

Class X**SYLLABUS OVERVIEW****SUBJECT: PHYSICAL ACTIVITY TRAINER****Teacher: Sir HM**

MONTH	NO. OF DAYS	NO. OF PERIODS	PAT THEORY	PROJECTS/ACTIVITIES /PRACTICAL/EXPERIMENT	MARKS
			Topics and sub-topics		
April-June (PT-I)	46	8	Roles and responsibilities of early years physical activity facilitator. Various activities to be Conducted by the Physical Activity Facilitator.	Group discussion for problem solving on how to handle lack of engagement/participation of children in physical activity. Prepare list of mild activities, moderate activities, and vigorous activities.	10
July-Sept (Half yearly)	52	12	Assessment and evaluation of students. Various types and tools of assessment. Assessment report and feedback. Free play. Organised free play activities. Rehabilitation through free play.	<i>"Bodyweight Power: Exploring Calisthenics"</i> Body Mass Index (BMI) Title: Measure, Calculate, and Analyze BMI Group presentation on sample report.	20
Oct – Dec (PT-II)	43	8	Monitoring and inventory management. Processing of inventory management. Managing props and equipments.	Write a paragraph about importance of listing the equipment. Prepare a report of equipment in school sports store room. Conduct group discussion on factors Influencing the selection of props and equipment.	10
Jan - Feb (Yearly)	31	8	Revision of all the above topics and Sub-topics.	Conduct different types of assessment.	