



YASH VIDYA NIKETAN SCHOOL

(C.B.S.E.)

Grade :-IX

ACADEMIC YEAR : 2020–21

Subject :HPE

Sr. No.	Month	Chapter No.	Chapter's Name	No of periods	Subject Enrichment Activities
Periodic Test I					
1	June	1	Introduction 1)Overall objective of health and Physical Education. 2) Mainstreaming HPE.	1	To develop awareness regarding the importance of physical fitness in individual and social life including life skills. To develop interest in exercise, sports and game for self-satisfaction and make it part of life.
2	July	2	Games/Sports (Strand 1) * Throwing Events * Long Jump * Swimming	1	Activity : Throwing Events Discuss Throw Shot-put Throw Javelin Throw Students should understand difference between track events and throwing events.
			S.A I	1	
3	August		Team Games I)Volleyball II) Handball	1	* Improve productivity. Improving productivity is one of the most common goals of team building activities. ...
4	September		III) Kabbadi IV) Kho-Kho V) Bocce	1	<ul style="list-style-type: none"> ● Increase motivation. ● Increased collaboration. ... ● Encourage creativity. ● Positive reinforcement. ... ● Improved communication.

Periodic Test II

5	October	5	Individual Games I) Taekwondo II) Judo III) Archery IV) Boxing V) Wrestling	1	Activity :- Individual games like badminton, table tennis, judo, carate for this individual games different types of session organized in P.E. periods as well as in school primacies.
Summative II					
6	November	6	Adventure Sports Health and Fitness strand 2 I) Yoga II) Aerobics	1	Activity :- 40 minutes yoga session for students and 15 minutes Aerobics session also boys and girls.
7	December	7	SEWA (Stand 3) Guidelines for sewa project. Assessment & evaluation	1	Social Empowerment Through Work Education And Action:- Objective for this program is to underline the significance of the interdependence of all human being and our depends on the environment in this shrinking global village.
8	January	8	*Social empowerment activity	1	The projects given here are only exemplar projects and are illustrative/ suggestive in nature. These are given so that the child/class may able to understand the topic/ activity.
9	February	9	Project- 05 Project -06 Project -07	1	This will help the child/class to plan the activity / project accordingly. The child/class may take/ choose any other project/ activity which has a positive impact on the environment, community, society, the disadvantaged, etc.
10	March	10	Health and Activity Record	1	This is only for the purpose of maintaining record and communication with parents, or if any information is required to be shared. It is for encouraging the child to attain health and wellness. • No weightage of Health Record is to be given in result.