2021 -22 Academic year "Bridge Course" in Physical Education

7TH STANDARD

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EXPECTED LEARNING OUTCOMES	LEARNING MATERIALS	COUNSELLING ACTIVITY	INSTRUCTIONS FOR ACTIVITY MANAGAMENT					
Day -1			Practical					
Recreation games	*Bull fight	*Bull fight	* Divide the students into two equal groups and make them stand in two					
Bull fight			lines facing each other. Give them serial numbers to both the lines. Now					
Post office			teacher should call any one number, same number from the both lines					
Fisher man			should come hopping on one leg while holding the other leg with both hands					
			at the back. The knee of the folded leg should be pointing them down, and					
			coming to the small circle push each other with their shoulder. The one who					
			looses his balance fall on the ground or leaves the non hopping leg or is					
			pushed outside the circle will loose the contest. The winner gets a point , the					
			play continuous.					
			* Make the children stand in 7-8 equal lines and name each line e g,					
	*Post office,	* Post office	Bengaluru, Mysuru, Bidar etc. the leader stands out side and says mail goes					

			from Bidar to Bengaluru immediately children named Bidar and Bengaluru						
			change their place while the leader runs and stand in the vacant places. The						
			player who does not get the empty place becomes the leader and tells the						
			names of other places. In this way the game continuous everyone should						
			get a chance to be the leader.						
Day -2			Practical						
	*Fisherman's	"Fisherman's net	* Draw a circle among the players one should be a fisherman. Remaining						
	net		should be inside the circle when teacher blows the whistle the fisherman						
			tries to catch the fishes inside the circle. The fishes tries to escape anyone is						
			caught by the fisherman he/she should hold the hand of fisherman the both						
			will tries to capture the other fishes the captured one becomes the fisherman						
			net. The last two of the net should be the fisherman the fishes can escape						
			below the net but should not cut the net. The one goes out of the circle will						
			join the net. The one who remains till the end is the strongest fish and he						
			has to be rewarded.						
Day -3			Practical						
Learning the	1 Attacking	1.1 Cant.	*1.1 Teacher demonstrate to students the skill cant, the raider raids starting						
Attacking skills	skills	1.2 Toe touch	cant continuously from within one's court into opponents court. This is						
Cant	1.1 Cant		followed by the students.						

Toe touch	1.2 Toe touch.		1.2 Raider should try to reach the foot of defender and touch, while doing
in Kabbaddi			this, the raider should bend the other knee towards the centre line, this skill
			is demonstrated by teacher followed by the students.
Day -4			Practical
Side kick	1.3 Side kick.	1.3 Side kick.	1.3 Raider when raids use this skill to touch the defenders. Side kick skill is
			demonstrated by the teacher to facilitate students learning.
			1.4 When defender follow raider closely to catch , the raider use this skill by
Back kick	1.4 Back kick.	1.4 Back kick.	kicking backwards. This skill demonstrate by teacher to facilitate students
			learning.

Day -5			Practical
Learning the	2.1 Wrist catch	2.1 Wrist catch.	2.1 When raider exchange his hand while raiding to attack, the defender can
defensive skills in	2.2 Ankle catch		use this skill by holding his forehand. this skill is demonstrated by the
kabbaddi		2.2 Ankle catch	teacher and facilitate students learning.
Wrist catch			2. When raider tries to touch the toes of the defender, defender can use this
Ankle catch			skill by holding the attackers ankle, this skill is demonstrated by the teacher
Thigh catch			and facilitate students learning.
Stance of players.			
Day -6		I	Practical
	2.3 Thigh catch	2.3 Thigh catch	2.3 When the raider is standing with legs apart or trying to touch the
	2.4 Stance of		defender, the defender can use this skill thigh hold, teacher demonstrate the
	players		skill and facilitate students learning.
		2.4 Stance of	2.4 This is the system when all 7 players are active in the court, the
		players	defended either stand 2-3-2 or 2-1-2-2 method. This is demonstrated by the
			teacher followed by the students.

Day -7			Theory
*Kho Kho court and	* structure of the	• court	Teacher draw kho kho court of the black board and ask students to
measurements	court		write down in their books.
	* measurements		O trats. (28 mts.) O trats. (28 mts.) (10 cms.) 20 cms.) 10 cms.)
Day -8			Theory
*Learning kho-kho rules and equipments	*Kho-kho rules, *Equipments	*list of kho-kho rules *list of kho-kho equipments.	*Teacher teach the rules of kho-kho to students and make the students to list out what is learnt. *Informed about the equipments used in kho-kho by the teacher and make students to list out.

Day -9			Practical						
*Sitting in box	*Parallel toe	* Parallel to method	Teacher demonstrate the method parallel toe method and make students						
parallel toe method	method		stand in a line and follow the skill one by one.						
Bullet toe method ,									
	*Bullet toe	* Bullet toe method							
	method		In bullet toe method, the chaser sits in his box, the strong leg touching the						
			front line of the box and rare leg placed little behind. When teacher blows						
			the whistle the students sit in the box as demonstrated by the teacher one						
			after the other.						
Day -10			Practical						
*Proximal type	*Proximal type	*Proximal type	Teacher demonstrate proximal method to facilitate students learning						
Day -11			Practical						
*Distal type	*Distal type	*Distal type	Teacher demonstrate distal method to facilitate students learning						

Day -12			Theory
*Learning football	*Structure of	*Structure of football	Teacher draw a football court on the black board and ask the student in their
court and its	football court	court	books.
measurements	*Football court	*Football court	
	measurements	measurements	
Day -13			Theory
*Learning rules of	*Foot ball rules	*Foot ball rules	Teacher explains the rules followed in football and ask the students to list
football and	*equipments	* list out the	out.
equipments	used in football	equipments used in	Teacher collect the pictures of equipments related to football game, to
		football	display in the class to the students to teach. And ask the students to list out.
Day -14			Practical
Foot ball skills	*Ball Bribbling.	* Ball dribbling	Teacher demonstrate the skill, ball dribbling to the students and make them
Dribbling			to follow as taught and do necessary correction.
Pass			
Stopping the ball			

Day -15			Practical
	*Passing ball	*Passing ball	Demonstrating the skill, passing the ball by the teacher to facilitate students learning.
Day -16			Practical
	*Stopping the ball.	*Stopping the ball.	Demonstrating the skill, passing the ball by the teacher to facilitate students learning.
Day -17			Practical
Yogasanas Tadasana Uthkatasana Ardhachakrasana parashvachakrasan a	Tadasana.	*Tadasana	* Teacher demonstrate the suggested asanas and make the students to follow and practice

Day -18			Practical						
	Uthkatasana	Uthkatasana	By a help of a student teacher demonstrate the asana and ask the rest of						
			the students to obseve him doing and follow to practice.						
Day -19	L	L	Practical						
	ardhachakrasan	*ardhachakrasana	*Teacher demonstrate the asana to facilitate students learning.						
	a								

Day -20			Practical
	Parshvachakras	Parahvachakrasana	By a help of a student teacher demonstrate the asana and ask the rest of
	ana		the students to observe him doing and follow to practice.
Day -21			Theory
Students learning personnel safety on road, school and play ground.	*Safety rules	* Safety rules	Learning rules followed for safety on road by the students and listing them.
Day - 22	1		Theory
	*Safety in	*Safety in school	Teacher teach the students about the safety measurements that has to be
	school	*Safety in	followed by students in school and playground and make students list out

	*Safety in playground	playground	and follow in there daily routine.
Day - 23			Theory
	*Safety at home	* Safety at home	Teacher teach the students about the safety measurements that has to be
			followed by students at home and make students list out and follow
Day -24			Practical
Initial positions and	*Namaskarasana	Doing	Teacher demonstrate suryanamaskarasana followed by the students.
steps of	*Urdhwasana	suryanamaskara	
Suryanamaskara	*Hastha		
	padasana		
Day -25			Practical
Initial positions and	*Eka pada	Surya Namaskar	Teacher demonstrate the asanas of suryanamaskara followed by the
steps of	prasaranasana		students.
Suryanamaskara	* Dwi pada	TI PROMANATIWALKAN	
	prasaranasana	П АБИМАЗАНСНИЗАНАК	
	*	B SALENGARAN	
	bhudharasana	01 FRUITMANA	
		C BHIJARGAMA C BHIJARGAMA C 6 ATDREAMA Mary : Canada	

Day -26								Practical			
	*Sashatanga	Asanas of	Teacher	demonstrate	the	asanas	of	suryanamaskara	followed	by	the
	pranipatasana	suryanamaskara	students.								
	*Bhujangasana										
	*Bhudarasana										
Day -27								Practical			
	*Eka pada	Surya namaskara	Teacher	demonstrate	the	asanas	of	suryanamaskara	followed	by	the
	prasranasana		students.								
	*hasthapadasan										
	а										
	*										
	Namaksarasana										
Day -28								Theo	ory		
Importance of health	Importance of	List out importance	Teacher	facilitate the s	tude	nts with i	mpo	ortant components	to follow	in li	fe to
and personnel	health	of health	gain good	d health.							
hygiene											

Day -29			Theory
	Personnel	Personnel hygiene	Teacher teach how to safe guard nails and teeth through personnel hygiene
	hygiene	*cleanliness of nail	and inform if not done the dirt collected in nails may get in contact with food
	*cleanliness of	*cleanliness of teeth	we eaten and and bacteria in teeth may by swallowed and cause illness
	nail		and also clean teeth twice a day to avoid bad smell and maintain cleanliness
	*cleanliness of		to stay away from diseases and ask the students to follow in their daily
	teeth		routine.
Day 30			Theory
	Care of sense	*Enlightening the	Teacher teach about the sense organs, skin, eye, ear, nose and tongue if
	organs	sense organs	not cleaned regularly may lead to illness and ask them to write about sense
			organs.