4.</p> <p>Return to step 2.</p> <p>On count 5. Bring the arms down, return to attention.</p>		
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			<p>On count 6. Repeat Steps 2 To 5, Ten Times</p> <p>Exercise 5 On Count 1. Stand at attention. On count 2. Stretch out both arms on the sides at the shoulder level. On Count 3. Jump to stand legs apart. On count 4. Bend down and touch the right toe with the left hand. On count 5. Return to attention position. 6. Repeat Step 2 To 4, Five Times.</p>		
NOVEMBER	11. Importance of Healthy Food and Nutrition	<ol style="list-style-type: none"> 1. To make students aware about the importance of eating healthy food 2. To teach the students about the food nutritional value 	<ol style="list-style-type: none"> 1. Giving the students introduction about healthy and unhealthy food 2. Telling them the 5 benefits of eating 	<p>After this lesson students will be aware about:-</p> <ol style="list-style-type: none"> 1. The benefits of eating healthy food 2. The nutritional value of different food items. 3. The proportion of nutrients that body 	<ol style="list-style-type: none"> 1. Creating Balance 2. Discipline 3. Planning

		and the purpose of nutrients in our body	healthy food on daily basis 3. Telling the students about mix of nutrients our body requires and the proportion of their intake on regular basis for the development of our body	requires on daily basis	
	12. Traffic Rules	1. To make the students aware about the importance of road safety rules 2. Make them learn various safety rules	1. Introducing the students about the traffic rules 2. Telling the students about various rules that they must obey while walking on the road 3. Making them learn about the various signals and signs that we come across while	After learning various Traffic Rules, Students will be able to:- 1. Recognise various Traffic signs 2. Obey traffic rules 3. Walk and drive safely on the roads	1. Discipline 2. Balance 3. Patience

			walking on the road		
DECEMBER	13. First-Aid	<ol style="list-style-type: none"> 1. To make the students aware about the importance of having a First-Aid Box at Home or School 2. To make the aware about the various items that are necessary to be present in the First-Aid Box 	<p>Telling the students about :-</p> <ol style="list-style-type: none"> 1. Meaning of First-Aid Box 2. Things required in First-Aid Box 3. Usage of First-Aid Box 	<p>Students will be able to:-</p> <ol style="list-style-type: none"> 1. Know that when the First-Aid Box can be used for rescue 2. Recognise the items in the box and their purpose 	<ol style="list-style-type: none"> 1. Management 2. Empathy 3. Helping others
JANUARY	14. General Discussion	<p>To make the students aware about:-</p> <ol style="list-style-type: none"> 1. Discipline 2. Health and Hygiene 3. Moral Values 	<p>Telling the students about:-</p> <ol style="list-style-type: none"> 1. Introduction to the importance of Discipline, health and hygiene and moral values 2. Meaning of discipline, health and hygiene 	<p>After this lesson, students will be able to:-</p> <ol style="list-style-type: none"> 1. Stay disciplined 2. Ensure basic health and hygiene 3. Practice of moral values in day to day life 	<ol style="list-style-type: none"> 1. Discipline 2. Healthy decision making 3. Time management 4. Patience