

**KIDS WORLD SCHHOL**  
**SESSION 2024-25**  
**ANNUAL CURRICULUM PLANNER**  
**SUBJECT –HEALTH AND PHYSICAL EDUCATION**  
**CLASS –X**

MONTH	NAME OF THE LESSON	METHODOLOGY	LEARNING OBJECTIVES	LEARNING OUTCOMES
<b>APRIL</b>	<b>GAMES AND SPORTS</b> Sub Topic: Athletics / Swimming 1. Running 2.Long Jump 3.High Jump 4.Shot put Throw 5.Discus Throw	Explanation And Demonstration	Introduction of track and field events such as running, jumping, and throwing To be laid on correct starting and finishing technique. <ul style="list-style-type: none"> <li>• Develop physical talents to their maximum potential.</li> <li>• Engage in competitive activities, while promoting sound health, safety, and physical fitness.</li> <li>• Exemplify good conduct as a means for learning good citizenship.</li> <li>• Learn to appropriately experience both success and failure in an educational environment.</li> <li>• Learn from experience that consequences follow the violation of a rule.</li> <li>• Experience working as a team member, exercising self-discipline and self-sacrifice in order to achieve team goals.</li> <li>• Learn how to be a good teammate, making positive contributions, regardless of the role on the team or activity.</li> <li>• Experience a feeling of self-worth and to develop self-confidence.</li> <li>• Experience in problem-solving and decision-making.</li> </ul>	To aim for his /her performance He/she shouldselect one event.  Demonstrate an expert knowledge of the strategies and skills of the sport and use critical thinking skills to apply this knowledge in competitive situations in order to participate to the best of one's ability in competition. Demonstrate traits of good sportsmanship and teamwork in both competition and practice. Apply discipline and commitment developed in practice and competition to academic achievement. Sponsor interschool competitive sports in accordance with conference rules and the State Athletic Constitution; Foster broad programs of men's and women's intercollegiate athletics that are consistent with students educational objectives with an emphasis on retention, completion and transfer; Encourage excellence in performance by all participants in intercollegiate athletics, as well as recognize the link that exists between academic scholarship and athletic achievement;

			<ul style="list-style-type: none"> <li>Engage in organized activities with other students whose backgrounds may be dissimilar from their own.</li> <li>Learn to develop trust and accept the responsibility that comes with earning trust from others.</li> <li>Create a positive rallying point for the school in order to help them develop school spirit and loyalty.</li> </ul>	<p>Not allow the recruitment of out-of-state student-athletes as specified in the State Athletic Constitution;</p> <p>Direct recruiting efforts toward student-athletes residing in San Mateo County and support the right of student-athletes to attend their school of choice and participate in all activities within the conditions specified by the State Athletic Constitution;</p> <p>And maintain or increase balanced athletic program offerings for both men and women as student, budget and community interest will allow.</p>
<b>JULY</b>	<b>GAMES AND SPORTS</b> Sub Topic : Team Games 1.Football 2.Cricket	Introduction And Explanation	<p>To develop understanding of the importance of sports and games like a team game.</p> <p><u>Football</u>  To develop understanding of kick, shot, long shot, pass, tackle, heading, throwing and playing in time management.</p> <p><u>Cricket</u>  To develop understanding of battingbowing , and fielding .cricket</p> <p>In the game of cricket two teams takes turns to bat and bowl. The team that is batting tries to score as many runs as possible by hitting the ball with a bat and running between two sets of wickets. theteam that is bowling tries to get the batsmen out by delivering the ball in such a way that it hits the wickets or is caught by a fielder.</p>	<p>Students should participate all team games.</p> <p>Participate playing football make to students manage time management and develop playing with skill and corporate with each other.</p> <p>Participate Playing cricket can have several positive learning outcomes for individuals, including. To develop a range of valuable life skills, including teamwork, sportsmanship, discipline, physical fitness, problem – solving and in school sports and games.</p>
<b>AUGUST</b>	<b>GAMES AND SPORTS</b> Sub Topic : Team Games 1. Volleyball 2.Kabbadi	Explanation And Demonstration	<p>To offer students opportunities to develop hits and returning the ball.</p> <p><u>Volleyball</u></p> <p>The object of the game is to send the ball over the net in order to ground it on the opponent’s court. And to prevent the same effort by the opponent. The team has three hits for returning the ball over the net in order to ground it on the opponent’s court. And to prevent the same effort by the opponent. The team has three hits for returning</p>	<p>The students will improve their forearm and overhead passing skills through practice and understand the tactical component of getting three hits in a modified volleyball game by the end of three lessons.</p> <p>Personal and social responsibilities learned should include :</p> <ol style="list-style-type: none"> <li>1. Identify and follow rules, routines, and procedures of safety.</li> <li>2. Demonstrate self –confidence while participating in physical activity.</li> </ol>

			<p>the ball over the net in order to ground it on the opponent's court. And to prevent the same effort by the opponent. The team has three hits for returning the ball (in addition to the block contact.)</p> <p><u>Kabaddi</u> To develop values and skills like</p> <ol style="list-style-type: none"> <li>1. Physical fitness</li> <li>2. Team work and collaboration.</li> <li>3. Strategic thinking and decision – making</li> <li>4. Mental toughness and resilience.</li> <li>5. Sportsmanship and fair play.</li> <li>6. Cultural awareness and appreciation.</li> </ol>	<p>3. Select and assume responsibility for assigned roles.</p> <p>To develop a range of valuable life skills, including physical fitness, teamwork, strategic thinking, mental toughness, sportsmanship, and cultural awareness. It can also provide opportunities for personal growth, social interaction, and community involvement.</p>
<b>SEPTEMBER</b>	<p><b>GAMES AND SPORTS</b> Sub Topic: Individual Sports 1. Skating 2. Judo</p>	<p>Explanation And Demonstration</p>	<p>Identify opportunities for participation individual recreational activities in the community. Demonstrate an understanding of health –related fitness components: Cardiorespiratory endurance, Muscular strength, muscular Endurance, flexibility, body composition and stress management.</p> <p><u>Skating</u> Develop and apply the ability to speed skate as a lifelong recreational and fitness activity. Develop the ability to compare in order to gain the technical, mental, social, and fun/ excitement benefits. Continue to improve technical, strength endurance all around athletic, physical and mental capacities.</p> <p><u>Judo</u> Fitness and wellness: A complete Body Workout. Self Defence mastery: Empowerment in Real life scenarios. Mental toughness : Force and resilience Confidence Booster: Mastering New skills.</p>	<p>Students are monitored under teacher supervision and interaction.</p> <p>Teacher will be observing for appropriateness of behavior in student actions and interactions as well as participation during class.</p> <p>Skating works nearly every muscle group in the body, and gliding required synchronizes, movement of the legs, which is important for joint flexibility. It also builds up the leg and abdominal muscles like any workout, skating is great for cardiovascular health – it gets blood pumping and the heart rate up.</p> <p>Improve whole body agility and correct alignment. Improve kinesthetic awareness. Advance student's Growth and conditioning toward lifelong fitness improve strength, coordination and balance.</p>
<b>OCTOBER</b>	<p><b>GAMES AND SPORTS</b> Sub Topic:</p>	<p>Explanation And Demonstration</p>	<p>Both indigenous physical culture Celebrations and sporting competitions have contributed to the development of holistic health and wellness with</p>	<p>Indigenous games are vital parts of a people's heritage and culture. Preserving age –old traditions and stories of the group. They allow</p>

	Indigenous Games Kho – kho Tug of war		<p>connection to the spiritual, emotional and mental components that support physical success within cultural and sports practice.</p> <p><u>Kho- Kho</u> There are two innings in a game every innings offers seven minute Kho-Kho is play between 2 teams of 12 players on a field 9 players will 3 are extra .each inning has the chasing and running time of 7 minutes. 8 players will sit in box opponent 3 players will run.</p> <p><u>Tug of war</u> The game is for each team to pull the rope the along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line .the team to pull the rope to their area wins the game. The tug of war competition requires a judge.</p>	<p>participants to understand the social construct and history of the inventors and players of these games.</p> <p>Playing Kho Kho keeps children well strong, motivated, enthusiastic and young. It helps in better coordination and flexibility. Kho Kho helps the children to off depression , anxiety , stress, and increase self- esteem. It develops team spirit and leadership skills.</p> <p>It may seem like a game where the strongest wins, but tug of war is more than a test of strength Even before the game begins, kids have to flex their cognitive skills for instance, If there is an uneven number of players, should a player sit out? Should one stronger, older player be equal to two weaker , younger players?</p>
<b>NOVEMBER</b>	HEALTH AND FITNESS  Sub topic :  Physical health	Explanation And Demonstration	<p>To improve natural immunity of the body.To make the students physically, mentally and emotionally fit.</p> <ol style="list-style-type: none"> <li>1. Balanced diet</li> <li>2. Stress management</li> </ol> <ol style="list-style-type: none"> <li>1.Maintain a nourishing diet</li> <li>2.prioritize sleep</li> <li>3.stay hydrated</li> <li>4.tend to your mental health</li> <li>5. manage stress and anxiety</li> <li>6.Build relationships</li> <li>7.Be Flexible</li> <li>8. Take tech breaks</li> </ol>	<p>Health and fitness are aspects of overall well-being .Regular exercise and a healthy diet can help prevent many diseases and health problems, improve physical and mental health and increase overall quality.</p> <p>Health outcomes are defined as those events occurring as a result of an intervention .these may be measured clinically (physical examination, laboratory testing, imaging)self-reported , or observed (such as gait or movement fluctuations seen by a healthcare provider or caregiver).</p>
<b>DECEMBER</b>	HEALTH AND FITNESS  Sub topic : Social health	Explanation And Demonstration	<p>Social health involves your ability to form satisfying interpersonal relationships with it also relates to your ability to adapt comfortably to different social situation and act appropriately in variety of settings. Overall, stress can be one of the most significant threats to a healthy relationship</p>	<p>Social determinants of health are the nonmedical factors that influence health outcomes. They are the conditions in which people are born grow, work, live and age, and the wider set of forces and systems shaping the conditions of daily life.</p>

			<p>Yoga is a practice that aims to balance the mind, body, and spirit through physical postures , breathing techniques , and meditation</p> <ol style="list-style-type: none"> <li>1. Suryanamaskar</li> <li>2.Sarvangasana</li> <li>3. Bhadhya – Paddmaasana</li> <li>4. Halasana</li> </ol>	<p>Students are getting flexible by doing yoga practice stress management techniques such as meditation, Deep breathing, or yoga to reduce stress levels and improve overall well-being.</p>
<b>JANUARY</b>	<p><b>HEALTH AND FITNESS</b></p> <p>Sub topic : Emotional Health</p>	<p>Explanation And Demonstration</p>	<p>Develop the ability to experience and appropriately express a wide range of emotions such as humor, joy, fear, anger frustration, appreciation, sadness, etc. Develop the skills to handle stress, irritations, crises, etc.</p>	<p>People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness being able to hold onto positive emotions longer and appreciate the good times.</p>
	<p><b>ROAD SAFETY AWARENESS</b></p>	<p>Explanation And Demonstration</p>	<p>To develop the knowledge skills, and attitudes necessary to safely use roadsand reduce the risk of accidents and injuries. Some key learning objectives of road safety include.</p> <ol style="list-style-type: none"> <li>1. Understanding road rules and regulations.</li> <li>2. Developing hazard perception skills.</li> <li>3. Practicing safe driving or cycling techniques.</li> </ol>	<p>To aim at creating safer environment for everyone by equipping individuals with the knowledge, skills, and attitudes necessary to use roads safely and reduce the risk of accidents and injuries. By achieving these learning outcomes, individuals can play an active role in promoting road safety and preventing accidents.</p>