

SANGHAMITRA SCHOOL

HEALTH & PHYSICAL EDUCATION CURRICULUM AND PEDAGOGICAL PLAN

CLASSES I TO X

2023-24



*“Childhood is the time to begin the development of healthy and active lifestyles.”
“Yet young people do not automatically develop the skills, knowledge, attitudes, and behaviors that lead to regular participation in physical activity; they must be taught.”*

PHILOSOPHY

- ✓ We believe that a sequential physical education program is essential in developing a student's physical, social, intellectual, and personal well-being.
- ✓ We believe that the student who is sound in body and mind is better prepared to deal with the physical and mental stresses inherent in today's society.
- ✓ We further believe it is essential that the physical education program assists students in making the connection between classroom learning and participation in active, healthy lifestyles.

MISSION

Physical activities will be performed in an active, supportive, and non-threatening atmosphere where all students, regardless of physical ability, will be challenged to achieve success through a spirit of cooperation, sportsmanship, and respect for one's self and others.

SANGHAMITRA SCHOOL
HEALTH & PHYSICAL EDUCATION CURRICULUM
2023-24

Class- I & II

SL.N	Month	Content	Content Analysis	Content Plan No. of Periods
1.	June	Locomotor skills.	locomotor skills: walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop and slide.	4
2.	June	Object control skills.	underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand strike, and batting.	4
3.	July	Non locomotor and body control	bending, stretching, rocking, rolling, curling, twisting, turning, pushing, pulling, swinging, swaying and landing, good posture while walking/running/standing,	6

		(movement) skills.	proper lift/carry posture, appropriate form in falling-landing-rolling (e.g., forward shoulder roll, backward shoulder roll), appropriate form in selected balances (e.g., dynamic upright, static upright, inverted), appropriate form in rope jumping skills, appropriate form in selected twisting and turning skills.	
4.	July	Rhythmical skills.	Clap the appropriate rhythmic pattern for selected locomotor skills (e.g., walk, run, gallop, and skip), locomotor skills in time to selected rhythmic patterns (e.g., even, uneven, fast and slow), create and/or imitate movements in response to selected rhythms (e.g., animals, machines, objects).	5
5	Aug	Cardiorespiratory endurance.	Sustain moderate to intense levels of physical activity that cause increased heart rate, breathing, perspiration, etc. (e.g., running, galloping, skipping, and hopping).	6
6	Aug	Muscular strength and endurance.	Control own weight in selected body support activities to develop muscular strength and endurance of the major upper and lower body	5

			muscle groups (e.g., climbing, hanging, hopping, jumping, animal walks, and stunts).	
7	Sept	Flexibility of selected joints of body.	Move the major joints of the arms, legs, and trunk through a full range of motion.	10
8	Oct	Understand the benefits of healthy body composition.	Recognize similarities and differences in body height, weight, and shape.	8
9	Nov	Body awareness, time, space, direction, and force to movement.	<p>Identify selected body parts, actions, and planes.</p> <p>Travel in forward, sideways, and backward directions, and change direction quickly and safely.</p> <p>Travel while changing speeds and directions in response to a variety of rhythms.</p> <p>Demonstrate slow and fast movement speeds, straight, curved, and zigzag pathways.</p> <p>Make both large and small body shapes.</p> <p>Demonstrate a variety of relationships with</p>	11

			<p>objects (e.g., over, under, behind, alongside and through).</p> <p>Demonstrate high, middle and low levels.</p> <p>Combine shapes, levels, and pathways into simple sequences.</p>	
10	Dec	Apply the essential steps in learning motor skills.	Importance of correct practice in learning skills.	6
11	Dec	Apply appropriate rules and strategies when participating in physical activities.	Recognize and implement fundamental strategies used in simple games and activities.	5
12	Jan	The effects of activity and inactivity	Appreciate and enjoy the benefits that result from participation in physical activities that accompany compassion,	8

			cooperation, honesty, and perseverance.	
13	Feb	Appropriate behavior in response to the relationships with others that result from participation in physical activities.	Identify key behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, and self-control.	12
14	Mar	Value of physical activity and its contribution to lifelong health and well-being.	Values learnt are honesty, responsibility, perseverance, best effort, constructive competition, following directions, and self-control.	10

SANGHAMITRA SCHOOL
HEALTH & PHYSICAL EDUCATION CURRICULUM
2023-24

Class- III & IV

SL.N	Month	Content	Content Analysis	Content Plan No. of Periods
1.	June	Locomotor skills.	Walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop, and slide.	2
2.	June	Object control skills.	Underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand/backhand strike, batting, punting, and passing.	5
3.	July	Non locomotor and body control	Falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll), balances (e.g., dynamic upright, static upright,	4

		(movement) skills.	inverted), rope jumping skills, twisting and turning skills. Demonstrate proper Lift/Carry posture	
4.	July	Rhythmical skills.	Various speeds, directions, levels, and pathways, simple folk, square, creative and/or aerobic, routine to music in jump rope, dance, or tumbling.	6
5	Aug	Health-enhancing, lifelong physical activities.	Importance of health enhancing, lifelong physical activities, the significance of fitness testing as a health assessment, sport specific skills in the following categories: individual, dual or team sports; dance; recreational games and outdoor pursuits, muscular strength, power, endurance, and flexibility that are appropriate for health, protection from injury, and skilled performance.	5
6	Aug	Healthy levels of cardiorespiratory endurance.	Meet standards on selected fitness activities that develop and maintain cardiorespiratory endurance. Recognize and understand the significance of target heart rate as it relates to healthy levels of cardiorespiratory endurance.	4

7	Sep	Maintain healthy levels of muscular strength and endurance.	Meet standards on selected fitness activities that develop and maintain muscular strength and endurance of the major upper and lower body muscle groups (e.g., push-up/pull-up activities, curl-up activities, isometric strength activities, jump rope activities and bench-stepping activities).	9
8	Oct	Healthy levels of flexibility of selected body joints.	Meet standards on selected fitness activities (e.g., sit and reach...) that develop and maintain flexibility of the major joints: hip/low back, shoulder, neck, ankle, and trunk. Recognize the importance of strength and flexibility as it relates to injury prevention. Recognize the importance of strength and flexibility as it relates to posture.	7
9	Nov	Recognize and understand the benefits of healthy body composition.	Describe the effects of physical activity and nutrition on body composition, maintain health-related levels of body composition, competence in selected sport and leisure activities that can contribute to healthy lifestyles.	5

<p>10</p>	<p>Oct</p>	<p>Body awareness, time, space, direction, and force to movement.</p>	<p>Identify selected body parts, actions, and planes. Travel in forward, sideways and backward directions, and change direction quickly and safely. Travel while changing speeds and directions in response to a variety of rhythms. Demonstrate slow and fast movement speeds, straight, curved, and zigzag pathways. Make both large and small body shapes. Demonstrate a variety of relationships with objects (e.g., over, under, behind, alongside and through). Demonstrate high, middle and low levels. Combine shapes, levels, and pathways into simple sequences.</p>	<p>5</p>
<p>11</p>	<p>Dec</p>	<p>Essential steps in learning motor skills.</p>	<p>Recognize similar movement concepts and elements in a variety of skills. Recognize and use the outcome of practice trials to plan subsequent practice trials. Use corrective feedback from the teacher or peers to improve skill performances.</p>	<p>10</p>

			Apply prior knowledge as cues for learning new skills.	
12	Jan	Explain and apply appropriate rules and strategies when participating in physical activities.	Follow game and participation rules independently and demonstrate fair play. Identify guidelines and behaviors for the safe use of equipment and apparatus. Recognize and implement fundamental strategies used in simple games and activities. Identify the purpose of rules in games. Identify the purpose of strategies in games.	7
13	Feb	Activity and inactivity, and formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.	Appreciate and enjoy the benefits that result from participation in physical activities. Enjoy participation in physical activities along with others. Appreciate benefits that accompany compassion, cooperation, honesty, and perseverance.	10

<p>14</p>	<p>Mar</p>	<p>Appropriate behavior in response to the relationships with others that result from participation in physical activities.</p>	<p>Demonstrate appropriate behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty, loyalty, constructive competition, perseverance, respect, responsibility, and self-control.</p> <p>Analyze the consequences of possessing and not possessing each of the following personal/social traits: compassion, confidence, cooperation, fairness, honesty, loyalty, perseverance, respect, responsibility, best effort, constructive competition, following directions, and self-control.</p>	<p>5</p>
<p>15</p>	<p>Mar</p>	<p>Physical activity and its contribution to lifelong health and well being.</p>	<p>Feel satisfaction when engaging in physical activity.</p> <p>Accept and respect differences and similarities in physical activity-related skills. Be considerate of others in physical settings (e.g., show compassion, cooperation, fairness, honesty, loyalty, respect, self-control, constructive competition, and responsibility).</p>	<p>4</p>

SANGHAMITRA SCHOOL
HEALTH & PHYSICAL EDUCATION CURRICULUM
2023-24

Class- V & VI

SL.N	Month	Content	Content Analysis	Content Plan No. of Periods
1.	June	Locomotor skills.	Walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop, and slide.	6
2.	July	Object control skills.	Underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand/backhand strike, batting, punting, and passing.	4
3.	July	Non locomotor and body control (movement) skills.	Falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll), balances (e.g., dynamic upright, static upright, inverted), rope jumping	4

			skills, twisting and turning skills. Demonstrate proper Lift/Carry posture	
4.	Aug	Rhythmical skills.	Various speeds, directions, levels, and pathways, simple folk, square, creative and/or aerobic, routine to music in jump rope, dance, or tumbling.	5
5	Aug	Health-enhancing, lifelong physical activities.	personal conditioning; individual, dual, and team sports; and recreational games.	5
6	Sept	Maintain healthy levels of cardiorespiratory endurance.	fitness activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery).	6
7	Oct	Maintain healthy levels of muscular strength and endurance.	Fitness activities that develop and maintain muscular strength and endurance of the abdomen, lower back, upper body, thigh, lower leg, and neck.	8
8	Nov	Maintain healthy levels of flexibility of body	Fitness activities that develop and maintain flexibility of the major joints of the hip/low back, shoulder, neck, ankle, and trunk.	4

		joints.		
9	Nov	Recognize and understand the benefits of healthy body Composition.	An awareness of body composition.	4
10	Dec	Apply the concepts of body awareness, time, space, direction and force to movement.	Slow and fast movement speeds, balance, coordination, and body awareness.	6
11	Dec	Apply the essential steps in learning motor skills.	Errors in personal skill performance, appropriate methods of practicing new skills, create/modify activities that require the use of selected skills, use skills in appropriate ways in selected games, sports, and activities, recognize the importance of goal setting in skill acquisition.	5
12	Jan	Apply appropriate rules and strategies	Learn and follow selected rules while playing sports and games.	5

		when participating in physical education activities.	Show responsibility, effort, self- control, perseverance, leadership, compassion, teamwork, and respect while playing games and sports.	
13	Feb	Effects of activity and inactivity. Students will formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.	Health-related fitness, growth, and performance, physical activities that will improve cardiorespiratory endurance; strength and endurance of the arms, shoulders and abdominal area; hip flexibility; and will result in an optimal level of body composition while avoiding the potential detrimental effects of activity, Achieve short and long term personal fitness goals.	5
14	Feb	Appropriate behavior while participating in physical activities.	Behaviors which exemplify each of the following personal/social character traits: responsibility, effort, self- control, perseverance, leadership, compassion, teamwork, and respect, terms of participation in physical activities devoted to health-related fitness, sports, and work,	4

			<p>the benefits of possessing and the costs of not possessing each of the following personal/social character traits: responsibility, effort, self-control, perseverance, leadership, compassion, teamwork, and respect.</p>	
15	Mar	<p>Value of physical activity and its contribution to lifelong health and well-being.</p>	<p>Exercise regularly outside of the classroom for personal enjoyment and benefit, a proper attitude in both winning and losing (e.g., show responsibility, effort, self-control, perseverance, leadership, compassion, teamwork, and respect).</p>	7

SANGHAMITRA SCHOOL
HEALTH & PHYSICAL EDUCATION CURRICULUM
2023-24

Class- VII & VIII

SL.N	Month	Content	Content Analysis	Content Plan No. of Periods
1.	June	Locomotor skills.	Walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop, and slide.	6
2.	July	Object control skills.	Underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand/backhand strike, batting, punting, and passing.	4
3.	July	Non locomotor and body control (movement) skills.	Falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll), balances (e.g., dynamic upright, static upright, inverted), rope jumping	4

			skills, twisting and turning skills. Demonstrate proper Lift/Carry posture	
4.	Aug	Rhythmical skills.	Various speeds, directions, levels, and pathways, simple folk, square, creative and/or aerobic, routine to music in jump rope, dance, or tumbling.	5
5	Aug	Health-enhancing, lifelong physical activities.	personal conditioning; individual, dual, and team sports; and recreational games.	5
6	Sept	Maintain healthy levels of cardiorespiratory endurance.	fitness activities that develop and maintain cardiorespiratory endurance (e.g., timed or distance walk/run and other endurance activities at specified heart rate/heart rate recovery).	6
7	Oct	Maintain healthy levels of muscular strength and endurance.	Fitness activities that develop and maintain muscular strength and endurance of the abdomen, lower back, upper body, thigh, lower leg, and neck.	8
8	Nov	Maintain healthy levels of flexibility of	Fitness activities that develop and maintain flexibility of the major joints of the hip/low back, shoulder, neck, ankle, and trunk.	4

		body joints.		
9	Nov	Recognize and understand the benefits of healthy body Composition.	An awareness of body composition.	4
10	Dec	Apply the concepts of body awareness, time, space, direction and force to movement.	Slow and fast movement speeds, balance, coordination, and body awareness.	6
11	Dec	Apply the essential steps in learning motor skills.	Errors in personal skill performance, appropriate methods of practicing new skills, create/modify activities that require the use of selected skills, use skills in appropriate ways in selected games, sports, and activities, recognize the importance of goal setting in skill acquisition.	5
12	Jan	Apply appropriate rules and	Learn and follow selected rules while playing sports and games.	5

		strategies when participating in physical education activities.	Show responsibility, effort, self- control, perseverance, leadership, compassion, teamwork, and respect while playing games and sports.	
13	Feb	Effects of activity and inactivity. Students will formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.	Health-related fitness, growth, and performance, physical activities that will improve cardiorespiratory endurance; strength and endurance of the arms, shoulders and abdominal area; hip flexibility; and will result in an optimal level of body composition while avoiding the potential detrimental effects of activity, Achieve short and long term personal fitness goals.	5
14	Feb	Appropriate behavior while participating in physical activities.	Behaviors which exemplify each of the following personal/social character traits: responsibility, effort, self- control, perseverance, leadership, compassion, teamwork, and respect, terms of participation in physical activities devoted	4

			to health-related fitness, sports, and work, the benefits of possessing and the costs of not possessing each of the following personal/social character traits: responsibility, effort, self-control, perseverance, leadership, compassion, teamwork, and respect.	
15	Mar	Value of physical activity and its contribution to lifelong health and well-being.	Exercise regularly outside of the classroom for personal enjoyment and benefit, a proper attitude in both winning and losing (e.g., show responsibility, effort, self-control, perseverance, leadership, compassion, teamwork, and respect).	7

SANGHAMITRA SCHOOL
PHYSICAL EDUCATION CURRICULUM
2023-24

Class- IX & X

SL.N	Month	Content	Content Analysis	Content Plan No. of Periods
1.	June	Locomotor skills.	Walk, run, leap, horizontal jump, vertical jump, skip, hop, gallop, and slide.	6
2.	July	Object control skills.	Underhand throw (toss), overhand throw, catch rolling balls, catch fly balls, hand dribble, foot dribble, instep kick, forehand/underhand/backhand strike, batting, punting, and passing.	6
3.	July	Non locomotor and body control (movement) skills.	Falling-landing-rolling (e.g., landing, forward shoulder roll, backward shoulder roll), balances (e.g., dynamic upright, static upright, inverted), rope jumping skills, twisting and	5

			<p>turning skills.</p> <p>Demonstrate proper Lift/Carry posture</p>	
4.	Aug	Rhythmical skills.	<p>Various speeds, directions, levels, and pathways, simple folk, square, creative and/or aerobic, routine to music in jump rope, dance, or tumbling.</p>	6
5	Aug	Health-enhancing, lifelong physical activities.	<p>Personal condition; individual, dual and team sports; and recreational activities.</p>	4
6	Sept	Maintain healthy levels of cardiorespiratory endurance.	<p>Variety of physical activities appropriate for enhancing cardiorespiratory endurance.</p> <p>Assess personal status of cardiorespiratory endurance.</p> <p>Meet standards on selected fitness activities on selected fitness activities that develop and maintain cardiorespiratory endurance (e.g., times or distance walk/run and other endurance activities at specified heart rate/heart rate recovery).</p>	5
7	Oct	Maintain healthy	<p>Assess personal status of muscular strength and</p>	6

		levels of muscular strength and endurance.	endurance of the arms, shoulders, and abdomen. Meet standards on selected fitness activities that develop and maintain muscular strength and endurance of the arms, shoulders, and abdomen. Participate in a variety of physical activities appropriate for enhancing muscular strength and endurance.	
8	Nov	Maintain healthy levels of flexibility of body joints.	Assess personal status of flexibility. Participate in a variety of physical activities appropriate for enhancing flexibility.	4
9	Nov	Recognize and understand the benefits of healthy body Composition.	Assess personal status of body composition.	7
10	Dec	Apply the concepts of body awareness, time, space, direction and	Demonstrate slow and fast movement speeds, balance, coordination, and body awareness.	5

		force to movement.		
11	Dec	Apply the essential steps in learning motor skills.	Detect and correct errors in personal skill performance. Recognize the importance of repetition in mastery of skill.	6
12	Jan	Apply appropriate rules and strategies when participating in physical education activities.	Analyze strategies in physical activities. Use appropriate rules, strategies and etiquette in physical activities. Follow and encourage others to follow the rules while participating in physical activities.	6
13	Feb	Effects of activity and inactivity. Students will formulate examples of lifestyle choices that result in the	Describe psychological effects of right kinds of regular amounts of physical activity (e.g., healthy physical self-image, ability to reduce stress, strong mental function, and emotional health). Describe the activities and opportunities to develop sportsmanship, leadership and cooperation.	7

		development and maintenance of health related fitness.	Identify lifelong physical leisure activities which one enjoys and would like to pursue.	
14	Feb	Appropriate behavior while participating in physical activities.	Demonstrate appropriate behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty, perseverance, respect, responsibility, and self-discipline.	5
15	Mar	Value of physical activity and its contribution to lifelong health and well-being.	Choose to exercise regularly outside the classroom for personal enjoyment and benefit. Accept the differences between individual's personal characteristics and skills.	6