

Class VIII

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"> Assess body weight status. To monitor growth and development. To identify health risks. To encourage healthy lifestyle changes. To aid in physical fitness planning. assess body weight 	<ul style="list-style-type: none"> Participation Honest effort Commitment 	3	<ul style="list-style-type: none"> Measure the person's height. Measure the person's weight. Using the BMI formula, calculate the BMI. Interpret the BMI result. Give remark to to the BMI results and steps to be taken 	<ul style="list-style-type: none"> Understanding body composition. Awareness of health status. Critical thinking and self-reflection. Application in daily life.
May June July & August	Group activity: <ul style="list-style-type: none"> Up and down pair Jumping over handlocks Penguin knot race Worm race Relay race 	<ul style="list-style-type: none"> To develop social skills To encourage leadership and responsibility To reinforce cognitive and strategic thinking To promote teamwork and cooperation To promote inclusion and equity 	<ul style="list-style-type: none"> Participation Honest effort Teamwork / Team spirit Commitment 	12	<ul style="list-style-type: none"> Dividing into groups Appointing leaders Assigning them to name the group Instructions and demonstration Planning and preparation Reflection and feedback 	<ul style="list-style-type: none"> Physical development (Improved agility, cardiovascular endurance) Social and emotional learning (Teamwork, sportsmanship, problem-solving) Cognitive skills (Apply strategic thinking to develop offensive and defensive dynamics) Personal responsibility (Understanding roles, contributing positively, and identifying areas for improvement)

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

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