

Class IX

SYLLABUS OVERVIEW SUBJECT: PHYSICAL ACTIVITY TRAINER

Teacher: Sir HM

Unit	Name of the Chapter	Marks
PT-I		
I	ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT.	10
HALF YEARLY		
II	PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY.	10
III	ORGANISING AGE APPROPRIATE PHYSICAL ACTIVITIES.	10
PT-II		
IV	CHILDREN HEALTH AND SAFETY.	10
YEARLY		
	Revision	
Grand Total		40

MONTH	NO. OF DAYS	NO. OF PERIODS	PAT THEORY	PROJECTS/ACTIVITIES /PRACTICAL/EXPERIMENT
			Topics and sub-topics	
April-June Periodic Test-1	46	12	ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT. <ul style="list-style-type: none"> Physical and Emotional Needs of children. Factors Influencing Physical Activities. Plan physical activities. Conduct physical activities. 	Circuit training for skill development. Think-pair-share activities. How physical education helps you feel better emotionally.
July-September Half yearly	52	16	PLANNING AGE-APPROPRIATE PHYSICAL ACTIVITY. <ul style="list-style-type: none"> Activity for increasing physical strength and coordination. Plan physical activities for developing cognitive skills. ✓ <i>Manage Class</i> ✓ ORGANISING AGE-APPROPRIATE PHYSICAL ACTIVITIES. <ul style="list-style-type: none"> Games and sports for everyday activities. Organised sports activities. 	Prepare and conduct any one game from your textbook and write the procedure of organization game. List down the activities to be planned for everyday physical strength session. Discuss the various activities for cognitive skills. Drawing fixture for 19 teams in a knock out tournament. Discussion on selection of games for school.
October – December Periodic test 2	43	12	CHILDREN HEALTH AND SAFETY. <ul style="list-style-type: none"> Child health care and habits. Various aspects of safety management and emergency response. 	Prepare a chart on Macro and Micro nutrients. Prepare a chart on PRICE with relative pictures. Demonstrate the correct procedures to perform the basic exercises.

January and February Yearly Examination	31	12	<ul style="list-style-type: none"> • Revision of all the above topics and Sub-topics. 	Conduct different types of assessment.
--	----	----	--	--