

# Bhartiya Vidya Mandir Senior Secondary School

Sector-39, Chandigarh Road, Ludhiana

## SYLLABUS OF CLASS IX

BOOK: NCERT

SUBJECT – HEALTH & PHYSICAL EDUCATION

SESSION - 2024-2025

Month	Topic	Learning Objective	Pedagogy Tools Used/ Methodology	Learning Outcomes	Skills Learnt by Students
APRIL	<b>1. Major Games</b>	To make the students aware about the following major games:- 1. Football 2. Hand Ball 3. Volley Ball 4. Badminton 5. Chess 6. Kho-Kho 7. Table-Tennis 8. Yoga 9. Carrom	1. Engage students with the topic by asking them to list the top three things necessary to know before playing these major games  2. By telling the students that they will be working on basic football, handball, Volley Ball etc. skills	The students will be able to recognise:- 1. Various major games 2. Rules of these games  3. Safer way to play these games	1. Teamwork 2. Decision- making 3. Discipline 4. Leadership 5. Goal setting
	<b>2. Walking and Jogging</b>	1. Helps to strengthen muscles 2. Improve cardiovascular fitness	Building on the importance of place, sensory inquiry and rhythm	1. Helps to strengthen muscles 2. Improve cardiovascular fitness	1. Endurance 2. Strength

		3. Burn plenty of calories		3. Burn plenty of calories	
<b>MAY</b>	<b>3. Athletics</b>	<p>1. To build students' confidence and competence to participate in athletics over the game-based program</p> <p>2. To teach the students about 100 mts., 200 mts., 400 mts., 800mts., Shot Put, Long Jump, Discus Throw, Relay Races, 100m Hurdle Race</p>	<p>1. Introduction to Athletics,</p> <p>2. Checking their previous knowledge,</p> <p>3. Warm Up,</p> <p>4. Skill Development,</p> <p>5. Demonstrating them the correct use of Arms and Legs to run</p>	<p>Students will develop confidence and have more zeal to participate over athletics based games</p>	<p>1. Running</p> <p>2. Confidence</p> <p>3. Speed</p> <p>4. Strength</p>
		<p>1. Helps for long term better health</p> <p>2. Improve mobility and ease of movement</p> <p>3. Burn more calories</p>	<p><b>Exercise 1</b></p> <p>On Count 1-Stand at attention.</p> <p>On Count 2- Extend both arms in front at the shoulders level with palms facing each other.</p> <p>On count 3. Raise the arms upwards touching the ears, palms facing each other.</p> <p>On count 4. Bring the arms Down and back to the attention position.</p> <p>On count 5. Repeat step 2 to 4, Five times.</p> <p><b>Exercise 2</b></p> <p>On count 1.Stand at attention.</p> <p>On count 2. Extend both arms in front at shoulder level with palm facing each other.</p> <p>On count 3. Move the arms sideways, first toward the left and then to the right side.</p> <p>On count 4. Bring the arms back to position 2.</p> <p>On count 5. Bring the arms down and back to the attention position.</p>	<p>1. Helps for long term better health</p> <p>2. Improve mobility and ease of movement</p> <p>3. Burn more calories</p>	<p>1. Co-ordination</p> <p>2. Balance</p> <p>3. Agility</p> <p>4. Aerobic conditioning</p>

JULY	4. Callisthenics	<p>Repeat the steps 2 to 5, five times.</p> <p><b>Exercise 3</b></p> <p>On count 1. Stand at attention position.  On count 2. Extend both arms at the sides at the shoulder level with palm facing down.  On count 3. Clap the hands over the head without bending the arms at the elbows.  On count 4. Bring the arms back to position 2.  On count 5. Bring the arms down and back to attention position.  On count 6. Repeat Steps 2 To 5, Five Times</p> <p><b>Exercise 4</b></p> <p>On count 1. Stand at attention.  On count 2. Stretch out both the arms at front at shoulders, length with palm facing down.  On count 3. Bend down and touch the toes.  On count 4. Return to step 2.  On count 5. Bring the arms down, return to attention.  On count 6. Repeat Steps 2 To 5, Ten Times</p> <p><b>Exercise 5</b></p> <p>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>			
	1. Burn calories and build endurance	1. Keep your head up and your eyes on the game. Don't look at the ball.	1. Burn calories and build endurance	1. Strength	

	<b>5. Dribbling of Basket Ball</b>	<ol style="list-style-type: none"> <li>2. Improve balance and coordination</li> <li>3. Develop self-discipline and concentration</li> <li>4. Build up muscles</li> </ol>	<ol style="list-style-type: none"> <li>2. Use your fingers not your palm to control the ball.</li> <li>3. Use your body and your non-dribbling arm to shield the ball from the defenders.</li> </ol>	<ol style="list-style-type: none"> <li>2. Improve balance and coordination</li> <li>3. Develop self-discipline and concentration</li> <li>4. Build up muscles</li> </ol>	<ol style="list-style-type: none"> <li>2. Speed</li> </ol>
<b>AUGUST</b>	<b>6. Yoga and Meditation</b>	<ol style="list-style-type: none"> <li>1. To make the students learn about the benefits of inculcating yoga in their day to day life</li> <li>2. They will learn the advantages of meditating on daily basis</li> </ol>	<ol style="list-style-type: none"> <li>1. Teaching the students about the meaning of asana</li> <li>2. Telling them the different yoga postures</li> <li>3. Making them practice various Yogic Postures</li> <li>4. Giving the students the step by step guidance for practicing Yoga</li> </ol>	<p>Students will be able to:-</p> <ol style="list-style-type: none"> <li>1. Learn about the benefits of inculcating yoga in their day to day life</li> <li>2. Learn the advantages of meditation</li> </ol>	<ol style="list-style-type: none"> <li>1. Flexibility</li> <li>2. Balance</li> <li>3. Strength</li> <li>4. Stress-management</li> </ol>
	<b>7. Combative Games</b>	<p>To make the students aware about the following Combative games:-</p> <ol style="list-style-type: none"> <li>1. Judo</li> <li>2. Wrestling</li> <li>3. Karate</li> <li>4. Tug of War</li> </ol>	<ol style="list-style-type: none"> <li>1. Introduction to the students of combative games</li> <li>2. Telling them about the basic rules, do's and don'ts of these games</li> <li>3. Telling the students about the safer way to play these games</li> </ol>	<p>Students will be able to recognise:-</p> <ol style="list-style-type: none"> <li>1. Various Combative Games</li> <li>2. Importance of learning these combative games</li> <li>3. Rules of these games</li> </ol>	<ol style="list-style-type: none"> <li>1. Discipline</li> <li>2. Self-reliance</li> <li>3. Strength</li> </ol>
<b>SEPTEMBER</b>	<b>8. Mass P.T. Exercises (Conducting the test)</b>	<p>To make the students aware about various mass P.T.</p>	<ol style="list-style-type: none"> <li>1. Introducing the students about the importance of these exercises</li> <li>2. Giving them the 8 basic exercises to practice</li> </ol>	<p>Students will be able to recognise the purpose and importance of doing these</p>	<ol style="list-style-type: none"> <li>1. Strength</li> <li>2. Endurance</li> <li>3. Discipline</li> <li>4. Balance</li> </ol>

	batteries of KHELO INDIA)	exercises		importance of doing these exercises	
					5. Coordinative abilities
OCTOBER	<b>9. General and Specific Exercises</b>	To make the students aware about various general fitness exercises	<ol style="list-style-type: none"> <li>1. Introducing the students about the importance of these exercises</li> <li>2. Giving them the 10-12 basic exercises to practice for fitness</li> </ol>	Students will be able to recognise the purpose and importance of doing these exercises	<ol style="list-style-type: none"> <li>1. Balance</li> <li>2. Accuracy</li> <li>3. Strength</li> <li>4. Discipline</li> <li>5. Endurance</li> </ol>
	<b>10. Paschimo Uttanasana</b>	<ol style="list-style-type: none"> <li>1. Improve the flexibility of back bone.</li> <li>2. Calm the brain and helps to relieve the stress and mild depression.</li> <li>3. Reduce flat foot problem.</li> <li>4. Reduce Fat of the Thigh open up the hip.</li> </ol>	<ol style="list-style-type: none"> <li>1. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.</li> <li>2. Inhale and draw your spine up long.</li> <li>3. On each inhale, lengthen your spine.</li> <li>4. On each exhale deepen into your forward bend.</li> </ol>	<ol style="list-style-type: none"> <li>1. Improve the flexibility of back bone.</li> <li>2. Calm the brain and helps to relieve the stress and mild depression.</li> <li>3. Reduce flat foot problem.</li> <li>4. Reduce Fat of the Thigh open up the hip.</li> </ol>	To improve Flexibility
	<b>11. First-Aid Box</b>	<ol style="list-style-type: none"> <li>1. To make the students aware about the importance of having a First-Aid Box at Home or School</li> <li>2. To make the aware about the various items that are necessary to be present in the First-Aid Box</li> <li>3. To teach the students about preparing the First-Aid Box</li> </ol>	<p>Telling the students about :-</p> <ol style="list-style-type: none"> <li>1. Meaning of First-Aid Box</li> <li>2. Things required in First-Aid Box</li> <li>3. Usage of First-Aid Box</li> <li>4. Helping the students in preparing a First-Aid Box</li> </ol>	<p>Students will be able to:-</p> <ol style="list-style-type: none"> <li>1. Know that when the First-Aid Box can be used for rescue</li> <li>2. Recognise the items in the box and their purpose</li> </ol>	<ol style="list-style-type: none"> <li>1. Management</li> <li>2. Empathy</li> <li>3. Helping others</li> </ol>

<b>NOVEMBER</b>	<b>12. Fundamental skills of volleyball.</b>	<p>1. Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defence, transition, and defence. Understand and apply the knowledge of basic rules of volleyball.</p> <p>2. Demonstrate proper etiquette and good sportsmanship.</p> <p>3. Understand basic volleyball scoring and officiating procedures.</p>	<p>1. The six basic volleyball skills are passing, setting, spiking, blocking, digging and serving.</p> <p>2. Passing is often thought of as the most important skill in volleyball. If you can't pass the serve, then you won't ever put your team in a position to score a point.</p> <p>3. The importance of serving is often undervalued</p>	<p>1. Demonstrate an understanding of the typical game sequencing: serve, pass, attack, defence, transition, and defence. Understand and apply the knowledge of basic rules of volleyball.</p> <p>2. Demonstrate proper etiquette and good sportsmanship.</p> <p>3. Understand basic volleyball scoring and officiating procedures.</p>	<p>1. Coordination</p> <p>2. Team work</p> <p>3. Strength</p>
<b>DECEMBER</b>	<b>13. Road Safety Rules</b>	<p>1. To make the students aware about the importance of road safety rules</p> <p>2. Make them learn various safety rules</p>	<p>1. Introducing the students about the traffic rules</p> <p>2. Telling the students about various rules that they must obey while walking on the road</p> <p>3. Making them learn about the various signals and signs that we come across while walking on the road</p>	<p>After learning various Traffic Rules, Students will be able to:-</p> <p>1. Recognise various Traffic signs</p> <p>2. Obey traffic rules</p> <p>3. Walk and drive safely on the roads</p>	<p>1. Discipline</p> <p>2. Balance</p> <p>3. Patience</p>
<b>JANUARY</b>	<b>14. General Discussion</b>	<p>To make the students aware about:-</p> <p>1. Discipline</p> <p>2. Health and Hygiene</p> <p>3. Moral Values</p>	<p>Telling the students about:-</p> <p>1. Introduction to the importance of Discipline, health and hygiene and moral values</p> <p>2. Meaning of discipline, health and hygiene and moral value in life</p>	<p>After this lesson, students will be able to:-</p> <p>1. Stay disciplined</p> <p>2. Ensure basic health and hygiene</p> <p>3. Practice of moral values in day to day life</p>	<p>1. Discipline</p> <p>2. Healthy decision making</p> <p>3. Time management</p> <p>4. Patience</p>