



# YASH VIDYA NIKETAN

(C.B.S.E.)

Grade :- VIII

ACADEMIC YEAR : 2020 – 21

Subject : HPE

| Sr. No.             | Month     | Chapter No. | Chapter's Name                                    | No of periods | Subject Enrichment Activities   |
|---------------------|-----------|-------------|---|---------------|---|
| <b>Summative I</b>  |           |             |   |               |   |
| 1                   | June      | 1           | Running Events<br>100 meter, 200 meter, 400 meter | 1             | Activity :- 100 meter running 200 meter running & 400 meter running competitions in P.E. periods.             |
| 2                   | July      | 2           | Football and Handball                             | 1             | Activity: - Basic passing skill passing game in two groups of boys and girls.                                 |
| 3                   | August    | 3           | Carrom  | 1             | Activity :- Make a video explaining the different shots in order to pocket the strikes in the game of Carrom. |
| 4                   | September | 4           | Chess   | 1             | Activity :- Researching about the origin and evolution of the game  |
| 5                   | October   | 5           | Volleyball and Basketball                         | 1             | Activity :- Basic passing skill passing game in two groups of boys and girls.                                 |
| <b>Summative II</b> |           |             |   |               |   |
| 6                   | November  | 6           | Throwing Events<br>Shot-put, Discus and Javelin   | 1             | Activity: - Throwing shotput and discus as much far as possible long.   |
| 7                   | December  | 7           | Cricket   | 1             | Activity: - 5 over match between 4 groups of boys and girls.  |
| 8                   | January   | 8           | Skipping and Jump Rope                            | 1             | Activity: - 30 second skipping & jump rope competition between boys and girls.                                |
| 9                   | February  | 9           | Relay Race  | 1             | Activity: - relay race 4×100 in four groups of boys and girls.  |
| 10                  | March     | 10          | Kabaddi and Kho-Kho                               | 1             | Activity :-20 minutes Kho-Kho match between girls and boys  |