

## Class VII

### SYLLABUS OVERVIEW SUBJECT: HEALTH PHYSICAL EDUCATION

**Teacher: Miss NS**

MONTH	NAME OF THE ACTIVITY	OBJECTIVES	CRITERIA OF ASSESSMENT	No. OF PERIOD	PROCEDURE	LEARNING OUTCOMES
April & May	BMI ( Body Mass Index)	<ul style="list-style-type: none"> <li>Assess body weight status.</li> <li>To monitor growth and development.</li> <li>To identify health risks.</li> <li>To encourage healthy lifestyle changes.</li> <li>To aid in physical fitness planning.</li> <li>assess body weight</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Honest effort</li> <li>Commitment</li> </ul>	3	<ul style="list-style-type: none"> <li>Measure the person's height.</li> <li>Measure the person's weight.</li> <li>Using the BMI formula, calculate the BMI.</li> <li>Interpret the BMI result.</li> <li>Give remark to to the BMI results and steps to be taken</li> </ul>	<ul style="list-style-type: none"> <li>Understanding body composition.</li> <li>Awareness of health status.</li> <li>Critical thinking and self-reflection.</li> <li>Application in daily life.</li> </ul>
May June July & August	Group activity: <ul style="list-style-type: none"> <li>Up and down pair</li> <li>Jumping over handlocks</li> <li>Penguin knot race</li> <li>Worm race</li> <li>Relay race</li> </ul>	<ul style="list-style-type: none"> <li>To develop social skills</li> <li>To encourage leadership and responsibility</li> <li>To reinforce cognitive and strategic thinking</li> <li>To promote teamwork and cooperation</li> <li>To promote inclusion and equity</li> </ul>	<ul style="list-style-type: none"> <li>Participation</li> <li>Honest effort</li> <li>Teamwork / Team spirit</li> <li>Commitment</li> </ul>	12	<ul style="list-style-type: none"> <li>Dividing into groups</li> <li>Appointing leaders</li> <li>Assigning them to name the group</li> <li>Instructions and demonstration</li> <li>Planning and preparation</li> <li>Reflection and feedback</li> </ul>	<ul style="list-style-type: none"> <li>Physical development (Improved agility, cardiovascular endurance)</li> <li>Social and emotional learning (Teamwork, sportsmanship, problem-solving)</li> <li>Cognitive skills (Apply strategic thinking to develop offensive and defensive dynamics)</li> <li>Personal responsibility (Understanding roles, contributing positively, and identifying areas for improvement)</li> </ul>

<p><b>August &amp; September &amp; October</b></p>	<p>Upper body exercise</p>	<ul style="list-style-type: none"> <li>• Build muscle strength and endurance</li> <li>• Improve posture and balance</li> <li>• Enhance functional fitness</li> <li>• Develop stronger core and abdominal muscle</li> <li>• Track personal progress and set fitness goals</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Honest effort</li> <li>• Commitment</li> </ul>	<p>10</p>	<ul style="list-style-type: none"> <li>• Warm up, choose exercise</li> <li>• Perform each exercise with full commitment and dedication</li> <li>• Repetition of exercise</li> <li>• Listen to your body, rest, refuel and stay hydrated</li> <li>• Set realistic goals</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the importance of upper body strength in daily activities and sports</li> <li>• Increase muscular strength and endurance in the upper body.</li> <li>• Understand the importance of stability of the abdominal core muscle for better posture and balance</li> <li>• Improve overall body posture and core alignment</li> <li>• Visible development and achievements in one's life</li> </ul>
<p><b>October &amp; November</b></p>	<p>BMI (Body Mass Index) Test</p>	<ul style="list-style-type: none"> <li>• To assess body weight status.</li> <li>• To monitor growth and development.</li> <li>• To identify health risks.</li> <li>• To encourage healthy lifestyle changes.</li> <li>• To aid in physical fitness planning.</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Honest effort</li> <li>• Commitment</li> </ul>	<p>3</p>	<ul style="list-style-type: none"> <li>• Measure the person's height.</li> <li>• Measure the person's weight.</li> <li>• Using the BMI formula, calculate the BMI.</li> <li>• Interpret the BMI result</li> <li>• Give remark to the BMI results and steps to be taken.</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding body composition.</li> <li>• Awareness of health status.</li> <li>• Critical thinking and self-reflection.</li> <li>• Application in daily life.</li> </ul>

<p><b>January &amp; February</b></p>	<p>Body stretching exercise</p>	<ul style="list-style-type: none"> <li>• Improved flexibility to prevent muscles injury</li> <li>• To relieve muscle tension and soreness, improved posture</li> <li>• Increase blood circulation.</li> <li>• Enhance muscle coordination and balance</li> </ul>	<ul style="list-style-type: none"> <li>• Participation</li> <li>• Honest effort</li> <li>• Commitment</li> </ul>	<p>5</p>	<ul style="list-style-type: none"> <li>• Light warm up, breath normally</li> <li>• Maintain proper posture and balance</li> <li>• Stretch major muscle groups.</li> <li>• Hold each stretch</li> <li>• Stretch both sides evenly</li> <li>• Avoid jerky movement</li> <li>• Cool down and relax</li> </ul>	<ul style="list-style-type: none"> <li>• Increased flexibility in muscles and joints.</li> <li>• Improved coordination, balance and stability in movement while doing exercise and daily activity</li> <li>• Improved posture and alignment</li> <li>• Benefits in blood circulation through stretching and enhance relaxation.</li> </ul>
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