

# **Directorate of School Education**

**Prescribed Syllabus for Physical Education in Schools**

**FROM STANDARD VI TO XII**

**[Guide lines to the teachers of the Department of Physical Education  
For effective teaching and learning]**

## Syllabus For VI Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>• Improvement in bearing</li> <li>• Smartness in appearance and turnout</li> <li>• Co – ordination among various body segments</li> <li>• Sense of discipline, self confidence</li> <li>• And the quality of immediate and implicit obedience to orders</li> <li>• Knowledge of drill and marching</li> </ul>	<b>Marching</b> <ul style="list-style-type: none"> <li>• Fall in single rank</li> <li>Stand at ease, Stand easy</li> <li>• Dress-right dress, eyes front</li> <li>• Turn at halt, Right turn, Left turn, About turn</li> <li>• Mark time with turn</li> <li>• Change step in mark time</li> </ul>	Demonstration - Part – whole – part method.	Timing, Rhythm, Response to command to be evaluated	Sufficient place  Drum, Music (Audio cassette)	4
II	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness factors such as speed, strength, agility, flexibility explosives power, muscular and cardio – vascular endurance</li> <li>• Sense of physical and mental well being</li> <li>• Knowledge about physical fitness and its relationship to exercise</li> </ul>	<b>Callisthenic</b> <u>Free hand exercises</u> <b>Exercise – 1</b> <ol style="list-style-type: none"> <li>1. Arms forward upward and heels - Raise</li> <li>2. Arms sideward downward and heels - Sink</li> </ol> <u>Exercise – 2</u> <ol style="list-style-type: none"> <li>1. Arms upward - Bend</li> <li>2. Arms sideward and head backward - Press</li> <li>3. Arms upward bend and heels-Raise</li> <li>4. Position</li> </ol> <u>Exercise – 3</u> <ol style="list-style-type: none"> <li>1. Hands on hips-Place</li> <li>2. Feet about 12 inches apart - Jump</li> <li>3. Feet about 18 inches-Jump</li> <li>4. Position</li> </ol> <u>Exercise – 4</u> <ol style="list-style-type: none"> <li>1. Hands on hips - Place</li> <li>2. Left arm forward raise and with right leg - Kick</li> <li>3. Reverse (2)</li> <li>4. Position</li> </ol> <u>Exercise – 5</u> <ol style="list-style-type: none"> <li>1. Arms sideward raise and left foot sideward - Side</li> <li>2. Arms upward raise and trunk left sideward - Bend</li> <li>3. Trunk raise and arms sideward-Lower</li> <li>4. Position</li> </ol> <u>Exercise – 6</u> <ol style="list-style-type: none"> <li>1. Hands on hips-Place</li> <li>2. Raise knees at least hip high in place (Run 14 counts)</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol>	Demonstration – Oral instructions Part by part method	Graceful Rhythmic movements, Uniformity for music or count to be evaluated	Sufficient place	2

		<p><b>Exercise – 7</b></p> <ol style="list-style-type: none"> <li>Arms upward bend and full squat</li> <li>Position</li> </ol> <p><b>Exercise – 8</b></p> <ol style="list-style-type: none"> <li>Arms sideward raise and left foot sideward - Step</li> <li>Arms upward raise and heels-Raise</li> <li>Same as (1)</li> <li>Position</li> </ol> <p><b>Exercise – 9</b></p> <ol style="list-style-type: none"> <li>Feet apart jump and hands sideward raise</li> <li>Feet together jump and hands over head - Clap</li> <li>Same as (1)</li> <li>Position</li> </ol> <p><b>Exercise – 10</b></p> <ol style="list-style-type: none"> <li>Arms sideward – Bend</li> <li>Trunk left sideward – Bend</li> <li>Trunk raise</li> <li>Position</li> </ol> <p><b>Exercise – 11</b></p> <ol style="list-style-type: none"> <li>Raising arms sideward, hands on the shoulder – Place</li> <li>Trunk left sideward – Bend</li> <li>Trunk raise</li> <li>Position</li> </ol> <p><b>Exercise – 12</b></p> <ol style="list-style-type: none"> <li>Arms sideward raise and feet sideward apart – Jump</li> <li>Trunk to the left – Twist</li> <li>Trunk forward – Twist</li> <li>Position</li> </ol>				
III	<ul style="list-style-type: none"> <li>Sense of rhythm</li> <li>Creative self expression</li> <li>Physical recreation and enjoyment</li> <li>Appreciation of concepts such as unity in diversity and national integration</li> <li>Understanding of our culture</li> </ul>	<p><b>Rhythmic and light apparatus</b></p> <ul style="list-style-type: none"> <li>Dum Bells – 2 exercises</li> <li>Indian Clubs – 2 exercises</li> <li>Lazium – 2 exercises</li> </ul>	Demonstration - Part – whole – part method	<ol style="list-style-type: none"> <li>Graceful Rhythmic movement</li> <li>Uniformity to music or count to be evaluated</li> </ol>	Dum Bells, Indian Club Lazium Drums	3
IV	<ul style="list-style-type: none"> <li>Development of health related physical fitness and motor fitness – Muscular endurance and muscular strength</li> <li>Appreciation of Indian system of physical culture. Knowledge of dands and baithaks</li> </ul>	<p><b>INDIGENOUS EXERCISES</b></p> <p>Dands &amp; Baithaks</p> <ul style="list-style-type: none"> <li>Ordinary dand</li> <li>Frog dand</li> <li>Namandan Baithak</li> <li>Baithak with single arm movement</li> </ul>	Demonstration Part – whole – part method	Performance and withstanding capacity to be evaluated	Sufficient Place Mat	2

V	<ul style="list-style-type: none"> <li>• Development of major muscle group</li> <li>• Organic fitness</li> <li>• Neuro – muscular co-ordination</li> <li>• Knowledge of the activity</li> <li>• Understanding the role of physical activity for a healthy life</li> <li>• Knowledge of managing body equilibrium</li> <li>• Knowledge of collective strength</li> </ul>	<u>Gymnastics and Pyramids (Stunts, Tumbling)</u> <ul style="list-style-type: none"> <li>• Free standing</li> <li>• Chicken walk</li> <li>• Raising sun</li> <li>• Forward roll <ul style="list-style-type: none"> <li>From full bend</li> <li>From stand</li> <li>Hand stand</li> </ul> </li> </ul> <u>Pyramids</u> <ul style="list-style-type: none"> <li>• Double men pyramid</li> <li>• Three men pyramid</li> </ul>	Demonstration Part – whole – part method	Performance and withstanding capacity to be evaluated	Sufficient Place Mat	3
VI	<ul style="list-style-type: none"> <li>• Correct breathing habit and desirable body posture</li> <li>• Better range of movements in joints</li> <li>• Increase resistance power of the body to certain illness</li> <li>• Muscles that are not usually exercised are involved</li> <li>• Awareness of our cultural heritage</li> <li>• Self-discipline and concentration</li> <li>• Knowledge of Yoga exercises and understanding its influence on human body</li> <li>• Application of Yoga exercises to the health needs of the individual</li> </ul>	<u>Yogasana</u> <ul style="list-style-type: none"> <li>• Padmasana</li> <li>• Arthakati Chakrasana</li> <li>• Bhujangasana</li> <li>• Shalabasana</li> </ul>	Demonstration with expansion of the Asanas by the teacher Method of breathing Benefits of particular Asana to be made clear Students to do the Asanas in the initial stages to slow counts given by teacher	Students to do Asanas chosen by the teacher among the items taught for the year. Approach holding of the posture and proper breathing to be given weight age in evaluation	Sufficient Place Mat	3
VII	<ul style="list-style-type: none"> <li>• Development of major muscle group and motor skills Knowledge of healthy and worthy use of the leisure time</li> <li>• Maintenance of physical fitness</li> <li>• Fun and pleasure</li> <li>• Healthy outlook</li> <li>• Development of team sprit and sportsmanship qualities</li> <li>• Knowledge of various skills of games</li> </ul>	<u>Major Games</u> <ol style="list-style-type: none"> <li>1. Volley ball <ul style="list-style-type: none"> <li>• Service</li> <li>• Upper arm pass</li> <li>• Under arm pass</li> </ul> </li> <li>2. Foot ball <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Kicking</li> </ul> </li> <li>3. Kabaddi <ul style="list-style-type: none"> <li>• Raiding</li> <li>• Catching</li> </ul> </li> <li>4. Kho – Kho <ul style="list-style-type: none"> <li>• Chasing</li> <li>• Running</li> </ul> </li> </ol>	Demonstration Part – whole – part method	Style, interest and initiative rather than actual performance to be considered. Skill test of concerned games to be used. Knowledge gained to be assessed as part of theory examination (proper content balance to be followed)	Sufficient Place Post Chunnam Foot ball Volley - Ball Net Flags	10
VIII	<ul style="list-style-type: none"> <li>• Improve motor skill and ability to perform work with ease and grace</li> <li>• Participation and fair place co-operation and sportsmanship cognitive</li> </ul>	<u>Track and Field</u> <ol style="list-style-type: none"> <li>1. Start <ul style="list-style-type: none"> <li>• Crouch start</li> <li>• Medium start</li> <li>• Elongated start</li> </ul> </li> </ol>	Demonstration Part – whole – part method	Timing for track events. Distance for field events and by group competitions	Sufficient place Whistle Long jump pit Shot put Take-off board	5

	<ul style="list-style-type: none"> <li>• Knowledge of the event and real spirit behind the activity</li> <li>• Team spirit and sportsmanship qualities cognitive</li> <li>• Knowledge of the game</li> <li>• Understanding of various skills</li> </ul>	<p>2. Long Jump</p> <ul style="list-style-type: none"> <li>• Approach</li> <li>• Take off</li> <li>• Travel in air</li> <li>• Landing</li> </ul> <p>3. Shot put</p> <ul style="list-style-type: none"> <li>• Grip</li> <li>• Stance</li> <li>• Gliding</li> <li>• Put</li> </ul>		evaluation to be done	Toe board Starting block	
IX	<ul style="list-style-type: none"> <li>• Develop co-operation</li> <li>• Develop knowledge about rules of the games</li> <li>• Place an importance roll to remove fatigue</li> <li>• Creative happiness and pleasure</li> <li>• Develops Group co-ordination</li> </ul>	<p><u>Minor Games</u></p> <ul style="list-style-type: none"> <li>• Ordinary tag</li> <li>• Free and caught</li> <li>• Nondi Tag (Hopping Tag)</li> <li>• Ostrich Tag</li> <li>• Squat Tag</li> <li>• The Hunter and the birds</li> </ul>	Demonstration Oral Instructions	Competitions and rewarding the winners.	Ground Ball Chunnam	
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### Syllabus For VII Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>• Improvement in bearing</li> <li>• Smartness in appearance and turnout</li> <li>• Co – ordination among various body segments</li> <li>• Sense of discipline, self confidence</li> <li>• And the quality of immediate and implicit obedience to orders</li> <li>• Knowledge of drill and marching</li> </ul>	<p><u>Marching</u></p> <ul style="list-style-type: none"> <li>• Revise VI Std. Portions.               <ol style="list-style-type: none"> <li>1. Open order, close order march</li> <li>2. Mark time march and halt</li> <li>3. Forward march and halt</li> </ol> </li> </ul>	Demonstration Part – whole – part method.	Timing, Rhythm, Response to command to be evaluated	Sufficient place  Drum, Music (Audio cassette)	4
II	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness factors such as speed, strength, agility, flexibility explosives power, muscular and cardio – vascular endurance</li> <li>• Sense of physical and mental well being</li> <li>• Knowledge about physical fitness and its relationship to exercise</li> </ul>	<p><u>Callisthenic</u></p> <p>I. Bharathiyam Individual Exercise - 2 No's Partner Series - 2 No's</p> <p><u>II. Exercise – 1</u></p> <ol style="list-style-type: none"> <li>1. Arms forward and upward and feet apart - Jump</li> <li>2. Hands touch the grounds, trunk-bend downwards</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><u>Exercise – 2</u></p> <ol style="list-style-type: none"> <li>1. Full squat and hands on the floor between knees - place</li> </ol>	Demonstration – Oral instructions Part by part method	Graceful Rhythmic movements, Uniformity for music or count to be evaluated	Sufficient place	2

		<p>2. Left leg stretch - sideward</p> <p>3. Same as (1)</p> <p>4. Position</p> <p><b>Exercise – 3</b></p> <p>1. Arms sideward upward raise and feet apart - jump</p> <p>2. Left leg sideward – lunge</p> <p>3. Same as (1)</p> <p>4. Position</p> <p><b>Exercise – 4</b></p> <p>1. Jump and feet a part arms sideward raise</p> <p>2. Trunk forward bent and with the right hand to left toe touch right leg - Kick</p> <p>3. Same as (1)</p> <p>4. Position</p> <p><b>Exercise – 5</b></p> <p>1. Arms forward raise</p> <p>2. Arms upward heels – raise</p> <p>3. Same as (1)</p> <p>4. Position</p> <p><b>Exercise – 6</b></p> <p>1. Arms sideward – raise</p> <p>2. Full squat, bring arms in front of chest</p> <p>3. Same as (1)</p> <p>4. Position</p>				
III	<ul style="list-style-type: none"> <li>• Sense of rhythm</li> <li>• Creative self expression</li> <li>• Physical recreation and enjoyment</li> <li>• Appreciation of concepts such as unity in diversity and national integration</li> <li>• Understanding of our culture</li> </ul>	<p><b>Rhythmic and light apparatus</b></p> <p>1. Lazium – 4 exercises</p> <p>2. Flag drill – 4 exercises</p>	Demonstration Part – whole – part method	Graceful Rhythmic movement Uniformity to music or count to be evaluated	Lazium Flsgs	3
IV	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness – Muscular endurance and muscular strength</li> <li>• Appreciation of Indian system of physical culture</li> <li>• Knowledge of dands and baithaks</li> </ul>	<p><b>INDIGENOUS EXERCISES</b> (Dands &amp; Baithaks)</p> <ul style="list-style-type: none"> <li>• Clapping – Dand</li> <li>• Scorpion – Dand</li> <li>• Baithaks with double arm</li> <li>• Chair Baithaks</li> </ul>	Demonstration Part – whole – part method	Performance and withstanding capacity to be evaluated	Sufficient Place	2
V	<ul style="list-style-type: none"> <li>• Correct breathing habit and desirable body posture</li> <li>• Better range of movements in joints</li> <li>• Increase resistance power of the body to certain illness</li> </ul>	<p><b>Yogasana</b></p> <ul style="list-style-type: none"> <li>• Suryanamaskar</li> <li>• Padmasana</li> <li>• Parsuva Konasana</li> <li>• Halasana</li> </ul>	Demonstration with expansion of the Asanas by the teacher Method of breathing Benefits	Students to do Asanas chosen by the teacher among the items taught for the year. Approach	Sufficient Place Mat	3

	<ul style="list-style-type: none"> <li>• Muscles that are not usually exercised are involved</li> <li>• Awareness of our cultural heritage</li> <li>• Self-discipline and concentration</li> <li>• Knowledge of Yoga exercises and understanding its influence on human body</li> <li>• Application of Yoga exercises to the health needs of the individual</li> </ul>	<ul style="list-style-type: none"> <li>• Chakrasana</li> </ul>	of particular Asana to be made clear Students to do the Asanas in the initial stages to slow counts given by teacher	holding of the posture and proper breathing to be given weight age in evaluation		
VI	<ul style="list-style-type: none"> <li>• Development of major muscle group</li> <li>• Organic fitness</li> <li>• Neuro – muscular co-ordination</li> <li>• Knowledge of the activity</li> <li>• Understanding the role of physical activity for a healthy life</li> <li>• Knowledge of managing body equilibrium</li> <li>• Knowledge of collective strength</li> </ul>	<u>Gymnastics (Stunts, Tumbling) and Pyramids</u> <ol style="list-style-type: none"> <li>1. Forward &amp; Backward roll</li> <li>2. Double men (Two men)</li> <li>3. Cart wheel</li> <li>4. Pyramids 2,3,4 and 5 Formations</li> </ol>	Demonstration Part – whole – part method	Maintenance of body equilibrium to be evaluated. Approach, Performance, Landing perfection to be evaluated	Sufficient Place Mat	3
VII	<ul style="list-style-type: none"> <li>• Development of major muscle group and motor skills Knowledge of healthy and worthy use of the leisure time</li> <li>• Maintenance of physical fitness</li> <li>• Fun and pleasure</li> <li>• Healthy outlook</li> <li>• Development of team spirit and sportsmanship qualities</li> <li>• Knowledge of various skills of games</li> </ul>	<u>Major Games</u> <ol style="list-style-type: none"> <li>1. Foot ball Kicking Heading Trapping Goal keeping Throw-in</li> <li>2. Tenni-koit Receiving &amp; returning Service</li> <li>3. Kabaddi Cant Riding Catching Tactics</li> <li>4. Basket ball Dribbling Passing Shooting</li> </ol>	Demonstration Part – whole – part method	Style, interest and initiative rather than actual performance to be considered. Skill test of concerned games to be used. Knowledge gained to be assessed as part of theory examination (proper content balance to be followed)	Sufficient Place Chunnam Foot ball Flags Nets Tenni-koit ring Basket ball Board, Ring & net	10
VIII	<ul style="list-style-type: none"> <li>• Improve motor skill and ability to perform work with ease and grace</li> <li>• Participation fairly and co-operation</li> <li>• Knowledge of the event and real spirit behind the activity</li> <li>• Team spirit and sportsmanship qualities</li> <li>• Understanding of various skills</li> </ul>	<u>Track and Field</u> <ol style="list-style-type: none"> <li>1. Revise VI Std portions (Long jump, shot – put)</li> <li>2. High jump</li> <li>3. Sprint – 200 mts. 400 mts.</li> <li>4. 4 x 400 mts. Relay</li> </ol>	Demonstration Part – whole – part method	Timing for track events. Distance for field events and by group competitions evaluation to be done	2 Stands Cross bar Pit Chunnam Shot – put Batons	5

IX	<ul style="list-style-type: none"> <li>Develop co-operation</li> <li>Develop knowledge about rules of the games</li> <li>Plays an importance roll to remove fatigue</li> <li>Creative happiness and pleasure</li> <li>Develops Group co-ordination</li> </ul>	<u>Minor Games</u> <ul style="list-style-type: none"> <li>Zig zag relay</li> <li>Tunnel relay</li> <li>Four corners</li> <li>Good morning</li> <li>Luggage van</li> </ul>	Demonstration Oral Instructions	Competitions and rewarding the winners.	Ground Ball Chunnam	
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### Syllabus For VIII Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>Improvement in bearing</li> <li>Smartness in appearance and turnout</li> <li>Co – ordination among various body segments</li> <li>Sense of discipline, self confidence</li> <li>And the quality of immediate and implicit obedience to orders</li> <li>Knowledge of drill and marching</li> </ul>	<u>Marching</u> <ul style="list-style-type: none"> <li>Revise VII Std. Portions. Mark time march, halt and quick march. Salute while marching, left wheel, right wheel Marching and halt. Change quick time march and double time march.</li> </ul>	Demonstration Part – whole – part method.	Timing, Rhythm, Response to command to be evaluated	Sufficient place  Drum, Band group Audio Music cassette	4
II	<ul style="list-style-type: none"> <li>Development of health related physical fitness and motor fitness factors such as speed, strength, agility, flexibility explosives power, muscular and cardio – vascular endurance</li> <li>Sense of physical and mental well being</li> <li>Knowledge about physical fitness and its relationship to exercise</li> </ul>	<u>Callisthenic</u> I. Bharathiyam Exercises 1-4 II. Exercises 1-6 (1) 1. Arms forward upward raise and heel - Raise 2. Arms forward and knees full - Bend 3. Same as (1) 4. Position (2) 1. Hands on hips place and left sideward-step 2. Arms sideward raise and trunk left - Twist 3. Same as (1) 4. Position (3) 1. Arms forward upward raise and feet apart - Jump 2. Touch ground with hands, trunk downward - Bend 3. Same as (1) 4. Position	Demonstration – Oral instructions Part by part method	Graceful Rhythmic movements, Uniformity for music or count to be evaluated	Sufficient place	2



		<p>(4)</p> <ol style="list-style-type: none"> <li>1. Feet a stride Jump and neck - Firm</li> <li>2. Trunk forward</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><u>Exercise – 5</u></p> <ol style="list-style-type: none"> <li>1. Jump and feet apart stand and arms at shoulder level forward</li> <li>2. Forward bend and hold both ankles.</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><u>Exercise – 6</u></p> <ol style="list-style-type: none"> <li>1. Arms forward upward raise and feet apart - Jump</li> <li>2. Arms sideward downward sink and feet together - Jump</li> <li>3. Arms forward raise</li> <li>4. Jump and come to Position</li> </ol>				
III	<ul style="list-style-type: none"> <li>• Sense of rhythm</li> <li>• Creative self expression</li> <li>• Physical recreation and enjoyment</li> <li>• Appreciation of concepts such as unity in diversity and national integration</li> <li>• Understanding of our culture</li> </ul>	<p><u>Rhythmic and light apparatus</u></p> <ol style="list-style-type: none"> <li>1. Hoops – 5 exercises</li> <li>2. Kolattam – 5 exercises</li> </ol>	Demonstration Part – whole – part method	<ol style="list-style-type: none"> <li>1. Graceful Rhythmic movement</li> <li>2. Uniformity to music or count to be evaluated</li> </ol>	Drum Music (Audio cassette) Hoops Kolattam	3
IV	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness – Muscular endurance and muscular strength</li> <li>• Appreciation of Indian system of physical culture</li> <li>• Knowledge of dands and baithaks</li> </ul>	<p><u>INDIGENOUS EXERCISES</u> (Dands &amp; Baithaks)</p> <p><u>Dands</u></p> <ol style="list-style-type: none"> <li>1. Circle dand</li> <li>2. Shake dand</li> </ol> <p><u>Baithak</u></p> <ol style="list-style-type: none"> <li>1. Kneeling Baithak</li> <li>2. Standing Baithak</li> </ol>	Demonstration Part – whole – part method	Performance and withstanding capacity to be evaluated	Sufficient Place Mat	2
V	<ul style="list-style-type: none"> <li>• Correct breathing habit and desirable body posture</li> <li>• Better range of movements in joints</li> <li>• Increase resistance power of the body to certain illness</li> <li>• Muscles that are not usually exercised are involved</li> <li>• Awareness of our cultural heritage</li> <li>• Self-discipline and concentration</li> <li>• Knowledge of Yoga exercises and understanding its influence on human body</li> <li>• Application of Yoga exercises to the health needs of the individual</li> </ul>	<p><u>Yoga-Asana</u> Revise VII Std</p> <ol style="list-style-type: none"> <li>1. Pachimothasana</li> <li>2. Ustasana</li> <li>3. Pathahasthasana</li> <li>4. Arthachakrasana</li> </ol>	Demonstration with expansion of the Asanas by the teacher Method of breathing Benefits of particular Asana to be made clear Students to do the Asanas in the initial stages to slow counts given by teacher	Students to do Asanas chosen by the teacher among the items taught for the year. Approach holding of the posture and proper breathing to be given weight age in evaluation	Sufficient Place Mat	3

VI	<ul style="list-style-type: none"> <li>• Development of major muscle group</li> <li>• Organic fitness</li> <li>• Neuro – muscular co-ordination</li> <li>• Knowledge of the activity</li> <li>• Understanding the role of physical activity for a healthy life</li> <li>• Knowledge of managing body equilibrium</li> <li>• Knowledge of collective strength</li> </ul>	<u>Gymnastics and Pyramids</u> Revise VII Std Pyramids 6 men pyramids 8 men pyramids	Demonstration Part – whole – part method	Maintenance of body equilibrium to be evaluated. Approach, Performance, Landing perfection to be evaluated	Sufficient Place Mat	3
VII	<ul style="list-style-type: none"> <li>• Development of major muscle group and motor skills Knowledge of healthy and worthy use of the leisure time</li> <li>• Maintenance of physical fitness</li> <li>• Fun and pleasure</li> <li>• Healthy outlook</li> <li>• Development of team spirit and sportsmanship qualities</li> <li>• Knowledge of various skills of games</li> </ul>	<u>Major Games</u> Revise VII Std 1. Ball Badminton Holding the racket Service Receiving Stroke 2. Hockey Rolling the ball Tapping Dribbling Pushing Hitting Scooping 3. Throw Ball Service Catching	Demonstration Part – whole – part method	Style, interest and initiative rather than actual performance to be considered. Skill test of concerned games to be used. Knowledge gained to be assessed as part of theory examination (proper content balance to be followed)	Sufficient Place Balls Rocket Posts Net Hockey Sticks	10
VIII	<ul style="list-style-type: none"> <li>• Improved motor skill and ability to perform work with ease and grace</li> <li>• Participation fairly and co-operation</li> <li>• Knowledge of the event and real spirit behind the activity</li> <li>• Team spirit and sportsmanship qualities</li> <li>• Understanding of various skills</li> </ul>	<u>Track and Field</u> Revise VII Std Middle distance run 400 mts Run. 800 mts Run. Discus High Jump	Demonstration Part – whole – part method	1. Timing for track events. 2. Distance for field events 3. Height for Pole vault to be evaluated	Sufficient place Measuring tape Whistle High Jump post (Stand), Cross bar Stop watch Chunnam	5
IX	<ul style="list-style-type: none"> <li>• Develop co-operation</li> <li>• Develop knowledge about rules of the games</li> <li>• Plays an importance roll to remove fatigue</li> <li>• Creative happiness and pleasure</li> <li>• Develops Group co-ordination</li> </ul>	<u>Minor Games</u> 1. Ropes skipping Relay 2. Three legged race 3. Snatch the kerchief 4. Over and under passing relay 5. Kangaroo – Jumping relay 6. Rabbit Jump	Demonstration Oral Instructions	Competitions and rewarding the winners.	Sufficient space Skipping ropes Balls etc.	
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## Syllabus For IX Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>Improvement in bearing</li> <li>Smartness in appearance and turnout</li> <li>Co – ordination among various body segments</li> <li>Sense of discipline, self confidence</li> <li>And the quality of immediate and implicit obedience to orders</li> </ul>	<u>Marching</u> <ul style="list-style-type: none"> <li>Mark time march</li> <li>Halt</li> <li>Dressing</li> <li>Open &amp; Close orders</li> <li>Turning on the march</li> <li>Changing steps on the march</li> <li>Double time march</li> <li>Changing from quick time to double time march</li> <li>Changing directions (Right &amp; Left wheel)</li> <li>Side step</li> </ul>	Demonstration Part – whole – part method – repetition.	Timing, Rhythm, Response to command to be evaluated	Drum, Band Troop, Audio music Cassette	4
II	<ul style="list-style-type: none"> <li>Development of health related physical fitness and motor fitness factors such as speed, strength, agility, flexibility explosives power, muscular and cardio – vascular endurance</li> <li>Sense of physical and mental well being</li> <li>Knowledge about physical fitness and its relationship to exercise</li> </ul>	<u>Callisthenic</u> <u>Exercise No. 1</u> Count :1: Arms upside raise Count :2: Arms forward raise Count :3: Same as (1) Count :4: Position <u>Exercise No. 2</u> Count :1: Arms sideward raise Count :2: Arms sideward bent Count :3: Same as (1) Count :4: Position <u>Exercise No. 3</u> Count :1: Arms forward raise right leg forward step (toe touch) Count :2: Arms sideward raise right leg sideward step (toe touch) Count :3: Same as (1) Count :4: Position <u>Exercise No. 4</u> Count :1: Arms forward raise left leg forward step (toe touch) Count :2: Arms sideward raise left leg sideward step (toe touch) Count :3: Same as (1) Count :4: Position <u>Exercise No. 5</u> Count :1: Arms sideward raise left leg sideward step (toe touch) Count :2: Arms upward raise left leg				2

		<p>sideward step (toe touch)  Count :3: Same as (1)  Count :4: Position  <u>Exercise No. 6</u>  Count :1: Arms forward raise left leg 45°  forward step  Count :2: Arms upward raise left leg  <b>LUNGE</b>  Count :3: Same as (1)  Count :4: Position  <u>Exercise No. 7</u>  Count :1: Arms forward raise left leg 45°  forward step  Count :2: Arms upward raise right leg  <b>LUNGE</b>  Count :3: Same as (1)  Count :4: Position  <u>Exercise No. 8</u>  Count :1: Arms forward raise right leg  forward step  Count :2: Arms upward raise, legs  together (left leg join with right leg  position)  Count :3: Arms forward raise, right leg  backward step  Count :4: Position  <u>Exercise No. 9</u>  Count :1: Arms forward raise right leg  forward step  Count :2: Arms sideward raise, legs  together (left leg join with the right leg  position)  Count :3: Arms forward raise, right leg  backward step  Count :4: Position  <u>Exercise No. 10</u>  Count :1: Arms upward raise jump and  place left leg forward and right leg  backward  Count :2: Position (arms and legs  together)  Count :3: Arms upward raise, Right leg  forward and left leg backward  Count :4: Position  <u>Exercise No. 11</u>  Count :1: Arms forward raise come to  <b>SQUAT</b> position.  Count :2: Arms forward bend (Fingers on</p>				
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		<p>the shoulders)  Count :3: Same as (1)  Count :4: Position  <u>Exercise No. 12</u>  Count :1: Arms sideward bend, hands on the head  Count :2: forward bend  Count :3: Same as (1)  Count :4: Position</p>				
III	<ul style="list-style-type: none"> <li>• Sense of rhythm</li> <li>• Creative self expression</li> <li>• Physical recreation and enjoyment</li> <li>• Appreciation of concepts such as unity in diversity and national integration</li> <li>• Understanding of our culture</li> </ul>	<p><u>Rhythmic and light apparatus</u></p> <ul style="list-style-type: none"> <li>• Lazium</li> <li>• Dum Bells</li> <li>• Wands</li> <li>• Indian Clubs</li> <li>• Pole Drill</li> <li>• Hoop Drill</li> <li>• Flag Drill</li> </ul>	Demonstration Part – whole – part method	<p>3. Graceful Rhythmic movement  4. Uniformity to music or count to be evaluated</p>	Dum Bells, Indian Club Drum Music (Audio Cassette) Sufficient place	3
IV	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness – Muscular endurance and muscular strength</li> <li>• Appreciation of Indian system of physical culture  Knowledge of dands and baithaks</li> </ul>	<p><u>Dands &amp; Baithaks</u>  <u>Dands</u></p> <ul style="list-style-type: none"> <li>• Circle dand</li> <li>• Twist dand</li> <li>• Legs forward dand</li> </ul> <p><u>Baithak</u></p> <ul style="list-style-type: none"> <li>• Bajrang Baithak</li> <li>• Chair Baithak</li> <li>• Stoopin Baithak</li> </ul>	Demonstration Part – whole – part method	Performance and withstanding capacity to be evaluated	Sufficient place	2
V	<ul style="list-style-type: none"> <li>• Correct breathing habit and desirable body posture</li> <li>• Better range of movements in joints</li> <li>• Increase resistance power of the body to certain illness</li> <li>• Muscles that are not usually exercised are involved</li> <li>• Awareness of our cultural heritage</li> <li>• Self-discipline and concentration</li> <li>• Knowledge of Yoga exercises and understanding its influence on human body</li> <li>• Application of Yoga exercises to the health needs of the individual</li> </ul>	<p><u>Yogasana</u></p> <ul style="list-style-type: none"> <li>• Trikonasana</li> <li>• Padahastasana</li> <li>• Halasana</li> <li>• Sarvangasana</li> </ul>	Demonstration with expansion of the Asanas by the teacher Method of breathing Benefits of particular Asana to be made clear Students to do the Asanas in the initial stages to slow counts given by teacher	Students to do Asanas chosen by the teacher among the items taught for the year. Approach holding of the posture and proper breathing to be given weight age in evaluation	Sufficient place	3
VI	<ul style="list-style-type: none"> <li>• Development of major muscle group</li> <li>• Organic fitness</li> <li>• Neuro – muscular co-ordination</li> <li>• Knowledge of the activity</li> <li>• Understanding the role of physical</li> </ul>	<p><u>Gymnastics and Pyramids</u></p> <ul style="list-style-type: none"> <li>• Hand Stand</li> <li>• Straddle Rollup</li> <li>• Dive Roll Head Spring</li> <li>• Cart Wheel</li> </ul>	Demonstration Part – whole – part method	Maintenance of body equilibrium to be evaluated. Approach, Performance, Landing perfection to be	Sufficient Place Drum	3

	<p>activity for a healthy life</p> <ul style="list-style-type: none"> <li>• Knowledge of managing body equilibrium</li> <li>• Knowledge of collective strength</li> </ul>			evaluated		
VII	<ul style="list-style-type: none"> <li>• Development of major muscle group and motor skills knowledge of healthy and worthy use of the leisure time</li> <li>• Maintenance of physical fitness</li> <li>• Pleasure</li> <li>• Healthy outlook</li> <li>• Development of team spirit and sportsmanship qualities</li> <li>• Knowledge of various skills of games</li> </ul>	<p><u>Major Games</u></p> <ul style="list-style-type: none"> <li>• Cricket</li> <li>• Tennikoit</li> </ul>	Demonstration Part – whole – part method	Style, interest and initiative rather than actual performance to be considered. Skill test of concerned games to be used. Knowledge gained to be assessed as part of theory examination (proper content balance to be followed)	Sufficient Place Bats Balls Post Net	10
VIII	<ul style="list-style-type: none"> <li>• Develops co-operative attitude</li> <li>• Develops knowledge about rules of the games</li> <li>• Plays an important role to remove fatigue</li> <li>• Create happiness and pleasure</li> <li>• Develops group coordination</li> </ul>	<p><u>Minor Games</u></p> <ul style="list-style-type: none"> <li>• Tunnel relay</li> <li>• Giddy Giddy relay</li> <li>• Jump the stick relay</li> <li>• Pony express relay</li> <li>• Back to back relay</li> </ul>	Demonstration – Oral Instructions	Competitions and rewarding the winners	Necessary equipments	
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Syllabus For X Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>• Improvement in bearing</li> <li>• Smartness in appearance and turnout</li> <li>• Co-ordination among various body segments</li> <li>• Sense of discipline, self-confidence</li> <li>• And the quality of immediate and implicit obedience to orders</li> <li>• Knowledge of drill and marching</li> </ul>	<p><u>Marching</u></p> <ul style="list-style-type: none"> <li>• Revise IX Std. Portions</li> <li>• Slow march</li> <li>• Ceremonial march</li> </ul>	Demonstration Part – whole – part method	Timing, Rhythm, Response to command to be evaluated	Drum, Band Troop Audio Cassette	4
II	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness factors such as speed, strength, agility, flexibility, explosive power and muscular and cardio-vascular endurance</li> <li>• Sense of physical and mental well being</li> </ul>	<p><u>Callisthenic Exercise 1:</u></p> <p>Position – Attention</p> <ol style="list-style-type: none"> <li>1. Right hand sideward and left hand forward STRETCH</li> <li>2. Right hand forward, and left hand upward STRETCH</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol>	Demonstration. Oral instructions Part – Part method	<ol style="list-style-type: none"> <li>1. Graceful, rhythmic movements</li> <li>2. Uniformity to music or count to be evaluated</li> </ol>	Drum Music	2

	<ul style="list-style-type: none"> <li>• Knowledge about physical fitness and its relationship to exercise</li> </ul>	<p><b>Exercise 2:</b> Position – Attention</p> <ol style="list-style-type: none"> <li>1. Arms sideward Stretch</li> <li>2. Trunk left side TWIST</li> <li>3. Same as (1)</li> <li>4. Position (Same exercise to be done on right side)</li> </ol> <p><b>Exercise 3:</b> Position – Attention</p> <ol style="list-style-type: none"> <li>1. Palms joining together and place it on the back of neck, left leg one step forward - STEP</li> <li>2. Trunk forward BEND</li> <li>3. same as (1)</li> <li>4. Position</li> </ol> <p><b>Exercise 4:</b> Position – Feet apart</p> <ol style="list-style-type: none"> <li>1. Arms forward stretch head raise</li> <li>2. Arms sideward stretch - SQUAT</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><b>Exercise 5:</b> Position – Attention</p> <ol style="list-style-type: none"> <li>1. Left leg one step forward - STEP</li> <li>2. Arms sideward STRETCH – Palms facing the sky – Press head back</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><b>Exercise 6:</b> Position –Attention</p> <ol style="list-style-type: none"> <li>1. Arms forward STRETCH full squat</li> <li>2. Arms sideward STRETCH</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><b>Exercise 7:</b> Position –Attention</p> <ol style="list-style-type: none"> <li>1. Arms sideward STRETCH. Feet apart – JUMP</li> <li>2. Bend forward touch the toes by fingers</li> <li>3. Same as (1)</li> <li>4. Position</li> </ol> <p><b>Exercise 8:</b> Position –Attention</p> <ol style="list-style-type: none"> <li>1. Flex arms sideward fingers on shoulders – PLACE</li> <li>2. Arms sideward STRETCH</li> </ol>				
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		3. Same as (1) 4. Position				
III	<ul style="list-style-type: none"> <li>• Sense of rhythm</li> <li>• Creative self expression</li> <li>• Physical recreation and enjoyment</li> <li>• Appreciation of concepts such as unity in diversity and national integration</li> <li>• Understanding of our culture</li> </ul>	<u>Rhythmic and Light apparatus</u> <ul style="list-style-type: none"> <li>• Dumbbells – 4 exercises</li> <li>• Indian clubs – 4 exercises</li> </ul>	Demonstration. Part –whole – part method	<ol style="list-style-type: none"> <li>1. Graceful, rhythmic movements</li> <li>2. Uniformity to music or count to be evaluated</li> </ol>	Dumbbells, Indian clubs, Drum, Music (Audio cassette) Sufficient area	3
IV	<ul style="list-style-type: none"> <li>• Development of health related physical fitness and motor fitness – muscular endurance and muscular strength</li> <li>• Appreciation of Indian system of physical culture, knowledge of dands and baithaks</li> </ul>	<u>INDIGENEOUS EXERCISES</u> <u>Dands &amp; baithaks</u> <ul style="list-style-type: none"> <li>• Alternative leg dand</li> <li>• Kneeling Baithak</li> </ul>	Demonstration. Part –whole – part method	Performance and withstanding capacity to be evaluated	Sufficient place	2
V	<ul style="list-style-type: none"> <li>• Correct breathing habit and desirable body posture</li> <li>• Better range of movements in joints</li> <li>• Increase resistance power of the body to certain illness</li> <li>• Muscles that are not usually exercised are involved</li> <li>• Awareness of our cultural heritage</li> <li>• Self-discipline and concentration</li> <li>• Knowledge of Yoga exercises and understanding its influence on human body</li> <li>• Application of Yoga exercises to the health needs of the individual</li> </ul>	<u>Yogasana</u> <ul style="list-style-type: none"> <li>• Sashagasans</li> <li>• Supta vajrasana</li> <li>• Dhanurasana</li> <li>• Parivartha Trikonasana</li> </ul>	Demonstration with expansion of the Asanas by the teacher Method of breathing Benefits of particular Asana to be made clear Students to do the Asanas in the initial stages to slow counts given by teacher	Students to do Asanas chosen by the teacher among the items taught for the year. Approach holding of the posture and proper breathing to be given weight age in evaluation	Sufficient place	3
VI	<ul style="list-style-type: none"> <li>• Development of major muscle group</li> <li>• Organic fitness</li> <li>• Neuro – muscular co-ordination</li> <li>• Knowledge of the activity</li> <li>• Understanding the role of physical activity for a healthy life</li> <li>• Knowledge of managing body equilibrium</li> <li>• Knowledge of collective strength</li> </ul>	<u>Gymnastics and Pyramids</u> <ul style="list-style-type: none"> <li>• Revise 8, 9, 10 men pyramids</li> </ul>	Demonstration Part – whole – part method	Maintenance of body equilibrium to be evaluated. Approach, Performance, Landing perfection to be evaluated	Sufficient Place Drum	3
VII	<ul style="list-style-type: none"> <li>• Development of major muscle group and motor skills knowledge of healthy and worthy use of the leisure time</li> <li>• Maintenance of physical fitness</li> <li>• Pleasure</li> <li>• Healthy outlook</li> </ul>	<u>Major Games</u> <ul style="list-style-type: none"> <li>• Revise IX Std portions</li> <li>• Volley Ball Spiking Blocking</li> <li>• Badminton (Shuttle) Service</li> </ul>	Demonstration Part – whole – part method	Style, interest and initiative rather than actual performance to be considered. Skill test of concerned games to be used. Knowledge gained to	Sufficient Place Balls Post Net Racket Table - Table	10



	<ul style="list-style-type: none"> <li>Development of team spirit and sportsmanship qualities</li> <li>Knowledge of various skills of games</li> </ul>	<p>Receiving Stroke</p> <ul style="list-style-type: none"> <li>Table Tennis Basic strokes Service</li> </ul>		be assessed as part of theory examination (proper content balance to be followed)	Tennis	
VIII	<ul style="list-style-type: none"> <li>Improved motor skill and ability to perform work with ease and grace</li> <li>Participation fairly and co-operation</li> <li>Knowledge of the event and real spirit behind the activity</li> <li>Team spirit and sportsmanship qualities</li> <li>Understanding of various skills</li> </ul>	<p><u>Track and Field</u></p> <ol style="list-style-type: none"> <li>Revise IX Std portions</li> <li>Long distance 1500 mts.</li> <li>Javelin</li> <li>Pole vault</li> </ol>	Demonstration Part – whole – part method	<ol style="list-style-type: none"> <li>Timing for track events</li> <li>Distance for field events</li> <li>Height for pole vault to be evaluated</li> </ol>	Measuring tape Sufficient place Whistle Javelin Chunnam Pole vault set Pit Stop watch	5
IX	<ul style="list-style-type: none"> <li>Develop co-operation</li> <li>Develop knowledge and rules</li> <li>Place an importance roll to remove fatigue</li> <li>Creative happiness and pleasure</li> <li>Group co-ordination</li> </ul>	<p><u>Minor Games</u></p> <ul style="list-style-type: none"> <li>Shadow Tag</li> <li>Wandering ball</li> <li>Three deep</li> <li>Lame duck relay</li> <li>Last couple out</li> <li>Mount ball tag</li> </ul>	Demonstration Oral Instructions	Competitions and rewarding the winners.	Necessary Equipments	
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### Syllabus For XI & XII Standard – PHYSICAL EDUCATION

Unit	Expected outcome of Learning	Content	Teaching / Learning Activities	Evaluation	Equipment	No. of Periods
I	<ul style="list-style-type: none"> <li>Development in movements</li> <li>Smartness in appearance</li> <li>Development of co – ordination</li> <li>Sense of discipline, self confidence</li> <li>And the quality of immediate and implicit obedience to orders</li> <li>Development of good posture</li> <li>Leadership qualities</li> </ul>	<p><u>Marching</u></p> <ol style="list-style-type: none"> <li>Quick march</li> <li>Double march</li> <li>Slow march</li> </ol>	Demonstration with explanation Students to practice the activities under teachers' supervision till certain level of attainment Group practice under student leader Students to witness Locate parade of N.C.C, police, Republic day and Independence day parades.	Observation of individual student's performance and supply of feedback Two components chosen by the teacher has to be done by the students. Timing, rhythm, position and response to command to be evaluated	Music Tapes Band group Drum	4
II	<ul style="list-style-type: none"> <li>Improves knowledge of health</li> <li>Develops the functions of internal organs</li> <li>Develops concentration</li> <li>Increase the mobility of the joints</li> </ul>	<p><u>Yogasana</u></p> <ul style="list-style-type: none"> <li>Padahasthasana</li> <li>Arthachakrasana</li> <li>Pachimatanasana</li> <li>Ustasana</li> <li>Sarvangasana</li> <li>Matsyasana</li> </ul>	Demonstration Part – whole – part method	Perfection graceful synchronized breathing Maintenance of final posture and knowledge of benefits of Asanas to be evaluated	Sufficient place Mat	4
III	<ul style="list-style-type: none"> <li>Development of major muscle groups</li> <li>Development of motor skills</li> </ul>	<p><u>Major Games</u> (According to the availability of ground</p>	Major rules, intermediate and advanced level skills to be explained and demonstrated By part – part method	Interest, style and actual performance to be observed Test by relevance skill test	Ball Net Racket	15

	<ul style="list-style-type: none"> <li>• Healthy use of the leisure time</li> <li>• Development of physical components such as strength, speed, endurance, flexibility, agility</li> <li>• Development of co-operative attitude and team sprit</li> <li>• Ability to play higher level of competition</li> <li>• Knowledge of handling emergency situations and development of quick reaction time</li> </ul>	<p>minimum two games' Intermediate and advanced skills to be taught every year)</p> <p>Kabaddi Kho-Kho Foot Ball Volley Ball Basket Ball Hockey Badminton Table-Tennis Cricket and Throw Ball</p>	<p>Team practice to be encouraged Analysis of the game played should be carried out by group discussions</p>	<p>of the concerned game Technical and tactical play should be observed through competitions</p>	<p>Chunnam Stick and required equipment for the concerned games</p>	
IV	<ul style="list-style-type: none"> <li>• Improve the motor skill</li> <li>• Improvement in cardio -vascular efficiency</li> <li>• Ability to participate in higher level of competition</li> <li>• Improvement in Neuro muscular co-ordination</li> <li>• Development in patriotism</li> </ul>	<p><u>Track and field</u> Advanced level skills of any two athletic events as per ground availability every year. Sprint, Middle distance and Long distance, High Jump, Pole Vault, Triple Jump, Long Jump, Shot – put, Discus, Javelin.</p>	<p>Scientific principles of various events to be explained and demonstrated Video clippings to be used Perfection should be attained in skills by practice.</p>	<p>Through group competitions Individual performance comparing the time and distance of state and national record to be analyzed.</p>	<p>Starting block Spikes Stop watch Shot – put Discus Javelin High Jump Post Cross bar Pole</p>	5
V	<ul style="list-style-type: none"> <li>• Development of strength in short time (Cardio-Vascular and muscular)</li> <li>• Development of performance</li> <li>• Improvement of sense of rhythm and timings</li> <li>• Appreciation of nature</li> <li>• Development of social responsibility, self-confidence, punctuality and cleanliness</li> </ul>	<p>Weight training or Defensive art or training methods (Interval, Fart-leg and circuit) and Introduction to fundamentals of physical education</p>	<p>Demonstration of the activity by the teacher, practice by the students</p>	<p>By group competition sense of participation, interest and effort to be assessed</p>	<p>Bar-bells Chunnam Drum Music (Audio cassette)</p>	4
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# STANDARD VI. SYLLABUS - Physical and Health Education.

Expected outcome of learning  
(1)

Contents.  
(2)

Teaching-Learning Activities.  
(3)

Develops habits of discipline

## I. Marching:-

- (1) Stand-at-ease.  
Stand-at-attention  
Stand-easy.
- (2) Dressing up.  
Right and left Dress Eyes Front...
- (3) Turn at halt.
- (4) Mark time, halt at the mark time.
- (5) Flag salute
- (6) Single file marching
- (7) Eyes Right and Eyes left in Marching.

Develops courage.  
Develops good posture and  
Physical Fitness.

Teacher asks them to stand in a single line. For stand at ease-Hands at the back Feet apart.

a vshape, hands on sides with closed first-stand erect. Easy position in Stand at ease. For Dressing, students stand in a single line according to their height. At attention. Turn the head to the right and see the shoulder is in a line with the next student and make the line straight.

Same be repeated on the left side for left dress Look straight in front.

### Right turn :-

Stand at attention, turn to the right at 90° Turn to the left at 90° Turn to the back by right side in 180°.

Demonstrate mark time march (on the spot marching) Start with left leg. Asks the students to do the mark time march and the mistakes are corrected.

Repeat-Demonstrate turn to salute. Give enough drill. Demonstrate the turn to salute Gives enough drill.

Demonstrate the forward march in single line.

Left Keep the left foot forward and swing the right hand forward and left hand backward.

Right: Keep the right foot forward and swing the left hand forward and right and backward.

Promotes Physical fitness and organic efficiency.  
Cultivates habits of engaging in appropriate exercises.  
Develops neuromuscular co-ordination and promotes the ability to perform work with ease and grace.

## II. Body building Exercises.

- (1) (i) Arms forward upward and heels Raise.
- (ii) Arms sideward downward and heels-sink.

- (2) (i) Arms upward-Bend  
(ii) Arms sideward and head backward-Press.  
(iii) Arms upward bend and headraise,  
(iv) Attention position,
- (3) (i) Hands on Hips-Place.  
(ii) Feet about 12 inches apart-Jump.  
(iii) Feet about 18 inches apart-Jump.  
(iv) Attention position-place.
- (4) (i) Hands on hips-place  
(ii) Left arm forward raise with right leg-kick.  
(iii) Right arm forward with left leg-kick,  
(iv) Attention-Position,
- (5) (i) Feet apart Jump and hands over head clap.  
(ii) Attention Position.
- (6) (i) Sideward raise and left foot sideward.  
(ii) Arms upward raise, and trunk left sideward-Lower:  
(iii) Trunk raise and arms sideward Lower.  
(iv) Position.
- (7) (i) Hands on hips place.  
(ii) Raising knees atleast hip height, in place-Run (14 counts),  
(iii) Same as one  
(iv) Position
- (8) (i) Arms upward bend and full squat,  
(ii) Position.

Develops poise and gait, correct postural habits, variety of skills and ability to relax.

### III. YOGASANAS.

- (1) Padmasana
- (2) Dhanurasana,

Teacher to demonstrate Padmasana, Sit erect-Place the right foot on left thigh and the left foot on right.

Develops resistance of the body to diseases.

- (3) Halasana
- (4) Surya Namaskar
- (5) Bujangasana
- (6) Artha Salabasana
- (7) Vajrasana

Develops the concepts of good health.

Gives Grace poise promotes a sense of self expression and contributes to mental and physical health prepares him for a worthy use of leisure.

Develops neuromuscular skills and promotes the ability to form work with ease and grace.

#### IV. Rhythmics and Light Apparatus. Any two.

- (1) Folk dance.
- (2) Kummi
- (3) Kolattam.
- (4) Wands.
- (5) Dumbbells
- (6) Flag drill
- (7) Hoops
- (8) Pinnal Kolattam
- (9) Karagam
- (10) Group singing National Anthem.

#### V. Athletics.

- (1) One run-Sprint.
- (2) One Jump.
- (3) One throw.
- (4) Rope skipping.

**dhanurasana** : Lie down on the floor with face down-Bond the leg at the knees grasp the ankles with the fingers. Slowly raise the head till you look straight in front.

**Halasana** : Lie flat on the back. Palms on the floor-left legs to 180° and touch the floor beyond the head with the toes.

Like the above methods, teacher demonstrates the Asanas Students are asked to do the asanas Mistakes are corrected-Repeat.

Teacher demonstrates any folk dance stepping the legs to rhythm flat heel, and toe.

**Kummi** : Clap and step with legs on the spot alternate cross stepping moving side ways.

**Kolattam** : Same as above with kolattom sticks. All the above to song or music.

General Physical fitness exercises in a circle or open order or scattered formation. Short sprint skipping and relays. Distance, 50M, 100M. and 200M. Techniques of start and finish are demonstrated. Jumping for distance approach-run-take off-mid air action-landing.

Jumping for height—landing. Throwing cricket ball. Soft ball. Initial stance — approach — run—Release and follow through.

Develops attitude of co-operation, Sportsmanship, fair play, social equality loyalty, enables the students to make worthy use of leisure.

Develops desirable social attitudes creates interesting group relationship, and subordination of the individual for the welfare of the group.

Generosity to opponents tolerance towards play mates of different religion or creed and of different culture

Helps to establish the rhythm of rest and exercise. To cultivate such traits of character as self mastery, discipline, courage.

### VI. A. Games. Any two major games :

- (1) Kho-Kho.
- (2) Tennikoit.
- (3) Kabaddi.
- (4) Table tennis.
- (5) Swimming. If facilities are available.

### VI. B. Minor Games :

- (1) Skip Tag.
- (2) Nondi Tag.
- (3) Ostrich Tag.
- (4) Squat Tag.
- (5) Come with me.
  - Hunter and the bird,
  - Crows and Cranes.
  - Luggage Van.
  - Pom Pom Pull away.
  - Free and caught.

### VI. C Relays :

- (1) Run and Throw.
- (2) Potato race.
- (3) Zig Zag Relay.
- (4) Sit and Run.
- (5) Over and under relay.

### VII. Gymnastics—Boys:

- (1) Stunts.
  - (a) Free standing.
  - (b) Chicken walk.

**Kho-Kho:** Brief introduction of the game. General rules—General conditioning—fundamentals of running fast-zig zag—fundamentals of chasing, sitting, giving Kho game practice.

**Tennikoit :** Service, Throwing and catching game practice—Rules of the game.

**Kabaddi:** Skills, Cant kich raiding jumping and catching leg and hands game practice.

### Table Tennis : Rules.

Teaching skills, Grip of the bat-service return—Game practice.

The teacher explains the game—demonstration with the small group actual participation by the whole group.

The Teacher explains the relay—one team demonstrates the game—actual participation by the whole group.

The Teacher demonstrates the stunts and tumbling.

Forward Roll and cart wheel are natural for boys.

Develops the sense of enjoyment through participation in Physical Activities.

#### Sambling—

- (a) Forward roll from full knee bend and from standing.
- (3) Pyramid building with twos and threes.
- (4) Cart Wheel.
- (5) Hand stand.

One boy kneels and the other stands on him balancing. Two boys kneel and one boy stands with his legs one on each of them lying prone and balancing on the hand.

#### Gymnastics—Girls.

- (1) Becoming as tall and as small as they can.
- (2) Waving like a branch.
- (3) Balancing on the Beam.
- (4) Forward Roll.
- (5) Pyramid building with twos and threes.

The students will run any where and on signal they stop and stand alone, and they stand on toes to become as tall as they can, and they bend their knees and go down to lie as small as they can.

They stand and wave like branches. Teacher demonstrates balancing on one leg and hopping.

Develops Physical powers with a capacity for sustained effort through exercise of the large muscles.

#### VIII. Indigenous Exercises-for Boys.

##### Dands and Baithaks.

- (1) Scorpion—Dand.
- (2) Reverse—Dand.
- (3) Namaskar Baithak.
- (4) Baithak with single arm movement.
- (5) Baithak with both arm movement.

Develops awareness of common health problems.

Develops health habits relating to personal and environmental hygiene, exercise, posture, rest, food and sleep.

#### XI. 1. Health Education:

- (1) Meaning of Health Education.
- (2) Importance of Health.
- (3) Care of the eye, ear and teeth.
2. Food and Nutrition.
3. Safety Education—Home—School—Play-ground-Road
4. First Aid—Simple wounds and injuries—their treatment.

The Teacher explains the meaning and importance of health. Personal health is checked by medical inspection of each student. Height and weight are taken. To give training in health habits, like proper rest, proper exercise, proper nutrition and personal cleanliness-Nails-dress-hair-Environmental hygiene is explained-like fresh air, light and ventilation in the house. Under standing the health hazards of not keeping the environment of home, school and community clean.



**OPTIONAL :**

Combatives for boys.

- X. (a) Wrestling.
- (b) Boxing.
- (c) Silambam.
- (d) Karate.

XI. Special Activities for girls.

- (a) Classical Dances.
- (b) Folk Dances of Tamil Nadu.
- (c) Semi Classical Dances.
- (d) Self defence-Karate Any other suitable defensive art.

Advising children to eat food stuff sold in clean environment. Teach them about balanced diet and common deficiency diseases among children and remedial measures. Teach them safety at home, at school and at play ground and how to cross the roads. Teach them elementary principles of first aid in case of cuts, burns, fractures and drowning.

**STANDARD VII**

Develops discipline, confidence and courage.

**I. Marching :**

- (1) Mark Time with turn.
- (2) March Forward in single and double File.
- (3) Quick March and Halt.
- (4) Salute at halt—Flag Salute—Front Right Salute.
- (5) Eyes right—Eyes front.

The teacher demonstrates how to turn in Mark time. Teacher asks the students to do for commands, Repeat-correct the mistakes Repeat. The teacher demonstrates the forward march and double march. Teacher asks the students to do the forward march. Correct the mistakes and repeat. The teacher demonstrates how to halt at quick march.

Promotes Physical fitness and organic efficiency.

**II. Body Building Exercises -**

- I. (1) Arms forward upward and left leg backward-Raise.
- (2) Arms forward, downward and left leg Replace.

Teacher demonstrates the exercises to commands. Students are asked to do to the command and later by counts. Repeat Correct-Repeat.

He cultivates habits of engaging in appropriate exercises so that his immediate and future health needs will be met.

- II. (1) Arms sideward raise and hands on the head-place.
- (2) Arms sideward stretch away and knees full-Bend.
- (3) Position (1) resume.
- (4) Position



### III. Standing position-neck-firm

- (1) Head backward-Press :
- (2) Head Relax.

### IV. (1) Full squat and hands on floor between kneess-place.

- (2) Knees-stretch
- (3) Knees-bend
- (4) Position.

### V. (1) Arms sideward upward raise and feet apart-jump.

- (2) Quarter turn to the left face, arms sideward lower left forward-lunge.

### VI. (1) Arms sideward raise and trunk forward-Bend.

- (2) Trunk to the left-twist.
- (3) Back to position (k) twist.
- (4) Position.

### VII Standing position Feet wide apart, arms sideward.

- (1) Trunk forward bend and with the right hand left toe touch.
- (2) Standing position, Alternate left and right and come to attention on the last count.

### VIII. Hands on hips, place 1 to 4.

Hop on the right foot and with the knees straight, toes pointed left leg forward raise.  
5 to 8 change to hop on the left with right leg raised

### IX. Hands on Hips-place

- (1) Half knee-Bend
- (2) Knees full-Bend
- (3) Same as (1)
- (4) Straight the legs fully to the starting position.

### X. (1) Arms forward raise and knees full-Bend.

- (2) Arms upward raise and on heels-Raise.
- (3) Same as (1)
- (4) Position.

- XI. (1) Hands on hips place and left side-ward-step.  
 (2) Arms sideward raise and trunk left-twist.  
 (3) Same as (1)  
 (4) Position.
- XII. (1) Arms forward upward raise and feet apart - jump.  
 (2) To touch ground with hands trunk downward-Band.  
 (3) Arms forward, upward trunk-Raise.  
 (4) Position.

Cultivates such habits of characters self martyr, discipline courage and confidence. Develops body poise gait and correct postural habits.

### III. ASANAS.

- (1) Vakrasana :
- (2) Matsyasana
- (3) Gomukhasana
- (4) Uthitha Padmasana
- (5) Shavasana
- (6) Suryanamaskar
- (7) Sarvangasana

\* The teacher will say about the importance of the asanas. He demonstrates the Asanas. Students are asked to do the asanas. Teacher corrects the mistakes. The students are asked to repeat.

Develops the concept good health grace poise and to promote sense of self expression and contribute to mental and physical health. Prepares him for a worthy use of leisure by acquiring the knowledge of sports He participates serves, appreciates and enjoys playing on.

### IV. Rhythmic and light apparatus.

(any two) not taught in the previous year)

- (1) Folk dance.
- (2) Kummī.
- (3) Kolattam
- (4) Lazium
- (5) Wands.
- (6) Dumb bells.
- (7) Flag drill.
- (8) Hoops.
- (9) Indian clubs.
- (10) Pinnal Kolattam.
- (11) Karagam.
- (12) Group singing.  
National Anthem.

Teacher demonstrates the folk dance Stepping the legs to rhythm-flat heel and toe.

Kummī : Clap and step with legs on the spot-alternate cross stepping-moving sideways.

Kolattam: same as above with kolattam sticks. All the above done to song or music

Lazium : Fundamental Lazium aram-6.

Lazium skand-Lazium Hucha pavitra.

Develops neuro muscular co-ordination activity promotes ability to form work with ease and grace.

## V. ATHLETICS.

Teach one Run, one jump and one throw Physical conditioning. Techniques of start, sprint, finish-50 M 100 M, 200 M. Techniques of jumping for height.

Techniques of jumping for distance putting the shot. Skipping with a rope.

Develops attitudes of co-operation, sportsmanship, fair play, social equality and loyalty. Enables the students to make worthy use of leisure time in their lives through participating and observing activities.

**VI. I Games** (Two major games to be taught-one game not taught in the previous year). Kho Kho, Tennikoit. Kabaddi Soft bal-Basket ball, Table Tennis, Football, Batminton (Ball, Shuttle if facilities are available Swimming

Develops desirable Social attitudes Creates interest in group relationship such as leadership and subordination of the individual for the welfare of the group, generosity to opponents, tolerance towards play mates of different religion or creed.

### 2. Minor Games

- (1) Dodge Ball
- (2) Advancing statues
- (3) Do or Die
- (4) Three Deep
- (5) Flying Dutchman
- (6) Good morning
- (7) Holding the fort.

General physical fitness exercises in a circle or open order or scattered formation running on the spot, skipping and relays. Techniques of start, sprint finish for 50k, 100 and 200 Metre demonstrated. The students are asked to do and the teachers will correct the mistakes

The teacher demonstrates the Approach run, take off and crossing the bar, landing for jumps, ask the pupils to do and correct the mistakes for putting the shot. the teacher demonstrates in itial stance glide, delivery, follow through Students are asked to do and the teacher will correct the mistakes and repeat

**Kho Kho:** Brief introduction of the game-general rules-general conditioning-foundamentals of running fast-zig-zag-fundamentals of chasing, sitting, giving kho faking-games practice.

**Tennikoit:** Service-Throwing and catching-games practice-Rules of the game.

**Kabaddi:** Skills-caut-kick raiding-jumping, catching leg and hands games practice.

**Table Tennis:** Playing rules of the game, Teaching skills grip of the bat-service-return-game practice.

Explanation of the minor game. Demonstration with one small group actual participation by the whole group.

### 3. Relays :

- (1) Jump the stick relay
- (2) Backward running relay.
- (3) Rescue relay.
- (4) All up and down relay.
- (5) Shuttle relay
- (6) Three legged relay.

The teacher explains the relay One team demonstrates the relay Actual participation by the whole group.

It helps establish the rhythm of rest of exercise It cultivates such traits of character as self mastery-discipline.

Develops the sense of courage and participation in physical activities.

### VII. GYMNASTICS-GIRLS

Free hopping and at signal form a line circle.

The teacher demonstrates the activities and the students are asked to do the activities. The teacher will correct the mistakes Repeat.

Developing the posture of sitting, standing, lifting, bending, stretching, Sit-ups.

Jump on and jump over a box Hanging to a bar. Pyramid building with threes and fours.

Boys : Stunts :

- (1) Cork, Screw
- (2) Novelty Walk on Tumbling
- (1) Cart wheel
- (2) Forward roll with hands on chin.
- (3) Forward roll and backward roll from stand.

Pyramid

1. Pyramid building with threes and fours.
- Pyramid building with five or more boys.

Develops Physical powers with a capacity for sustained effort through exercise of the large muscles.

### VIII. Indigenous Exercise Boys.

Dands :

- (1) Scorpion Dand
- (2) Frog Dand

The teacher demonstrates the Dands The students are asked to do the Dands and Baitak. The teacher will correct the mistakes. Repeat.

Baitak :

- (2) Stooping Baitak (Quadruped)
- (1) Stooping (Quadruped) with both knee between hands.

Develops awareness of common health problems. Develops healthy habits relating to personal and environmental hygiene, exercise, posture, rest and sleep.

### IX. Health Education :

- (1) Health-its meaning and necessity.
- (2) Desirable habits for healthy living.
- (3) Safety and safety rules.
- (4) First aid and home nursing.
- (5) Vitamins-Deficiency diseases-  
Balanced.

Hygiene of the Ear.

### OPTIONAL :

#### X. Combatives for Boys :

- (a) Wrestling
- (b) Lathi
- (c) Silambam
- (d) Karate.

#### XI. Special activities for Girls

- (a) Classical dance.
- (b) Folk dances of Tamil Nadu.
- (c) Semi-Classical Dances.
- (d) Self defence-Karate, Judo.

## STANDARD VIII

Develops discipline confidence and Courage.

### I. Marching :

- 1 Open and close order March.
- 2 March with change of direction,  
Right wheel, Left wheel
- 3 Change from mark time to quick March.
- 4 Quick March and halt.
- 5 Saluting on the March—Flag Salute—  
Right Salute—Front salute.
- 6 Marching—Practice to Drum beat

The teacher will explain what health is and its meaning and the necessity of health. Teacher explains, the desirable habits for healthy living. The teacher should observe whether the habits are followed by the students.

With the help of charts the Vitamins and the food which contains them are shown, or not, First aid, and home nursing, organising first aid teams, Simple first aid for burns, cuts, fracture practice of giving first aid in simulated and real situations. Teach them how to care for the sick at home. How to keep the ear clean—not to put sharp instruments in the ear,

The teacher demonstrates how to do the open and close order March. Teacher asks the students to do the March past with change of direction, Right wheel, Left wheel and halting. Then the teacher demonstrates from mark time to quick March. Teachers asks the students to do for commands While the Students doing the teacher corrects the mistakes.

**Develops organic fitness.** Normal sense organs and efficient organic systems.

Develops neuro muscular skills and promotes the ability to perform work.

## II. Body Building Exercises :

1. (1) Arms forward upward raise and feet apart —Jump.  
(2) Arms sideward downward sink and feet together— Jump.
2. (1) Arms forward upward and heels—raise.  
(2) Arms forward and knees full Bend.  
(3) Same as (1) (4) Position same as (1)
3. (1) Arm sideward raise, feet apart jump and trunk to the left. Twist.  
(2) Trunk to the right—Twist.  
(3) Trunk forward—Twist.  
(4) Position.
4. Starting Position —Clasp hands in front.  
(1) Lift left leg and thread it through without unclasping the hands  
(2) Return to the starting position —alternate.
5. Stand, feet slightly apart arms over head—Raise.  
(1) Arms downward and backward swing and half—squat  
(2) Arm upward swing and upward for height in to position—Leap.
6. Starting position—Hands on hips place and knees full-Bend.  
(1) 1 to 4 in place four times— Jump.  
Return to position (Attention)
7. Starting position —Hands on shoulders—place—  
(1) Arms up wardstretch and full knee.  
(2) Position.
8. (1) Arms sideward raise and left forward —step.  
(2) Arms upward raise and left knee —Lunge.  
(3) Same as (1)  
(4) Position.
9. (1) Arms sideward upward raise and feet apart—jumb.  
(2) Arms between the legs swing.  
(3) Same as (1)  
(4) Position.

Teacher demonstbrates the exercises to commands. Students are asked to do the command and later by counts Repeat—Correct — Repeat.

## 10. Swinging Exercises.

## 11. Starting position, Hands on shoulders—place.

- (1) Right knee bend and left backward—Raise.
- (2) Same as (1)

## 12. Starting Position; Arms upward Bend—

- (1) Arms upward stretch, left leg forward place and right knee — Bend.
- (2) Position.

Develops organic fitness normal sense organs and efficient organic systems.

## III. Yogasanas.

1. Pachimathasana
2. Swastikasana
3. Bujangasana
4. Janu Sirasana
5. Ardha Salabasana
6. Savasana
7. Surya Namaskar
8. Supta Vajrasana
9. Yoga Mudra

## IV. Rhythmics and Light apparatus (any two).

1. Kummie
2. Lazium
3. Folk Dance
4. Kolattam
5. Wands
6. Dumbbells
7. Hoops
8. Indian clubs
9. Pinnal Kolattam.
10. Karagam

Develops attitude of Co-operation.

Cultivates habits to co-operate with others.

Promotes physical fitness enables the individual to lead an enthusiastic active life.

## V. Athletics

1. One Run (100 Mts. 200 Mts.) (400 Mts. Hurdles).
2. One Jumb (Long Jumb, High Jumb)
3. One throw (Shot—Javelin—Discus).
4. Rope Skipping (for girls).

The teacher will say about importance of the asanas. He demonstrates the Asanas. Students are asked to do the asanas. Teacher corrects the mistakes. The students are asked to repeat.

## Kummie :

Clap and step with legs on the spot—alternate cross stepping—moving sideways.

## Wands.

Holding position —Stretching—Moving—Raising—Bending.

Principles of sprints 100M. 200 M. and 400. Mts. Techniques performance—

Fixing of starting blocks, getting off the block, stride length body position finish.

**Hurdles:** Running over sticks leg action (with hurdles, without hurdles)

**Principles of Jumps:** Broad jump—Warming up agility.

**Techniques:** Approach run, take off, flight and landing.

**High Jump:** Warming up, agility. **Technique—** Approach run, take of bar clearance, landing, **Principles of Throws—** Shot Put—Warming up exercise.

**Techniques:** Hold, placement, initial stance, glide delivery stance, delivery action and reverse.

**Javelin** Warming up

**Techniques:** Hold, and placemen carry, pegging, withdrawal of Javelin delivery stance, delivery action and reverse.

**Training:** To improve balance power, speed and strength, Rope skipping.

## VI. GAMES (Any 2 Major games)

Develops social leadership qualities. Develops interest in exercise, sports and games.

1. Basketball
2. Kho-Kho
3. Tenikoit
4. Kabaddi
5. Table Tennis
6. Volleyball
7. Football
8. Hockey
9. Badminton (shuttle or ball)
10. Cricket
11. Hand Ball

**Basketball:** Teacher gives the brief introduction of the game—playing rules of the game—passes—over head pass, chest pass, bounce pass—Dribbling—Low, high—Dribble and shot.

The teacher gives individual practice and team practice.

**Kho Kho:** Brief introduction of the game—General Rules. General conditioning—Dodging in running, in between running taking direction, diving.

**Tenikoit:** The teacher gives introduction and playing rules of the game.

**Skills:** Practice in service—Throwing and catching.

**Kabaddi:** The teacher gives introduction and playing rules of the game.

**Skills:** Cant—kicking—raiding—jumping and catching legs and hands—game practice.

**Table Tennis.** Playing rules of the game—Teaching skills—Grip of the bat—service—return—Game practice.



Develops attitude of co-operation sportsmanship, fair play, social equality, loyalty, patriotism.

#### VI. Minor Games :

- 1 Last Couple Out.
- 2 Back to Back Tag
- 3 Pinch 1 to
- 4 Four corners
- 5 Five on the mountain
- 6 Dog and the bone

#### Relays :

- 1 Lame duck Relay
- 2 Siamese Twin Relay
- 3 Over the border Relay
- 4 Ball Pass vs Team Running Relay
- 5 Tunnel Relay
- 6 Ball Bounce Relay

#### VII. Gymnastics:

##### Girls :

Sit ups - Push ups

##### Beam work :

- 1 Walk on beam with arms crossed in front.
- 2 Walk with arms on waist
- 3 Walk with knee bend
- 4 Walk with a board on head.  
Pyramid building with Fives and sixes.

##### Boys :

##### Stunts :

- 1 Cork, Screw
- 2 Novelty walk

##### Tombling :

- 1 Forward Roll and Backward Roll from stand.
- 2 Cart Wheel, from stand run

##### Pyramid :

With 5 and more boys

Explanation of the Minor game :  
Demonstration with one small group. Actual participation by the whole group.

The Teacher explains the relay. One team demonstrates the game. Actual Participation by the whole group.

Student develops organic fitness, normal sense organs and efficient organicsystem.

Develops neuro - muscular skills and promotes the ability to perform work with ease and grace.

The students will run anywhere, on signal they stop and stand alone, and they stand on toes to become as tall as they can, they bend their knees down to become as small as they can.

### VIII. Indigenous Exercises—Boys Dands—Baithaks.

#### Dands :

- 1 Scorpion Dand.
- 2 Frog Dand.

#### Baithak :

1. Stooping Baithak
2. Stooping (quadruped) with both knees between hands.
3. Malkhamb.

The teacher demonstrate the Dand, The students are asked to do the dand and baithak. The teacher will correct the mistakes. Repeat.

Develops the healthy habits relating to personal and individual hygiene, exercise, posture, rest, food and sleep.

### IX. Health Education

1. Sanitation—its meanings and need, general rules of sanitation. Sanitation in school and home.
2. Health education—communicable diseases—prevention—treatment.
3. Hygiene of the Eye.
4. First aid Fractures—compound-Complex Health Education.

The teacher explains the meaning and importance of sanitation Places of Sanitation—classroom—drinking water area tube pipes. Lunch places, bathrooms, latrines—play ground—school surrounding- and air pollution—dust care of the smoke—Eye and protection is explained with diagrams.

How to prevent the spread of communicable diseases—immunisation—treatment is explained with charts.

### OPTIONAL

#### X. Combatives for Boys—

- (a) Wrestling.
- (b) Boxing
- (c) Silambam—Lathi
- (d) Karate

#### XI. Special activities for girls—

- (a) Classical dances
- (b) Folk dances of Tamil Nadu
- (c) Semi Classical dances.
- (d) Self defence—Karate any other suitable defencive art

## STANDARD IX

1. Develops awareness of good posture so that one may strive to maintain good posture.

2. Develops discipline and co-ordination. Promotes physical fitness and organises efficiency.

**I Marching :**

- (1) Ceremonial Marching
- (2) March past and slow march
- (3) Counter marching
- (4) Marching with twins.

**II Body Building Exercises:**

- I**
- (1) Arms forward raise and legs in crossed position left in front or right jump.
  - (2) Arms sideward, feet apart jump.
  - (3) Same as (1)
  - (4) Position.

- II**
- (1) Arms forward/upward raise and left foot sideward-slip.
  - (2) Head and trunk backward-bend.
  - (3) Head and trunk raise.
  - (4) Arms sideward, downward and foot replace.

- III**
- (1) Left knee raise and clasp.
  - (2) To touch the knee with head trunk forward and bend.
  - (3) Head and trunk exercise
  - (4) Arms sideward, downward and foot replace.

- IV**
- (1) Left knee raise and clasp.
  - (2) To touch the knee with head trunk forward and bend.
  - (3) Trunk raised
  - (4) Position.

- V**
- (1) Hands touching the ground between legs full knee-bends
  - (2) Left leg sideward-stretch.
  - (3) Left leg replace and full knee-bend.
  - (4) Position.

The teacher demonstrates how to turn in mark time. The teacher asks the students to do for commands. The teacher demonstrates how to march. Teacher explains all the turns with correct commands. The students act to the commands.

Teacher demonstrates the exercises to commands. Students are asked to do the command and later by counts Repeat—Correct-Repeat.

- VI (1) Arms sideward raise and left sideward-step.  
 (2) Arms upward raise and left sideward-lunge.  
 (3) Same as (1)  
 (4) Position.
- VII (1) Arms forward upward and hands over head-clasp and feet apart-jump.  
 (2) Trunk to forward bend and arms between legs-swing.  
 (3) Same as (1)  
 (4) Position.
- VIII (1) Arms upward bend and left knee upward-raise.  
 (2) Arms sideward stretch and left leg forward stretch.  
 (3) same as (1)  
 (4) Position
- IX (1) Arms forward raise and left leg forward step.  
 (2) Left leg forward lunge and is hands under kness-clasp  
 (3) same as (1)  
 (4) Position
- X (1) Arms forward raise and left leg sideward-step  
 (2) Arms sideward raise and left leg ward-sidelunge.  
 (3) Same as (1)  
 (4) Position
- XI (1) Left arm forward upward raise right arm back ward stretch and left forward-lunge.  
 (2) To revers position of arms and legs about-turns.  
 (3) Same as (1)  
 (4) Position
- XII (1) Hands or head place and left foot sideward-step.  
 (2) Lunge left sideward and truns left sideward Bend.  
 (3) Same as (1)  
 (4) Position.

### III ASANAS.

- (1) Supta Vajasana  
 (2) Uddiyasana  
 (3) Halasana  
 (4) Padmasana  
 (5) Parvathasana  
 (6) Udhasana.

It cultivates such traits of characters as self mastery, discipline. Courage and confidence. It develops body poise and grace. Gives correct habit.

The teacher briefly explain the importance of the asanas As demonstrates the asanas. Students are asked to do the asanas. Teacher corrects the students.

#### IV. RHYTHMICS AND LIGHT APPARATUS,

Develops the concept of good health, grace, poise and promotes means of self expression. Contributes to mental and physical health. Prepares himself for a healthy use of leisure. Then acquires knowledge of rhythmic for the purpose of participating in them, appreciating and enjoying them.

1. Folk dance.
2. Kummi.
3. Lazium.
4. Dumbbell.
5. Pole Drill.
6. Wand Drill.
7. Pinnal Kolattam.
8. Karagam.
9. Group singing-National Anthem.

Teach any two not taught in the previous year.

#### V. ATHLETICS

Develops neuro muscular co-ordination and promotes ability to perform with ease and grace-develops the child physically fit.

One run, one jump and one throw.

Techniques of starting, sprint short distance and long distance 50 mts., 100 mts., 200mts., 400mts. Relay Hurdles Techniques of jumping for distance. Shortput - Discus throw Javelin throw.

Teacher demonstrates the folk dance stepping the legs to rhythm-flat heel and toe,

**Kummi**-Clap and step on the spot alternate cross stepping-moving sideways.

**Kolattam**: Same as above with kolattam sticks-All the above done to song or music.

Some rules of the athletic events are given—The breaking in track and jumping events are given. The Teacher demonstrates the approach run-take off and crossing the bar and landing bar jumps. The Teacher instructs the pupils how to put the shot hold-initial stand-delivery stance - delivery action-reverse. Demonstrates initial stance, glides delivery-follow through-student are asked to do and the teacher will correct the mistakes-repeat - correct repeat.

Develops attitude of co-operation, sportsmanship, fair play, social equity and loyalty. Enables the students to make worthy use of leisure. Helps to learn the rules of games.

**VI. GAMES** - (Two major games to be taught One game not taught in the previous year) Kho Kho, Tennis, Kabaddi Volleyball, Football, Basketball, Badminton, (Ball and Shuttle), Table Tennis, Handball, Hockey, Swimming if facilities are available. Two games according to the facilities available in the school.

The teacher gives a brief development of the game. Playing rules of the game given-fundamental skills of the particular game taught and the students to practise the skills. Teacher corrects the mistakes. Basket passing-shooting, dribbling-pivoting.

Develops attitudes of co-operation, sportsmanship, fair play and social equity.

The students develop fitness, sense of rhythm, grace and poise.

## VII. MINOR GAMES

**Relays :** Bounce pass relay, Zig Zag relay, snake, Relay Jump over the leg relay.

**Lead up game :** Keep the ball up Human basketball.

**Circle Kho :** Teacher ball (with variations). Hit pin basket ball Serving into correct zone.

## VIII. GYMNASTICS GIRLS.

**Beam walk :** Walk and run on beam dance movements-reverse walk with a board on head and as a rope.

**Floor exercise** Combination of dance and exercises evolved by the teacher.

Push ups, sit ups pyramid building with sixes and sevens.

## GROUND WORK BOYS.

Forward Roll—legs split.  
Backward Roll legs split.  
Forward Roll—legs together.  
Backward Roll—legs together.

Pin wheel.  
Dive Roll.  
Cort wheel.

**Volleyball :** Passing, pass for smashing, service, defence, single, block.

**KHO KHO :** Pole dive, playing around the pole, single chain.

Like this for the selected games the teacher has to teach.

The teacher explains the minor game and demonstrates with small group. Actual participation by the whole group.

The students will run any where, on signal They stop and stand alone and they stand on toes to become as tall as they can. They bend their knees go down to be as small as they can-After the exercises are done, the teacher asks the students to walk on the beam-the other activities are also demonstrated.

The students perform-teacher corrects.

## IX INDIGENOUS EXERCISES - BOYS.

- (a) Dands (Any two)
- (1) Twist dand
  - (2) Circle dand
  - (3) Snake dand
  - (4) Reverse dand
  - (5) frog dand
  - (6) Scorpion dand
- (b) Baithak
- (1) Standing Baithaks
  - (2) Ordinary Baithaks
  - (3) Jumping Baithaks
  - (4) Chair Baithaks

Develops the healthy habits, relating to personal and individual hygiene exercise, Posture, rest, food and sleep.

## X. HEALTH EDUCATION :

- 1 Sanitation its meaning and need general rules of sanitation. Sanitation in school and home.
- 2 Sources of good proteins. Animal proteins and Vegetable proteins and a balanced diet.
- 3 Safety Education.
- 4 First aid-Fractures-Simple compound,
- 5 Hygiene of the skin.
- 6 Health Education-Typhoid.

The teacher explains the meaning and importance of sanitation. Places of sanitation-class room during water area-tubs, pipes- Lunch, place, Bathrooms, Latrines play ground-School Safety education. At home-at school-at the playground and on the roads surroundings-How to give First aid to different types of athletic injuries their prevention-care of the skin how to be clean-charts are shown, and explained.

Causes of typhoid-provention of the disease and mode of treatment taught.

## OPTIONAL

- I. Boys-combatives-wrestling; boxing- Lathi- Silambam.  
Girls-Self defenstive arts:Karate or any other art suitable to girls.
- II. Swimming.
- III. Archery, Mountaineering, Trekking.
- IV. Classical dances for Girls. Apparatus, gymnastics for boys.

## STANDARD X

Develops discipline, confidence and courage.  
Makes the child physically fit.

The student develops organic fitness. He develops neuromuscular co-ordination and promotes the ability to perform work with ease and grace.

## I. Marching

1. Fall in signale line, attention, stand at ease, stand easy.
2. Dressing : Right and left dress, Eyes front.
3. Stationary turns.
4. Quick march and halt.
5. Marching with turns.
6. March past for athletics - Oathtaking-flag salute-Disposal.

## II Body Building Exercises. (Formal)

- 1 (i) Arms forward bend and heels-raise.  
(ii) Arms sideward fling and knees full-bend.  
(iii) Same as (i) (iv) Position.
- 2 (i) Arms forward raise and left sideward-step.  
(ii) Left arm sideward fling, right arm over head place and left sideward-lunge.  
(iii) Same as (i) (iv) Position.
- 3 (i) Arms forward raise and left forward - step.  
(ii) Arms upward raise right forward-lunge.  
(iii) Same as (i) (iv) Position.
- 4 (i) Arms sideward raise and left- sideward step.  
(ii) Arms upward raise and right sideward - lunge.  
(iii) Same as (i) (iv) Position.
- 5 (i) Arms sideward, upward raise and left-step.  
(ii) Arms sideward lower, right sideward lunge, and trunk right sideward-bend.  
(iii) Same as (i) (iv) Position.
- 6 Starting position-attention  
(i) Left arm forward and upward swing and right leg upward to the rear kick.  
(ii) Position Alternate left and right
- 7 (i) Jump astride with the left foot forward and right arm forward and left arm backward raise.  
(ii) With a jump-change.  
(iii) Same as (i) (iv) Position.

The teacher demonstrates the fundamentals of marching. Teacher asks the students to do for commands. Repeat - correct the mistakes - Repeat

Teacher demonstrates the exercises to commands- students are asked to do to command and later by counts Repeat-correct-repeat.



- 8 (i) Arm forward raise and half squat.  
(ii) Arms sideward and full squat.  
(iii) Same as (i) (iv) Position.
- 9 Starting position, arms sideward and feet apart.  
(i) Trunk forward downward bend and with both hands left ankle grasp. (ii) Position.
- 10 (i) Neck firm-left leg forward place.  
(ii) Trunk forward bend with the left leg forward-lunge.  
(iii) same as (i) (iv) Position.
- 11 Starting position-Full squate hands on the floor between knees.  
(i) Supported on hands, legs sideward on hand and trunk downward bend (ii) Position.
- 12 (i) Arms upward-bend.  
(ii) Arms sideward and backward.  
(iii) Arms upward bend and head raise. (iv) Position.
- 13 (i) Arms forward upward raise and left foot sideward-step.  
(ii) Head and trunk backward-bend.  
(iii) Head and trunk-Raise.  
(iv) Arms sideward downward and foot replace.
- 14 (i) Left knee raise and clasp.  
(ii) To touch the knee with the head trunk forward-bend.  
(iii) Trunk-raise.
- 15 (i) Hands touching the ground between legs full knee bend  
(ii) Left leg-sideward - stretch.  
(iii) Left leg replace and full knee-bend.  
(iv) Position.

I The Student develops organic fitness  
Develops ability to concentrate.

### III. Yogasanas.

- (1) Surya Namaskar
- (2) Ekapadasana
- (3) Ekapada Hasthasana
- (4) Somasana
- (5) Yogamudra.
- ( ) Sarvangasana.

The teacher briefly explains the importance of the Asanas. He demonstrates the Asanas. Students are asked to do the Asanas. Teacher corrects the mistakes. The students are to repeat.

- 1 The student develops an agile body.
- 2 Helps develop balance and physical poise.
- 3 Gives joy and satisfaction.

Promotes Physical fitness.  
Helps the individual to lead an active life.

Develops social and leadership qualities.  
Develops interest in exercise, sports and games.

#### IV. Rhythmics and Light Apparatus.

(Any two not taught in the previous year).

- (1) Folk dance
- (2) Kummi
- (3) Kolattam
- (4) Lezium
- (5) Dumbbells
- (6) Flag drill
- (7) Hoops
- (8) Indian's clubs
- (9) Group singing
- (10) Karagam
- (11) Pole Drill

#### V. Athletics :

One Run, One Jump, One Throw, Répetition of skills and techniques learnt in the previous classes.

Run-short distance sprints - Long distance, Hurdles-Throws-shot.

Javeline, Discus Hammer for Boys. Jumps - High - Long - triple Jump and Pole vault for boys. Rope : kipping for girls.

#### VI. Games : Any two major games to be taught.

- (1) Badminton (Ball and Shuttle)
- (2) Basket Ball
- (3) Hand Ball
- (4) Hockey

**Folk Dance :** The teacher will demonstrate the folk dance-stepping the legs to rhythm-flat heel and toe.

**Kummi :** Clap and step with legs on the spot-alternate cross stepping moving sideways

**Kolattam :** Same as above with kolattam stiks.

All the above done to song or music.

**Lazium :** Fundamentals - Lazium Asam - Lazium skandh - Lazium Huchier - Pavithra.

General Athletic rules are given.

General Physical fitness exercises in a circle or open order or scattered formation. Running on the spot, skipping and relay.

Ask the students to repeat the skills and techniques learnt in the previous classes. Correct the mistakes. Give enough Drill in the skills.

**Hurdles :** Warming up Exercise - Running over sticks. Lead leg action (without hurdles and with hurdles)

Rear leg action-Full action.  
Give conditioning exercises.  
Specialising - sprints.

Brief history of the game is given

Playing rules of the game are explained

**Badminton :** I Repeat of skills learnt in the previous class.

- (5) Volley Ball
- (6) Kabaddi
- (7) Kho Kho
- (8) Table Tennis
- (9) Foot Ball
- (10) Tennikoit
- (11) Cricket
- (12) Swimming if facilities are available

Drill to develop techniques of Spin service, flat service floating pushing drop. Game practice.

**Basket Ball :** a) Revision of skills learnt in the previous class.

- b) Practising skills.
- c) Offensive and defensive techniques.
- d) Positional play.
- e) Training for endurance.

**Kabaddi :** a) Repetition of skills learnt in the previous class.

- b) Specific drills to develop techniques.
- c) Offensive and defensive tactics.
- d) Positional play.
- e) Practice matches.

**Kho - Kho :** (a) Repetition of skills learnt in the previous year.

- b) Skills-single and double chain dodging
- c) Practise of skills.
- d) Positional play.

**Volley ball (1)(a)** Repetition of skills learnt in the previous class.

- b) Skills - Passing.
- c) Upper hand pass and turn.

- 2) a) Upper hand pass with back and Blocking side roll.
- c) Positional play.
- d) Offensive and defensive tactics.

Explanation of the minor game Demonstration with one small group. Actual participation by the whole group.

Develops attitudes of co-operation, sportsmanship, fair-play, social equality and loyalty.

## 2. Minor Games

- (1) Tag games.
- (2) Relay games.
- (3) Circus and Cranes.
- (4) Luggage van.
- (5) Pom Pom Pull away.

Develops ability to participate in vigorous activities. Cultivates interest in Games. Contributes to fun and enjoyment.

The student develops organic fitness.

Develops neuro-muscular skills and promotes their ability to perform work with ease and grace.

### Relays :

- (1) Sit and run
- (2) Over and under relay

### VII. Gymnastics - girls :

Sit-ups, Push-ups.  
Beam work-walking, running, balancing.

Swinging legs, backward and forward  
Pyramid building with seven and above.

### Gymnastics - Boys :

Ground work.

- (i) Cart Wheel with one hand.
- (ii) Head spring      (iii) Hand spring.
- (iv) Front somersault.

### Apparatus work :

If facilities available

- (i) Roman Rings.
- (ii) Hanging position-support position  
'L' position.
- (iii) Pommel Horse.
- (iv) Parallel bar, shoulder roll one leg,  
cut off, double leg.

### Pyramids :

Choice of the teacher.

### VIII: (1) Health Education :

- (2) Personal Health.

Develops the healthy habits relating to personal and individual hygiene exercise, posture rest and food.

The teacher demonstrates the activities and the students are asked to do the activities.  
Beam work.

- (1) Running and dancing movements.
- (2) Walking - long step - reac.
- (3) Swinging - backward and forward.
- (4) Aero wing balance
- (5) Jumping in air changing leading leg and planting on beam.
- (6) Various balance movements.

The teacher will demonstrate the Pyramids with the help of students. Asks the students to do. Corrects the mistakes. Repeat.

Teach signs and symptoms of communicable diseases and desirable practices to prevent diseases AIDS and venereal diseases.

**(2) Environmental Health.**

1 Precaution against contamination through water. Encourage to drink boiled water.

**(3) Food and Nutrition.**

2 Use of water for drinking and cooking.

3 Balanced diet from locally available food; food habits; Healthy cooking practices : Food preservation and conservation.

**(4) Control of Diseases.**

4 Participating in popularization of immunised-programme precautions against communicable diseases and epidemics participating in naturalization of natural calamities like floods droughts, cyclones.

**(5) Consumer Education.**

The concept of consumer education is briefly given and the need of consumer Education: co-operation in the enforcement of consumer laws in the community: Regulating one's own behaviour of utilization which will not harm his health. Hazards of drug addiction.

**(6) First Aid, Home Nursing and Safety Measures.**

Practising safety rules; providing firstaid in real situations. Observation and co-operation in enforcement of traffic laws and safety rules; Participating in safety measures against fire, air-raids and other emergencies.

**7 Cardio Vascular and Respiratory system,**

Charts show the systems. Teacher explains how deep breathing and exercises help, keep the systems in condition.

**OPTIONAL :**

Combatives for boys-Wrestling  
Boxing-Karate-Silambam-lathi.

Civil Defence-Organising safety Patrols in schools for use of emergencies.

Adventure activities-- Mountaineering, Trekking-Camping.

Special Activities for girl-Classical and Semi Classical Dances-Folk Dances of Tamil Nadu.

Any Self defensive art-Karate/Judo.

## STANDARD XI

Develops awareness to good posture keeps the student physically fit and mentally alert.

Develops discipline and co-ordination. Develops concentration and will power.

Develops sportmanship qualities of fair play and co-operation Prepares the student for worthy use of his leisure. Develops National Integration through participation in interstate competitions.

The interest developed gives the student self-satisfaction. Enables the student to lead an active life-Keeps him physically fit and mentally alert.

Helps establish rhythm in the student Gives grace and poise. Gives fun and enjoyment — helps the student to learn the culture of the country.

**I. Physical Fitness :**

Pull-ups, Push-ups, Set ups, (any one)  
Marching-March Past-Salute.

**Asanas.**

- 1) Yogamudhra
- 2) Gomukhasana
- 3) Patchimothasana.

**II. Major Games—Lead-up games.**

(Any one major Game) conditioning exercises—lead-up games

- (1) Basketball. (2) Football.
- (3) Cricket. (4) Hockey.
- (5) Volleyball.
- (6) Badminton (Ball and Shuttle).
- (7) Kabaddi (8) Kho Kho
- (9) Handball (10) Tennikoit.
- (11) Swimming—If facilities are available.

**III. Track and Field.**

Advanced techniques of runs, jumps, throws, one run, one throw, one jump.

**IV. Rhythmics and Light Apparatus Any one.**

- (1) Folk Dance of Tamil Nadu.
- (2) Kummi.
- (3) Kolattam—Pinnal Kolattam.
- (4) Lezium. (5) Wands.
- (6) Dumbbells. (7) Hoops.
- (8) Indian Clubs. (9) Group Singing.
- (10) Pole Drill.

The teacher demonstrates the activity. This work done certier is repeats Marching is to be done with military precision-students practise in small groups-mistakes are corrected.

Teacher gives briefly the importance of Asanas—The curative aspect of Yogasanas is explained. Students practise Asanas They are told to do it in early mornings at home to get the best effect out of it.

Brief history of the game is given. Rules of the game is explained. Conditioning exercises are given Lead up games are taught to improve the skills—Advanced techniques are taught. The game is actually played as per the rules.

Suitable warning up exercises are given—Special conditioning exercises to suit the particular event is given Teacher demonstrates - various/styles - Students choose their style for that particular activity. Advanced techniques are taught.

The teacher demonstrates the selected activity to counts—The song relating to the activity is taught. The activity is done to music or song. Co-ordination and gracefulness should be insisted.

## V. Health Education Safety Education.

First Aid—Home Nursing — Preventive medicine.

The importance of health education and healthy habits are briefly given. The need for healthy balanced diet is explained.

Carbohydrates—Fats—Proteins—Minerals and Vitamins are explained. The food which has them is necessary, for a healthy body. Safety in home, school and playground is emphasised Common Athletic injuries and their treatment—First Aid in fractures. Accidents—Burns — Nursing at Home—Visit to Hospitals—Immunisation—Prevention is better than cure.

### OPTIONAL

Combatives for boys—Wrestling, Boxing, Karate, Judo, Silambam, Defensive art for girls for their safety— any art.

Civil Defence—Organising camps to educate people about civil defence measures in emergencies of fire and floods. Safety patrols in schools.

Camping and Adventuring Activity like mountaineering and trekking. Collecting pictures associated with problems relating to smoking, drinking alcohol, misuse of drugs and dangers of self medication

Gymnastics—With apparatus.

### STANDARD XII

Keeps the students physically fit and mentally alert. Develops discipline and co-ordination. Develops concentration, and will power.

#### I. Physical Fitness

Pulls up—Push ups Sit ups  
Marching— March Past— Salute —  
Advanced marching

#### Asanas :

- (1) Ekapada Paschimothasana.
- (2) Trikonasana.
- (3) Kurnasana.

The teacher demonstrates the activity—the work done earlier is repeated. Marching is to be done with perfection. Students practise in small groups—mistakes are corrected—The teacher briefly gives the importance of asanas. The curative aspect of Yogasanas is explained. Students practise Asanas. They are told to do it in the mornings at home to get the best effect out of it.



Develops Sportsmanship qualities. Develops interest in sports and Games for self satisfaction. Develops National integration through participation in Inter-state tournaments

## II Major Games - Lead-up Games— (Any one major Game)

- (1) Basket ball. (2) Football.
- (3) Cricket. (4) Hockey.
- (5) Volley ball.
- (6) Badminton (ball and Shuttle).
- (7) Kabaddi. (8) Kho Kho.
- (9) Handball. (10) Tennikoit.
- (11) Swimming—if facilities are available.

## III Track and Field :

One Run, One Jump, One Throw. Advanced techniques are to be taught.

The student leads an active life. Keeps him physically fit and mentally alert. Develops fundamental motor skills. Opens up an avenue for inter-school, Inter-district and Inter-state competitions.

Gives grace and poise to the students. Gives fun and enjoyment. Helps establish rhythm in the student. Helps the student to learn the traditional cultural activity of the country.

## IV Rhythmics and Light Apparatus—any one

- (1) Folk dance. (2) Kummi.
- (3) Kolattam—Pinnal, Kolattam.
- (4) Lezium. (5) Wands
- (6) Dumbbells. (7) Hoops.
- (8) Indian Clubs. (9) Group Singing.
- (10) Pole drill.

## V. Health Education - Safety Education— First Aid Home Nursing.

Helps to practice healthy habits in their personal life. Helps to select suitable food to make the diet balanced. Helps to follow safety rules at all places.

Brief History of the Game is given. Rules of the Game is explained. Conditioning Exercises suitable to the selected games is given. Leadup-games to improve the skills are given. Advanced techniques are taught. The game is actually played as per the rules.

Suitable warming up exercises are given. Special conditioning exercises to suit the particular event are given. Teacher demonstrates various styles. Students choose from among the styles and practice.

The song or music relating to the activity is taught. The teacher demonstrates the selected activity and it is done to music or song. Co-ordination and gracefulness should be insisted.

The teacher briefly gives the importance of Health education and healthy habits. The need for a balanced diet is explained. Safety at home, at school, at the play ground and on the roads is emphasised. Common athletic injuries and their treatment is shown. First Aid for fractures—accidents—burns are briefly told. Nursing at home is taught.

## OPTIONAL

- (1) Combatives for boys.
- (2) Defensive art for girls.
- (3) Gymnastics—With Apparatus.
- (4) Comping—Mountaineering - Trekking - Cycling tours.
- (5) Selected classical and semi classical dances for girls.



## Std. VI. PHYSICAL &amp; HEALTH EDUCATION MONTHLY SCHEME

Month	Introductory	Formal	SPECIAL	
				Recreation
June	Warming up Exercises	Body Building Exercises No. 1	Stand at-ease, Attention, stand easy, Dressing up, Right and Left Dress, Eyes front- Padmasana— Kho-Kho — Kummi (Girls)— Wands (Boys)—50mts Dash—Free standing, Chicken walk (Boys)—Becoming as tall and as small as they can (girls) — Meaning of Health-Education.	Skip Tag Run and Throw
July	Warming up Exercises	Ex No. II	Turn at half—Dhanurasana—Kummi— (Girls) — Wands (Boys)—50mts-Dash—Kho-Kho—Scorpion Dand Boys)—Waving like a Branch (girls)- Importance of Health.	Nondi Tag Potato Relay.
August	Warming up Exercises	Ex. No. I-I	Mark time, Halt at mark time—Halasana —Kummi—(Girls) — Wands (Boys) — Broad Jump — Kho-Kho — Forward Roll (Boys) Balancing on the Beam (Girls) — Care of the eyes, ear and teeth.	Ostrich Tag Zig Zag Relay.
September	Warming up Exercises	Ex. No. IV	Broad jump — Kho - Kho — Reverse Dand (Boys) - Forward Roll (girls) Food and Nutrition.	Squat Tag

## QUARTERLY EXAMINATION

Month	Warming up Exercises	Ex. No.	Special	Recreation
October	Warming up Exercises	Ex. No. V	Flag salute—Surya Namaskar—Dumbbells Shot put — Tennikoit (Girls)— Kabaddi — (Boys) Namaskar Baithak (Boys) - Rope skipping (girls) Safety Education, Home, School, Play ground and Road.	Come with me. Hunter and the bird.
November	Warming up Exercises	Ex. No. VI	Single file marching — Bujangasana-Dumbbells— Shot-put— Tennikoit (Girls) — Kabaddi - (Boys) — Pyramid Building with twos and threes (Boys)—Rope skipping girls)- First Aid—Simple wounds and injuries.	Crows and cranes Sit and Run
December	Warming up Exercises	Ex. No. VII	Artha salabasana —Tennikoit (Girls) — Kabaddi — (Boys)- Baithak with Single arm movement (Boys) — Rope skipping (girls) First Aid — their treatment	Luggagevan
January	Warming up Exercises	Ex. No. VIII	Eyes Right and Eyes Left in marching— Vajrasana-Cart wheel and Hand Stand (Boys) Pyramids building with twos and threes (girls) Baithak with both arm movement. (Boys) If Facilities are available Swimming and Optional will be taught.	Pom pom pull away Free and caught Over and under Relay

## HALF YEARLY EXAMINATION

Febr ry	—	—	Intramurals.	—
March	Revision	Revision	Revision. If facilities are available swimming and Optional will be taught.	Revision
Ap ril				

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June	Warming up Exercises	Ex No. I and Ex No. II	Mark time with turn - Vajrasana - Kolattom (Girls) - Indian clubs (Boys) - 100 mts Dash Kabaddi - Free hopping and at signal form a line circle (Girls) - Cork, screw (Boys) Health-its meaning and necessity.	Dodge Ball. Jump the stick relay.
July	Warming up Exercises	Ex No. III and Ex No. IV	March forward in single file-Matsyasana -Kolattom-(Girls)-Indian clubs (Boys)-100 mts-Dash - Kabaddi Developing the posture of standing and sitting (girls)-Novely Walk on tumbling (Boys) - Desirable habits for healthy living.	Advancing statures Backward running relay.
August	Warming up Exercises	Ex No. V and Ex No. VI	Marching forward in Double file - Gomukhasana - Kolattom (Girls) - Indian clubs (Boys) - High-Jump - Kabaddi - Developing the posture of lifting and bending (girls) - Cart wheel forward roll with hands on, chin (Boys) - Safety and safety rules.	Do or Die Rescue relay
Septem- ber	Warming up Exercises	Ex No. VII	Uthiba - padmasana - High Jump - Kabaddi - Developing the posture to stretching (girls) - Forward roll and Backward roll from stand (Boys) - Health Education Revision.	Three Deep

## QUARTERLY EXAMINATION

October	Warming up Exercises	Ex No. VIII and Ex No. IX	Quick march and halt - Shavasana - Lazium - Shot - Put - Table tennis - Developing the posture of sit ups (girls) - pyramids building with threes fours and five or more (Boys) - First Aid and Home nursing.	Flying Duth man All up ard All Down relay
November	Warming up Exercises	Ex No. X and Ex No. XI	Salute at halt Flag salute, front salute and right salute - Suryanamaskar - Lazium - Shot - Put - Table Tennis - Jump on and jump over a box hanging to a bar (girls) - Scorpion Dand and Frog Dand. (Boys) - Vitamins Deficiency diseases Balanced.	Good morning Shuttle relay
Decem- ber	Warming up Exercises	Ex No. XII	Sarvangasana - Lazium - Table Tennis - Pyramid building with threes (girls) - stooping bathak (Boys) - Health education Revision.	Holding the fort

## HALF YEARLY EXAMINATION

January	February	March	April
<p>Warming up Exercises</p> <p>Revision</p> <p>Marching — Eyes right, Eyes front — Lazium — Skipping with a rope — Kabaddi and Table tennis Revision - Pyramid building with fours (girls) - Stooping with both Knee between hands — Hygiene of the ear.</p>	<p>—</p> <p>—</p> <p>Revision.</p> <p>If facilities are available Swimming and Optional will be taught.</p>	<p>Revision</p> <p>Revision.</p> <p>If facilities are available Swimming and Optional will be taught.</p>	<p>Three legged relay and Revision</p> <p>—</p> <p>Revision</p>
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<p>Std. VIII.</p>	<p>June</p> <p>Warming up Exercises</p> <p>Ex No. I and Ex No. II</p> <p>Open and close order march - Pachimathasana — Folk Dance — 200mts Dash — Volley ball — Situps (girls) eork, screw (Boys) — Sanitation — its meanings and need.</p>	<p>July</p> <p>Warming up Exercises</p> <p>Ex No. III and Ex No. IV</p> <p>March with change of Direction, Right wheel and Left wheel, — Swastikasana — folk Dance — 200mts Dash — Volley ball — push up — (girls) - Noveltywalk (boys) - General rules of sanitation, Sanitation in school and home.</p>	<p>Last couple out</p> <p>Lame duck relay</p> <p>Back to Back Tag.</p> <p>Staimese</p> <p>Twin relay</p>
<p>August</p> <p>Warming up Exercises</p> <p>Ex No. V and Ex No. VI</p> <p>Change from mark time to quick March - Bujangasana — Folk Dance — High jump — volley ball - Walk on beam with arms crossed in front (girls) — Forward roll and backward roll from stand (Boys) — Communicable diseases.</p>	<p>September</p> <p>Warming up Exercises</p> <p>Ex No. VII</p> <p>Janu Sirasana — Folk Dance — High Jump — Volley ball — Communicable diseases — Prevention - Treatment.</p>	<p>Pinch I to Over the border relay</p> <p>Four corners</p>	<p>Quarterly Examination</p>
<p>October</p> <p>Warming up Exercises</p> <p>Ex No. VIII and Ex No. IX</p> <p>Quick march and halt — Artha Salabasana, Savasana — Wands — Javelin — Badminton (Shuttle) — Walk with arms on waist (girls) — Cart wheel, from stand run (Boys) — Hygiene of the Eye.</p>	<p>November</p> <p>Warming up Exercises</p> <p>Ex No. X and Ex No. XI</p> <p>Saluting on the march — Flag salute, Right salute, Front salute - Surya Namaskar — Wands - Javelin - Badminton (shuttle) - walk with knee Bend (girls) - Pyramid, with 5 and more boys - Scorpion Dand, Frog Dand (boys) First - Aid Fractures — Compound</p>	<p>Fire on the mountain</p> <p>Ball Pass VS. Team running relay.</p> <p>Dog and the bone</p> <p>Tunnel relay.</p>	

December	Warming up Exercises	Ex No. XII	Supra vajrasana - Rope skipping (girls) Badminton (shulte)-stopping bairhak (Boys) Fracture - Complex	Ball Bounce relay.
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January	Warming up Exercises	Revision	Marching - Praetice to Drum beat - Yoga mudra - Athletics and Games Revision - Walk with a board on head - Pyramid building with fives and sixes (girls) - Stopping with both knees between hands - Malkhamb: (boys) Health Education Revision.	Revision
February	-	-	Intramurals	-
March	Revision	Revision	Revision: If facilities are available Optional will be Taught	Revision

ANNUAL EXAMINATION

April	Warming up Exercises	Ex No. I	Ceremonial marching - Supra Vjasana - Pole Drill (Boys) Pinnal Kolattom (girls) 400 mts Dash - Foot ball (Boys) Tenni Koit (girls) Walk and run on beam dance movements; (girls) - Forward roll - leg split, Backward roll leg split (Boys) - Satiration its meaning and need general rules of sanitation, Sanitation in school and home.	Bounce pass-relay. Lead up games
June	Warming up Exercises	Ex No. II		
July	Warming up Exercises	Ex No. III and Ex No. IV	Ceremonial Marching - Uddiyasana - Pole Drill - (Boys) Pinnal Kolattom (girls) - Hurdles - Foot ball (Boys) Tenni Koit (girls) Walk and run on beam dance movements (girls) - Forward Roll - Legs together, Backward roll legs together (Boys) - Sources of good proteins. - Animal proteins and Vegetable proteins and a balanced diet.	Zig Zag relay. Lead up games
August	Warming up Exercises	Ex No. V and Ex No. VI	Marchpast and slowmarch - Halasana Pole Drill - (Boys) Pinnal Kolattom (girls) Tripple jump - (Boys - Broad Jump (Girls) - Foot ball (Boys), Tenni koit (girls) Reversé walk with a board on head and as a rope (girls) - Pin wheel, Dive Roll (Boys) - Safety Education.	Snake Relay. Lead up games
September	Warming up Exercises	Ex No. VII	Padmasana - Foot ball (Boys) Tenni koit (girls) - Tripple jump - (Boys) Broad Jump (Girls) - Cartwheel (boys) Health Education Revision.	Jump over the Leg relay

### QUARTERLY EXAMINATION

October	November	December	January	February	March	April
Warming up Exercises Ex No. VIII, and Ex No. IX	Warming up Exercises Ex No. X and Ex No. XI	Warming up Exercises Ex No. XII	Revision Revision	— —	Revision Revision	Revision Revision
Counter marching—parvathasana—Karagam-Discus brow — Ball-Badminton — Combination of dance and exercises, (girls) — Twist Dand, Standing Baithaks. (Boys) - First Aid-Fractures — Simple — Compound.	Marching with twins— Udhirasana—Karagam — Discus Throw—Ball- Badminton — Pushups, situps (girls) — Circle Dand, Ordinary Baithaks (Boys) — Hygiene of the skin.	Karagam — pyramid building with sixes and sevens (girls)—Jumping baithak, chair baithak(boys)—Health education — Typhoid.	Revision If facilities are available optional will be taught.	Intramurals Revision If facilities are available optional will be taught.	Revision If facilities are available optional will be taught.	Revision If facilities are available optional will be taught.
Lead up games	Lead up games	Lead up games	Revision	—	Revision	Revision

### HALF YEARLY EXAMINATION

### ANNUAL EXAMINATION

Std. X

June	July	August	September
Warming up Exercises Ex. No. I Ex. No. II and Ex. No. III	Warming up Exercises Ex. No. IV Ex No. V and Ex No. VI	Warming up Exercises Ex No. VII Ex No. VIII and Ex No. IX	Warming up Exercises Ex. No. X
Fall in single line, attention, stand at ease, stand easy-Surya Namaskar—Flag Drill-80mts run. (Boys)—Rope skipping (Girls) —Hockey—Situps(girls)-Cart wheel with one hand (Boys) — Roman Rings (If facilities available)-Personal Health Environmental health.	Dressing Right and left dress Eyes front - Ekapadasana - Flag Drill - Javelin throw — Hockey-Pushups (girls) —Head spring (Boys) Hanging position — Support position. 'L' position (If facilities available) (boys)-Food and Nutrition Control of Diseases.	Stationary-turns-Eka pada Hasthasana Flag Drill—Javelinthrow —Hockey — Beam work—walking running balancing (girls) — Hand spring—Pommel Horse (If facilities are available) (boys)-Consumer Education.	Quick march and halt—Somasana—flag drill—Hockey, —Health Education Revision
Circus and cranes Lead up games	Luggage Van Lead up games	Pom pom pull away. Lead up games	Lead up games



## QUARTERLY EXAMINATION

October	November	December	January	February	March
<p>Warming up Exercises</p> <p>Ex. No. XI and XII</p> <p>Marching with turns-Yogamudra—Hoops-Polevault (Boys) —Rope skipping (girls)—Basket Ball — Balance beam—Swinginglegs backwad and forward(girls)-Front somer sault -parallel bar, shoulder roll (If facilities are available) (boys)—First Aid-Home Nursing and Safety Measure</p> <p>Revision.</p>	<p>Warming up Exercises</p> <p>Ex. No. XIII and XIV</p> <p>March past for athletics, Oath taking—Flag salute—Disposal—Sarvangasana-Hoops-Polevault(Boys)—Rope skipping(girls).Basket Ball—Pyramid building with seven and above (girls)-Front somer sault-Parallel bar shoulder roll one leg cutoff double leg (If facilities are available) (boys)Cardio vascular and Respiratory system.</p> <p>Revision.</p>	<p>Warming up Exercises</p> <p>Ex No. XV</p> <p>Revision.</p>	<p>Revision</p> <p>Revision</p> <p>Revision</p> <p>Revision</p> <p>Revision</p>	<p>—</p> <p>—</p>	<p>Revision</p> <p>Revision</p> <p>Revision</p>
<p>Sit and run relay</p> <p>Lead up games</p>	<p>Over and under relay</p> <p>Lead up games</p>	<p>Revision</p>	<p>Revision</p>	<p>—</p>	<p>Revision</p>
<p>Marching past — Yogamudhra — Cricket (Boys)—Kho-Kho (girls) — 100 mts Dash—Lazium—Health Education, Safety Education</p>	<p>March past for athletics, Oath taking—Flag salute—Disposal—Sarvangasana-Hoops-Polevault(Boys)—Rope skipping(girls).Basket Ball—Pyramid building with seven and above (girls)-Front somer sault-Parallel bar shoulder roll one leg cutoff double leg (If facilities are available) (boys)Cardio vascular and Respiratory system.</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning Exercises</p> <p>March past — salute — Gomukhasana Cricket (Boys) Kho-Kho (girls) 100 mts Dash — Lazium — Safety Education. First Aid.</p> <p>Marching-salute—Cricket (Boys) Kho-Kho (girls) —Lazium — First Aid— Home Nursing.</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning Exercises</p> <p>March past — Yogamudhra — Cricket (Boys)—Kho-Kho (girls) — 100 mts Dash—Lazium—Health Education, Safety Education</p>	<p>—</p> <p>Intramurals.</p>	<p>Revision</p> <p>If facilities are available optional will be taught.</p>
<p>Suitable Lead up games</p>	<p>Suitable Lead up games</p>	<p>Revision</p>	<p>Revision</p>	<p>—</p>	<p>Revision</p>
<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning Exercises</p>	<p>—</p>	<p>Revision</p> <p>If facilities are available optional will be taught.</p>
<p>Suitable Lead up games</p>	<p>Suitable Lead up games</p>	<p>Revision</p>	<p>Revision</p>	<p>—</p>	<p>Revision</p>
<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning exercises</p>	<p>Warming up Exercises</p> <p>Suitable Conditioning Exercises</p>	<p>—</p>	<p>Revision</p> <p>If facilities are available optional will be taught.</p>
<p>Suitable Lead up games</p>	<p>Suitable Lead up games</p>	<p>Revision</p>	<p>Revision</p>	<p>—</p>	<p>Revision</p>

Sid. XI

September	August	July	June	Std. XII	March	February	January	December	November	October
Warming up Exercises	Warming up Exercises	Warming up Exercises	Warming up Exercises	Warming up Exercises	Revision	Revision	Revision	Revision	Warming up Exercises	Warming up Exercises
Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Revision	Revision	Revision	Revision	Suitable Conditioning exercises	Suitable Conditioning exercises
March past - Salute - Pull-ups - Trikonasanam - Volley Ball - High jump - Wands - First Aid.	March past - Salute - Pull-ups - Trikonasanam - Volley Ball - High jump - Wands - First Aid.	March past - Salute - Ekapada paschimothasana - Volley ball 1500mts run (Boys) 400mts Dash (girls) - Wands - Safety Education.	March past - Salute - Ekapada paschimothasana - Volley ball - 1500mts race (Boys) - 400mts Dash (girls) - wands - Health Education.	March past - Salute - Ekapada paschimothasana - Volley ball - 1500mts race (Boys) - 400mts Dash (girls) - wands - Health Education.	Revision If facilities are available Optional will be taught.	Revision If facilities are available Optional will be taught.	Revision If facilities are available Optional will be taught.	Revision. If facilities are available Optional will be taught.	Pull ups (Boys) - Push-up (Girls) - Patchimothasana - Cricket (Boys) - Kho-Kho (girls) - Shot put Lezium - Preventive medicine (girls) - Short put Lezium - Preventive medicine	Pull ups (Boys) - Push-up (Girls) - Patchimothasana - Cricket (Boys) - Kho-Kho (girls) - Shot put Lezium - Preventive medicine
Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Revision	Revision	Revision	Revision	Suitable Lead up games	Suitable Lead up games
Warming up Exercises	Warming up Exercises	Warming up Exercises	Warming up Exercises	Warming up Exercises	Revision	Revision	Revision	Revision	Warming up Exercises	Warming up Exercises
Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Suitable Conditioning exercises	Revision	Revision	Revision	Revision	Suitable Conditioning exercises	Suitable Conditioning exercises
March past - Salute - Pull-ups - Trikonasanam - Volley Ball - High jump - Wands - First Aid.	March past - Salute - Pull-ups - Trikonasanam - Volley Ball - High jump - Wands - First Aid.	March past - Salute - Ekapada paschimothasana - Volley ball 1500mts run (Boys) 400mts Dash (girls) - Wands - Safety Education.	March past - Salute - Ekapada paschimothasana - Volley ball - 1500mts race (Boys) - 400mts Dash (girls) - wands - Health Education.	March past - Salute - Ekapada paschimothasana - Volley ball - 1500mts race (Boys) - 400mts Dash (girls) - wands - Health Education.	Revision If facilities are available Optional will be taught.	Revision If facilities are available Optional will be taught.	Revision If facilities are available Optional will be taught.	Revision. If facilities are available Optional will be taught.	Pull ups (Boys) - Push-up (Girls) - Patchimothasana - Cricket (Boys) - Kho-Kho (girls) - Shot put Lezium - Preventive medicine	Pull ups (Boys) - Push-up (Girls) - Patchimothasana - Cricket (Boys) - Kho-Kho (girls) - Shot put Lezium - Preventive medicine
Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Suitable Lead up games	Revision	Revision	Revision	Revision	Suitable Lead up games	Suitable Lead up games

February	January	December	November	October
—	Revision	Revision	Warming up Exercises	Warming up Exercises
—	Revision	Revision	Suitable Conditioning exercises	Suitable Conditioning exercises
Intramural	Revision If facilities are available optional will be taught.	Revision	Advanced Marching—Sit ups—Kurnasana—volley ball—Discus—Wands—Home Nursing.	Advanced Marching— Push - ups—Kurnasana— Volley ball— Discus—Wands— Home Nursing.
—	Revision	Revision	Suitable Lead up games	Suitable Lead up games



PHYSICAL EDUCATION TEST - VI STD. (BOYS)

(10 Marks for each Test)

1. PULLUPS

10 Nos.	—	10 Marks
9 Nos.	—	9 Marks
8 Nos.	—	8 Marks
7 Nos.	—	7 Marks
6 Nos.	—	6 Marks
5 Nos.	—	5 Marks
4 Nos.	—	4 Marks
3 Nos.	—	3 Marks
2 Nos.	—	2 Marks
1 Nos.	—	1 Mark

2. SITUPS (30 Seconds)

27 and above	—	10 Marks
24 to 26	—	9 Marks
21 to 23	—	8 Marks
18 to 20	—	7 Marks
15 to 17	—	6 Marks
12 to 14	—	5 Marks
9 to 11	—	4 Marks
6 to 8	—	3 Marks
3 to 5	—	2 Marks
1 to 2	—	1 Mark

3. 50 Mtrs RUNNING

Below 8 Seconds	—	10 Marks
8 to 8.09 Secs.	—	8 Marks
9 to 9.09 Secs.	—	6 Marks
10 to 10.09 Secs.	—	4 Marks
11 to 11.09 Secs.	—	2 Marks
12 to 13 Secs.	—	1 Mark

4. HIGH JUMP

1.00 Mtrs and above	—	10 Marks
0.95 Mtrs to 1.99 Mtrs	—	9 Marks
0.90 Mtrs to 0.94 Mtrs	—	8 Marks
0.85 Mtrs to 0.89 Mtrs	—	7 Marks
0.80 Mtrs to 0.84 Mtrs	—	6 Marks
0.75 Mtrs to 0.79 Mtrs	—	5 Marks
0.70 Mtrs to 0.74 Mtrs	—	4 Marks
0.65 Mtrs to 0.69 Mtrs	—	3 Marks
0.60 Mtrs to 0.64 Mtrs	—	2 Marks
0.55 Mtrs to 0.59 Mtrs	—	1 Mark

5. BROAD JUMP

3.81 Mtrs and above	—	10 Marks
3.51 to 3.80	—	9 Marks
3.41 to 3.60	—	8 Marks
3.21 to 3.40	—	7 Marks
3.01 to 3.20	—	6 Marks
2.81 to 3.00	—	5 Marks
2.61 to 2.80	—	4 Marks
2.41 to 2.60	—	3 Marks
2.21 to 2.40	—	2 Marks
2.01 to 2.20	—	1 Mark

6. SHOUPUT (4 K.G.)

5.00 Mtrs and above	—	10 Marks
4.75 Mtrs to 4.99 Mtrs	—	9 Marks
4.50 Mtrs to 4.74 Mtrs	—	8 Marks
4.25 Mtrs to 4.49 Mtrs.	—	7 Marks
4.00 Mtrs to 4.24 Mtrs	—	6 Marks
3.75 Mtrs to 3.99 Mtrs	—	5 Marks
3.50 Mtrs to 3.74 Mtrs	—	4 Marks
3.25 Mtrs to 3.49 Mtrs.	—	3 Marks
3.00 Mtrs to 3.24 Mtrs.	—	2 Marks
2.75 Mtrs to 2.99 Mtrs	—	1 Mark

**PHYSICAL EDUCATION TEST - VII STD & VIII STD****(BOYS)**

(10 marks for each test)

(Select any three)

**1. PULL UPS**

11 Nos.	10 Marks
10 Nos.	9 Marks
9 Nos.	8 Marks
8 Nos.	7 Marks
7 Nos.	6 Marks
6 Nos.	5 Marks
5 Nos.	4 Marks
4 Nos.	3 Marks
3 Nos.	2 Marks
2 Nos.	1 Mark

**2. SIT UPS (30 SECONDS)**

30 and above	10 Marks
26-29	9 Marks
23-25	8 Marks
20-22	7 Marks
17-19	6 Marks
14-16	5 Marks
11-13	4 Marks
8-10	3 Marks
5-7	2 Marks
2-4	1 Mark

**3. 50 Mtrs RUNNING**

7.05 Seconds and below	10 Marks
7.06 to 8.05 Seconds	8 Marks
8.06 to 9.05 Seconds	6 Marks
9.06 to 10.05 Seconds	4 Marks
10.06 to 11.05 Seconds	2 Marks
11.06 to 12.05 Seconds	1 Mark

**4. HIGH JUMP**

1.05 Mtrs and above	10 Marks
1.00 to 1.04	9 Marks
0.95 to 0.99	8 Marks
0.90 to 0.94	7 Marks
0.85 to 0.89	6 Marks
0.80 to 0.84	5 Marks
0.75 to 0.79	4 Marks
0.70 to 0.74	3 Marks
0.65 to 0.69	2 Marks
0.60 to 0.64	1 Mark

**5. BROAD JUMP (LONG JUMP)**

4.11 Mtrs and above	10 Marks
3.91 Mtrs to 4.10 Mtrs	9 Marks
3.71 Mtrs to 3.90 Mtrs	8 Marks
3.51 Mtrs to 3.70 Mtrs	7 Marks
3.31 Mtrs to 3.50 Mtrs	6 Marks
3.11 Mtrs to 3.30 Mtrs	5 Marks
2.91 Mtrs to 3.10 Mtrs	4 Marks
2.71 Mtrs to 2.90 Mtrs	3 Marks
2.51 Mtrs to 2.70 Mtrs	2 Marks
2.30 Mtrs to 2.50 Mtrs	1 Mark

**6. SHOT PUT (4 K.G.)**

5.50 Mtrs and above	10 Marks
5.25 Mtrs to 5.49 Mtrs	9 Marks
5.00 Mtrs to 5.24 Mtrs	8 Marks
4.75 Mtrs to 4.99 Mtrs	7 Marks
4.50 Mtrs to 4.74 Mtrs	6 Marks
4.25 Mtrs to 4.49 Mtrs	5 Marks
4.00 Mtrs to 4.24 Mtrs	4 Marks
3.75 Mtrs to 3.99 Mtrs	3 Marks
3.50 Mtrs to 3.74 Mtrs	2 Marks
3.25 Mtrs to 3.49 Mtrs	1 Mark

PHYSICAL EDUCATION TESTS-IX STD & X STD (BOYS)

(Each Test 10 Marks)

1. PULLUPS

14 Nos.	10 Marks
13 Nos.	9 Marks
12 Nos.	8 Marks
11 Nos.	7 Marks
10 Nos.	6 Marks
9 Nos.	5 Marks
8 Nos.	4 Marks
7 Nos.	3 Marks
6 Nos.	2 Marks
5 Nos.	1 Mark

2. SITUPS (30 Seconds)

34 and above	10 Marks
31-33	9 Marks
28-30	8 Marks
25-27	7 Marks
22-24	6 Marks
19-21	5 Marks
16-18	4 Marks
13-15	3 Marks
10-12	2 Marks
7-9	1 Mark

3. 50 Mtrs RUNNING

Below 7	seconds	10 Marks
7 to 7.09	Seconds	8 Marks
8 to 8.09	Seconds	6 Marks
9 to 9.09	Seconds	4 Marks
10 to 10.09	Seconds	2 Marks
11 to 12	Seconds	1 Marks

4. HIGH JUMP

1.20 Mtrs. and above	10 Marks
1.15 to 1.19 Mtrs	9 Marks
1.10 to 1.14 Mtrs	8 Marks
1.05 to 1.09 Mtrs	7 Marks
1.00 to 1.04 Mtrs	6 Marks
0.95 to 0.99 Mtrs	5 Marks
0.90 to 0.94 Mtrs	4 Marks
0.85 to 0.89 Mtrs	3 Marks
0.80 to 0.84 Mtrs	2 Marks
0.75 to 0.79 Mtrs	1 Mark

5. BROAD JUMP (LONG JUMP)

4.41 Mtrs and above	10 Marks
4.31 to 4.40 Mtrs	9 Marks
4.21 to 4.30 Mtrs	8 Marks
4.11 to 4.20 Mtrs	7 Marks
4.01 to 4.10 Mtrs	6 Marks
3.91 to 4.00 Mtrs	5 Marks
3.81 to 3.90 Mtrs	4 Marks
3.71 to 3.80 Mtrs	3 Marks
3.61 to 3.70 Mtrs	2 Marks
3.51 to 3.60 Mtrs	1 Mark

6. SHOT PUT (6 K.G.)

5.75 Mtrs and above	10 Marks
5.50 Mtrs to 5.74 Mtrs	9 Marks
5.25 Mtrs to 5.49 Mtrs	8 Marks
5.00 Mtrs to 5.24 Mtrs	7 Marks
4.75 Mtrs to 4.99 Mtrs	6 Marks
4.50 Mtrs to 4.74 Mtrs	5 Marks
4.25 Mtrs to 4.49 Mtrs	4 Marks
4.00 Mtrs to 4.24 Mtrs	3 Marks
3.75 Mtrs to 3.99 Mtrs	2 Marks
3.50 Mtrs to 3.74 Mtrs	1 Mark

## PHYSICAL EDUCATION TEST VI STANDARD (GIRLS)

### 1. SIT UPS (30 Seconds)

24 and above	—	10	Marks
21 — 23	—	9	Marks
18 — 20	—	8	Marks
15 — 17	—	7	Marks
12 — 14	—	6	Marks
9 — 11	—	5	Marks
7 — 8	—	4	Marks
5 — 6	—	3	Marks
3 — 4	—	2	Marks
1 — 2	—	1	Mark

### 2. ROPE SKIPPING on the spot (30 Seconds)

76 and above	—	10	Marks
71 — 75	—	9	Marks
66 — 70	—	8	Marks
61 — 65	—	7	Marks
56 — 60	—	6	Marks
51 — 55	—	5	Marks
46 — 50	—	4	Marks
41 — 45	—	3	Marks
36 — 40	—	2	Marks
31 — 35	—	1	Mark

### 3. 60 Mts RUNNING

Below 9 Seconds	—	10	Marks
9 to 9.09 Seconds	—	8	Marks
10 to 10.09 seconds	—	6	Marks
11 to 11.09 Seconds	—	4	Marks
12 to 12.09 Seconds	—	2	Marks
13 to 14 Seconds	—	1	Mark

### 4. HIGH JUMP

96 cm and above	—	10	Marks
91 cm — 95	—	9	Marks
86 — 90	—	8	Marks
81 — 85	—	7	Marks
76 — 80	—	6	Marks
71 — 75	—	5	Marks
66 — 70	—	4	Marks
61 — 65	—	3	Marks
56 — 60	—	2	Marks
51 — 55	—	1	Mark

### 5. BROAD JUMP

3.31 and above mts	—	10	Marks
3.21 — 3.30	—	9	Marks
3.11 — 3.20	—	8	Marks
3.01 — 3.10	—	7	Marks
2.91 — 3.00	—	6	Marks
2.81 — 2.90	—	5	Marks
2.71 — 2.80	—	4	Marks
2.61 — 2.70	—	3	Marks
2.51 — 2.60	—	2	Marks
2.41 — 2.50	—	1	Mark

### 6. SHOT PUT (4. K.G)

3.51 mts and above	—	10	marks
3.26 to 3.50	—	9	Marks
3.01 to 3.25	—	8	Marks
2.76 to 3.00	—	7	Marks
3.51 to 2.75	—	6	Marks
2.26 to 2.50	—	5	Marks
2.01 to 2.25	—	3	Marks
1.76 to 2.00	—	2	Marks
1.51 to 1.75	—	1	Mark

PHYSICHL EDUCATION TEST VII STD. and VIII STD. (Girls)

1. SIT UPS (30 Seconds)

25 and above	—	10	Marks
22 — 24	—	9	Marks
19 — 21	—	8	Marks
16 — 18	—	7	Marks
13 — 15	—	6	Marks
10 — 12	—	5	Marks
8 — 9	—	4	Marks
6 — 7	—	3	Marks
4 — 5	—	2	Marks
2 — 3	—	1	Mark

2. ROPE SKIPPING ON THE SPOT  
(30 Seconds)

81 and above	—	10	Marks
76 — 80	—	9	Marks
71 — 75	—	8	Marks
66 — 70	—	7	Marks
61 — 65	—	6	Marks
56 — 60	—	5	Marks
51 — 55	—	4	Marks
46 — 50	—	3	Marks
41 — 45	—	2	Marks
36 — 40	—	1	Mark

3. 50 Mts RUNNING

8.05 Secs. and below	—	10	Marks
8.06 to 9.05	—	8	Marks
9.06 to 10.05	—	6	Marks
10.06 to 11.05	—	4	Marks
11.06 to 12.05	—	2	Marks
12.06 to 13.05	—	1	Mark

4. HIGH JUMP

1.01 mts and above	—	10	Marks
96 cm to 1.00 mt	—	9	Marks
91 to 95	—	8	Marks
86 to 90	—	7	Marks
81 to 85	—	6	Marks
76 to 80	—	5	Marks
71 to 75	—	4	Marks
66 to 70	—	3	Marks
61 to 65	—	2	Marks
56 to 60	—	1	Mark

5. BOARD JUMP

3.51 mts. and above	—	10	Marks
3.41 to 3.50 mts.	—	9	Marks
3.31 to 3.40	—	8	Marks
3.21 to 3.30	—	7	Marks
3.11 to 3.20	—	6	Marks
3.01 to 3.10	—	5	Marks
2.91 to 3.00	—	4	Marks
2.81 to 2.90	—	3	Marks
2.71 to 2.80	—	2	Marks
2.61 to 2.70	—	1	Mark

6. SHOTPLT (4 K. G.)

4.26 mts and above	—	10	Marks
4.01 to 4.25	—	9	Marks
3.76 to 4.00	—	8	Marks
3.51 to 3.75	—	7	Marks
3.26 to 3.50	—	6	Marks
3.01 to 3.25	—	5	Marks
2.76 to 3.00	—	4	Marks
2.51 to 2.75	—	3	Marks
2.26 to 2.50	—	2	Marks
2.01 to 2.25	—	1	Mark

PHYSICAL EDUCATION TEST - IX and X STD (GIRLS).

1. SIT UPS (30 Seconds)...

28 and above	—	10 Marks
25 — 27	—	9 Marks.
22 — 24	—	8 Marks.
19 — 21	—	7 Marks
16 — 18	—	6 Marks
13 — 15	—	5 Marks
11 — 12	—	4 Marks
9 — 10	—	3 Marks
7 — 8	—	2 Marks
5 — 6	—	1 Mark

2. ROPE SKIPPING (30 Seconds)

86 and above	—	10 Marks.
81—85	—	9 Marks.
76—80	—	8 Marks.
71—75	—	7 Marks
66—70	—	6 Marks.
61—65	—	5 Marks
56—60	—	4 Marks
51—55	—	3 Marks
46—50	—	2 Marks
41—45	—	1 Mark

3. 50 Mtrs RUNNING

Below 8	Seconds.	10 Marks
8 to 8.09	Seconds	8 Marks.
9 to 9.09	Seconds	6 Marks
10 to 10.09	Seconds	4 Marks
11 to 11.09	Seconds	2 Marks
12 to 13	Seconds	1 Mark

4. HIGH JUMP

1.06 Mtrs and above	10 Marks
1.01 to 1.05	9 Marks.
0.96 to 0.00	8 Marks.
0.91 to 0.95	7 Marks
0.86 to 0.90	6 Marks
0.81 to 0.85	5 Marks.
0.76 to 0.80	4 Marks
0.71 to 0.75	3 Marks
0.66 to 0.70	2 Marks
0.61 to 0.65	1 Mark

5. BROAD JUMP

4.01 Mtrs and above.	10 Marks.
3.91 Mtrs to 4.00 Mtrs	9 Marks
3.81 Mtrs to 3.90 Mtrs	8 Marks.
3.71 Mtrs to 3.80 Mtrs	7 Marks
3.61 Mtrs to 3.70 Mtrs	6 Marks
3.51 Mtrs to 3.60 Mtrs	5 Marks
3.41 Mtrs to 3.50 Mtrs	4 Marks
3.31 Mtrs to 3.40 Mtrs	3 Marks
3.21 Mtrs to 3.30 Mtrs	2 Marks
3.11 Mtrs to 3.20 Mtrs	1 Mark

6. SHOT PUT (4 K.G.)

5.01 Mtrs and above.	10 Marks
4.76 Mtrs to 5.00 Mtrs.	9 Marks.
4.51 Mtrs to 4.75 Mtrs	8 Marks
4.26 Mtrs to 4.50 Mtrs	7 Marks.
4.01 Mtrs to 4.25 Mtrs	6 Marks
3.76 Mtrs to 4.00 Mtrs	5 Marks
3.51 Mtrs to 3.75 Mtrs	4 Marks
3.26 Mtrs to 3.50 Mtrs	3 Marks
3.01 Mtrs to 3.25 Mtrs	2 Marks
2.76 Mtrs to 3.00 Mtrs	1 Mark

## BHARATIYAM

## CALLISTHENIES

Assemble in Rows With jogging.

Only 'six' inches gap between each row and line.

Rows → One behind one. Line → One on each side.

**COMPACT SERIES** (Rows and Lines Ends in Even number)

Position: On whistle Hands upward forward close to the body above the head palms facing front fingers close — elbow straight attention position.

Ex. No. I

Count 1 Hands above the wrist flick (bend) forward and comes straight.  
2 to 8 Do the same, continuously and come to position.

Ex. No. II

Count 1 to 7 Fingers split and vibrate (glittering) 8 Fingers close - position.

Ex. No. III

1 Hands straight above the head—palms facing each other knees slightly bend trunk left sideward bend body erect.  
2 Knees straight — palm facing each other.  
3 Do it right side. 4 Same as count - 2.  
5 to 7 Do it alternately. 8 Position — (palms facing each other)

Ex. No. IV

1 Hands crossing above the head (flex the elbows) and placing on the head left-hand touching the head right hand over the left hand.  
2 Split the hands sideward and form 'V' shape palms facing each other.  
3 to 7 Same as count 1 & 2.  
8 Hands sideward split and form 'V' shape 'Look up'.  
On whistle come to attention position.

**INDIVIDUAL SERIES : I**

Position: Russian Attention (fingers open pointing downward) feet attention position with double arms distance around.

Ex. No. 1

1 Left hand sideward raise upto shoulder level palm facing downward.  
2 Come to position. 3 Right hand sideward raise palm facing downward.  
4 Come to position.  
5 Both hands sideward raise upto shoulder level palms facing downward.  
6 Position. 7 Same as count 5. 8 Position.

Ex. No. II

1 Left leg sideward step — Both hands sideward raise up to shoulder level Plams facing downward. 2 position.  
3 Right leg sideward step Both hands sideward raise Palm facing downward.



- 4 Position. 5 Left hand on hip. 6 Right hand on hip.
- 7 Left hand sideward raise up to shoulder level Palm facing downward.
- 8 Right hand sideward raise up to shoulder level palm facing downward.

## Ex. No. III

Position: Same as count 8 in Ex. No. II

- 1 Clap in front of the chest elbows straight
- 2 Flex the elbows—bring the hand close to the chest—palms facing downward.
- 3 Stretch the left hand sideward—up to shoulder level—palm facing downward—Turn the face left side.
- 4 Stretch the Right arm sideward. Turn the face towards front
- 5 Bring down the Left hand close to the body.
- 6 Bring down the right hand close to the body.
- 7 Both hands sideward raise upto shoulder level and Half squat position.
- 8 position.

## Ex. No. IV

- 1 Both hands on hip Left leg sideward step. 2 position.
- 3 Both hands on hip Right leg sideward step. 4 position.
- 5 Full squat Hands sideward and touching the ground—Elbows straight. Heels raise—body erect. 6 Position. 7 Same as count. 8 position.

## Ex. No. V

- 1 Feet a part jump and cap above the head.
- 2 Bend forward and bring the hands with the clapping position in between the legs.—Knees and elbows straight.
- 3 Body straight hands above the head with the clapping position.
- 4 Come to position—with a jump (hands come down sideward)
- 5 Left hand forward upward raise palm facing inward Right hand sideward raise. up to shoulder level palm facing downward.
- 6 Position (hands with reverse movement)
- 7 Right hand forward upward raise palm facing inward Left hand sideward raise—upto shoulder level palm facing downward. 8 Position.

## Ex. No. VI

- 1 Hands on hip—full squat—Body erect. 2 Hands on hip stand erect.
- 3 Same as Count 1. 4 Position.
- 5 Hands sideward raise—up to shoulder level. Palm facing downward. Lift the left Thigh parallel to the ground—Toe pointing—downward knee Bent Position
- 7 Hands sideward raise—palm facing downward. Lift to the right Thigh parallel the ground.—Knee bent—Toe pointing downward. 8 Position.

## Ex. No. VII

- 1 Left leg sideward step—Left hand sideward raise—up to shoulder level palm facing downward. Right hand flex left side close to the chest and the fingers near the left hand elbow palm facing downward. 2 Position.
- 3 Do it right side same as count 1. 4 Position.



- 5 Hands raise above the head Palms facing each other and form 'V' shape,
- 6 Position. 7 Same as count 5. 8 Position.

### Ex. No. VIII

- 1 Left leg Backward step—Hands backward raise up to shoulder level—fingers closed fist hands facing each other Look straight. 2 Position.
- 3 Right leg Backward step — and do like Count. 1 4 Position.
- 5 to 7 Clap above the head, 8 Position.

### Ex No IX

- 1 Arms sideward raise and flex the elbows touch the shoulder with fingers—elbows parallel to the ground. 2 Trunk forward bend—Look straight.
- 3 Same as count 1. 4 Position.
- 5 Left leg sideward step and Lunge left hand sideward raise above the shoulder palm facing downward, Right hand sideward raise up to hip level palm facing downward. So that inclined position is formed in the hands—Body erect. 6 Position.
- 7 Do it right side same as count 5. 8 Position.

### Ex. No. X

- 1 Left hand on hip with a jerk 2 Right hand on hip with a jerk.
  - 3 Left hand sideward raise fingers touch on left shoulder with a jerk.
  - 4 Do it right hand same as count 3.
  - 5 Left hand raise over the head Elbow straight with a jerk.
  - 6 Do it right hand same as count 5. 7 & 8 Clap over the head with a jerk.
- Reverse movement :
- 1 Left hand on shoulder with a jerk. 2 Right hand on shoulder with a jerk.
  - 3 Left hand on hip with a jerk. 4 Right hand on hip with a jerk.
  - 5 Left hand downward close to the thigh with a jerk
  - 6 Right hand downward close to the thigh with a jerk.
  - 7 to 8 Both hands clap on the thigh (Hands beat on thigh sideward movement) with a jerk and position.

## INDIVIDUAL SERIES II

The following exercises are done for 16 counts.

### Ex. No. I

- 1 Hands sideward raise — up to shoulder level. palms facing downward
- 2 Hands upward raise — palms facing each other.
- 3 Same as Count 1. 4 Position

### Ex No. II

- 1 Hands sideward raise-Left leg sideward lunge Right leg straight-Body erect.
- 2 Legs close (attention) Hands on hip.
- 3 Handsideward raise- Right leg sideward lunge Left leg straight-Body erect.
- 4 Positio (Next do it alternate)

Do the following 2 exercises by turning Right (give 1 to 4 counts for turning Right.)

Ex No III

- 1 Hands upward raise palm facing each other.
- 2 Hands forward and Trunk forward bend, palms facing each other.
- 3 Body erect Hands forward raise — palms facing each other. 4 Position.

Rx. No. VI

- 1 Hands forward raise — palms facing each other.
- 2 Left leg forward step and bunge-Hands on the left knee Right hand palm over left hand.
- 3 Hands upward raise - knees straight palms facing each other.
- 4 Position — (Do it alternate)

Do the following 2 exercises from above turn (give count 1 to 4 for above turn)

Ex No. V

- 1 Hands forward raise - palms facing each other.
- 2 Full squat — Heels raise and hands sideward touch the ground.
- 3 Stand and hands upward raise. 4 Position

Ex. No. VI

- 1 Right leg forward step-clap over the head with jump. 2 Position.
- 3 Left leg forward step — clap over the head — with jump. 4 Position.

### INDIVIDUAL SERIES III

Starting position - attention

Ex. No. I

- Counts 1 Every alternate row takes one step forward-backward with left/right foot forward/backward, hands raised forward, palms parallel to each other (odd rows — one step forward-left and even rows one step back-right)
- 2 Attention position, odd numbered rows take one step (right foot will join the left foot) and even numbered rows take one step (left foot will join the right foot) 3 Same as count 1. 4 Same as count 2.
  - 5 Same as one but steps are reversed i.e. odd numbered rows take right foot back, hands forward raise, palms parallel to each other and even rows take one (left) step forward.
  - 6 Attention position Odd numbered rows join left foot to the right and even rows join right foot to the left.
  - 7 Same as count 5. 8 Same as count 6.
  - 9 Every alternative line takes one small step sideward with hands raised horizontally at the side and palms facing downward. (odd lines take left foot towards left and even numbered lines take right foot towards right)
  - 10 Attention position. Odd numbered lines join right foot to the left and even numbered lines join left foot to the right.
  - 11 Same as count 9 12 Same as Count 10
  - 13 Odd numbered lines take right foot towards right with hands raised horizontally towards sides and even numbered lines take left foot towards left with hands raised sideways.

- 14 Odd numbered lines will join left foot with right and come to attention position. Similarly even numbered line joins right foot with the left and comes to attention position.
- 15 Same as Count 13      16 Same as count 14.

### Ex No. II

- 1 With a jump feet a part sideways and simultaneously raise hands sideways, palms facing downward.
- 2 With a jump right turn and back to attention position.
- 3 With a jump feet a part sideways, raise hands forward, palms facing the ground.
- 4 Same as count 2.      5 to 8 Same as count 1-4.
- 9 With a jump feet a part sideways and simultaneously raise hands sideways, palms facing downward.
- 10 With a jump right turn. feet together and place hands on the hips.
- 11 With a jump feet a part sideways, raise hands forward, palms facing the ground.
- 12 Same as count 10.      13 to 16 Same as counts 9-10.

### Ex. No. III

- 1 to 2 Two jumps on the spot by keeping hands on the waist.
- 3 Squat position with right about turn, hands on the ground and knees in between the hands.
- 4 With a jump attention position, hands on the waist.
- 5 Jump on the right foot and simultaneously swing left leg towards left and back. (two hops on the right foot.)
- 6 Jump on the left foot and swing right left towards right and back (swinging the legs sideways. two hops on left foot).
- 7 to 8 Same as count 5 and 6.      9 Jump on spot. hands on waist.
- 10 Jump with a right about turn, hands on waist.
- 11 to 14 Same as counts 5-8.      15 Jump on the spot with hands on the waist.
- 16 With a jump feet a part sideways and raise hands sideways to shoulder level, palms facing the ground.

### Ex No. IV

- 1 Raise hands sideward, upward and cross arms over the head by keeping right hand in front of left.
  - 2 Back to starting position i.e. feet a part and hands at the sides
  - 3 to 4 Clap over the head twice      5 Form 'V' with hands and look-up
  - 6 Circle hands upward downwards crossing right over left in front and back bring hands horizontal to the ground.
  - 7 Raise the arm upwards and then downwards and simultaneously bending from the waist, fingers touching the toes.
  - 8 Squat down. hands in between the knees.
  - 9 Stretch left leg sideways with jump, keep right leg between hands palms on the ground with fingers pointing forward      10 Same as count 8.
  - 11 Same as count 9 but stretch right leg instead of left.
  - 12 Same as count 8.      13 to 16 Same as 9-12 counts.
- On count 16 the participants are in squat position.  
Hands in between the knees.

## Ex. No. V

- 1 Half left turn in squat position.
- 2 With a jump, extend left leg back and keep right leg in the same position look up and make an arch.
- 3 Squat position by bringing left foot forward.
- 4 With a jump extend right leg back and keep left leg in the same position, look up and make an arch.
- 5 Squat position.                   6 Same as count 2.
- 7 Squat position.                   8 Same as count 4.                   9 Squat position.
- 10 Throw both legs back and come to front leaning rest position.
- 11 Bend elbows, put weight on right and lift the left leg up, knee straight (face towards left).
- 12 Come to the front leaning, rest position.
- 13 Bend elbows, put weight on left hand and lift right leg up. (face towards right)                   14 Same as count 12.
- 15 With a jump bring the legs forward and come to squat position, knees in between the hands.                   16 Half left turn in squat position.

## Ex. No. VI

- 1 to 2 Come to long sitting position by pushing legs forward.
- 3 Pike position i.e lift legs and try to touch both toes with the fingers of both hands, knees and arms straight.
- 4 Supine position, (lying on back, hands beside body).
- 5 Raise the hands forward upward and come to 'V' position and simultaneously spit the head.
- 6 Raise trunk to sitting position, hands raised up in 'V' form above the head.
- 7 Bend forward finger touching the toes and look down.
- 8 Close legs, fingers touching the toes.
- 9 Bring hands to the side of the body and place them slightly behind hips, finger pointing towards toes and palms on ground.
- 10 Raise the body straight upwards (Body is resting on heels and palms feet together and toes pointing forward).
- 11 Long sitting position.                   12 Flex knees                   13 Squat position.
- 14 With a jump right turn while in squat position (see that the participant is sitting exact place)
- 15 All participants stand-up with a jump, feet a part and raise hands forward in 'V' form.
- 16 All the participants jump to attention position, facing the grand stand.

## Ex. No. VII

NOTE: The entire group is divided into four sub-groups and they are numbered as follows :-

- Group One: 27 lines x 18 rows  
 Group Two: 27 lines x 17 rows  
 Group Three: 27 lines x 17 rows  
 Group Four: 27 lines x 18 rows

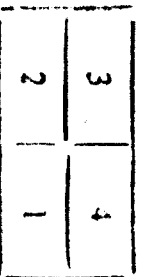
3	2
4	1

- 1 All participants jump on the spot but participants of area 2 and 3 do right about turn.
- 2 Maintain the position.

- 3 Participants in area 1 and 4 squats down and participants in area 2 and 3 raise hands forward upward and making a 'V' form and looking up.
  - 4 Maintain the position.
  - 5 Participants in area 2 and 3 squats in area 1 and 4 stand up and make a 'V' raising hands forward upward. 6 Maintain the position.
  - 7 Participants in area one squat down and participants in area three get up and make 'V' with both hands. Participants in area two continues sitting in squats position and participants in area four remains standing in same position. 8 Maintain the position.
  - 9 Participants in area 3 and 4 squats down whereas participants in area 1 and 2 stand up and form 'V' with both hands. 10 Maintain in position.
  - 11 Participants in area one squat down and participants in area four get up and make 'V' by raising both arms up whereas participants of area 2 and 3 remain in same position. 12 Maintain the position.
  - 13 Participants in area one and three stands up and form 'V' by raising both hands up, whereas, participants in area 2 and 4 squats down.
  - 14 Maintain the position.
  - 15 Participants in area 2 and 4 stands up and make 'V' from by raising both hands forward upward whereas participants in area one and three keeps standing in the same position.
  - 16 All participants jump on spot but participants area 2 and 3 executes a right about turn alongwith jump
- | Group - 1<br>(Area one)                                 | Group - 2<br>(Area two)  | Group - 3<br>(Area three)   | Group - 4<br>(Area four)                               |
|---|--|---|--|
| Count-1 Jump on the spot.                               | Right about turn with a jump.  | Right about turn with a jump.   | Jump on spot   |
| 2 Maintain  | Maintain.  | Maintain.   | Maintain.  |
| 3 Squat down  | Raise hands forward, upward and make a 'V, with the hands and look up. | Raise hands forward upward and make a 'V, with the hands and look up. | Squat down.  |
| 4 Maintain  | Maintain   | Maintain  | Maintain   |
| 5 Get-up and make a 'V' by raising hands forward upward | Squat down.  | Squat.  | Get-up and make a 'V' by raising hands forward upward. |
| 6 Maintain  | Maintain   | Maintain  | Maintain   |
| 7 Squat down  | Maintain   | Get-up and make a 'V' by raising hands forward, upward                | Maintain.  |
| 8 Maintain  | Maintain   | Maintain  | Maintain   |
| 9 Stand up and make a 'V' with both hands               | Stand up and make a 'V' with both hands                                | Squat down  | Squat down   |
| 10 Maintain   | Maintain   | Maintain  | Maintain   |

- 11 Squat and Maintain Maintain Stand up and make  
'V' with both hands
- 12 Maintain Maintain Maintain
- 13 Stand up and Squat Down Stand up and make  
make a 'V' with a 'V' with both  
both hands hands
- 14 Maintain Maintain Maintain
- 15 Maintain Stand up and make a Maintain Stand up and make  
'V' by raising both a 'V' by raising  
hands up both hands up.
- 16 Jump on the Right about turn Jump on the spot Right about turn  
spot with a jump with a jump

## Ex No. VIII



- Count 1 Participants of area 1 turn right with a jump feet apart arms sideways  
and participants of area 2, 3 & 4 jumps two feet a part, hands sideways
- 2 With a jump feet together.
- 3 Participants of area 1 & 3 turns to right with a jump, feet apart, hands  
sideways whereas participants of area 2 & 4 continue to perform two counts  
jumping jacks without changing direction. 4 Same as count two.
- 5 Participants of area 1, 3 & 2 turns right with a jump, feet a part, arms  
sideways whereas, participants of area 4 continues to do two count jumping  
jacks without changing direction. 6 Same as count two.
- 7 Participants in area 1, 2, 3 & 4 turns right with a jump, feet a part, hands  
sideways. 8 Same as count two.
- 9 Participants in area 1 does two count jumping jacks without changing  
direction whereas participants of area 2, 3 & 4 continue to do right turn  
with two count jumping jacks 10 Same as count two.
- 11 Participants in area 1 & 3 continues to do two counts jumping jacks without  
changing direction whereas participants in area two and four continues to  
execute two count jumping jacks with a right turn 12 Same as count two
- 13 Participants in area 1, 2 & 3 continues to do two counts jumping jacks  
without a turn whereas participants in area four execute two counts jumping  
jack with a right turn. 14 Same as count two.
- 15 to 16 All participants do two counts jumping jacks without changing the direction.  
On count 16 participants are in attention position facing the grand stand.



# GROUP SERIES

33

## Ex. No. I

Count 1 to 4 After the callisthenics Exercises Four Rows towards left join together and form one row.

5 Each rows front person Flex the elbows. Half hands forward stretch palms facing each other, elbows close to the body.  
Others in the rows flex the elbows and touch with their palms under the elbows of the front person.

6 Raise the elbows sideward up to shoulder level-with link.

7 Trunk It sideward bend and right elbow up. 8 Same as count 6

9 Do it right side. 10 Same as count 6. 11 to 14 Do it alternately.

15 Same as count 5 16 Attention position.

## Ex. No. II. (Row waves)

1 Same as count 5 Ex. No. I 2 Same as count 6 Ex. No. I

3 to 36 Close the Eyes waves start from front to Back slowly. Trunk bend toward left and right 31 Same as count 1 32 Position.

## Ex No. III (Line waves)

1 to 4 Form a line 5 to 8 Squat and link the Hands flex near the chest.

(Left palm supine position Right palm prone position) First person held his left elbow with right hand. Right hand over left hand.

9 to 20 Start the waves from left side. For full wave turn aboveturn, from left side to right side according to the partners pulling movement.

31 Stand erect. 32. Position

## ACTION SONG (GIRLS)

Shoe Maker's Dance (Girls Action Song)

Formation : Two straight lines partners facing each another (each child of one line making partner with a child on her left).

Song : 'Wind, Wind, Wind the bobin,' Wind, Wind, Wind, the bobin, pull

pull, clap, clap, clap," repeat till pull, pull, and instead of clap 'Tap, tap, tap'."

1 Circle one fist over the in front of the chest, at shoulder height slightly bending to the right.

2 Circle the fist as above in the reverse direction, slightly bending to the left "winding the thread".

3 Stretch right hand up and left hand down, diagonally, (simultaneously), then left hand up and right hand down, diagonally "Lightening the thread" (pull, pull). 4 Clap own hands three times.

5 to 7 Repeat pattern 1-3.

8 Tap own fists 3 times, "driving the pegs". Partners face forward, inside hands joined, outsides hands by the side of the body.

9 to 10 Partners touch the right heel in front of the right foot and touch the right toe towards left - crossing the left leg and take 3 walking steps forward. Partners turn about, hold the other hands, and repeat the knee - toe actions taking steps to reach the original position.  
Repeat the whole dance again.

### FLAG DRILL

Flag colours : 1 Red 2 Yellow — Tri — angle shape  
Flag position: Yellow Flag inside, Red Flag rolled outside. Hold the flag in front of the thigh.

Crip : The flags bottom grips core holded by Right hand and Tip of the folded flag is holded by the Left hand. Both Hands holding the flag.

#### I SERIES

Ex. No. 1  
Position: Flags in front of the thigh Attention position.  
1 to 2 Hands forward upward bend close to the chest.  
3 to 4 Stretch the hands in front parallel to the shoulder.  
5 to 6 same as 1 & 2 7 to 8 Position.

Ex. No. II  
1 to 2 Hands forward raise - up to shoulder level. 3 to 4 Position.  
5 to 6 Hands raise over head. 7 to 8 Position.

Ex. No. III  
1 to 2 Hands Left side raise up to shoulder Level - Look left - Body erect -- (shouting position). 3 to 4 Position.  
5 to 6 Do it right side. 7 to 8 Position

Ex. No. IV  
1 to 2 Hands forward raise up to shoulder level. Half nat. body erect.  
3 to 4 Position. 5 to 6 Trunk forward Bend - Hands near to Ank b (knees and elbows straight) 7 to 8 Position.

Ex. No. V  
1 to 2 Raise the hands above the head.  
3 to 4 Bend the elbows and bring the flag, Back to the neck.  
5 to 6 Same as one. 7 to 8 Position.

Ex. No. VI  
1 to 2 Place the flags Bottom grip on the left shoulder. Right hand near the shoulder — Flag vertical. 3 to 4 Position.  
5 to 6 Do it right side. 7 to 8 Position.

Ex. No. VII  
1 to 2 Left leg sideward step — hands raise above the head.  
3 to 4 with the same position. Trunk left side - bend.  
5 to 6 Right side bend. 7 to 8 Position.

Ex. No. VIII  
1 to 2 Feet a part jump hands forward raise upto shoulder level  
3 to 4 Twist the hand in front right hand over left hand — Flag bottom on the Top  
5 to 6 Twist the hand in front — Left hand over right hand — Flag bottom on the Top. 7 to 8 Position with jump.



## SERIES II From First series position.

- 1 to 2 Full squat and bring the flags to both sides both hands close.  
 3 to 4 Release the flag folding flags behind the hip.  
 5 to 6 Separate flags and hold the Red flag on right hand and yellow flag on the left hand flags behind the hip.  
 7 to 8 Stand erect and keep the flag behind the hip.

### Ex. No. I

- 1 to 2 Raise the flag above the head, with hands forward upward movement.  
 3 to 4 Cross and stretch the flags over head only wrist action is done — right wrist cross in front the left wrist.  
 5 to 6 Same as count 3 & 4. 7 to 8 Attention position

### Ex. No. II

- 1 to 2 Flags sideward raise upto shoulder level hands parallel to the ground.  
 3 to 4 Flags raise over head hands close to the ear elbow straight.  
 5 to 6 Same as 1 & 2. 7 to 8 Attention position.

### Ex. No. III

- 1 to 2 Half squat and bring the flags in front of the chin — elbows bend and touch the tip of the flags — Hands raise up to shoulder level.  
 3 to 4 Position 5 to 6 Same as count 1 & 2. 7 to 8 Position.

### Ex. No. IV

- 1 to 2 Flags sideward raise up to shoulder level.  
 3 to 4 Swing the right hand flag in front and bring it close to the left hand wrist is red flag close to the yellow flag.  
 5 to 6 Same as count 1 & 2. 7 to 8 Position. Next 1 to 2 Do it right side.

### Ex. No. V

- 1 to 2 Left hand flag raises above the head. Hands close to the ear. Right hand flag sideward raise up to shoulder level. Right hand parallel to the ground. 3 to 4 Position.  
 5 to 6 Do it alternate same as Count 1 & 2. 7 to 8 Position.

### Ex. No. VI

- 1 to 2 Tips of the flags touches in front of the chin. Hands raise up to shoulder level. Elbows bend.  
 3 to 4 Without changing the flags position, lift the flags above head.  
 5 to 6 Same as count 1 & 2. 7 to 8 Position.

### Ex. No. VII

- 1 to 2 Left hand flag raise over the head and bring right hand flag near the left armpit. Right hand elbow bend and right arm close to the chest.  
 3 to 4 Position. 5 to 5 Do it alternate same as count 1 & 2. 7 to 8 Position.

### Ex. No. VIII

- 1 to 2 Flags raise over the head, hands close to the ear.  
 3 to 4 Trunk bend forward swing the arms downward and bring the flags backward up above the hip. Elbows straight.  
 5 to 6 Same as count 1 & 2. 7 to 8 Position.

**SERIES III**

Formation : Odd rows one step back and two steps right side and join in the even rows. For this formation 8 counts.

- 1 to 2 Step back — right leg leading back 3 to 4 sideward step — right side
- 5 to 6 Sideward step — right side.
- 7 to 8 Give jerk and adjust position — feet a part, the Even row — Behind the partner.

**Ex. No. I**

- 1 to 2 Full squat and swing the flag up to shoulder level towards left-right.
- 3 to 4 Slightly bend 3 to 4 position
- 5 to 6 Do it right side same as count 1 & 2 7 to 8 position

**Ex. No. II**

- 1 to 2 Left flag raise above head. 3 to 4 Position.
- 5 to 6 Right flag raise above head. 7 to 8 Position

**Ex. No. III**

- 1 to 2 Left flag sideward raise up to shoulder level. 3 to 4 Position.
- 5 to 6 Right flag sideward raise up to shoulder level. 7 to 8 Position.

**Ex. No. IV**

- 1 to 2 Flags forward raise above head. 3 to 4 Cross and stretch the flags.
- 5 to 6 Cross and stretch the flags. 7 to 8 Position.

**Ex. No. V**

Same as Ex. No. I With standing position.

**Ex. No. VI**

- 1 to 2 Flags sideward raise up to shoulder level.
- 3 to 4 With raised flags half squat 5 to 6 Same as count 1 & 2 7 to 8 Position.

**Ex. No. VII**

- 1 to 2 Left leg sideward step hands with flag forward up ward raise above head.
- 3 to 4 Bend left side hands close to the ears.
- 5 to 6 Bend right side. 7 to 8 Position.

**Ex. No. VIII**

- 1 to 2 Swing the flags left side rotation up to shoulder level wrist hand or elbow bend and flags close to the left hand & feet.
  - 3 to 4 Swing the flags sideward and bring above head.
  - 5 to 6 Swing the flags right side and bring up to right shoulder level. Left elbow bend. 7 to 8 Position.
- Next 'g' counts do it from right side starting.

**SERIES IV Formation same as III Series**

- 1 to 2 Position — Form rect angle — enough position kneeling.
- 3 to 4 Com: to crouch position. Left leg full squat — Right leg kneeling. Hands touching the side ground. Flag lies in the ground forward.

**Ex. No. I**

- 1 to 2 Left hand flag forward raise up to shoulder level.
- 3 to 4 Position. 5 to 6 Do the same with right hand. 7 to 8 Position.

Ex. No. I  
 1 to 2 Flex the elbows and touch the tips of the flag in front of the chin,  
 3 to 4 Position. 5 to 6 Same as count 1 & 2. 7 to 8 Position.

Ex. No. III  
 1 to 2 Left hand flag sideward raise up to shoulder level.  
 3 to 4 position. 5 to 6 Right hand flag sideward raise. 7 to 8 position.

Ex. No. IV  
 1 to 6 Flex the elbows and touch the Flag bottoms in front of chin palms supine  
 Position (palms upward).  
 3 to 4 Cross and stretch the hands Half stretch the flags sideward Elbows bend,  
 5 to 6 Same as count 3 to 4. 7 to 8 Position.

Ex. No. V  
 1 to 2 Flags left side shooting. 3 to 4 Position.  
 5 to 6 Flags right side shooting. 7 to 8 Position.

Ex. No. VI  
 1 to 2 Flags forward upward raise above head. 3 to 4 position.  
 5 to 6 Same as count 1 & 2. 7 to 8 position.

Ex. No. VII Same as Ex No. IV

Ex. No. VIII  
 1 to 2 Flags in front of chin flags overlapping so that yellow flag is in front.  
 3 to 4 With the same position lower the flags near the knee.  
 5 to 6 Same as count 1 & 2. 7 to 8 Stand up and raise flags over head.

## SERIES V

Position: Attention position -- unfolded flags in the hands.  
 The following exercises are done 16 counts.

Ex. No. I  
 1 Hands sideward raise with flags upto shoulder level.  
 2 Flags upward raise. 3 Same as 1 4 Position.

Ex No. II  
 1 Left hand upward raise above the head hand close to the ear and right  
 hand sideward raise upto shoulder level.  
 2 Right hands upward raise above the head.  
 3 Left hand come down sideward up to shoulder level 4 position.  
 Do the following 2 exercises with right turn (for right turn give four counts).

Ex No. III  
 1 Flags upward raise above the head.  
 2 Trunk forward bend stretch the flags in front. Body and hand parallel  
 to the ground. 3 Same as 1. 4 Position.

Ex. No. IV  
 1 Flags forward raise up to shoulder level with half squat — Body erect.  
 2 Flags upward raise above the head. Body straight.  
 3 Same as 1 4 Position.  
 Do the following Exercise with above turn for (one turn give 4 counts)

- Ex. No. V
- 1 Left leg forward Step with flags upward raise
  - 2 Trunk forward bend flags in front parallel to the ground.
  - 3 Same as one. 4 Position. (Next cont do it alternate)

- Ex No. VI
- 1 Left leg forward step and lunge flags forward raise up to shoulder level.
  - 2 Knees straight flags upward raise above the head. 3 Same as 1.
  - 4 Position. (Next cont do it alternate).

### EXERCISES WITH WANDS

Equipment : Wands — each one have one wand.

Position : Feet a part — wands must be holded by both hands left hand above the right hand one feet gap close the body. Place the wands vertical in between the legs bottom touch on ground The following exercises are done 16 counts.

- Ex No I
- 1 Hold wands (shoulder with) and place near the thigh = Parallel to the ground.
  - 2 Raise the wands upto shoulder level 4 position.
  - 3 Raise the wands above the head. 4 position.

- Ex No. II
- 1 Raise the wands above the head. 2 Trunk bend towards left side.
  - 3 Trunk bend towards right side. 4 Position.
- The following 2 exercises will be done by turning right side. (For right turn give 4 counts)

- Ex. No. III
- 1 Lift the wands over the head without changing the hands with wands vertical.
  - 2 Trunk bend forward wands parallel to the ground. Hands forward stretch - (shooting position). 3 Same as one. 4 Position.

- Ex. No. IV
- 1 Half squat stretch the hands in front so as to form shooting Position.
  - 2 Body straight knees straight lift the wands straight above the heads. 4 Position.
  - 3 Half squat and touch the ground with wands tip.

Next 2 Exercises above turn and do (for above turn give four counts)

- Ex No. V
- 1 Jump and place right leg forward lift the wands over head vertical.
  - 2 Feet close and trunk bend forward wand forward raise. (shooting position.)
  - 3 Jump and place left leg forward lift the wand over head - vertical.
  - 4 Position.

- Ex. No. VI
- 1 Right leg lunge forward raise the wands in front. (shooting position).
  - 2 With out changing the step raise the wand straight over the head.
  - 3 Left leg forward do it some as count-1.
  - 4 Position. with come to front.

## EXERCISES WITH HOOPS

**Equipment :** Hoops

**Position :** Attention position Hold the Hoops two grips with both hands.  
Hoops rests near the thigh.

The following exercises are done 16 counts.

- Ex. No. I
- 1 Hold the hoops near the chest.
  - 2 Raise the hoops above the head. (Hoops verticale)
  - 3 Same as 1.                      4 Position.
- Ex. No. II
- 1 Hoops left side raise up to shoulder level.
  - 2 Raise the hoops above the head.
  - 3 Same as 1 right side                      4 position

Do the following 2 exercises with right turn. (For right turn give 4 counts )

- Ex. No. III
- 1 Raise the hoops above the head
  - 2 Trunk forward bend hoops forward stretch.
  - 3 Same as one.                      4 Position.

- Ex. No. IV
- 1 Half squat, stretch the hoops in front.
  - 2 Hoops above the head — Knees straight. (Hoops verticale)
  - 3 Same as 1 and hoops touch the ground                      4 Position.
- Do the following 2 exercises with above turn (for above turn give four counts).

- Ex No. V
- 1 Hoops above the head. (Hoops verticale)                      2 Trunk forward bend and stretch the hoops forward.                      3 Trunk bend backward and stretch the hoops backward.                      4 Position

- Ex. No. VI
- 1 Right leg forward step and stretch the hoops forward.
  - 2 Hoops raise above the head. Knees it raight.                      3 Same as 1.
  - 4 Position. with come to front.

The above exercises are done with balls instead of hoops

## EXERCISES WITH BALLS (GIRLS)

**Music - Song**

Aao chale. yu chale, nazar, safar ex ho  
Hum jap chale, tap chale, dagar magarek ho  
Vyayam vyaymhai, anand ka naam hai  
Shakti hai tan ki nan Ka aaraam hai  
Sarey ke sarey hwm khel ke khilar  
Jo niyam ke pakkey, woh sab se agari  
Varjish zaroori hwn sehat zaroori hai  
Kaum ke live yeh mehnat zaroori hai.

**Meaning**

Come let us march thus,

Our vision and our journey is one.

When we march, let us march, weaving

together as one.

Exercise is for fitness.

Exercise is also joy.

Vigour to the body, peace to the mind.

All of us are sports stars.

Those with discipline, they forge ahead,

Exercise is needed

So is hard work

Hard work for the good of the land, and  
the people!

The following exercises are done above music song.

- 1/8 1 Step forward with right leg keeping it straight, touching, the toe on the ground. Bend left leg and extend the hands so that the ball is in front of the chest, hands, straight.
  - 2 Step forward with left leg as explained above, ball close to the chest.
  - 3 Same as count 1.      4 With jump legs together ball over the head.
- 5 to 6 Bend towards, right, keeping hands straight over the head look at the ball.
  - 7 Same as count 4
  - 8 With waiving action bring the ball from hands straight position towards chest & again extend forward at the shoulder level in front.
- 2/8 1 With jump turn to right, ball forward upto chest level, knees slightly bent.
  - 2 Same as count one turn to right side again.
  - 3 Same as count one turn to right side again
  - 4 With a jump turn to right and take ball over the head (standing position.)
  - 5 With a low jump, turn to the right, and bent forward at the waist level and ball forward. (back straight)
  - 7 With jump turn to left ball over the right shoulder.
  - 8 Stretch the ball to right side slightly, ball over the head and make a pose.
- 3/8 1 to 2 Line two turn to right, stand behind No. one, ball over the head.
  - 3 to 4 All sits down, ball keeping on the ground with hands straight.
  - 5 to 6 With a waiving action move ball towards right side to left side and gradually come to a standing position.
  - 7 to 8 Finally bring the balls in front of the chest.
- 4/8 1 to 2 Stand up, ball over the head, hands straight.
  - 3 to 4 Nos. 2's who had moved behind No. 1's return to their original positions. Ball over the head.
  - 5 to 6 Each line divides in groups of fours and all odd lines move in groups of four to right side and even lines in a same way to the left side.
  - 7 to 8 Sit down, ball on the ground hands horizontal.
- 5/8 1 to 4 Roll the ball forward (clock wise).
  - 5 to 8 With ball rolling slowly get up to standing position.
- 6/8 1 to 4 Same as above but the lines of each groups of four girls of all the lines circles      5 to 6 Sit down, ball on the ground keeping hands horizontal.
  - 7 to 8 Stay at same position.
- 7/8 1 to 4 Roll ball in forward direction keeping hands horizontal.
  - 5 to 6 With ball rolling get up to standing position.
  - 7 to 8 From circle get into a straight line.
- 8/8 1 to 4 Get back to starting position with side steps ball close to the body at the chest level.



- 9/8 1 With jump stretch right leg towards right side and left leg bend slightly. Body also lean to the opposite side. Ball in front of the chest.
- 2 Same as count 1 but towards left side.
  - 3 Same as counts 1 and 2 on the right and on left legs with a faster count.
  - 4 Join both legs together
  - 5 to 8 Get into small and large circles for next formation.
- 10/8 1 to 4 Same as counts 5-8 of exercise 9/8.
- 5 to 6 One girl standing in all the small circles and four in the big circles, remain standing and turn to outside.

### Small circles

- 1 to 8 One girl in the middle of the circle remain standing, keeping ball over head horizontally.
- Eight girls around one girl standing in a circle bring balls in front of the chest keeping ball vertical while sitting on right knee.
- 16 girls in the outer most circle sit on both the knees, but toes touching the heels, ball vertically on the ground.

### Large circle

- 1 to 8 Middle four girls stand. Keep balls over head, balls horizontal to the ground. Ball touching each other
- Twelve girls around middle four girls keep standing keeping the balls in front of the chest with elbows bent. Ball vertical
- Twenty girls of the 3rd concentric circle sit on right knee. Ball over the head, vertical.
- Twenty eight girls of the next concentric circle sit as above but ball in front of the chest keeping ball vertical.
- Thirty six girls of the outer most circle sit down on knees, buttocks touching the knees, ball near the ground in vertical position.

Note:- Girls in both small and large circles stand close to each other with shoulder touching.

- 11/8 1 to 8 Rotate the ball in the same position as in exercise 10/8 counts 7-8 in both small and big circle.
- 12/8 1 to 8 Same as above.
- 13/3 1 to 2 From sitting position, stand up, ball in front of chest, horizontal.
- 3/8 Running back to their original position, by keeping the ball in front of chest
- 14/8 1 to 3 Just like exercise 1/8 counts 1-3.

  - 4 Turn to left, knees slightly bent.
  - 5 to 6 Circle the ball in front from right to left taking it finally over the head.
  - 7 to 8 Sit down ball on the ground.

- 15/8 1 to 4 Gradually get up and by rotating the ball over the head horizontally.

  - 5 With jump, ball close to the chest.
  - 6 Again with jump, ball up over the head.



## EXERCISES WITH RIBBONS

- 1 to 2 Keep standing.
- 3 to 8 Sit down and pick up Ribbon from the ground in right hand.
- 1/6 1 to 6 Stand up slowly, make a snake like action with the ribbon in front hands straight wrist flexed
- 2/6 1 to 2 Swing the ribbon from right to left over head. Legs together, slightly bend. The knees are bend when ribbon is on the ground and stretch up when ribbon over the head.
- 3 to 4 Same as above but from left to right. 5 to 6 Same as count 1-2.
- 7 to 8 Same as count 3-4
- 3/8 1 to 2 Take left foot to the left side and lunge on left foot, make a snake like action with the ribbon from ribbon form right to left close to the ground by giving horizontal wrist movements.
- 3 to 4 Same action as mentioned above, but from left to right.
- 5 to 6 Same as counts 1-2. 7 to 8 Same as counts 3-4.
- 4/8 1 to 2 4 girls join hands in the middle. Ribbon outside, make an up and down action of the ribbon with hand extended horizontally.
- 3 to 8 Move in a circular position anti clock wise and repeat the above movement
- 5/8 1 to 2 All odd numbers keep standing and all even number join in between the odd numbers.
- 3 to 4 Swing the ribbon over the head from right to left with straight hand
- 5 to 6 Same as mentioned above but from left to right.
- 7 to 8 Same as counts 3-4.
- 6/8 1 to 6 Run, and make a circle of 80 girls, by making snake like action of the ribbon at the back of the right side down, keeping hand horizontally.
- 7 to 8 All the 80 girls sit down, face inside, and ribbon at the back of the right side, resting on the ground.
- 7/8 1 to 2 Swing the ribbon from the ground, upward with straight hand.
- 3 to 4 Swing the ribbon from upward to forward and downward and sit down.
- 5 to 6 Same as count 1-2.
- 7 7 Turn to right and swing the ribbon backward and downward.
- 8 8 Sit down back face outside the circle.
- 8/8 1 to 8 Slowly stand up and perform snake like action with ribbon, hands vertical but in the beginning and gradually as the ribbon come up stretch the hand.
- 9/8 1 to 8 Run, back to the own marks, by snakes, like action with the ribbon on the right side, hands straight, left hand stretch to the left side up to the shoulder level, palm facing down wards.
- 10/8 1 to 2 Turn 180° to the left side, and ribbon swinging to the back and downward and perform a snake like action horizontally.

## ACTION SONG, CUBE AND MAYPOLE DISPLAY (KIDS)

### List of Equipments-

1. Maypole 12 ft Long, 1" circumference with 6 different colours of ribbons as indicated below;

a) Red	100 ft.
b) White	100 ft.
c) Pink	80 ft.
d) Green	80 ft.
e) Blue	80 ft.
f) Yellow	80 ft.

For one Maypole.

Cube - 25 cms. fiber glass, with different colours on all sides (The sides having the handles will be white The other sides will be red, blue, green and and yellow) Music.

### Preparation for the Maypole exercises :

The girls of each group will be having a maypole each on signal the girls will stand-up, the teacher enter the arena, take the poles, occupy the center of each group and fix the poles. The boys will arrange the cubes around the people. The red sides facing front. The girls and boys come closer around the pole and each child takes a ribbon which is fixed on the top of the pole, and stands in a bigger circle around the pole, with the ribbons held in the right hands. The ribbons are stretched and held. Children facing clock-wise. Teacher stand close to the pole and support it.

### Maypole Exercises :

7. **Formation :** Single circle facing clockwise with ribbons in right hands and outer hands on the hips.

- i) All walking around the circle clockwise for 32 counts to reach their original position. All children turn to the right, face the pole and hold ribbons with both hands.

- ii) All will take a steps toward the pole with the first four counts and sit down for the next 4 counts (8 counts), tightening the ribbons. Another 8 counts to come back to position loosening the ribbons.

- iii) Alternate children repeat the above exercise those standing in their places, stretch the hands with the ribbons, upward, over the head. for the next 8 counts children who had gone close to the pole return to their places, loosening the ribbons. Simultaneously the children who stood on their places lower their ribbons, held in both hands. Now the groups will exchange their actions and perform the above movements.

## 2 Children Get into Two Groups with 8 Counts

1. One group moves towards the pole with 8 counts taking 4 steps for the 1st 4 counts and for the next 4 counts sitting down adjusting the ribbons. Simultaneously, the standing group raises the ribbons held in both hands, overhead. For another 8 counts, the group which moved towards the pole will come back to their place and the standing group lowers the ribbons simultaneously. Now the groups which moved before will stand and which stood in their places will move towards the pole and repeat the exercise as explained above.

## 3. Children get into four groups with 8 Counts :

1. 3 groups will have 6 children and one group 7.
  - i) Opposite groups will move forward (2 groups at a time) and stand in a line on either side of the pole with 8 counts, assuming right angle to the standing groups, and the other groups stand in their place. For the next 8 counts, they remain like this. For another 8 counts the groups will move still forward and exchange their places. For the next 8 counts, the groups move back and stand in line on either side of the pole and remain there for another 8 counts. For the next 8 counts they reach their original position. (Three 8 counts to exchange their places and another three 8 counts to come back to their original places).

Now the other two groups will repeat the same movements with 24 count for exchanging the sides and another 24 to come back to their original places as explained above.

## EXIT :

The children hand over their ribbons to the teacher of each group, the boys pick up their cubs and all stand in their lines. The maypole is removed by the teacher who stand behind each line. All closeup to the front of the arena. Each line is divided into 2 halves (17 + 1 teacher) + 18). With a signal half the group will turn right and half to left. Half will run out the right gate and the other half through the left.

## EXERCISES (On single Poles).

Grip	Over-grip at shoulder width.
Stance	Stand with feet a part at hip width.
Starting Position	Hold the pole in front of the chest with both hands extended horizontally at shoulder level, head erect facing the chief guest (West).

- Ex No 1 1 Flex the hands, bring the Pole close to the chest with closed fist facing forward and elbows dropped close to the body on sides.
2. Raise both hands over head with elbows straight.
  3. Back to count No 1.
  4. Back to starting position.
  5. to 16 Repeat the first four counts.

- Ex. No. II
1. Raise both arms upward above the head level with elbows straight.
  2. Lower down the pole from front with elbows straight and bring closer to the thighs. 3 Back to count 1.
  - 4 Return to starting position. 5 to 16. Repeat the first four counts.

- Ex. No. III
1. Bend forward and lower down the pole close to ankles, knees straight, head dropped, look down.

2. Bend the knees, come to half squat position and simultaneously raise the pole in front at shoulder level with arms and back straight, look front. 3 Back to count No. 1.
4. Back to starting position. 5 to 16. Repeat the first four counts.

- Ex No. IV
1. Swing the pole towards left side horizontally with left arm completely stretched on the side and right arm horizontally flexed in front of the chest, face towards left.

2. Swing the pole towards right side with right arm completely stretched on the side and left arm horizontally flexed in front of the chest face towards right.
3. Bring the pole in front close to chest with elbows dropped closed to the body on sides, look front.
4. Extend the arms forward and return to the starting position.
- 5 to 16. Repeat the first four counts

#### CHANGE TO FORMATION No. II

Drop the pole down in front of thigh. Then the inside candidates of the adjust to rows take two steps forward (with left leg first), on forth beat take the left leg forward on the left side to take position. The other candidates adjust accordingly and the outside candidates remain at their initial spots. Then take the starting position as formation - 1.

- Ex. No. V. 1 Drop the arms towards abdomen, bend the elbows and rotate the arms upward and then forward making a circle in front
2. Same as count 1, circling continues.
  3. Same as count 2, circling continues
  4. Extend the arms in front to come back to starting position
  - 5 to 16 Repeat the first four counts.

- Ex No. VI
1. Flex the arms, bring the pole close to the chest, elbows dropped close to the body on sides
  2. The left side candidates start squatting down and the right side candidates start raising the pole upward by extending the elbows
  3. The extreme left side candidate touches the pole on the ground and extreme right completely raises up (Heels remain on the ground and do not change the stance)
  4. The left side candidates start standing up and the right side candidates start squatting down. 5 Reverse to count No. 3
  6. The left side candidates start lowering the pole down and right side candidates start standing up

- 7 Same as count No. 7.
- 8 Return to starting position by extending the hands in front.
- 9 to 16 Repeat the first eight counts.

#### Ex. No. VII

- 1 Flex the arms, bring the pole close to the chest, elbows dropped close to the body on sides
- 2 The candidate in the centre keeps standing but lowers the pole other candidates bend the knees, come to half squat position and hold the pole as on count 1.
- 3 The centre candidate jumps-up and climp over pole the with hands straight.
- 4 The side candidate stand up and lift the hands over head.
- 5 The candidate over the pole stretches his toes and body completely and looks-up
- 6 Lower down the pole to count No. 2 and the centre candidate jumps down.
- 7 Same as count No. 1      8 Return to starting position.
- 9 to 16 Repeat the first eight counts.

#### Ex. No. VIII

- 1 Flex the arms, bring the pole close to the chest, elbows dropped close to the body on sides
- 2 The candidates on positions 3 & 4 come to half-squat position.
- 3 The candidates stand up to come back to count 1.
- 4 Return to starting position.      5 Same as count 1.
- 6 The candidates on positions 1, 3, & 5 come to half-squat position
- 7 Same as count 3      8 Return to starting position
- 9 to 16 Repeat the first eight counts.

#### CHANGE TO FORMATION NO. III

Drop the pole down in front of thigh on first bear and come back to formation I in the same fashion but with the feet together. Change the grip as required and then the odd number rows (1, 2, 5... 8), of the North side eight poles turn to their right with a hop and at the same time bring the poles over their left shoulder by leaving the right hand which remains by the side of the body. At the same time the even, Norows (2, 4, 6... 54), similarly turn to their right by swinging the poles over their head and bring over the right shoulder. The left hand remains by the side of their body. Then the adjust two pole candidates take two steps inward to closer in one line, hold both the poles and now there are 10 candidates on each pole. In this formation 8 rows will face towards North and Eight rows towards south.

Starting position Hold the poles over shoulders with both hand, elbows dropped on sides.

#### Ex. No. IX

- 1 Raise the poles above shoulders with elbows straight and parallel.
- 2 Back to starting position.
- 3 Extend the hands horizontally on the sides.
- 4 Return to starting position.      5 to 16. Repeat the first four counts



**Ex No. X**

- 1 Raise the poles above shoulders with elbows straight and parallel.
- 2 Take the poles on left side by bending towards left.
- 3 Return to count No. 1.      4 Return to the starting position.
- 5 Same as count 1.
- 6 Take the poles on right side by bending towards right.
- 7 Return to count No. 1.      8 Return to the starting position.
- 9 to 16 Repeat the counts 1 & 2.

Change the direction by turning around from right side between the poles one by one with music. Now all the 8 rows of both sides will face inwards.

**Ex. No XI**

- 1 to 2 Perform a circle by the left hand on the side by dropping the left hand forward-downward-backward and upward.
- 3 to 4 Same as 1-2 but with Right hand. 5 to 16 Repeat the first four counts.

**Ex No. XII**

- 1 Raise the pole upward over the shoulders.
- 2 Bring the pole down on the shoulders and come down to half squat position except the fifth candidate.
- 3 The fifth candidate mounts up over the pole with a hop and take position with straight hands.
- 4 Come to standing position with fifth candidate over it.
- 5 Raise the pole up over the shoulders.
- 6 Come back to count No. 4
- 7 Spurt down and the fifth candidate jumps down.
- 8 Return to the starting position. 9 to 16 Repeat the first eight count.

(The above pole Exercise only for boys.)

**LAZIUM**

**Starting position** Raise both hands up, hold Lazium in both hands. hold the wooden with left hand and iron head with Right hand keep it in closed position parallel to the ground.

While come jogging from the entry gates in lines. make sound with the Lazium form different circles. As soon as circles completed (i.e. 1st formation) The participants will come to attention position facing inside

**Ex. No. I Two count exercise (Do Away)**

On 1st count pull the iron rod and on 2nd count join the iron rod with wooden rod.

**Ex No. II Four count exercise. (ChA Away)**

1st count Pull the iron rod down count 2nd Swing and bring the Lazium towards left side and join both the wooden and iron rod.

**Count Third Pull the iron rod.**

**Count 4th** With swing bring the Lazium towards right side and join both iron and wooden rod.

Ex. No. III Eight counts Exercise (Arth Thokey)

1 to 4 counts as (char Arai)  
On 5th count - bring the Lazium over the head in circular way to the left side, while pulling the iron rod should be forward parallel to the ground, elbow slightly bent.  
on 6th count - join the iron and wooden rods near the left ear.  
7th count - Bring Lazium from the left side, pulling iron rod downward in circular way to right side.  
8th count Join both the iron and wooden rods position.

Ex. No. IV Mark time march Exercise (Kadam Tai)

Exercise III with mark time march  
Count 1 Right Step. Count 2 Raise left foot Count 3 Step left.  
Count 4 Raise right foot. Count 5 Step right foot  
Count 6 Raise left foot. Count 7 Step left foot  
Count 8 Raise right foot

After the 4 exercise are over the single circle is divided into two. For double circle formation the whole circle is divided by means of odd and even numbers. Even numbers form the inner circle with in 32 counts First 8 counts one step for the next 8 counts another one step. Now an inner circle is formed the next 8 counts the inner circle turns so as to face the outer circle and for the next 8 counts they should face their partners. The outer circle should do the exercises on the spot for 32 counts. After that the following exercises will be done

Ex. No. V Backward step (Ppache pao)

Exercise No. III will be done, but only on 1st count take right step backward lounge on the same. 2nd, 3rd and 4th count slowly up and on 5th count step right foot near the left foot i.e. attention position.

Ex. No. VI Forward Step (Aghe Pao.)

Exercise No. 3rd will done, but on 5th count take right step forward with little body. Turning towards left side and on 6th count come on both toes. On 7th count heels down.  
On 8th count come to attention position.

Ex. No. VII Backward & Forward (Pache Pao and Aghe Pao)

Exercise No. V and exercise No. VI will be combined with exercise No. III with the pavitra exercise come to IIIrd formation

Ex. No. VIII Step with jerkbackward and Forward (Pavitra)

This exercise will be done with exercise No. III  
On 1st count-Step right foot at the back.  
On 11nd count-hop on right foot and raise left foot.  
111rd count-Step left. 11Vth count - hop on left and raise right foot



Vith count - Step right forward.

VI count - Hop on right foot and raise left foot.

VIIth count - Step left. VIIIth count - Hop on left and raise right foot

Ex.No IX Face to Face and Back to Back (Hool)

Ex.No VIII will be done with the partner only on 5th count face the partner. and on next 5th count back to back with the partner.

Ex.No. X Rounding the partners facing outwards (Phirki)

with the partner - exercise No. VIII back to back

with the partner by left side, face in front

on 5th count put right step across left foot

on 6th count shift right foot back on 7th count step left foot

on 8th count hop on left foot and raise right foot simultaneously.

Then the inner circle joins together with the other circle After that the circle is divided in to four. Each group right side person will go inside by mark time march so that a line is formed towards the centre Now 4 lines facing the centre after that each line divides in the two and form 8 lines their this line forcing out ward This formation will be completed with in 32 counts form this formation the following exercises will be done.

Ex.No XI Right leg kneeling forward. (Pavitra Baithak)

with the exercise No. III do Pavitra Baithak on 5th Count - Sit with left knee touching the ground, right knee is raised forward.

on 6th Count - Get Up on 7th Count - take right foot back

on 8th Count - Complete attention position

Ex.No XII Full squat (Porna Baithak)

With the exercise No. III do. Purna Baithak on 5th Count - take a jump and land on both feet, sit down on toes with knee apart.

on 6th count - Stand up on 7th count - take your left foot back on 8th count - come to attention position taking right foot back

Ex.No XIII 5,6,7,8 kneeling with thrice

Count 1 to 4 Same as Ex. No. II Count 5 to 8 - Right leg forward step left leg kneeling and left knee touching the ground with do it count 5 to 8 in Ex.No. III This count 5 to 8 should be done thrice and repeated once more (Now the exercise No XIII gives 32 counts.

Then turn right side and do peacock exercise four times and go to the next line  
Count 1 - Right leg forward step, body forward bend Lezium towards the front with do it count in Ex. No. I

Count 2 - Left leg join the right by with do it count 2 in Ex. No. 1

Same as count 1 count 4 - Same as Count 2

5 to 8 - Same as counts 5 to 8 in Ex. No. III

Then turn left facing outwards and disperse with double time march Asanas, Pyramids, Gymnastics. Malkham and other Rhythms and light apparatus may be included in Bhorathiyam