

Bhartiya Vidya Mandir Sen. Sec. School

Sector 39, Chandigarh Road, Ludhiana

CLASS-XI HEALTH & PHYSICAL EDUCATION				
Month	Unit/Chapter/ Topic	Learning Objective	Resources /Art-Integrated Pedagogy Tools Used/ E-Resources	Learning Outcomes/ Skills Learnt by Students
APRIL	1. General and Specific Exercises	To make the students aware about various general fitness exercises	<ol style="list-style-type: none"> 1. Introducing the students about the importance of these exercises 2. Giving them the 10-12 basic exercises to practice for fitness 3. Keeping a check on their activity 	Students will be able to recognise the purpose and importance of doing these exercises <ol style="list-style-type: none"> 1. Balance 2. Accuracy 3. Strength 4. Discipline 5. Endurance
	2. Athletics	<ol style="list-style-type: none"> 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, Discus Throw, Relay Races, 100m Hurdle Race 	<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 1. Running 2. Confidence 3. Speed 4. Strength
MAY	3. Walking, Jogging And General Warming Up	<ol style="list-style-type: none"> 1. Helps to strengthen muscles 2. Improve cardiovascular fitness 3. Burn plenty of calories 4. Maintain the healthy weight 	<ol style="list-style-type: none"> 1. Building on the importance of place, sensory inquiry and rhythm 2. Walk on the track .Short bouts of jogging to walking work out. 3. Speed walking and brisk race. 4. General warming up exercise. 5. Node your neck hip and arms 6. Rotation of full body and jumps etc. 7. Stretching of full body 	<ol style="list-style-type: none"> 1. Helps to strengthen muscles 2. Improve cardiovascular fitness 3. Burn plenty of calories 4. Maintain the healthy weight <ol style="list-style-type: none"> 1. Endurance 2. Strength 3. Flexibility
JULY	4. Callisthenics	<ol style="list-style-type: none"> 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.	<ol style="list-style-type: none"> 1. Helps for long term better health 2. Improve mobility and ease of movement 3. Burn more calories <ol style="list-style-type: none"> 1. Co-ordination 2. Balance 3. Agility 4. Aerobic conditioning

			<p>Exercise 2 On count 1. Stand at attention. 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. 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>Exercise 4 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>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>	
	5. Dribbling of Basket Ball	<ol style="list-style-type: none"> 1. Burn calories and build endurance 2. Improve balance and coordination 3. Develop self-discipline and concentration 4. Build up muscles 	<ol style="list-style-type: none"> 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. 	<ol style="list-style-type: none"> 1. Burn calories and build endurance 2. Improve balance and coordination 3. Develop self-discipline and concentration 4. Build up muscles <ol style="list-style-type: none"> 1. Strength 2. Speed
AUG	6. First-Aid Box	<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 	<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

		<ol style="list-style-type: none"> 2. To make the aware about the various items that are necessary to be present in the First-Aid Box 3. To teach the students about preparing the First-Aid Box 	<ol style="list-style-type: none"> 4. Helping the students in preparing a First-Aid Box 	<ol style="list-style-type: none"> 3. Helping others
	7. Combative Games	<p>To make the students aware about the following Combative games:-</p> <ol style="list-style-type: none"> 1. Judo 2. Wrestling 3. Karate 4. Tug of War 	<ol style="list-style-type: none"> 1. Introduction to the students of combative games 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 	<p>Students will be able to recognise:-</p> <ol style="list-style-type: none"> 1. Various Combative Games 2. Importance of learning these combative games 3. Rules of these games <ol style="list-style-type: none"> 1. Discipline 2. Self-reliance 3. Strength
SEPT	8. Mass P.T. Exercises (Conducting the test batteries of KHELO INDIA)	<p>To make the students aware about various mass P.T. exercises</p>	<ol style="list-style-type: none"> 1. Introducing the students about the importance of these exercises 2. Giving them the 8 basic exercises to practice 	<p>Students will be able to recognise the purpose and importance of doing these exercises</p> <ol style="list-style-type: none"> 1. Strength 2. Endurance 3. Discipline 4. Balance 5. Coordinative abilities
OCT	9. Major Games	<p>To make the students aware about the following major games:-</p> <ol style="list-style-type: none"> 1. Football 2. Hand Ball 3. Volley Ball 4. Badminton 5. Chess 6. Kho-Kho 7. Table-Tennis 8. Yoga 9. Carrom 	<ol style="list-style-type: none"> 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 	<p>The students will be able to recognise:-</p> <ol style="list-style-type: none"> 1. Various major games 2. Rules of these games 3. Safer way to play these games <ol style="list-style-type: none"> 1. Teamwork 2. Decision- making 3. Discipline 4. Leadership 5. Goal setting
	10. Paschimo Uttanasana	<ol style="list-style-type: none"> 1. Improve the flexibility of back bone. 2. Calm the brain and helps to relieve the stress and mild depression. 3. Reduce flat foot problem. 4. Reduce Fat of the Thigh open up the hip. 	<ol style="list-style-type: none"> 1. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling. 2. Inhale and draw your spine up long. 3. On each inhale, lengthen your spine. 4. On each exhale deepen into your forward bend. 	<ol style="list-style-type: none"> 1. Improve the flexibility of back bone. 2. Calm the brain and helps to relieve the stress and mild depression. 3. Reduce flat foot problem. 4. Reduce Fat of the Thigh open up the hip. <p>To improve Flexibility</p>
NOV	11. Yoga and Meditation	<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 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 practicing Yoga 	<p>Students will be able to:-</p> <ol style="list-style-type: none"> 1. Learn about the benefits of inculcating yoga in their day to day life 2. Learn the advantages of meditation <ol style="list-style-type: none"> 1. Flexibility 2. Balance 3. Strength 4. Stress-management

	<p>12. Fundamental Skills of Volleyball</p> <p>13. Service of Volleyball – i. Under hand service ii. Upper hand service</p>	<ol style="list-style-type: none"> 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. 2. Demonstrate proper etiquette and good sportsmanship. 3. Understand basic volleyball scoring and officiating procedures. 4. In the beginning players have better control over where the ball land. 5. Able to target specific areas of the court. 	<ol style="list-style-type: none"> 1. The six basic volleyball skills are passing, setting, spiking, blocking, digging and serving. 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. 3. The importance of serving is often undervalued 4. An under hand service is a type of serve in which the player holds the ball in one hand, swings the other in an arc motion below the waist and strike the ball from the bottom with the fist to put it in play. 	<ol style="list-style-type: none"> 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. 2. Demonstrate proper etiquette and good sportsmanship. 3. Understand basic volleyball scoring and officiating procedures. 4. In the beginning players have better control over where the ball land. 5. Able to target specific areas of the court. <ol style="list-style-type: none"> 1. Coordination 2. Team work 3. Strength
	<p>14. Road Safety Rules</p>	<ol style="list-style-type: none"> 1. To make the students aware about the importance of road safety rules 2. Make them learn various safety rules 	<ol style="list-style-type: none"> 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 walking on the road 	<p>After learning various Traffic Rules, Students will be able to:-</p> <ol style="list-style-type: none"> 1. Recognise various Traffic signs 2. Obey traffic rules 3. Walk and drive safely on the roads <ol style="list-style-type: none"> 1. Discipline 2. Balance 3. Patience
<p>DEC</p>	<p>15. Surya Namaskar</p>	<ol style="list-style-type: none"> 1. Enhancing Solar Plexes - Increases Intuition 2. Physical Fitness and Mental Freshness 3. Improving Digestion 4. Toned and Flexible Muscles and Joints 5. Improving Blood Circulation In The Overall Body 6.Reducing Tension, Stress, and Anxiety 7. Regulating Menstrual Cycles 8. Weight Loss 9. A Radiant Skin 10. Stops Hair Loss 11. Controlling Diabetes 	<ol style="list-style-type: none"> 1. Pranamasana (Prayer Pose) 2. Hasta Uttanasana (Raised Arms Pose) 3. Hasta Padasana (Standing Forward Bend) of the Asana: 4. Ashwa Sanchalanasana (Equestrian Pose) 5. Phalakasana (Plank Pose) of the Asana: 6. Shishuasana (Child Pose) 7. Ashtanga Namaskara Asana (Salute with Eight Parts Pose) 8. Bhujangasana (Cobra Pose) 9. AdhoMukha Svanasana (Downward-Facing Dog) 10. AshwaSanchalanasana (Equestrian Pose) 11. Hasta Padasana (Standing Forward Bend) 	<ol style="list-style-type: none"> 1. Enhancing Solar Plexes - Increases Intuition 2. Physical Fitness and Mental Freshness 3. Improving Digestion 4. Toned and Flexible Muscles and Joints 5. Improving Blood Circulation In The Overall Body 6.Reducing Tension, Stress, and Anxiety 7. Regulating Menstrual Cycles 8. Weight Loss 9. A Radiant Skin 10. Stops Hair Loss 11. Controlling Diabetes <ol style="list-style-type: none"> 1. Flexibility 2. Balance

			12. Hasta Uttanasana (Raised Arms Pose) 13. Pranamasana (Prayer Pose)	
JAN	16. General Discussion	To make the students aware about:- 1. Discipline 2. Health and Hygiene 3. Moral Values	Telling the students about:- 1. Introduction to the importance of Discipline, health and hygiene and moral values 2. Meaning of discipline, health and hygiene and moral value in life	After this lesson, students will be able to:- 1. Stay disciplined 2. Ensure basic health and hygiene 3. Practice of moral values in day- to-day life 3. Discipline 4. Healthy decision making 5. Time management 6. Patience