

LALA JAGAT NARYAN EDUCATION COLLEGE



MUKTSAR ROAD, JALALABAD (W)

SCHOOL INTERNSHIP PROGRAMME FILE LESSON PLAN NOTE-BOOK

Name	Sanam Preet
College Roll No.	24195
University Roll No.	24060762

CLASS : B.Ed.

SE SUNANDA ENTERPRISES
(Distributor)
M. 8899000065

SCHOOL INTERNSHIP PROGRAMME FILE

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Course Code : EPC-3-1
SEMESTER III
SCHOOL INTERNSHIP PROGRAMME

Assessment by concerned School : 40 Marks
Pedagogical Subject : 100 in each subject
External-100+Internal = 30+30

Total Marks : 300
Duration : 16 Week

16 Weeks internship shall be carried out in the three phases as described below:

Phase-1: Pre-Practice

Duration: 2 week (In parent institute)

1. Student teachers will learn to write micro, macro diary, ICT, test based and teaching model based lesson plans.
2. Every students teacher should go through simulated teaching practice in each teaching subject.
3. Workshop on development of audio visual aids be organized during this week.
4. Necessary orientation programs for mentor teachers and heads of the selected school be organized by the institute.

Phase-2: Teaching Practice

Duration: 14 weeks

The school teaching practice phase can be divided into two blocks. In the first block if 7 weeks, student teachers may be engaged. With the permission of higher authorities (DGSE, DEO and school principals) the convenient small group of students teacher shall be attached to a school and he/she shall undertake such duties as are assigned to him / her by the Head Master/Principal of the school in all school related activities. During this period, he/she shall teach minimum of 61 lesson in each pedagogic subject under the supervision of the mentor teacher and respective teacher educators.

Nomination of Mentor Teachers: During the internship different teachers of the schools may be nominated as mentor teachers'.

The role of the mentor teacher would be to share his/her professional experiences, present model lessons, assess student teachers' performance, and provide on-site guidance and support during internship. **Identification of supervisors:** The faculty members of the parent institute would be allotted to different schools as supervisors during the internship period. The supervisors shall coordinate the activities of the mentor teachers of the school; and assess student teachers' performance, and provide on-site guidance and support during internship at least twice a week.

Activities for Student teachers: Student teachers shall undertake the following activities during this period:

Phase I. Planning and Facilitating Teaching Learning

(A) Preparing and delivering 120 lesson plans in two teaching subjects -(60+60)

Macro Lesson Plans-40

Diary form lesson Plans-08

ICT Based Lesson Plans-05

Unit Test Based Lesson Plans-04 (Preparing blue print & conducting unit tests)

Lesson plans based on Models of Teaching - 03

Discussion Lesson-1

(B) Peer teaching observation - 10+10 in each subject

Micro Lesson Plans-5+5 in each Subject, 10-15 pages with heading.

Phase II. Assessment of students' performance:

- * Assessment Record on the basis of unit test.

III. Participation in School Activities

- * Participation in organizing co-curricular activities i.e. Literary, Dramatics, Fine arts and sports (any two)
- * PTA/PTM/SMC

Records to be submitted by a Pupil teacher:

- * Teacher Practice file (Both teaching subject)
- * Assessment record
- * Record of Participation/organization of school activities.

*Phase-III

Post-Practice and Evaluation

Duration: 1 Week

The following activities shall be organized in the Post Practice phase

- * Presentation of brief report by each student teacher on his/her internship experiences.
- * Inviting feedback from cooperating schools.

* Evaluation (Total - 300 marks)

The weight age to different components of internship shall be assigned as under:-

- * Assessment by concerned teaching subject school mentor teacher and teacher educator - 40 marks (20+20 in each subject on assessment Performa- A
- * Internal assessment on the basis submitted records-30 in each teaching subject (30+30 in each subject =60)
- * External assessment: Final Skill-in-Teaching lesson in each subject to be conducted in the parent college (100+100 in each subject = 200) under the supervision of external Internship Programme Coordinator appointed by the university:
- * Breakup of external evaluation for each teaching subject (100 marks) is as follows.
- * Written Lesson - 10Marks
- * Presentation - 60 Marks
- * Teacher Traits - 20 Marks
- * Teaching aids - 10 Marks

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TIME TABLE

	1	2	3	4	R E C E S S	5	6	7	8	9
Mon	5th F	10(C)	10(B)				8th	10A		
Tue		10(C)	10(B)				8th	10A		
Wed		10(C)	10(B)				8th	10A		
Thu		10(C)	10(B)				8th	10A		
Fri		10(C)	10(B)				8th	10A		
Sat		10(C)	10(B)				8th	10A		

TIME TABLE



	1	2	3	4	R E C E S S	5	6	7	8	9
Mon		10C	10B				8th	10A		
Tue		10C	10B				8th	10A		
Wed		10C	10(B)				8th	10A		
Thu		10(C)	10(B)				8th	10A		
Fri		10(C)	10(B)				8th	10A		
Sat		10(C)	10(B)				8th	10A		

ATTENDANCE CHART

St. No.	Name of Student	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	Navneet	1		1	1		1			1	1			1		1		1	1		
2	Mustam	1		1	1		1			1	1			1	1		1	1	1		
3	Priyanshu	1			1		1				1							1	1		
4	Gani			1	1		1			1					1		1	1	1		
5	Varsha	1			1		1				1			1	1	1		1	1		
6	Johan	1		1	1		1			1	1				1		1	1	1		
7	Arsha	1			1		1				1					1			1		
8	Sachin	1		1	1		1			1				1	1	1				1	
9	Romal	1		1	1		1			1	1			1	1	1	1	1			
10	Alicha	1		1	1		1			1	1			1		1	1	1			
11	Ravi	1		1	1		1			1	1				1	1	1	1	1		
12	Serati	1		1	1		1			1	1			1	1	1				1	
13	Paras	1		1	1		1			1	1			1		1	1	1	1	1	
14	Sudhinder	1					1			1	1			1	1	1	1	1	1		
15	Vasmat	1		1			1			1	1			1	1		1	1	1	1	
16	Gani	1		1	1		1				1			1	1	1		1	1		
17	Pia	1		1	1		1			1	1					1	1	1	1	1	
18		1					1			1	1			1	1	1		1			
19		1		1	1		1			1				1		1	1	1	1	1	
20		1		1			1			1	1			1	1	1			1		

ATTENDANCE CHART

[illegible]

Skill of introduction

P.T's Roll No -

Subject - Physical education

Topic - Human body

Time - 6 - 10 min

Date -

Class - 7th

Pupil teacher's activity

Pupil's activity

Pupil teacher ask about →
what you know about
physical education

about Human
body

Pupil teacher ask about →
parts of human
body

Heart, brain, Kidney

Main function of body
posture

Protection, shape, movement

P.T'S Activity
different working system →
of human body

P. activity
no response

Introduction of topic: students today we
will learn about human
body.

Evaluation table:

Components	excellent	V. good	Good	Average	Poor
(1) testing Previous knowledge			✓		
(2) Simplicity & variability of questions					✓
(3) Continuity of question			✓		
(4) Way of asking question			✓		

Skill of black board

3

P.T's Roll No:

subject: Physical Education

topic: first Aid

Time → 8-9 min

date →

Class → 8th

Pupil teacher activity

Pupil Activity

black board

What are objective of first aid

→ to save patient life, improve health

Things needed for first aid

→ cotton, ORS, Adhesive tape

Rules of first aid

→ no fear in mind of patient

Importance of first aid

→ have patience, intelligent,

→ prioritize safety

→ assess the situation

→ call for help

→ provide immediate treatment

→ Preserve life

→ Prevent further injury

P.T's Activity

P. Activity

black board

What is C.P.R

given when cannot feel heart beat

→ Cardiopulmonary resuscitation

Announcement of topic :-

today we are going to learn about C.P.R

evaluation table:

Components	excellent	V.good	Good	Average	Poor
(1) legibility of hand writing →		✓			
(2) Neatness of work →				✓	
(3) Completing all important info. →		✓			
(4) straight lines →				✓	

Skill of explanation

5

PT's Roll no:

class - 8th

subject : Physical education

Date -

topic : Nutritious and balanced diet time → 5-7 min

Points of teaching	Pupil teacher's activity	Pupil Activity
definition of Balanced diet	P.T will explain the definition of balanced diet	students will listen carefully
	(a) What is a balanced diet	(A) food which contains all nutrients
	The food which contains nutrients in an appropriate quantity is called a balanced diet	students write down on their note books.
example	(1) Protein (2) vitamin-A (3) vitamin-B	students listen to P.T carefully

P.T's Activity

⇒ Balanced diet for diff. people

- (1) age
- (2) Body size
- (3) Body function
- (4) Gender
- (5) climate

P. Activity

Pupil. will
note down.

announcement of the topic: students today we will
learn about sentence and their

Components	excellent	v. good	good	Average	Poor
(1) Appropriate begining statement			✓		
(2) Covering essential points		✓		✓	
(3) appropriate Concluding statement					
(4) testing pupil/ understanding			✓		

Skill of Reinforcement

7

P.T's Roll no -

Subject - Physical education

Topic - Vitamins

Class - 8th

Time - 5-7 min

Date -

P.T activity	Pupil Activity	Reinforcement
(a) Importance of vitamins	help in digestion	Good
(a) Tell me about vit - A	Soluble in fat	excellent
(a) Harmful effect of vitamin-A	dryness of skin	yes correct
(a) Sources	egg, Papaya, carrot, sweet potato	good

Announcement of the topic: today we will learn
about all kind of
protein

evaluation table

Components	excellent	v. good	good	Average	poor
(1) use of praise words			✓		
(2) use of Reinforcement					✓
(3) Reparting pupils response			✓		
(4) Positive verbal Reinforcement		✓			
(5) use of discourages words		✓			

Skill of stimulus variation

9

P.T's Rollno -

Subject - Physical education

Topic - sports and discipline

Time - 5-6 min.

Date -

Class - 8th

Pupil teacher's Activity

Pupil's Activity

Pupil teacher explain about discipline

① meaning of word discipline

accomplishing a piece of work by abiding with rules

② types of discipline

① Internal discipline

② external discipline

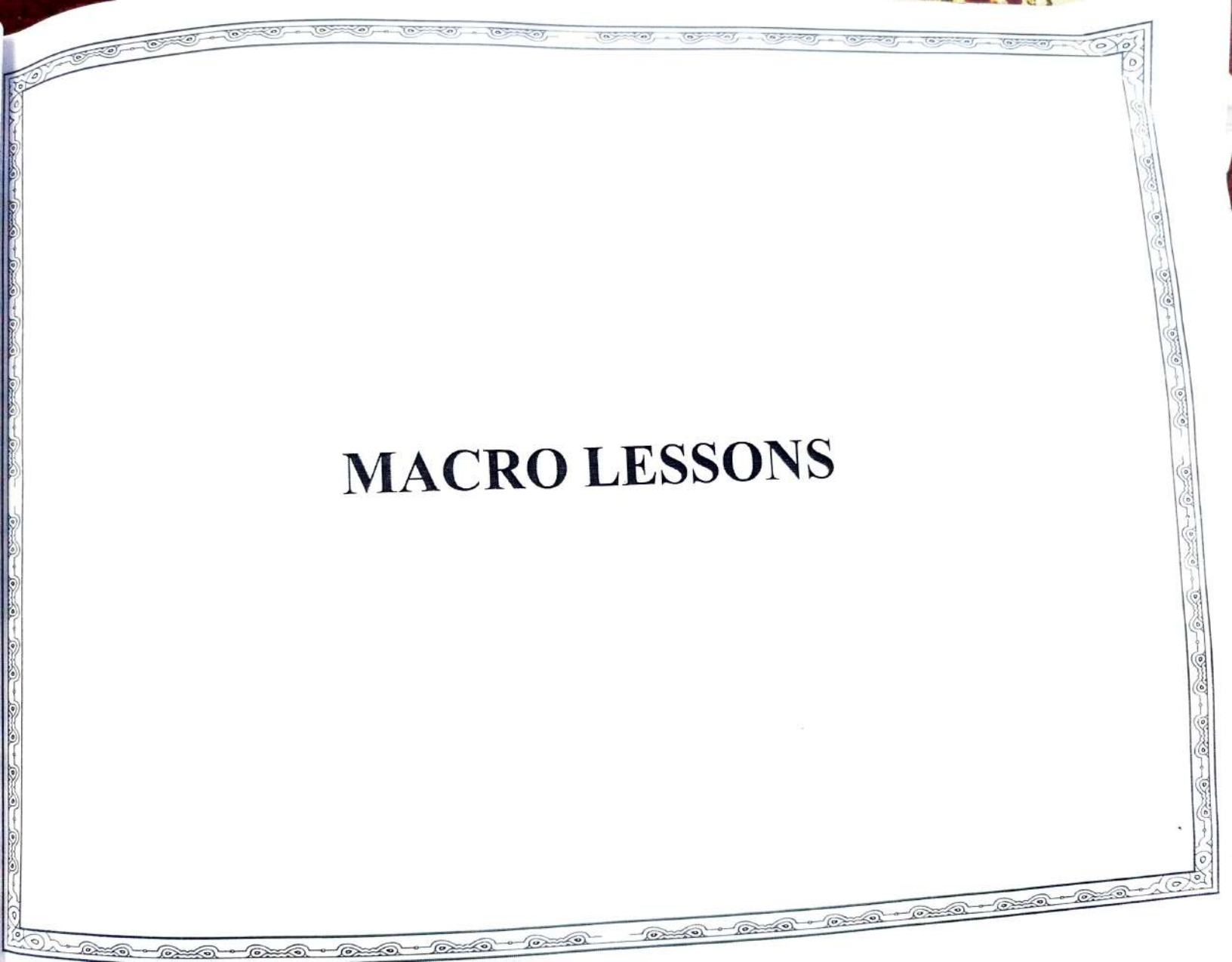
③ How do sports teach discipline

By punctuality, obedience, cooperation, tolerance, honesty

Announcement of the topic: today we will discuss about sports and discipline

evaluation table:

Components	excellent	v. good	good	average	poor
(1) Change in speech			✓		
(2) Gestures				✓	
(3) Body movement			✓		
(4) change in introduction			✓		
(5) focus				✓	
(6) Passing			✓		



MACRO LESSONS

P.T's Roll No:
 subject : Physical education
 topic : Badminton effect of drugs

Class : 7th
 Time : 70 min
 Date :

General Aid: A well equipped classroom, black board, chalk, duster, pointer etc.

Specific Aid A chart related to the topic

General Aim: (i) to create the interest among the students for physical fitness
 (ii) to develop mental fitness
 (iii) to develop creativity among student about mental health

Specific Aim: (i) student get to know about physical effect

P.R. testing: (1) what are effects of drugs
 (2) how to stop drugs
 (3) make them aware about impact of drugs on body

announcement of the topic → students we are gonna discuss effects of drugs

Subject matter	P.T activity	Pupil activity	black-board work
----------------	--------------	----------------	------------------

what are drugs

definition of drugs

pupil will listen carefully and see on black board

→ birth defects
 → poor growth
 → neuro developmental issues
 → neonatal withdrawal

effect of drugs

writing its effects

explaining effects

Subject matter	P. T activity	Pupil Activity
① Alcohol Alcohol can go beyond limits to fulfil his whims of taking alcohol.	pupil teacher will explain the topic with help of examples	pupil will note examples
② Tobacco Contains poisonous substance namely nicotine which is very harmful thing.	P.T will write down the examples and explain them	students will note down the difference

- miscarriage and stillbirth
- Preterm birth and low birth weight
- Birth defects
- Neonatal Abstinence syndrome
- Nervous development problem.

Subject Matter	P.T activity	Pupil Activity	black board	work
(3) opium obtained from plant. this is very harm- ful for healthy person	the pupil teacher will classify the 2nd example.	students will note down the examples on their note books and listen care fully		

Generalisation: students to day we have discuss about different kind of drugs.

Recaptulation: discuss with your ^{not} parents.

home work: make people aware about drugs.

Lesson plan - (2)

35

Pupil teacher's Roll no -

Class - 7th

Subject - Physical education

Time - 40 min

Topic - physical capacity and advantage - Date -

age of exercise

General aids:-

A well equipped classroom with black-board, chalk, Duster, pointer etc.

specific Aids:-

A chart related to physical capacity

General Aims:-

- (1) to make pupil aware about exercise
- (2) Teach them about particular exercise
- (3) explain their advantages
- (4) exercise improvement for students

Specific objectives:-

- (1) to improve their mental health
- (2) to improve their physical health
- (3) able to improve personal life

P.K testing

- (1) advantage of exercise
- (2) types of physical Capacity
- (3) Importance of physical Capacity

announcement of the topic: OK students today we will discuss about physical capacity and exercise

Subject matter	P.T activity	P. Activity	black board work
Generally physical capacity related with person who do a lot of physical work.	P.T will explain physical Capacity	The pupil will listen carefully	<u>Physical Capacity</u> The level of Physical Capacity is different from others. every person Capacity different from others.

Subject matter	P. T. activity	P. activity
(1) <u>Speed</u> : The ability to do a work in minimum time is called speed.	Showing a chart	pupil will see the chart
(2) <u>Strength</u> : The energy produced by the muscle of the body is called strength.	P.T will ask the students about strength	students will write down on note books
(3) <u>Endurance</u> : capacity to do work for longer time	P.T will show charts	students will listen carefully

black board work

Qualities of physical capacity

- (1) speed
 - (2) strength
 - (3) endurance
 - (4) flexibility
 - (5) Co-ordination
- (*) Importance

- (1) Can do heavy work
- (2) immunity increase
- (3) body remain healthy

Subject matter	PT Activity	P. Activity	black board work
① Importance of physical capacity	showing examples of capacity	student will write down	<u>Importance</u> (1) muscles become heavy (2) less scope of heart disease (3) body remain beautiful (4) good control on body

Recapitulation: ① what is the purpose of increasing capabilities in exercise

Homework: ① effect of exercise on human body
 ② types of exercise

Teaching aid used, skit and etc effectively
 class control was good

Lesson plan - (3)

38

P.T's Roll No -
Subject - Physical education
Topic - Hila Raipur sports

Class - 8th
Time - 45-min
Date -

General Aids :- A well equipped classroom with black-board, chalk, duster

Specific Aids :- A colourful chart related to various symbols of games

General Aims :-
(1) to develop interest among students
(2) to develop all kind of skills
(3) teaching about games

Specific Aims :
(1) maximum use of previous knowledge
(2) students will be able to receive knowledge.

Lesson plan - (3)

38

P.T's Roll No -

class - 8th

Subject - Physical education

Time - 45-min

Topic - Hike Raipur sports

Date -

General Aids :- A well equipped classroom with black-board, chalk, duster

specific Aids :- A colourful chart related to various symbols of games

General Aims :-

- (1) to develop interest among students
- (2) to develop all kind of skills.
- (3) teaching about games

Specific Aims :

- (1) maximum use of previous knowledge.
- (2) students will be able to receive knowledge.

- P.K testing :
- (a) where kila Raipur games started.
 - (a) which are rural games played in kila Raipur sports festival?

Announcement of topic : today we are going to learn about kila Raipur games.

Subject matter	P.T activity	Pupil Activity	black board work
Rai Jale 1560 took the possession of the village kila Raipur. He built five yards to protect his sons	P.T will ask The students about games	students will listen carefully	<u>kila Raipur games</u> started in 1933 after the hockey tournament held in Valandhar. kila Raipur hockey team won second position -

Subject matter	P.T activity	Pupil Activity
Modern sports of Hila Raipur: entertainment activities in the sports festival	P.T will explain concept of Hila Raipur sports	Students will write on note- book.
(2) Girls in Raipur sports festival:		
(3) Popularity of Hila Raipur sports in foreign country:	P.T will explain about Modern Hila Raipur games	Students has to answer The questi- on

black-board work

- (1) The sports festival
of Hila Raipur
unfolded the specta-
tor very well.
- (2) Though the girls
were not included
in the earlier sports
festival.
- (3) The popularity
of Hila Raipur
crossed the boundary
of India and
reached some
other countries

subject matter	P.T activity	Pupil activity	black board work
④ Specialty of Kila Peripw sports festi val:	P.T will explain this on board	students has to make down	the sports festival has produced count less olympians, national level players like Sukhvir Singh Browal, Jagwinder Browal

Final Recapitulation: (1)

why
games

Kila Peripw
are so popular

(2)

Name

any

national

players.

Home work:

(a)

create
of

series
Kila

wise
Peripw

into
games.

Lesson plan (4)

42

Pupil teacher's Roll No :- 24195

Class — 9th

Subject — Physical education

Time — 40-min

Topic — Physiological systems

Date —

General Aids :- A well equipped classroom with black-board, chalk, duster

Specific Aids :- A chart related to muscles

General Aims :-

- (1) make aware about anatomy
- (2) teaching about physiology
- (3) increasing knowledge about human body.

P.K testing :

- (1) what is skeletal system

- (2) what is muscular system

Announcement of the topic: today we are going to learn about physiological system.

Subject matter	P.T activity	P. activity	black - board work
① <u>Anatomy</u> : we get information about structure of the body.	P.T will explain about anatomy	students will write down	<u>Major Systems</u> ① Skeletal System ② Muscular System ③ Circulatory System ④ Respiratory system ⑤ Digestive system
② <u>Physiology</u> : the cell is smallest functional unit of body	P.T will explain about physiology	students focus on main points	

Subject matter	P.T activity	P. Activity
① Major system of human body:		
① <u>skeletal system</u> : provide physical form to our body structure the anatomical structure of our body depends on this system.	P.T will write the definition	Pupil will listen carefully and see
② Muscular system about 40 percent of the total weight of the human body is of muscles.	P.T will write down this	Pupil will see on black board

Black board work

① Skeletal System

- made up of 206 bones
- for walking, standing, sitting.
- Connect with muscles

② Muscular System

- 40% of total weight
- contraction and relaxation
- store house of food and energy
- Consume large amount of energy.

Recapitulation: Q/ how many bones are there in human body?

(1) 204

(2) 205

(3) 206

(4) 207

home work: (1) Write the function of the muscles
(2) Name organ of excretory system.

~~for recapitulation was done
here work was given~~

[Signature]

Pupil teacher's Roll no - 24195
subject - Physical education
topic - Physiological System

class - 9th
time - 35-40 min
Date -

General Aids: A well equipped classroom with
black board, chalk, duster
Specific Aids: A chart related to organs

General Aims: (1) teaching about excretory system
(2) teaching about physiology.
(3) about skeletal system.

P.R testing: (1) What is muscular System.
(2) What is skeletal system.

Announcement of the topic: today we are going to learn about different

Parts of body.

Subject matter	P.T activity	P. activity	black-board work
① <u>Circulatory System</u>: heart blood and blood vessels are main parts of circulatory system.	P.T will explain about structure of body	students will work down	① <u>Circulatory System</u> • heart is important • include veins • include artery
② <u>Respiratory System</u>: Significant system of our body. The Respiratory system is a combination	P.T will explain about Respiratory system.	students focus on points	② <u>Respiratory System</u> • Nose, lungs • Oxygen • Carbon dioxide

Subject matter	P.T activity	P. activity
of nose, larynx, Pharynx, trachea, bronchial tubes.		
③ <u>Digestive System</u> : The food we eat is digested in the body and converted into energy. able to do our daily activities help of food	P.T will focus on parts of digestive system that help in	students should write down

① Digestive System

- nose, larynx
- Pharynx
- trachea
- bronchial
- lungs
- teeth
- tongue
- esophagus

② excretory system

- Intestine
- lungs
- kidney
- skin

Subject matter	P.T activity	P. activity	black board work
④ <u>excretory system</u> : organs such as kidneys, skin, lungs, intestine are part of it.	P.T explain about how excretory system works	students listens carefully	

Generalisation:

Recapitulation: ① Write, in brief, about the major system of the human body.

Home work: ① learn about different organ and their work.

Lesson plan - ⑥

80

Pupil teacher's Roll No:- 2495 class - 9th
Subject:- Physical education time - 40 min
Topic - Impo Date -

General aids: black board, charts, table

Specific Aids: A chart related to topic

General Aim: ① making aware about modern physical education.
② writing name on physical education.

Specific obj: ① teacher focus on importance of physical education
② Physical education as new subject.

P.R testing :

- (1) write the definition of Physical education
- (2) objectives of physical education.

Announcement of the topic :

today we are going to learn about impact of Physical education

Subject matter

P.T activity P. Activity

black board work

① Meaning and Definition :
The aim of physical education all round development of human

P.T will give definition modern physical education

student has to write down

In physical education is seen only in association with only part of curriculum whereas other part is very vast

Subject matter	P.T activity	P. Activity	black board work
Charles A. budcke			
Physical education is an integral part of total education process and aims to develop physically.	P.T will explain meaning of definition	students focus on meaning	① <u>Physical and mental development</u> : Our body system improve Muscles becomes stronger ② <u>Self Knowledge</u>: Serve to identify and develop the potential within ③ <u>Inter Relationship</u>: As Social being, human being have feelings of love, cooperation, fellowship.
② Importance of Physical education:	P.T focus on main points	students note down main points	
③ Physical and mental development			

Subject matter	P.T activity	P. Activity	black board work
① Self Knowledge			③ <u>Self Confidence:</u> Sportsman have more confidence than a common man in the game.
② Inter-Relationship	P.T will explain this	students should focus	
③ Self Confidence - CE			

Final Recapitulation:

① write a note on physical education.

② physical education as new subject (T/F)

Home work:

④ elaborate on the importance of physical education in modern times.

P.T.S Roll No - 24195 Class - 9th
 Subject - Physical Education Time - 40 min
 Topic - PRANAYAMA Date -

General Aids:- black board, charts, table

Specific Aids:- chart about Pranayama

General Aims: (1) teaching about different Yoga Positions
 (2) teaching about doing yoga.

Specific Aims: (1) students will be able to know the Concept of Pranayama

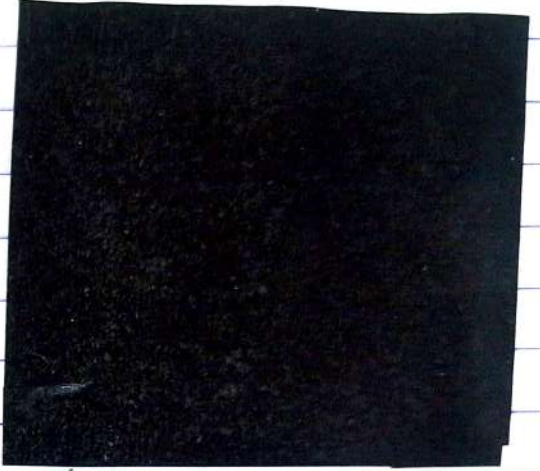
P.R testing: (1) how to make this yoga position
 (2) what are types of Pranayama.

Announcement of topic : students today we are going to learn about Pranayama.

Subject matter	P.T activity	P. Activity	black board work
Pranayama is a combination of two words prana - ayam. In this prana means breath or life energy	P.T will explain about Pranayama	student will focus on points	
(1) <u>Part 1</u> → <u>Purak</u> : Purak means taking the air into the lungs	P.T maintains different in points	students listen carefully	

Subject matter	P.T activity	P. Activity
→ <u>Kumbhak</u> : after filling the breath in the lungs the act of holding breath.	P.T explain about Kumbhak	student note down points
→ <u>Rechak</u> : The process of slowly expelling the breath from lungs after holding breath to one ability is called Rechak.	P.T elaborate about process	student focus on what teachers is saying



Subject matter	P.T activity	P. Activity	black board work
(1) one should not have any kind of physical or mental stress while doing.	P.T writing points on board	students listen carefully	
(2) should do pranayama with slow pace			

final recapitulation: (1) two benefits of kapalbhati.

(2) Pranayama types.

home work: (1) Write method and benefits of kapalbhati

Lesson plan - (8)

SS

Pupil Teacher's Roll No - 24195 class - 9th
Subject - Physical Education time - 40 min
Topic - Pranayama Date -

General Aids: black board, charts, table, chairs

Specific Aids: charts on types of Pranayama.

General Aims: (1) teaching about Pranayama.
(2) making aware about its benefit

P.H. testing: (1) what is boy making position in Bhastrika Pranayama.
(2) teaching its benefit in picture forum.

Announcement of
topic :

today we are going to
learn about Pranayama types.

Subject matter	P.T activity	P. Activity	black board work
① <u>types of Pranayama :</u> ① <u>Bhastrika Pranayama :</u> to perform this method of Pranayama, sit in the posture of Vajrasana with legs bent at the knees	P.T will explain about Pranayama	students write down main points	① <u>Bhastrika Pranayama</u> • Keeping both arms close to the body and bending elbows. • Abdominal muscles are strengthened and digestion is improved

Subject matter	P.T activity	P. Activity	black board work
<u>Benefits :-</u> (1) Bhastrika Pranayama circulates new energy in the body (2) Relief from respiratory disease. (2) Kapal Bhati Pranayama :- first sit in a comfortable position of either Padma Asana or Siddha asana	P.T explain ing main points P.T point down steps for Kapal Bhati	students writing down main points students have down it's main points	(2) <u>Kapal bhati Pranayama</u> - By repeating this Action 20 times, one cycle of Kapal bhati is completed. - do again chakra according to your capacity.

Recaptulation: (1) benefits of Anulom
vitom.

(2) two benefits of Kapalabhati

home work: (1) while doing Pranayama
the first thing to be
kept.

effective lesson at Teaching Rite
class control was good,

Pupil Teacher's Roll No -

class - 9th

Subject - Physical education

Time - 40 min

Topic - Prominent sports personalities of Punjab

Date -

General Aid : A well equipped classroom , black board , chalk

Specific Aid : A chart related to the topic.

General Aim : (1) to make them know about sports personalities

(2) making students feel motivated

Specific Aim : (1) students gets to know about players

(2) students can learn from them.

P.R testing : (1) how normal player become a sports personalities

(2) how players improved their skills.

Announcement of the topic: students today we
are going to learn about
sports personalities.

Subject matter	P.T Activity	P. Activity	black - board work
① Olympian Balbir Singh : with golden hat trick player who shines like a pole star in the world of hockey this is why he is known as olympian balbir Singh Senior.	P.T will explain player achievement	students listen Carefully	• Real name Balbir Singh Dasangh. • has golden hat trick • 3 consecutive victories • Gold medal in olympics • studied in Hhalsa college

Subject matter	P.T activity	P.A activity
(2) <u>Early life and education</u> born in his maternal village Hari pur Khalsa (Philara) on 10 Oct, 1924 his father name was Sh. Dilip Singh and mother name was Karam Kaur father was freedom fighter and teacher at moga.	P.T will explain about life of Balbir Singh	students will write down main point from board

black board work

- born on 10 Oct 1924
- higher education from DM College Moga,
- Sikh national College, Lahore
- Khalsa College Amritsar

Recaptulation : (1) Balbir Singh Sr's game was _____.

(2) Which medal won by Balbir Singh.

home work : (1) Write in detail about Balbir Singh's sports career.

Pupil teacher's Roll No -

Class - 9th

Subject - Physical education
Topic - Prominent sports personalities
of Punjab

Time - 35-40 min

Date -

General Aids: clean classroom, black board

Specific Aid: Chart related to subject

General Aim:

- (1) teaching about players achievement
- (2) teaching about players of punjab.

Specific Aim:

- (1) student get to know about sports history of punjab
- (2) make student feel motivated about sports

P.R testing:

- (1) how players work hard for their dreams

Announcement of the topic : students ^{we} are going ^{to} learn ^{about} prominent sports personalities.

Subject matter	P.T activity	P. Activity	black board work
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① Padma shri
Kaur Singh:

born on 16 August
1948 in a very
Simple family
in village
Khanal district
Sangrur (PB)

father name was
Karnail Singh
and mother name
Breet Kaur.
her father
was poor.

P.T will
explain
about
life of
player

students
listen
carefully
to
teacher

- joined hawaldar on 17 August 1971..
- joined Sikh Regiment Ramgarh (UP)
- had two brothers and two sisters
- father name Karnail Singh.

Subject matter	P.T. activity	P. Activity	black board work
② Sports achievements:			
① gold medal in ninth asian amateur Boxing	P.T will explain about sports achievements	student has to listen carefully	
② silver medal in 1980 and Gold medal in 1982 in King's Cup			
③ gold medal at 10th asian Amateur Boxing.			

- 1982, won gold medal in 10th asian amateur Boxing championship in Seoul.
- in 1983 he won medal in heavyweight category of boxing at the 1982 asian Games at new delhi
- Gold medal at 10th asian in Japan.

Recaptulation of : (1) Name of the game played by Kaur Singh.

(a) Athletics

(c) Boxing

(b)

Gymnastics

(d)

football

home work: watch documentary on sports personalities.

Skill of Introduction was effecting
P.K. Testing was ~~done~~.

Pupil teacher's Roll No -

Class - 9th

Subject - Physical education

Time - 40 min

Topic - Asian and Olympic games

Date -

General Aid: black board, table, clean classroom

Specific Aid: chart related to topic

General Aim: (1) teaching about olympic games
(2) teaching about asian games history

Specific Aim: (1) students will be able to make difference (b/w) olympic and asian games history teaching.
(2) olympic games history teaching.

P.R testing: (1) question about asian games
(2) opening and closing ceremony

Announcement of the topic: today we are going to learn about olympic games

Subject matter	PT Activity	P. Activity	black board work
① <u>Ancient Olympic Games:</u> There is no written evidence available about the beginning of the ancient Olympic games but these games began in 776 BC. They are supposed to begin in village olympia located in Athens.	P.T will write down to student main points	students will write down main points of chapter	• Idol of god Zeus installed in this town was main attraction. • Games held at city of olympia • Players from all states used to come from far and wide to participate

Subject matter	P.T Activity	P. Activity
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black board work

(2) Awards for players:

winners were highly respected and regarded with great honour.

P.T will explain about awards of olympic

students listen Carefully

- players were highly Respected and regarded with great honour.

- did not receive any financial support

- Sung Song to praise them

(3) Rules of olympic games:

(1) Athletes participating in games had to be citizen of Greece

P.T explain about Rules of olympic

students listen Carefully

- created sculptures of winning players

Recapitulation: ① when did Asian Games begin?

(a) 1951

(b) 1952

(c) 1953

(d) 1954

Home work: ① explain the Asian Games

② Write a note on opening and closing ceremony of Olympic.



Lesson plan - (12)

72

Pupil teacher's Roll No -

Subject - Physical edu.

Topic - First aid

Class - 8th

Time - 40 min

Date -

General Aid: black board, table, classroom

Specific Aid: chart and model related to topic:

General Aim: (1) teaching about first Aid.

(2) teaching first aid objectives.

Specific Aim: (1) students get to know about first aid kit

(2) to develop first aid awareness

P.R testing: (1) how to give first aid.

(2) giving faster response in first aid.

Announcement of topic: students today were going to learn about first aid.

Subject matter	P.T activity	P. Activity	black board work
only trained person can give first aid to victim. But many untrained person can also help the victim in an emergency in these circumstances the first aider should call doctor.	P.T explain about first aid	student write down main points of topic	<u>* objectives</u> • to Save the life of a victim • to prevent any further injury • to improve the patient condition • to carry the victim to nearby hospital.

Subject matter	P.T Activity	P. Activity	black board work
① <u>First Aid Kit</u> :			
① Antiseptics germicides, spirit, Boleidine Boric Acid, Soap Borhol Linches Iodine alcohol	P.T explain about Component of first aid kit	students write down main points	
② Cotton packet			
③ An inhaler			
④ ORS Sackets			
⑤ Sterilized Cotton balls			

★ first Aid kit

- splints of different sizes
- Thermometer, forceps
Scissors, Torch, Safety
Pins
- An measuring beaker
on glass

Recapitulation :- (1) what is first aid?
(2) What are objectives of first aid.

home work: (1) how artificial respiration
can be given by using
Schaefer's method?

Pupil / Teacher's Roll No -

Class - 8th

Subject - Physical Education

Time - 35-40 min

Topic - CPR

Date -

General Aid: chart, black board, Classroom

Specific Aid: chart related to the topic

General Aim: (1) when should C.P.R be done.

(2) when should C.P.R not to be performed.

Specific Aim: (1) what is artificial Respiration

(2) what is mouth to mouth Artificial Respiration

(3) what schaffer's method

Announcement of the topic: today we are going to learn about CPR.

Subject matter	P.T activity	P. Activity	black board
➔ <u>C.P.R</u> Cardio Pulmon-ary Resuscitation: If the Pulse and breathing of the patient is not felt, his eyes are still and he is unconscious, CPR method should be used to	P.T explain about what is C.P.R	student learn how to use in real life	* <u>When should C.P.R be done</u> • when there is no heart beat • when you don't feel the pulse of victim • when victim eyes are still

① Mouth to Mouth Artificial Respiration

① First P.T will explain about nose down mouth to mouth Respiration to main points about topic

Remove any obstruction in the victim's mouth. Secondly, hold his chin with one hand and with other hand.

② The breadth of the first aider will go into the victim's mouth.

② Artificial Respiration

- An activity of Restoration or initiation of breathing in a person who has stopped breathing is called Artificial Respiration.
- This method helpful only when victim is unconscious.

Reception: (1) what do you know about C.P.R.?

(2) What do you know about mouth to mouth Respiration?

how work: (1) How artificial Respiration can be given by using Schafer's method? explain.

*skill teaching
is good*

P.T's Roll No —

class — 8th

Subject — Physical education

Time — 40 min

Topic — Nutritious and balanced diet

Date —

General Aid: black board, table, chalk

Specific Aid: chart related to balanced diet

General Aim: (1) teaching how to maintain diet
(2) which nutrition is more important

Specific Aim: (1) making aware about sufficient balanced diet
(2) what is importance of nutrition

P.R testing: (1) how to create balanced diet
(2) what are micro nutrients

Announcement of the topic: Today we are going to learn about nutrition and balanced diet.

Subject matter	P.T activity	Pupil Activity	black-board work
① <u>Nutritious food</u>: Nutrients present in food nourish the body. The food which contains nutrients is called nutritious food.	P.T elaborate definition of topic	students ask's minor doubt	(*) <u>Balanced diet for different People</u>: • Age • Body Size • Body function • Gender • Climate • Special Conditions
② <u>Balanced diet</u>: food which contains			

Subject matter	P.T activity	Pupil Activity
nutrients in an appropriate quantity is called balanced diet.	P.T tells about definition	students note down
<u>(3) Necessary Nutrients:</u>		
(1) Proteins	P.T explain different nutrients and definition	student note down points on note book.
(2) minerals		
(3) Water		
(4) Acids		
(5) vitamins		
(6) Carbohydrates		
(7) Plant Protein		

① Proteins

- Animal Proteins
- Plant Proteins

★ Harms of Protein

- ↳ body gets weak
- ↳ weak immune system

★ Harms of excess Protein

- ① disease of liver and
- ② kidney
- ③ joints pains

Recapitulation : (1) Right notes on the following
(2) Wastes
(3) Minerals
(4) Cooking food

Generalisation : students today we have discuss
about what is nutritious
and balanced diet.

home work : (1) what do you mean
by balanced diet?
(2) what do you mean by
nutritious food.

PT's Roll No -

Class -

Subject - Physical education

Time - 40 min

Topic - vitamins and protein

Date -

General Aids:

black board, chalk, table

Specific Aids:

chart related to vitamins food.

General Aim:

- (1) teaching about source of minerals
- (2) disease caused by deficiency.

Specific obj:

- (1) student gets to live healthy lifestyle
- (2) will be able to tackle disease.

Pr testing:

- (1) Name food for vitamins
- (2) Name protein related foods.

Announcement of the topic: students today, we
are going to learn
about vitamins and proteins

Subject matter	P.T activity	P. Activity	black board work
① Minerals: ① Macro mineral -s: these are required in large amount to body ② Micro minerals Our body needs a very small amount of these mineral -s.	P. T define about minerals and its type	students have learn main points	① <u>MACRO Minerals</u> → in large amount → Calcium, Phosphorus → chloride Sulphur ② <u>MICRO Minerals</u> → required in normal amount → 10-15 gm of daily → Mutton, Raddish, Spinach

Subject matter	PT activity	P. Activity
① Principles of food Processing		
① Kitchen should be neat and clean	P.T will explain about Principles of food processing	student listen to teacher carefully
② man/woman who cooks food should be clean		
③ Brass Utensils should be tinned		
④ do not use Baking powder		

* Principles

- ① do not cook on high flames
- ② properly cooked
- ③ Wash vegetables
- ④ Utensils should be cleaned.

Recapitulation: (1) What do you understand
by protein? How many
type of protein are there?

(2) Milk is a complete food
explain it.

homework: (1) What are the
principles of cooking food?

(2) explain the Rules of taking
food.

more work was given
teaching various knowledge given

Lesson plan - (16)

90

PT's Roll No -

Subject - Physical education

Topic - Vitamins

Class - 8th

Time - 35-40 min

Date -

General Aids:

white board, table, marker

Specific Aids:

chart of type of vitamins

General Aim:

(1) what is importance of vitamins

(2) vitamins related food.

Specific obj:

(1) students get to know about types

(2) disease by vitamins

Pr testing:

(1) what is protein and vitamins.

Announcement of The topic: vitamins to day we are going to discuss

Subject matter	P.T activity	Pupil Activity	black board work
① Importance of vitamins			① <u>fat Soluble vitamins</u> • vitamins A • vitamins D • vitamins E • vitamins K ② <u>Water Soluble vitamins</u> • vitamins B • vitamins C
① <u>fat Soluble vitamins</u> • vit A, vit D vit E, vit K	at P. T displays about different kind of vitamins	students answers about topic	
② <u>Water Soluble vitamins:</u> vitamins B, vitamins C are Soluble in water			

Subject matter

P.T activity

Pupil Activity

black board work

(1) Vitamins (A)

Soluble in fat, it helps in growth and proper development of children. skin healthy and promotes good vision in low light.

P.T explain about vit A to the student and its sources

students write down main points in note book

- Harmful effects of deficiency :

- weaken immune system results in many disease
- Cause irritation in eyes
- Colour blindness
- Skin becomes dry and hard
- Cause of Pyorrhea

(2) Source :

final Recapitulation: (1) What do you know about vitamins?

(2) What is importance of vitamin A.

(3) What do you know about vitamin A.

home work: (1) ~~difference between water and fat soluble vitamins~~
Soluble vitamins.

(2) explain about different kind of protein.

Lesson plan - (17)

94

P.T is Roll No -

Class - 8th

Subject - Physical education

Time - 40 min

Topic - Vitamin C and B

Date -

General Aids:

white board, marker, table

Specific Aids:

chart Related to foods

General Aims:

(1) teaching about vitamin C

(2) foods for vitamin B both
animal food and

P.R testing:

(1) what are good source of
vitamins C

(2) how to maintain food
for different kind of
vitamins

Announcement of the topic:
 about vitamins C and B.
 to day we are going to discuss

Subject matter	P.T activity	P. Activity	black-board work
① Vitamins (B): it is group of vitamin rather than single. it takes care about nervous system. It strengthens the muscles and brain.	P.T explain about vitamin B and its main food sources	student note down main points	• Soya bean, grains also found in Rich quantity in Liver and Kidney • loss of appetite • leads to anaemia
② Source: milk curd, butter, cheese, meat, fish, egg.			

Subject matter	P.T activity	P. Activity	black - board work
(3) <u>harmful effects</u> :			
• Cause beriberi disease.	P.T explain	student	<u>includes</u> B_1 B_2 B_3 B_5 B_6 B_7 B_9 B_{12}
• Cause skin disorders	about	listen	
• Indigestion and loss of appetite	harmful effect	carefully	
hairfall and	of vitamins		
tongue blisters	<u>B</u>		
• leads to anemia			

Recapitulation:

(1) what is vitamin B complex ? what is source of it ?

(2) disease by deficiency of vitamin B .

home work :

(1) what is vitamin and write its functions.

LS

PT's Roll No →

class — 8th

subject → Physical education

time — 40 min

topic → vitamin C

Date —

General Aids: white board, projector, classroom

Specific Aids: model related to subject

General Aims:

- (1) learning and teaching about different kind of vitamins
- (2) its harmful effect of vit C

Specific Aim:

- (1) improving student food habits
- (2) causes of mineral deficiency

A.R testing:

- (1) foods for vitamin C

- (2) benefit of vitamin C

Announcement of the topic : today we are going to learn about vitamin C.

Subject matter	P.T Activity	Pupil Activity	black board work
→ <u>Vitamin C :</u> Soluble in water and gets destroyed in heat, Sun light and air in dry conditions but in liquid form it gets dissolved. It gets destroyed.	P.T will explain about vitamin C	student listen carefully to the teacher	① helps in absorption of iron from food materials. ② maintains and repairs cartilage bones, teeth ③ keeps food vessels healthy

Subject matter	P.T activity	Pupil Activity	black board work
① <u>harmful effect of Vitamin C deficiency:</u> • Cause scurvy • Result in swelling and aching of hand and feet • bones get distorted	P.T explain about disease caused by deficiency.	students write down main points in this topic	① delays the healing of wounds and weakens the teeth. It results in gum bleeding. ② skin becomes pale, results in dark circles under eyes.

Recaptulation: (1) what are source of vitamin C.

(2) main disease caused by vitamin C deficiency

homework: (1) what is vitamin E.

(2) what is vitamin K ? write harms of its deficiency.

PT's Roll NO -

Time - 40 min

Subject - Physical Education

Class - 8th

Topic - The Golden Boy, Abhinav Bindra

Date -

General Aids: white board, marker, chart

Specific Aids: model Related to topic

General Aim: (1) Teaching about player abhinav Bindra

Specific Aim (1) teaching about sports achievement.

(2) making student feel motivated

P. R testing (1) who is abhinav Bindra

(2) golden boy is born where

(3) Name any award.

Announcement of the topic:

golden boy

to today we are going
to learn about
abhinav bindra.

Subject matter	P.T Activity	Pupil Activity	black board work
① <u>Abhinav Bindra's early life:</u> born on 28th Sept 1982 to doctor upset Singh bindra and Mrs Babli bindra. They were sikhs and lived Zirakpur in S.A.S nagar.	P.T explain about early life player	students listen to teacher carefully	• <u>Early life</u> • studied at Doon School for two years moving to St. Stephen School Chandigarh. • degree of B.B.A from foreign University.

Subject matter	P.T Activity	Pupil Activity	black board work
② Abhinav bindra's interest in shooting: not hereditary though he was not interested in physical activities. Since he preferred to play with guns. at age of 10 years old when his father allowed him to shoot in his presence.	P.T depicts about abhinav bindra's interest in shooting	Students write down main points in this biography	<u>① Training</u> • trained by Ramesh Gurmmeet Singh Sodhi friend, Coach LT.Col Jagir Singh Chhillon but there was no guarantee that he would agree to train. • Chhillon suggested him to Buy a superior gun.

Recaptulation: (1) when was Abhinav Bindra born

(2) when did Abhinav Bindra become world champion

(3) when did abhinav won gold medal in olympics.

home work: (1) which awards are awarded to abhinav bindra by the government of India.

PT's Roll No -

Time -

35-40 min

Subject - Physical education

Class -

8th

Topic - Sports and discipline

Date -

General Aids:

white board, marker, classroom

Specific Aid:

chart related to topic.

General Aim:

(1) teaching about discipline

(2) learning about sports through discipline.

Specific Aim:

(1) relation between sport and discipline

P.R testing:

(1) what is discipline

(2) difference between hard work and discipline

Announcement of the topic: today we are going to learn about sports and discipline.

Subject Matter	P.T activity	Pupil Activity	black board work
⇒ <u>Meaning</u> : discipline means accomplishing a piece of work by abiding with some Rules. discipline provides a sense of responsibility, compliance with duties, the ability to protect one's interest and help	P.T explain about sports and discipline	Student listen carefully to the teacher	* DISCIPLINE - Keeps mind focused - stable mind helps progress - creates enthusiasm in students to tackle problems.

Subject matter

P.T Activity

Pupil activity

black board work

(2) How do sports teach discipline?

(1) Punctuality:

sports makes the students punctual as they daily goes to the play ground to exercise on time. if a player does not reach the play ground on time he has to bear the scolding of his coach.

P.T
explain about discipline

students
note down
main points
on note
book

(*) How do sports teach discipline

- Punctuality
- obedience
- Cooperation
- Tolerance
- Self Confidence

Recapitulation: (1) What is meaning of discipline.

(2) What are the types of discipline?

(3) What is the relation between sports and discipline?

home work: (1) How do the sports create discipline in the life of the students?

Pupil teacher's Roll No -

Date -

Subject - Physical education
Topic - Yoga
Time - 35-40 min
Class - 8th

General Aid:

black board, chalk, table

Specific Aid:

Chart related to Yoga.

General Aim:

(1) teaching about Yoga.

(2) different Posture of Yoga.

Specific Aim:

(1) Implication of Yoga.

(2) Importance of Yoga.

P.R testing:

(1) what is Philosophy of Yoga.

(2) objective of Yoga.

Announcement of topic: today we are going to learn about Yoga.

Subject matter	P.T activity	Pupil Activity	black board work
⇒ Objectives of Yoga: (1) to achieve Good health : Yoga asanas are like physical exercises. help in body get stronger (2) To achieve Mental strength : keeps his mind focused and steady (3) To achieve emotional stability : capable of controlling emotions.	P.T explain objectives of yoga	students listen carefully	<u>(*) Objectives</u> • to infuse Moral value • to achieve higher level of Consciousness

Subject matter	P.T. Activity	Pupil Activity	black board work
⇒ <u>Yamas</u> means controlling the body. ① Ahimsa (Non-violence) ② Asteya ③ Aparigraha	P.T. explain about ashtang yoga	student note down main points	• <u>Niyamas</u> → Saucha (purity) → Tapas (austerity) → Santosha (Contentment) → Svadhyaya (Self Reflection) → Ishvarapranidhana [Surrender to a higher power]
⇒ <u>Niyamas</u>: ① Saucha ② Santosha			
⇒ <u>Asanas</u> : Third limb of ashtang. Asana is defined as a position in which body and mind relaxed.			

Recapitulation:

- (1) what do you know about the goal of yoga.
- (2) what is ashtang yoga

homework:

- (1) what do you know about ashtang yoga?

Se

Pupil teacher Roll No. -

Subject -

Physical education

Topic -

Yoga

Date -

Time - 35-40 min

Class - 8th

General aids:

A well equipped classroom, black board

Specific Aids:

A chart related to topic

General Aim:

(1) Teaching about Yoga

Specific Aim:

(1) what are benefit of

(2) Yoga mental benefit of doing Yoga

P. R testing:

(1) what are main yoga positions

(2) Philosophy of yoga in India

Announcement of the topic: today we are going to learn about ashtang yoga.

Subject matter	P.T activity	Pupil Activity	black board work
④ <u>Pranayama</u>: means Controlling one's breathing when a person inhales air and exhales air the process is known as breathing.	P.T explain about topic to student	the pupil will have down cramp -le of the verb yoga	④ <u>Pranayama</u> ↳ Prevents all the diseases related to heart, lungs brain and digestive system
⑤ <u>Pratyahara</u>: the state of withdrawing our mind from the external and negative			

Subject matter	P. T Activity	Pupil Activity	black board work
① <u>Dharana</u>: means immovable concentration of mind. When the man in order to achieve something concentrates on it and remains in the same position.	The pupil/teacher will explain the topic with the help of examples	student will note down the difference	① <u>Dharana</u> ↳ In state of dharana man stops his mind from wandering and becomes, calm, and meditated. ② <u>Dhyana</u> ↳ get rid of all physical and emotional sensations and gets focused on the point. It helps in purification of mind.
② <u>Dhyana</u>: means meditation, in other words concentrating our mind on a particular point without any external and internal diversion.			

Recapitulation : (1) what is benefit
of Pranayama

(2) what do you mean by
Pratyahara

home work: (1) explain about
dharana

(2) what is the meaning
of deep meditation in
yoga

[Red signature]

Pupil teacher's Roll No - 241115 Subject -
 time - Physical education Class - 8th
 topic - Awareness about Narcotics date -

General Aids:	a well equipped classroom, black board, chalk, duster, pointer
Specific Aids:	A chart related to topic
General Aim:	(1) awareness about drugs
Specific Aim:	(1) Reason of increasing trends of doing drugs
	(2) effect of drugs
P.R testing:	(1) any harmful effect of drugs
	(2) what is drug - addiction

Announcement of the topic: ^{today} we will discuss about drug and narcotics.

Subject: matter

P. Ractivity

Pupil Activity

black board work

➔ Reasons:

① Social Reasons:

Children are attracted towards drugs due to their surroundings, movies and picturisation of songs.

P.T will write the point and explain to pupil

Pupil will listen carefully

* Reasons

- Show off in the peer group
- Impact of the company of friends
- effect of technology

② Breaking of family

Relations: Sometimes broken family relation push the children towards drugs

P.T explain and write down

Pupil note down or make book

subject matter

P.T activity

Pupil Activity

black board work

⇒ effects of Narcotics

① effects on the Body:

weaken the human body, cause digestion related diseases. There is risk of cancer and blood vessels get weak.

P.T will write the definition and explain it to the pupil

Pupil will see on black board and note down their work book

② Adverse effect on Behaviour very badly.

④ Drug deaddiction

- Motivation
- Psychological methods
- Yoga Asans
- Role of family
- Sports and entertainments
- friendly Attitude

Recapitulation: (1) what is 'effect' of the use of narcotics

(2) What are the harmful effects of narcotics

homework: (1) what are the reasons of the increasing trend of drug addiction?

(2) Reason of increasing trend of narcotics addiction

Lesson plan - (224)

120

Pupil teachers's Roll No - Class - 10th
Subject - Physical education Time - 35-40 min
Topic - effects of exercise on body systems Date -

General aids: a well equipped classroom, black board, chart, of the topic

Specific aids: (1) teaching about human body and its function.

General aim: (1) effect of exercise on circulatory system?
(2) what is circulatory system

Specific aim: (1) what of exercise on Respiratory system.

Announcement of topic: today we are going to learn about effects of exercise on body systems.

subject matter	P.T activity	Pupil activity	black board work
① Muscular System:			

It helps to person perform all kinds of activities like lifting weights. Our muscle is 40% of total body weight.

P.T will explain about muscular system

student will see on black board and write down.

⇒ TYPES

- ↳ Voluntary muscles
- ↳ Involuntary muscles
- ↳ Cardiac Muscles

② There are 650 muscles in our Body and each muscle has two ends

Subject matter	P.T activity	Pupil activity	black board work
⇒ effects of exercise on muscular system ① changes in structure : exercise changes the shape of muscles . ② Increase in Muscle strength : muscle fibre become stronger and the grip of muscle becomes stronger will be able to do heavy tasks .	P.T explain about effects of exercise on muscles	students write down main points from board.	

→ Prevents from injuries

→ Improvement in Body physique

→ Reduction in fatigue

Recaptulation: (1) Human Body is a Complex

(2) Which is the best food for human beings?

(3) How many muscles are there in our body

homework: (1) describe heart briefly and also write about arteries, veins, and capillaries.

Pupil teacher's Roll No.:

class - 10th

Subject - Physical education

time - 35-40 min

Topic - Respiratory and circulatory

Date -

General aids:

classroom, black board, marker,

Specific aids:

chart related to topic

General aim:

(1) teaching about circulatory system

Specific aims:

(1) what are arteries, veins and capillaries.

P.R testing:

(1) what is RBC and WBC.

(2) explain about parts of heart.

Announcement of the topic: today we are going to learn about Respiratory and circulatory system.

Subject matter	P.T activity	Pupil activity	• black board work
⇒ <u>Respiratory System:</u> This oxygen reaches the lungs through nose or mouth every part of the Body from head to toe needs oxygen. During activities body produce Carbon dioxide, which must be expelled from the body.	P.T explain about the Respiratory system	student focus on board	⇒ <u>Parts</u> • Nose • Pharynx • Larynx • Trachea • Bronchial tubes

Subject matter	P.T activity	Pupil activity	black board work
→ <u>Circulatory System:</u> Humans are in constant need of oxygen and food to survive. At the same time, it is very important to get rid of Carbon dioxide and other unwanted substances produced in the body for good health. The work of delivering oxygen from the lungs and digested food from digestive	P.T explain about circulatory system	student write down main points of circulatory system	→ <u>Circulatory System</u> → WBC → blood cells → RBC → Artery → Capillaries → Veins → Heart

Recapitulation:

(1) what are effects of exercise on circulatory system

(2) human body is complex _____.

homework:

(1) explain vital Capacity

(2) What is Respiratory system?

Pupil teacher's Roll No - 24195
 Subject - Physical education
 Topic - Physiotherapy

Class - 10th
 Time - 35-40 min
 Date -

General Aid:	A well equipped classroom, black board, chalk duster, pointer etc
Specific Aid:	A chalk related to the topic
General Aim:	(1) what is physiotherapy (2) what is massage ?
Specific Aim:	(1) teaching about Hydrotherapy (2) method of massage and new method.

Announcement of the topic: ^{student} ^{core} ^{going} ^{today} ^{up} ^{to} ^{learn}
 about Physio Therapy.

Subject matter	P.T activity	Pupil activity	black-board work
⇒ Physio Therapy is the science in which a patient is treated with water, heat, radiation, light, ice, and magnetic energy. Physiotherapy is a method of treatment which enables a person to function by treating a person's disorders, disabilities and invalidness	P.T defines what is physio therapy	Pupil listen carefully to teacher	⇒ Effleurage → Petrissage → Tapotment → friction → Vibration →

Subject matter

P.T activity

Pupil activity

black-board work

Role of Physiotherapist in Sports:

A specialist in Physiotherapy is called a physiotherapist. While playing players get many types of injuries for treatment of such injuries sustained during sports. These experts also keep on researching for better treatment of sports injuries.

P.T will write the definition and explain it to the pupil

Pupil will listen carefully and use on black board

Techniques of Physiotherapy

- By : (1) therapeutic exercises
 (2) Massage
 (3) Cryotherapy
 (4) Hydrotherapy
 (5) Heat therapy
 (6) infrared Rays therapy

Recapitulation:

(1)
of

Physiotherapy
treatment

is a process
in a _____ way.

(2)

What

is

massage

homework:

(1)

How is the treatment
done with ice?

(2)

write
up

in

detail
techniques

about

of

any
physiotherapy

Be

Pupil teacher's Roll No - 24195 Class - 10th
 Subject - Physical education Time - 35-40 min
 Topic - growth and development Date -

General Aids:	A well equipped classroom, black board, chalk dusts
Specific Aids:	A chart related to the topic
General Aims:	(1) to create the interest among the students for english grammar.
Specific Aims:	(2) to develop creativity
	(1) student will be able to know the concept of growth
	(2) students will be able to differentiate between growth and development
	(3) get to know about their physical capacity.

Announcement of the topic: today we are going to learn about growth and development.

Subject matter	P.T activity	Pupil activity	black-board work
⇒ <u>Growth in the human body:</u> The word 'growth' refers to the physical changes taking place in a child's body. As a child gets older his height, body weight and physique change which can be measured.	P.T will explain and point down factors of growth.	Pupil will see on black board and listen.	⇒ <u>Principle</u> → Principle of heredity → Principle of continuity → Unequal pace of growth and development → individual difference

Subject matter	P.T activity	Pupil activity	black-board work
⇒ <u>factors affecting growth and development</u> :			
(1) <u>Heredity</u> : inherits from his parents or grandparents from birth.	P.T explain and point down factors	Pupil will see on black board and note down on their note books	⇒ <u>Growth</u> ↳ from birth to certain age → can be measured → refers to changes in any part → affected by lineage
(2) <u>Balanced diet</u> : A balanced diet is extremely essential for a child's early development			⇒ <u>Development</u> ↳ continues throughout life → cannot be measured → cannot be seen → external factor
(3) <u>Physical exercises</u> : Physical exercise is very important for the physical and intellectual development			

Recaptulation : (1) growth is a ——— process

(2) what kind of a body does an
endomorph type person have

(a) Strong
(c) shapely

(b) chubby
(d) tall

homework:

(1) write the name of stages
of development

(2) what is adolescence?

✓

Pupil teacher's Roll No - 24195

Class - 10th

Subject - Physical education

date -

Topic - Test, measurement and evaluation time - 35-40 min

General Aids: A well equipped classroom, black board,
duster

Specific Aids: A chart related to the topic

General Aim: (1) to create interest among student
(2) bring creativity in student

Specific Aim: (1) student will be able to
know about measurement
(2) Student will be able to define
about evaluation

Announcement of the topic: today we are going to learn about test, measurement and evaluation.

Subject matter	P.T activity	Pupil activity
In order to progress in any sphere of life, especially in the field of education, there is a great need for test, measurement and evaluation. For example, assuming there are 50 students in a class. All students take exam.	P.T will start chapter from here and explain to students	Pupil will listen carefully to teacher

black board

→ Chin up test

↳ strength of a player's arms and shoulder is measured through this test.

→ Broad Jump

↳ athlete stands with his legs open according to width of his.

subject matter	P.T activity	Pupil activity
⇒ <u>TEST</u>: Test is a very important tool to know the progress of the player and training level of coaches. Test helps in improvement. ⇒ <u>speed test</u>: used to monitor player's speed. In this test the athlete is asked to run 50 yards at full speed.	P.T will explain about test and speed test to students	Pupil will listen carefully to teacher.

black board

flexibility Test

→ the athlete will stand upright on flat platform with legs straight

⇒ Skin fold Test

↳ used to measure thickness of skin. Skin of the arms, abdomen chest of the athlete is measured.

⇒ Psychological tests:

to determine mental level of the player and fear of winning.

P.T.
explain
point

student
listen
carefully

Receptulation:

(1) the speed test is recorded in _____ time.

(2)

In which sport is Goldenboot awarded

(a) Hockey

(b) football

(c) cricket

(d) Volley ball

homework:

(1)

What is test

(2)

What is vital capacity

Sw

Lesson plan - (29)

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Student teacher Roll No:- 211195

Time - 35-40 min

Subject :- Phy. Education

Date:-

Topic:- Olympian Gurbachan Singh Randhawa

Class:- 10th

General Aids :- black board, duster, chalk,

Specific aids :- A chart related to topic

General Aims:- (1) to create interest about olympic
(2) teaching about early life

Specific Aim :- (1) student will understand
about player Gurbachan
Singh

(2) student feels motivated after
listening players life.

Announcement of topic:
Grobachan

to today we are going
to learn about olympian

Subject matter	P.T activity	Pupil activity	black board
→ Grobachan Singh Randhawa is a great athlete of Indian athletics who can be called a complete athlete	P.T teacher taught about early life of Grobachan Singh	students write down in book main points	→ In 1961 Grobachan Singh Randhawa got honour of being the first Asian awardee. → he received police medal in 1978
→ <u>early life</u>: born on 6 June 1939 at village Nangli near (Mehta) in Amritsar district to father Mayar Singh Randhawa and			

Subject matter	P.T activity	Pupil activity	black board
matter Channant Raj. his father and elder brother Harbayan Singh were also famous. ⇒ Inclination towards sports : due to the sports atmos- phere at home, Gurbachan Singh started his sports career with volleyball and football at an early age. In 1956, he took admission in Khalsa College Amritsar.	P.T teacher explained about life of inclination on towards sports.	Pupil will see on black board and write down on their note book	black board → He was honored with the highest Rashtrapati Pusa- kar Police Service - → Received Country highest civilian honour Padmshri in 2005

Recapitulation: Gurbachan Singh Randhawa
was born in _____.

Q Which is Gurbachan Singh's sports?

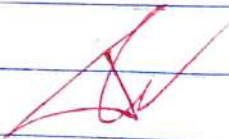
- (a) Athletics
(c) Cricket

- (b) Kabaddi
(d) Hockey

Homework:

Q How did the Tokyo Olympic Games prove to be important for Gurbachan Singh?

Q Write about the early life of Gurbachan Singh.



Pupil teacher's Roll No: 24195 class - 10th
 Subject - Recruitment and Duties in Indian Army
 Topic - Physical education
 Time - 35-40 min
 Date -

General Aids:

A well equipped classroom with black board, chalk, duster, pointer etc.

Specific Aids:

A chart related to Indian Army

General Aim:

(1) to develop skills related with Indian Army

(2) to create love for English language

Specific objectives:

(1) students will be able to make difference b/w procedure of Indian Army.

(2) students will be able to define recruitment.

Announcement of the : OK students today we
 topic : will discuss about the
 topic of Indian army.

subject matter	P.T Activity	P. Activity	black board work.
The Indian army was established by British rulers in 1895. After independence it came to be known as Indian army. The command of the three forces of the country is in hands of the President.	P.T teacher will explain about Indian army to students.	Pupil will listen to teacher and look on black board.	→ 1600 metre Race - It carries 60 marks → 5 minute 30 sec → Pull ups while hanging on bar → A feet trench has to jump on a feet trench.
① <u>Indian Army</u>: Indian army is the			

Subject matter	P.T. Activity	P. Activity	black board work
largest . The Responsibility of guarding the plains of the entire country falls to the Army . the Army is the first to take action to protect the Country from any possible external threat . A large number of personnel retire every year .	P.T teacher will explain about procedure of Indian Army .	Pupil will look on black board and write down on note book .	→ <u>Qualification</u> ↳ Soldier General duty → Soldier clerk → Soldier technical → Soldier Nursing Assistant ⇒ Soldier tradesman

Recaptulation : (1) the three armies of the country are commanded by —.

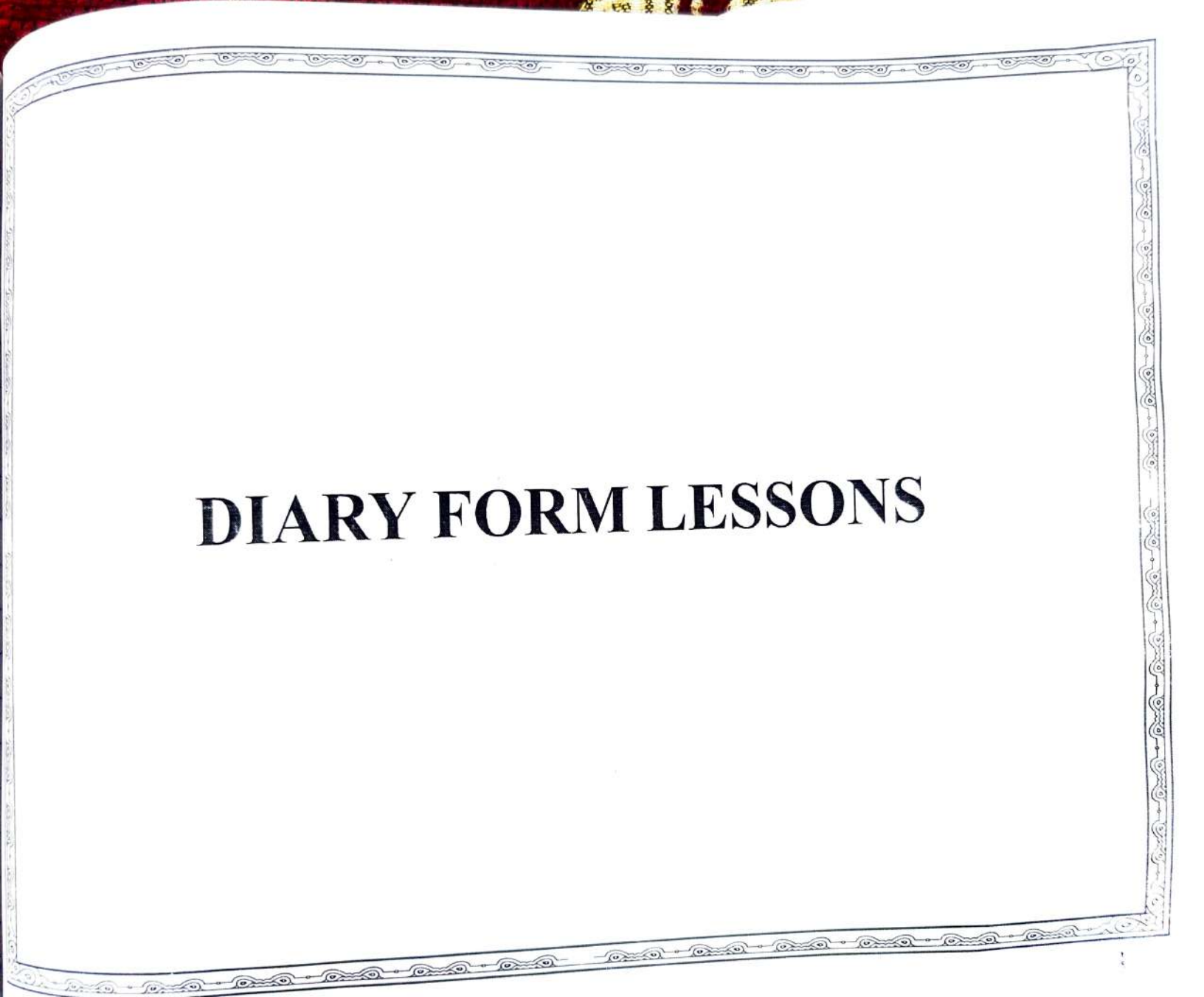
(2) apart from physical ability test, how many methods are used to check the candidate's ability?
 (a) 2 (b) 3
 (c) 4 (d) 5

homework: (1) What is the nine feet trench test?

(2) What do you know about the para military forces?

(3) Give complete information about Indian Air force.

AA

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DIARY FORM LESSONS

Date:

Duration: 15 min

Class: 7th

Subject: Phy. education
Topic: effect of drugs

teaching Points	specific objective	method to be used	learning material	evaluation
what is drug	to teaching about drugs	Introduction method	student involvement	name any kind of drug
type of drugs	Identifying diff kind of drugs	Introduction method	chart	naming any kind of drug
disease caused by drugs	naming disease	question method	black board	alcohol is what kind of drug
Common age for doing drugs	identifying any age category	question method	black board	average age for doing drugs

method of
preventing
drugs

showing
method to
students
that can
help preventing
drugs

explanation
method

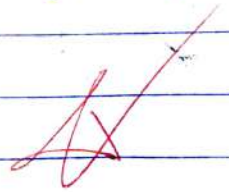
black
board

most common
method to
prevent
use of
drugs.

Homework:

(1) Which intoxicant is used to
prepare both cigarette and beer?

(2) How is alcohol harmful for
health?



Diary Lesson - (2)

181

Date :

Duration :

15 min

class :

10th

Subject : Phy. education

topic : Physiological
systems

teaching points	Specific obj	method to be used	learning material	evaluation
What is human body	organs and diverse systems	introduction method	black board	different system of human body
What is anatomy	our body shape, bone structure	question method	chart	explaining about body
Major system of human body	excretory system, skeletal system	question method	model	describing about major system of body

teaching point	specific obj	method of use	learning material	evaluation
What is skeletal system	teaching about 206 bones	explanative method	chart	What are joints, Cartilages etc

homework 3:

- (1) write the function of the muscles.
- (2) organs of circulatory system.
- (3) know about body systems.

[Signature]

Date :

duration : 15 min

class : 9th

Subject : Phy. education

Topic : Respiratory,
digestive, excretory
system

Teaching points	Specific objective	method to be used	learning material	evaluation
What is → Respiratory system	parts of Respiratory	introduction method	black board	nose, larynx, pharynx trachea
how Respiratory works	parts in working	explanation method	chart	how oxygen enters and carbon exits
What is → digestive system	parts of digestive system	explanation method	model 3D	part of digestive system

teaching point	specific obj	method to be used	learning material	evaluation
Parts of digestive System	their work in digestive System	explanation method	chart	work of liver
What is excretory system	teaching about Parts	questioning method	black board	organ such as lungs, kidneys, skin

homework:

(1) What do you know about body systems, body composition and anatomy?

AN

diary lesson - (4)

18.5

Date -

Duration - 15 min

Class - 9th

Subject - Phy. education

Topic - importance
of Phy. education

teaching points	specific obj	method to be used	learning material	evaluation
meaning and definition	subject of Physic- al education	introduction method	black board	integral part of Physical education
Importance of Physical education	teaching about Phy- sical and mental development	explanation method	chart	what is Self Knowledge
Inter-relations hip and self-confidence	importance in Physic al education	questioning method	black board	development of Social qualities

Teaching Points	Specific Objective	method to be used	Learning material	evaluation
objective of Physical education	identifying main objects - ves	explanative method	black board	how to implement Objective
Physical education in player	player's mentality	explanative method	black board	how a player works or physical education

homework:

(i) What is the importance of physical education

AV

diary lesson - (5)

187

Date: -
duration - 15 min
class - 9th

subject - Physical education
topic - Pranayama

Teaching Points	specific objective	method of work	learning material	evaluation
What is Pranayama	important Parts	introduction method	black board	eight limbs of Yoga
Types of Pranayama	Pran Kumbhak	explanatory method	black board	What is Rechak
Main Points of Pranaya- ma	teaching Points	explana- tion method	black board	discuss main points of Pranayama

teaching points	specific objective	method to be used	learning material	evaluation
What is Bhastrika Pranayama	teaching about Bhastrika	explanation method	chart	its benefit on body
What is Kapal Bhastri Pranayama	teaching about benefit of Kapal Bhastri	explanation method	chart	effect of Kapal Bhastri

homework:

- (1) what are types of pranayam?
- (2) benefits of anulom vilom

✓

Date -
duration - 15 min
class - 9th

subject: Physical Education
topic: sports personalities

teaching points	specific objective	method to be used	learning material	evaluation
What are sports personalities	teaching about sports personalities	introduction method	black board	who is olympian Balbir Singh
early life and education of Balbir Singh	about Balbir Singh life	explanation method	chart	when was Balbir Singh born
sports career of Balbir Singh	sports achievements - ment	explanation method	black board	how many medals he won at almpics

Teaching Points	Specific objective	method to be used	learning material	illustration
Balbir Singh's life as a sports official	as director of Punjab sports department	explanation method	black board	when was he made manager of Indian hockey team
honour received by Balbir Singh	Padma award by government	explanation method	black board	when did he played olympic games

homework:

① write a note on early life of Balbir Singh Senior

diary lesson - (7)

19/1

Date:-

Duration:- 15 min

Class:- 9th

subject:- Phy. education

topic:- Milkha

- Singh

teaching points	specific objective	method to be used	learning material	evaluation
When was milkha Singh born	birth of milkha Singh	introduction method	black board	place where milkha Singh was born
life of milkha Singh	study	explanation method	black board	where milkha Singh used to study
When milkha Singh was joining army	Army life	explanation method	black board	who was big brother of milkha Singh

teaching points	Specific obj	method to be used	learning material	evaluation
400 m practice Running	Running Career started	explanation method	black board	Cross country position of milkha Singh
Sports career of milkha Singh	selection in Indian team in 1956	question method	chart	first gold medal won by milkha Singh when

homework :

(1) Write about the early life of milkha Singh.

AK

Date: -
 duration: - 15 min
 Class: - 9th

subject: - Phy. education
 topic: - Asian and
 olympic games

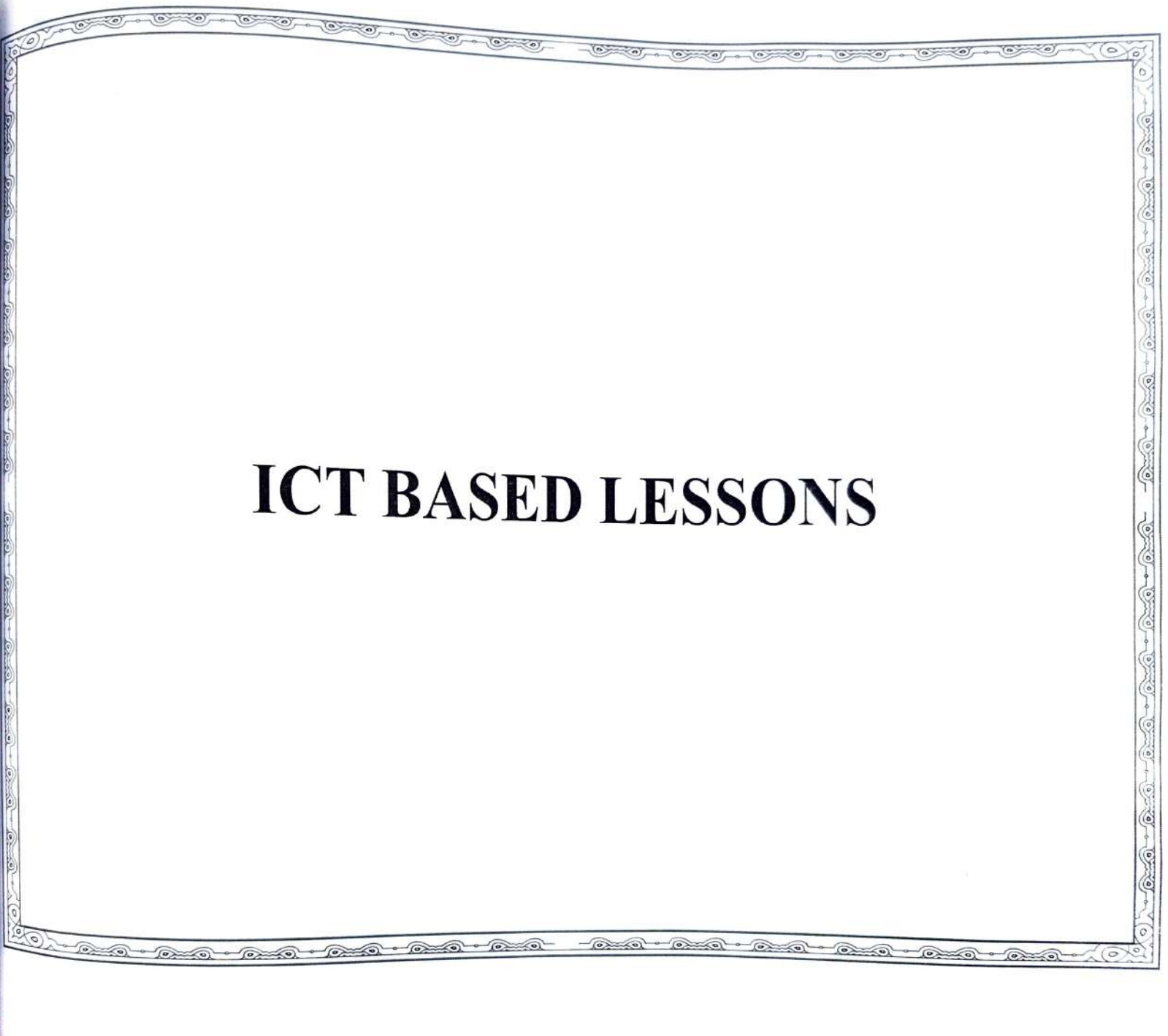
teaching points	specific obj	method to be used	learning material	evaluation
What are olympic games	about olympic games	explanation method	black board	how these games started
When these games started	date and place of games	explanation method	chart	In athens the capital of Greece
Awards for players	type of celebration	questioning method	black board	crowns of leaves of olive tree

teaching points	Specific obj	method to be used	teaching material	evaluation
Rules of olympic games during ancient times	identifying Rules in Games	explanatory method	black board	you need to be citizen as nat
Revival of modern olympic games	how these modern olympic started	questioning method	black board	who and when started modern olympic games in world.

homework:

(2)

(1) write in detail about the modern olympic games & explain the Asian games.

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ICT BASED LESSONS

ICT based lesson plan - (1)

219

P.T's Roll No - 24495

Class - 8th

Subject - Physical education

date -

topic - first aid

duration - 40 min

General Aids:

An ordinary classroom, black board,
few pieces of chalk, eraser

specific Aids:

A power point presentation.

General Aims:

(1) to guide knowledge about injury.

(2) Role of first aid in physical education.

Specific Aims:

to guide them about first aid
in regular life.

Understanding - to explain about first aid.

- to explain about C.P.R

P.K testing : In order to check understanding of the pupil teacher will ask some questions

- (1) Name ways of first aid.
- (2) what is C.P.R

Announcement of the topic : Greeting unsatisfactory Response from the pupil.
P.T will announce the topic that today:
they read a story The fo

Presentation : The P.T will respond the topic with help of powerpoint presentation and time to time involvement of various.

Content	P.T activity	expected Response	Ict used
first aid is the assistance given to the expert or ill or injured person or the spot	P.T will ask the students that what are you seeing in this picture	pupil will notice steps of first aid and Remembers them.	
① to save the life of a victim ② to prevent any further injury	P.T will ask who comes near the branch of the tree	students will note down about C.P.R	
③ to improve patient condition			

Sectional

Recapitulation

222

Q(1) What kind of things first aid kit contain?

↳ Splints, antiseptics, spirit, Boric acid

Q(2) Rules of first aid.

↳ artificial Respiration, control deep wounds

Content	P.T activity	Pupil Activity	Let used
(1) first aider should be experienced practitioner	P.T will narrate about first aid and explain about	Pupil listen carefully and with interest that for is jumping again and again	
(2) first aid to an injured or sick person			
(3) quick decision maker and should be intelligent			

Moral →

Real learning outcomes : How a first aider can be a life saver and improve moral of society.

homework : (1) what is first aid?

(2) what are the objectives of first aid?

(3) which things can be included in a first aid box?

(4) write the rules of first aid.



ICT based lesson (2)

224

P.T's Roll No:- 24195
subject:- Phy. education
topic:- C.P.R

date -
duration -
class - 8th

General Aid: An ordinary classroom, black board,
few pieces of chalk

specific Aid: A power point presentation

General objectives -
(1) to guide student about C.P.R
(2) steps to give C.P.R

Specific objectives -
to guide them knowledge about C.P.R and its emergency.

P.R assumed -

P.R assumed -

P.T will assume that students are aware of various parts.

P.R testing -

(1) What are the uses of C.P.R
(2) how to initiating breathing.

(3) What are position of victims.

Announcement of
the topic -

Today we are going to learn about C.P.R

Presentation of Topic

introduction

P.T activity

Pupil Activity

Teaching Aid / P.P.T

C - cardio

P.T explain
about
full
form of
C.P.R

pupil
note
down
main points
of C.P.R

P - Pulmonary
R - Resuscitation

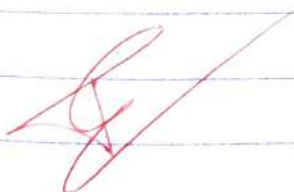
Subject matter	P.T activity	P. activity	P.P.T/
if the pulse and breathing of the patient is not felt, his eyes are still and he is unconscious, CPR method should be used to revive his heart and lungs.	P.T ask students to give example and explain them	Pupil will tell that is a steps or cautions	
(1) remove obstruction (2) breath will go into the victim mouth	P.T explain about main steps to students	Pupil listen to teacher carefully and note down main points	

Recaptulation

- (1) What do you about C.P.R
- (2) What do you know about mouth to mouth Respiration?

home work:

- (1) How artificial Respiration can be given by using wheffer's method?
explain.



ICT Based Lesson Plan - ③

229

P.T Roll No: 24195 Class: 8th
Subject: - Phy. education date: -
Topic: - Nutrition and balanced diet time: - 40 min

General aid:	An ordinary classroom, black board, few pieces of chalk
Specific aid:	A powerpoint presentation
General obj:	(1) what is teaching of balanced diet (2) what are main nutrients
Specific obj:	(1) macro and micro nutrients for human.
P.O.R testing: -	(1) what is a balanced diet. (2) Balanced diet for different people.

Announcement of topic:-

learn
balanced diet

to day
about

we are going to
nutritious and

Presentation of the topic:-

Subject matter	P.T activity	P. activity	teaching Point
the substances which we eat daily are collectively called food. Nutrients present in food nourish the body. The food which contains nutrients called nutritious food.	P. T ask question about nutrients and food.	student give example of food.	

Subject matter	P.T activity	Pupil activity	Teaching aid
The food which contains nutrients in an appropriate quantity is called balanced diet. eg: Carbohydrates, proteins, fats	P.T will explain about nutrients balanced diet	Pupil/ listen to teacher carefully	
<u>Balanced diet for different people:</u>			
① <u>Age</u>: quantity of balanced diet depends upon the age. The child grows very fast.	P.T explain about balanced diet points	Pupil will listen to teacher carefully	

Subject matter	P.T activity	Pupil activity	teaching aid
② <u>Body size</u>: The need of a balanced diet depends on the size of the person. A thin and slim person needs less balanced diet than a fat man.	P.T explain about point of body size	Pupil write down main point	
③ <u>Body functions</u>: The quantity of food also depends on the physical work because a person working hard physically needs more energy therefore.	P.T explain about point of body function	students listen to teacher to carefully	

Subject matter	P.T activity	Repil activity	teaching aid
(4) <u>Gender</u> : Men are stronger than women physically. Therefore they can take up harder tasks.	P.T explain about Role of gender in balanced diet	students listen to teacher carefully	

Recapitulation:

- (1) What do you mean by food.
- (2) What do you mean by nutrition food.

home assignment:

- (1) What do you mean by balanced diet?
- (2) What do you understand by protein?

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P.T Roll No :-

24195

Subject -

phy. education

Topic -

Vitamins

Class - 8th

Time - 40 min

Date: -

General aid:

clean classroom, few chalk.

Specific aid:

Presentation related to topic

General aim:

- (1) teaching about minerals
- (2) macro minerals

Specific aim:

- (1) Importance of vitamins
- (2) fat soluble vitamins benefits

P.R testing:-

- (1) vitamin A benefits in regular life
- (2) Sources of vitamin B

Announcement of topic: today we are going to learn about vitamins

Presentation of the topic:

Subject matter	P.T testing	P. testing	teaching aid
Vitamins are very important part of the human body			
(1) fat Soluble vitamins: vit A, vit D, vit E, vit K	P. T explain about what are vitamins and fat soluble vitamins	Pupil listen carefully and note down in note book	
(2) Water Soluble vit: vit B, vit C are soluble in water			

Subject matter	P.T. testing	Pupil activity	teaching aid
Vitamin A is soluble in fat. It helps in growth and proper development of children. It makes the skin healthy and promotes good vision especially in low light.	Pupil teacher tells about vitamin A	Pupil listens to teacher and answers the questions	
⇒ Vit B: not a single type of vitamin rather it is a group of vitamins. Sources: milk, curd, butter, cheese, meat, fish	Pupil teacher tells about vit B and sources	Pupil has to give examples of vit B	

Subject matter	P. T activity	Pupil activity	teaching aid
Vitamin C: is Soluble in water. It gets destroyed in heat, Sun light and air in dry conditions but in liquid form it get dissolved.	Pupil teacher explain about vitamin C.	Pupil has to answer few question	
① <u>Harmful effect</u>: cause scurvy result in swelling and aching.	Pupil teacher tells harmful effect of vit-	Pupil have to draw this on note book	
② <u>Sources</u>: citrus fruit amla, lemon, orange, guava	of vit- min C and its Sources	and ask question	

Recapitulation:

- ① what do you know about vitamins
- ② what is vitamin B complex?

home assignment:

- ① What is vitamin D? write the harmful effects of its deficiency
- ② What is vitamin C? write its functions.
- ③ What is vitamin K? write harms of its deficiency?

ICT Based lesson plan - (5)

238

P.T Roll No - 24195

Class - 8th

Subject - Phy. education

Time - 40 min

Topic - Kila Raipur sports

Date - 23/10/2025

General aid: clean clean classroom, few chalk

Specific aid: Presentation about topic.

General aim: (1) teaching about Kila Raipur

(2) its history in games

Specific aim: (1) origin of Rural games

(2) its Role in Indian games

P.R testing: (1) in which are rural games played
in Kila Raipur sports
festival?

Announcement of the topic: today we are going to learn about

Presentation of the topic:

Subject matter	P.T activity	Pupil activity	teaching aid
Kailal in 1560 took the possession of the village Kila Raipur. He built five forts to protect his sons from the attackers. That is why the village Raipur became famous as Kila Raipur. It is 11 km away from Rudhiana	P.T told about Kila Raipur games	student listen carefully	

Subject matter	P.T activity	Pupil activity	teaching aid
⇒ <u>Origin of Rural Games:</u>			
Kila Raipura initiated in 1933 after the hockey tournaments held in Jalandhar. Kila Raipura hockey team was second position in his tournament.	Pupil teacher explain about origin of Rural games to students.	Pupil listen to teacher carefully and has to submit answer in Right and Clean way	
Natives of Kila Raipura formed Gramal, sports association in 1933. Under the guidance of S. Indar Singh Gramal			

subject matter	P. Activity	Pupil activity	teaching aid
7. Kila Raipur sports festival Rural sports:			
It is combination of ancient and modern sports. This sports festival showcases the passion, broad chests, open mindedness, heroic deeds. This sports festival is the backbone of all Rural sports festivals of Punjab	Pupil teacher explain about Kila Raipur sports festival Rural sports	Pupil will ask question about Kila Raipur Games and answer question	

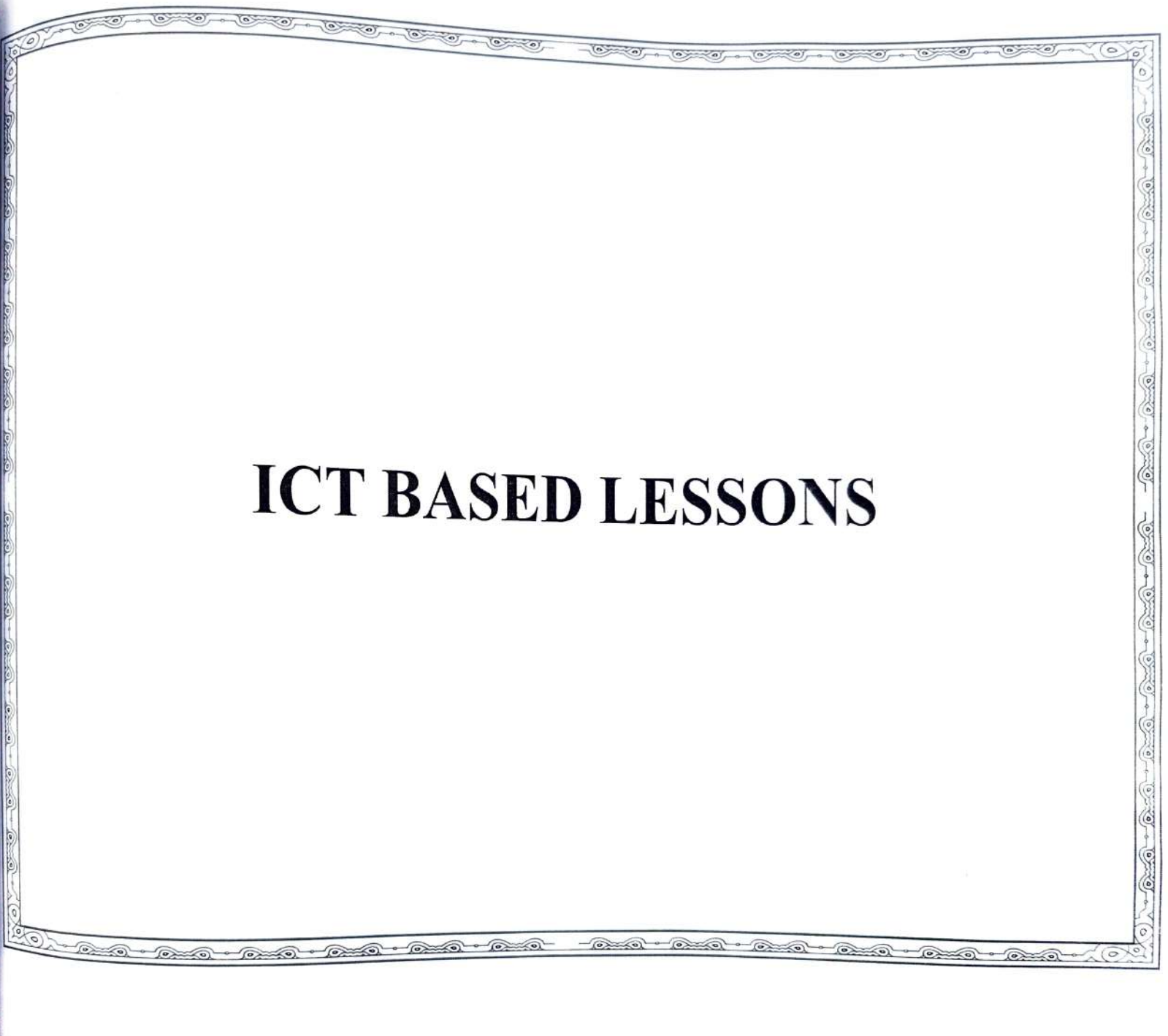
Recaptulation

- (1) when did tile Raipur sports initiate?
- (2) Which are the usual games played in tile Raipur sports festival?

homework

- (1) What are the modern sports played in tile Raipur sports festival?

LS

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ICT BASED LESSONS

ICT based lesson plan - (1)

219

P.T's Roll No - 24495

Class - 8th

Subject - Physical education

date -

topic - first aid

duration - 40 min

General Aids:

An ordinary classroom, black board,
few pieces of chalk, eraser

specific Aids:

A power point presentation.

General Aims:

- (1) to guide knowledge about injury.
- (2) Role of first aid in physical education.

Specific Aims:

to guide them about first aid
in regular life.

Understanding - to explain about first aid.

- to explain about C.P.R

P.K testing : In order to check understanding of the pupil teacher will ask some questions

- (1) Name ways of first aid.
- (2) what is C.P.R

Announcement of the topic : Greeting unsatisfactory Response from the pupil.
P.T will announce the topic that today:
they read a story The fo

Presentation : The P.T will respond the topic with help of powerpoint presentation and time to time involvement of various.

Content	P.T activity	expected Response	Ict used
first aid is the assistance given to the expert or ill or injured person or the spot	P.T will ask the students that what are you seeing in this picture	pupil will notice steps of first aid and Remembers them.	
① to save the life of a victim ② to prevent any further injury	P.T will ask who comes near the branch of the tree	students will note down about C.P.R	
③ to improve patient condition			

Sectional

Recapitulation

222

Q(1) What kind of things first aid kit contain?

↳ Splints, antiseptics, spirit, Boric acid

Q(2) Rules of first aid.

↳ artificial Respiration, control deep wounds

Content	P.T activity	Pupil Activity	Lot used
(1) first aider should be experienced practitioner	P.T will narrate about first aid and explain about	Pupil listen carefully with interest that for is jumping again and again	
(2) first aid to an injured or sick person			
(3) quick decision maker and should be intelligent			

Moral →

Real learning outcomes : How a first aider can be a life saver and improve moral of society.

homework :

- (1) what is first aid?
- (2) what are the objectives of first aid?
- (3) which things can be included in a first aid box?
- (4) write the rules of first aid.

ICT based lesson (2)

224

P.T's Roll No:- 24195
subject:- Phy. education
topic:- C.P.R

date -
duration -
class - 8th

General Aid: An ordinary classroom, black board,
few pieces of chalk

specific Aid: A power point presentation

General objectives -
(1) to guide student about C.P.R
(2) steps to give C.P.R

Specific objectives -
to guide them knowledge about C.P.R and its emergency.

P.R assumed -

P.R assumed -

P.T will assume that students are aware of various parts.

P.R testing -

(1) What are the : uses of C.P.R
(2) how to initiating breathing.

(3) What are position of victims.

Announcement of
the topic -

Today we are going to learn about C.P.R

Presentation of Topic

introduction

P.T activity

Pupil Activity

Teaching Aid / P.P.T

C - cardio

P.T explain
about
full
form of
C.P.R

pupil
note
down
main points
of C.P.R

P - Pulmonary

R - Resuscitation

Subject matter	P.T activity	P. activity	P.P.T /
if the pulse and breathing of the patient is not felt, his eyes are still and he is unconscious, CPR method should be used to revive his heart and lungs.	P.T ask students to give example and explain them	Pupil will tell that is a steps or cautions	
(1) remove obstruction (2) breath will go into the victim mouth	P.T explain about main steps to students	Pupil listen to teacher carefully and note down main points	

Recaptulation

- (1) What do you about C.P.R
- (2) What do you know about mouth to mouth Respiration?

home work:

- (1) How artificial Respiration can be given by using wheffer's method? explain.



ICT Based Lesson Plan - ③

229

P.T Roll No: 24195 Class: 8th
Subject: - Phy. education date: -
Topic: - Nutrition and balanced diet time: - 40 min

General aid:	An ordinary classroom, black board, few pieces of chalk
Specific aid:	A powerpoint presentation
General obj:	(1) what is teaching of balanced diet (2) what are main nutrients
Specific obj:	(1) macro and micro nutrients for human.
P.O.R testing: -	(1) what is a balanced diet. (2) Balanced diet for different people.

Announcement of topic:-

learn
balanced diet

to day
about

we are going to
nutritious and

Presentation of the topic:-

Subject matter	P.T activity	P. activity	teaching Point
the substances which we eat daily are collectively called food. Nutrients present in food nourish the body. The food which contains nutrients called nutritious food.	P. T ask question about nutrients and food.	student give example of food.	

Subject matter	P.T activity	Pupil activity	teaching aid
the food which contains nutrients in an appropriate quantity is called balanced diet. eg: carbohydrates, proteins, fats	P.T will explain about nutrients balanced diet	Pupil listen to teacher carefully	
<u>Balanced diet for different people:</u> (i) <u>Age</u>: quantity of balanced diet depends upon the age. The child grows very fast.	P.T explain about balanced diet points	Pupil will listen to teacher carefully	

Subject matter	P.T activity	Pupil activity	teaching aid
② <u>Body size</u>: The need of a balanced diet depends on the size of the person. A thin and slim person needs less balanced diet than a fat man.	P.T explain about point of body size	Pupil write down main point	
③ <u>Body functions</u>: The quantity of food also depends on the physical work because a person working hard physically needs more energy therefore.	P.T explain about point of body function	students listen to teacher to carefully	

Subject matter	P.T activity	Repil activity	teaching aid
(4) <u>Gender</u> : Men are stronger than women physically. Therefore they can take up harder tasks.	P.T explain about Role of gender in balanced diet	students listen to teacher carefully	

Recapitulation:

- (1) What do you mean by food.
- (2) What do you mean by nutrition food.

home assignment:

- (1) What do you mean by balanced diet?
- (2) What do you understand by protein?

[Red signature]

P.T Roll No :-

24195

Subject -

phy. education

Topic -

Vitamins

Class - 8th

Time - 40 min

Date: -

General aid:

clean classroom, few chalk.

Specific aid:

Presentation related to topic

General aim:

- (1) teaching about minerals
- (2) macro minerals

Specific aim:

- (1) Importance of vitamins
- (2) fat soluble vitamins benefits

P.R testing:-

- (1) vitamin A benefits in regular life
- (2) Sources of vitamin B

Announcement of topic: today we are going to learn about vitamins

Presentation of the topic:

Subject matter	P.T testing	P. testing	teaching aid
Vitamins are very important part of the human body			
(1) fat Soluble vitamins: vit A, vit D, vit E, vit K	P. T explain about what are vitamins and fat soluble vitamins	Pupil listen carefully and note down in note book	
(2) Water Soluble vit: vit B, vit C are soluble in water			

Subject matter	P.T. testing	Pupil activity	teaching aid
Vitamin A is soluble in fat. It helps in growth and proper development of children. It makes the skin healthy and promotes good vision especially in low light.	Pupil teacher tells about vitamin A	Pupil listens to teacher and answers the questions	
⇒ Vit B: not a single type of vitamin rather it is a group of vitamins. Sources: milk, curd, butter, cheese, meat, fish	Pupil teacher tells about vit B and sources	Pupil has to give examples of vit B	

Subject matter	P. T activity	Pupil activity	teaching aid
<u>Vitamin C</u>: is Soluble in water. It gets destroyed in heat, Sun light and air in dry conditions but in liquid form it get dissolved.	Pupil teacher explain about vitamin C.	Pupil has to answer few question	
① <u>Harmful effect</u>: cause scurvy result in swelling and aching.	Pupil teacher tells harmful effect of vit-	Pupil have to copy this on note book	
② <u>Sources</u>: citrus fruit, amla, lemon, orange, guava	of vit-min C and its Sources	and ask question	

Recapitulation:

- ① what do you know about vitamins
- ② what is vitamin B complex?

home assignment:

- ① What is vitamin D? write the harmful effects of its deficiency
- ② What is vitamin C? write its functions.
- ③ What is vitamin K? write harms of its deficiency?

ICT Based lesson plan - (5)

238

P.T Roll No - 24195

Class - 8th

Subject - Phy. education

Time - 40 min

Topic - Kila Raipur sports

Date - 23/10/2025

General aid: clean clean classroom, few chalk

Specific aid: Presentation about topic.

General aim: (1) teaching about Kila Raipur

(2) its history in games

Specific aim: (1) origin of Rural games

(2) its Role in Indian games

P.R testing: (1) in which are rural games played
in Kila Raipur sports
festival?

Announcement of the topic: today we are going to learn about

Presentation of the topic:

Subject matter	P.T activity	Pupil activity	teaching aid
Kailal in 1560 took the possession of the village Kila Raipur. He built five forts to protect his sons from the attackers. That is why the village Raipur became famous as Kila Raipur. It is 11 km away from Rudhiana	P.T told about Kila Raipur games	student listen carefully	

Subject matter	P.T activity	Pupil activity	teaching aid
⇒ <u>Origin of Rural Games:</u>			
Kila Raipura initiated in 1933 after the hockey tournaments held in Jalandhar. Kila Raipura hockey team was second position in his tournament.	Pupil teacher explain about origin of Rural games to students.	Pupil listen to teacher carefully and has to submit answer in Right and Clean way	
Natives of Kila Raipura formed Gramal, sports association in 1933. Under the guidance of S. Indar Singh Gramal			

subject matter	P. Activity	Pupil activity	teaching aid
7. Kila Raipur sports festival Rural sports:			
It is combination of ancient and modern sports. This sports festival showcases the passion, broad chests, open mindedness, heroic deeds. This sports festival is the backbone of all Rural sports festivals of Punjab	Pupil teacher explain about Kila Raipur sports festival Rural sports	Pupil will ask question about Kila Raipur games and answer question	

Recaptulation

- (1) when did tile Raipur sports initiate?
- (2) Which are the usual games played in tile Raipur sports festival?

homework

- (1) What are the modern sports played in tile Raipur sports festival?

LS

Unit test based lesson plan

(1)

249

Date: 22/10/2025

P.T Roll No:-

Duration: 30 min

Class - 8th

Topic - Phy. edu. in India after independence

subject - Phy. education
topic -

objective: (1) to check knowledge of student
(2)

Topic: Phy. edu in India after Independence

Knowledge domain

Type (1) (Pick the correct option)

(1) YMCA was established in

(2) When was the government of college of Physical education patiala opened?

(a) 1950

(b) 2000

(c) 1958

(d) 2001

Type (II)
(short answer
type question)

- (1) Give full name of NSNIS
- (2) Write the function of all India sports Council

Understanding domain

Step (III)
(situation
testing)

- (1) where is Dr. Rishi in national college of Physical education situated

Type (IV) :-

- True and False
- (1) Coaching scheme had been launched after the name of Raj Kumar arora (T/F)

Type (V) :-
(long question)

- (1) Write in detail about existence of Physical education in India after Independence and about Lakshmi Bai National College of Physical Education.

Unit Test based lesson Plan (2)

252

Date: 20/10/2025

duration: 30 min

P.T Roll No - 24195

Subject - Phy. education

Class - 9th

Topic - Physiological

objectives:

(i) to check knowledge of student about

topic:

Physiological systems

type (i) Pick the right option

(1) How many bones are there in human body?

(a) 204

(b) 206

(c) 205

(d) 207

(2) Muscles make up about 40 percent of the total weight of human body (T/F)

Type (i) Very
short question

(1) Write the function of the
muscles

(2) Name organs of human body

Type (ii)

(1) Write the names of the organs of the
circulatory system.

Understanding domain

Type (iv)
(short
question)

(1) Which is the smallest functional
unit of human body

(2) Work of excretory system.

Type (IV)

(1) what do you know about body system, body and anatomy? Compositio.

(2) Write in brief about the major systems of the human body.

A

Unit test based lesson plan (3)

253

Date:- 11/10/2025

P.T Roll No:- 24125

Duration:- 30 min

Class:- 9th

Topic:- Importance of Phy. education

Subject:- Phy. education

Objective:- (1) teaching about importance of education

Topic:- Importance of Phy. education

Knowledge Domain

Type (1) (pick the correct option)

(i) which qualities are developed by Physical education in a player

(a) encouragement

(b) Partnership

(c) Compassion

Type (I) (short answer type question)

(i) Where was the subject of Physical education taught in ancient times?

Understanding domain

Step (II) (situation testing)

(i) objective of Physical education is development of human personality

Type (IV)

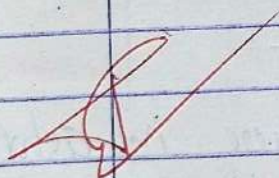
(i) write the definition of Physical education as given by J.B. Nash.

Type ⑦

① Write a note on physical education

② elaborate on importance of physical education in modern times

③ explain the spirit of dedication and discipline in sports.



Unit test based lesson plan

(4)

238

Date - 9/10/2025

duration - 30 min

topic - Pranayama

P.T Roll No - 241145

class - 9th

subject - Phy. education

objectives:

① teaching about yoga
② benefits of yoga.

topic:

Pranayama

Knowledge domain

Type (1) (Pick the correct option)

① How many exercises are there in ashtanga yoga?

(a) 6

(c) 8

(b) 7

(d) 9

② While doing Pranayama, the first thing to be kept in mind is that our stomach should be

clean (True / false)

Step (i)
(short answer
type question)

- (1) Write any two benefits of Kapalabhati.
- (2) What are the types of Pranayama?
- (3) Write the benefits of Anulom vilom.

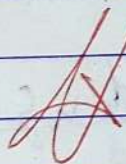
Understanding domain

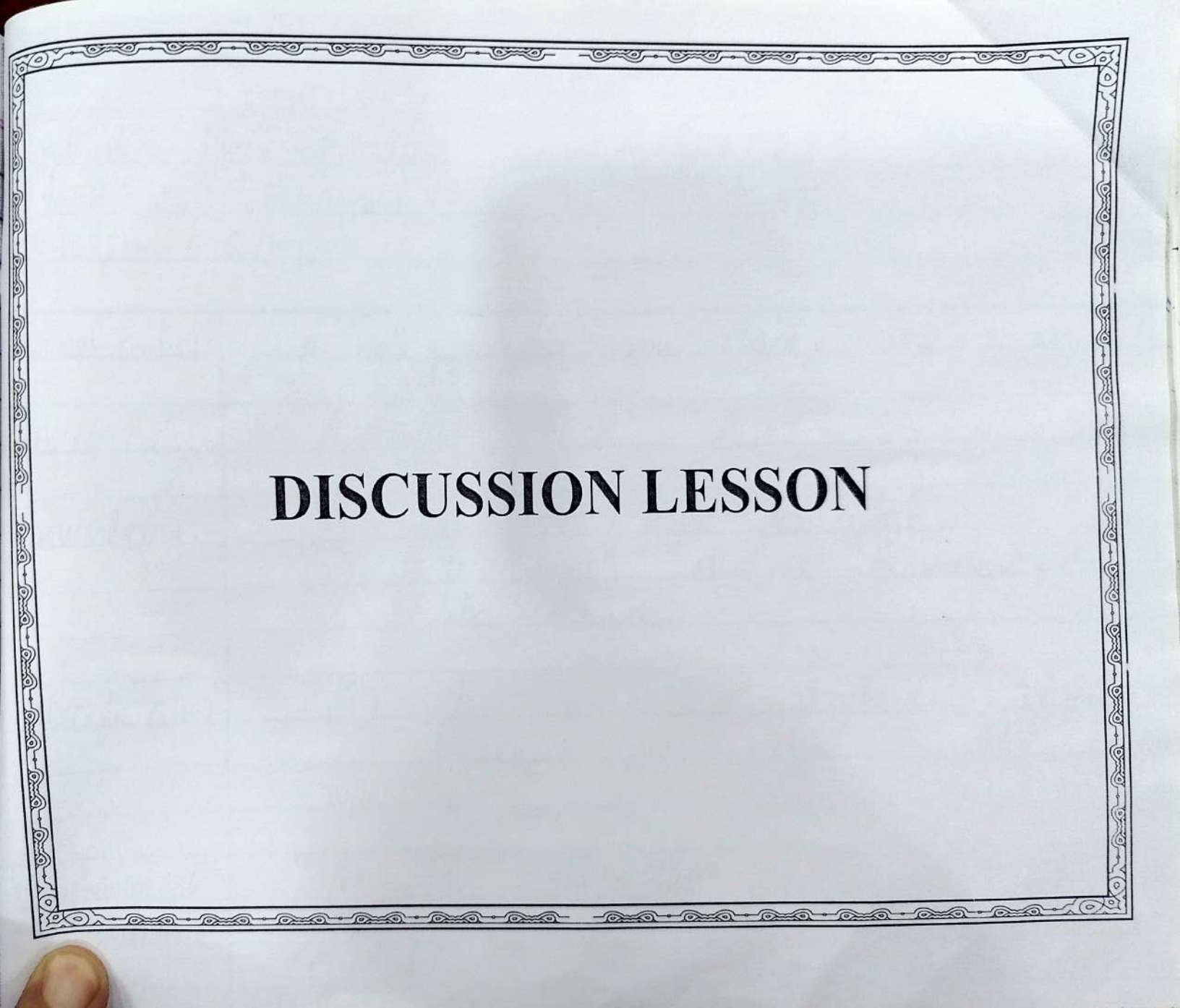
Step (ii)
(situation
testing)

- (1) Name any one type of Pranayama
- (2) What is anulom - vilom Pranayama?
- (3) Benefits of Kapal Bhati

Type (ii) :-
(watch the
following)

- (1) Write the method and benefits of Kapalabhati
- (2) Write the method and benefits of Bhastrika Pranayama.
- (3) What are types of Pranayama.



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DISCUSSION LESSON

Discussion lesson (1)

279

subject:- Phy. Education

P.T Roll No - 24195

topic:- Pranayama

duration - 35 min

Date:- 8/10/2025

class - 9th

General aids:- A well equipped classroom, chalk, duster, pointer blackboard.

Specific aids:- A model, chart, relevant to the topic.

General aim:-
(1) to create love for yoga.
(2) to enable students to understand about Pranayama.

Specific aim:-
(1) to enable student about Pranayama and its type.

Behavioural objectives:-
(1) to enable the students to understand the yoga.
(2) to enable student the moral of lesson.

P.K
testing :

- (1) types of Pranayama
- (2) Bhastrika Pranayama is what
- (3) Point to be kept in mind during Pranayama

Announce-
ment of
the topic :

Student today we are going
to learn about

Presentation
of the
topic :

P.T will use lecture - cum - demonstration
method along with active
participation of the students

teaching point	P.T activity	Pupil activity	B.B work
<u>Pran</u> - means taking air into the lungs	Pupil teacher will create proper demonstration	Pupil will listen to the P.T very carefully	
<u>Kumbhak</u> - act of holding breath is called.			
<u>Rechak</u> - process of expelling the breath.			
(1) not have any kind of mental and physical stress	P.T will show picture using flash cards	Pupil will try to give answers and ask doubt	
(2) morning and evening for this Pranayam a.			

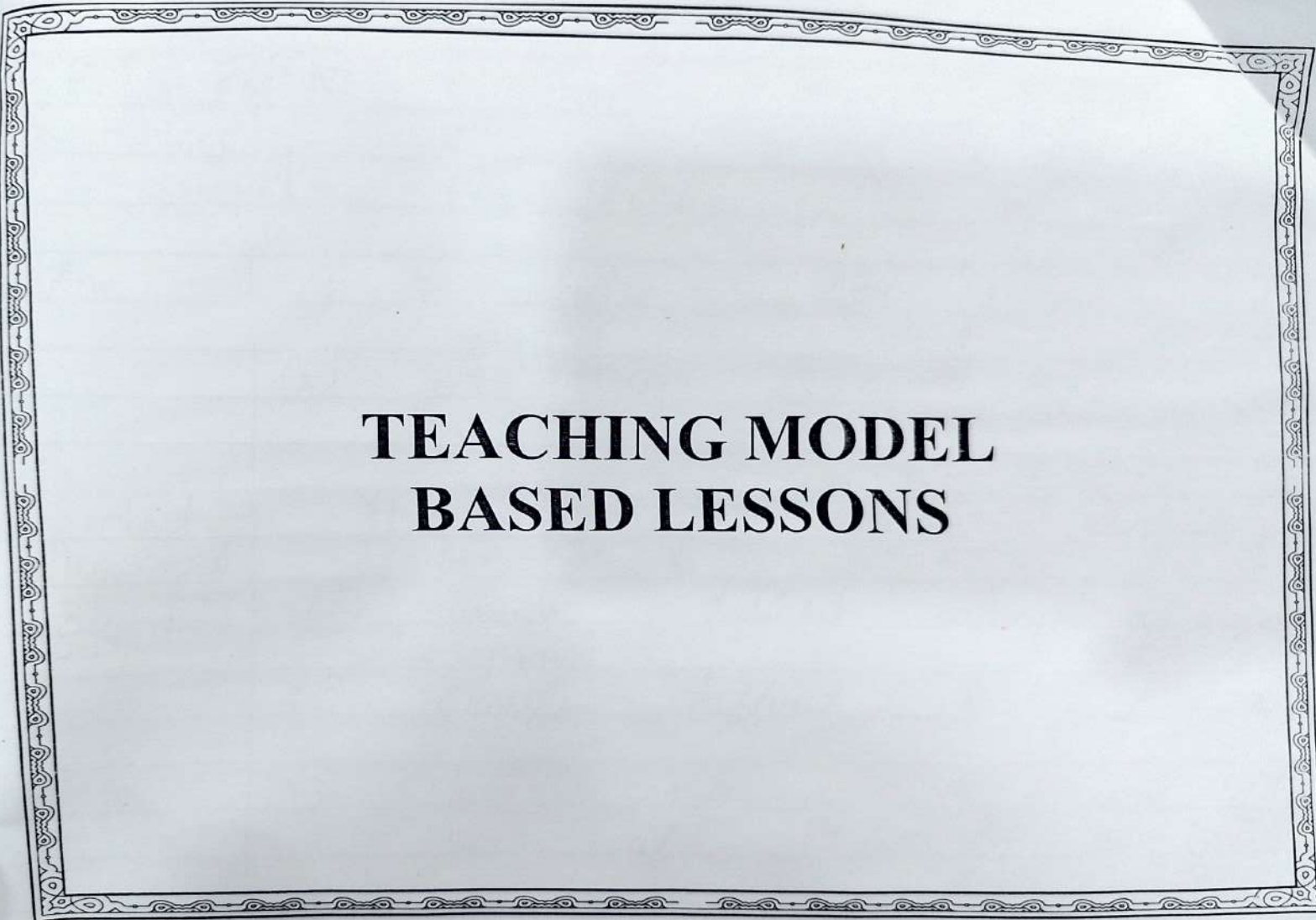
Recapitulation

- (1) _____ means inhaling and exhaling.
- (2) Name any one type of Pranayama.

homework

- (1) Write the method and benefits of Kapalbhathi.
- (2) Write the method and benefits of Bhastrika Pranayama.

Ans

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TEACHING MODEL BASED LESSONS

Model Based Lesson - ①

299

P.T's Roll No =

24105

Date - 10/10/2025

Class - 10th

Duration - 35 min

Subject - Phy. Education

Topic - effect of exercise on body

Aim -

- (1) to utilize scientific process of concept formation
- (2) to develop logical thinking

Expected behavioural objectives → At the end of lesson student will be able to -

- (1) enrich different example of muscular system
- (2) classify different kind of muscles
- (3) label group on the basis of work of different muscles

B. objectives (5) Generate more example of different type of muscular system

Subject Content: white board, marker, notes
Resources

Presentation strategy Concept formation

Phase (I)	Pupil teacher Activity	Pupil Activity
listing	step (1) development teacher will write same name of person, place, animal or thing or using name different kind work of Respiratory system	students will write work of Respiratory system asked during class • Nose • Pharynx • Larynx

Phase (II)	P.T's Activity	Pupil Activity
grouping	teacher will write the following words on black board :- Prevention from injuries, Reduction in fatigue	students will categorize into group having some doubts
Phase (III) labelling	teacher will ask the students to label the categories which they have made - create a sample group together in class.	students try to understand about voluntary muscles, involuntary muscles
Phase (IV) and (V)	teacher will ask to student to mention the basis on which they categorized the	Cardiac muscles, involuntary muscles,

Phase (VI)
make reference

teacher will help the
students to define
various types of parts
of Respiratory
system.

All the student
will make inference
with the guidance
of the teacher.

Recapitulation : (1) human body is a complex
(2) How many muscles are there in our
body?
(a) 650 (b) 660
(c) 550 (d) 60

homework : (1) How many types of muscles
are there.
(2) describe heart briefly and also
write about arteries, veins
and capillaries.

model based lesson - (2)

293

P.T Roll No - 24195

Date -

Class - 10th

Duration - 35 min

Subject - Phy. education

Topic - Physiotherapy

Aim -

- (1) to utilize scientific process of concept formation
- (2) to develop logical thinking

expected behavioural objectives

- (i) ~~At the end of lesson students will be able to~~
- (I) to get know about physiotherapy
- (II) clarify about definition of Physiotherapy
- (III) contribution of Physiotherapy in sports

Phase (I)
listing

Pupil teacher activity
step ① development
teacher will
write down
meaning of Physiotherapy
and define
definition of
Physiotherapy

Pupil activity
students will write
down about
Physiotherapy

Phase (II) grouping

teacher will write
down about
Contribution of
Physiotherapy in
sports like
helping to
repair wound
external and
internal.

students will
categories about
Contribution of
Physiotherapy in
sports.

Phase (III) →
labelling

teacher will ask
the students to
label the
categories, which
they have Role
of physiotherapy
in sports
Related injuries

student will try
to find Role
of physiotherapy
by reading and
labeling main
points in
chapter.

Phase (IV) Identify
explain condition

teacher will
ask about
techniques of
Physiotherapy
and how to
categorize
them in
sports

- (1) therapeutic exercises
- (2) Massage
- (3) Cryotherapy
- (4) hydrotherapy
- (5) infrared rays therapy

Recap tution

(1) Physio therapy is a process of a treatment in a _____ way

(2) Hydro therapy is treatment through
 (a) water (b) magnet
 (c) ice (d) electricity

homework

(1) Write the definition of Physiotherapy

(2) How is the treatment done with ice.

model based lesson (3)

297

P.T Roll No - 24195

Subject - Phy. education

topic -

class - 10th

time - 35 min

topic -

Aim:-

- (1) to utilize scientific process of concept formation
- (2) to develop interest for sports.

expected
behavioural:
objectives

At the end of lesson student will be able to -

- (1) learn about exercise effect on body.
- (2) to learn about growth and development in human.
- (3) difference between growth and development.

Presentation strategy Concept formation:

293

Phase I

listing :

Pupil teacher activity
development of
human body
teacher will
write down
some important
points about
topic

Pupil activity
student will
write sentence
about develop-
ment of the
human body

grouping :

teacher explain
difference between
growth and
development
on board
and mention
about main
points

students will
categorise into
group having
some characteris-
tics.

Phase (III)	P.T activity	Pupil activity
labelling :	teacher will ask student about factor affecting growth and development like - heredity, Balanced diet, effect of secretion glands.	student will try to understand about factors affecting growth and development like Physical exercises, gender gap

Phase (IV) and (V)

Identify and explain dimension :	teacher will ask student about principle of growth and development and their implication	(1) Principle of hereditary traits (2) Principle of continuity (3) Unequal pace of growth and development.
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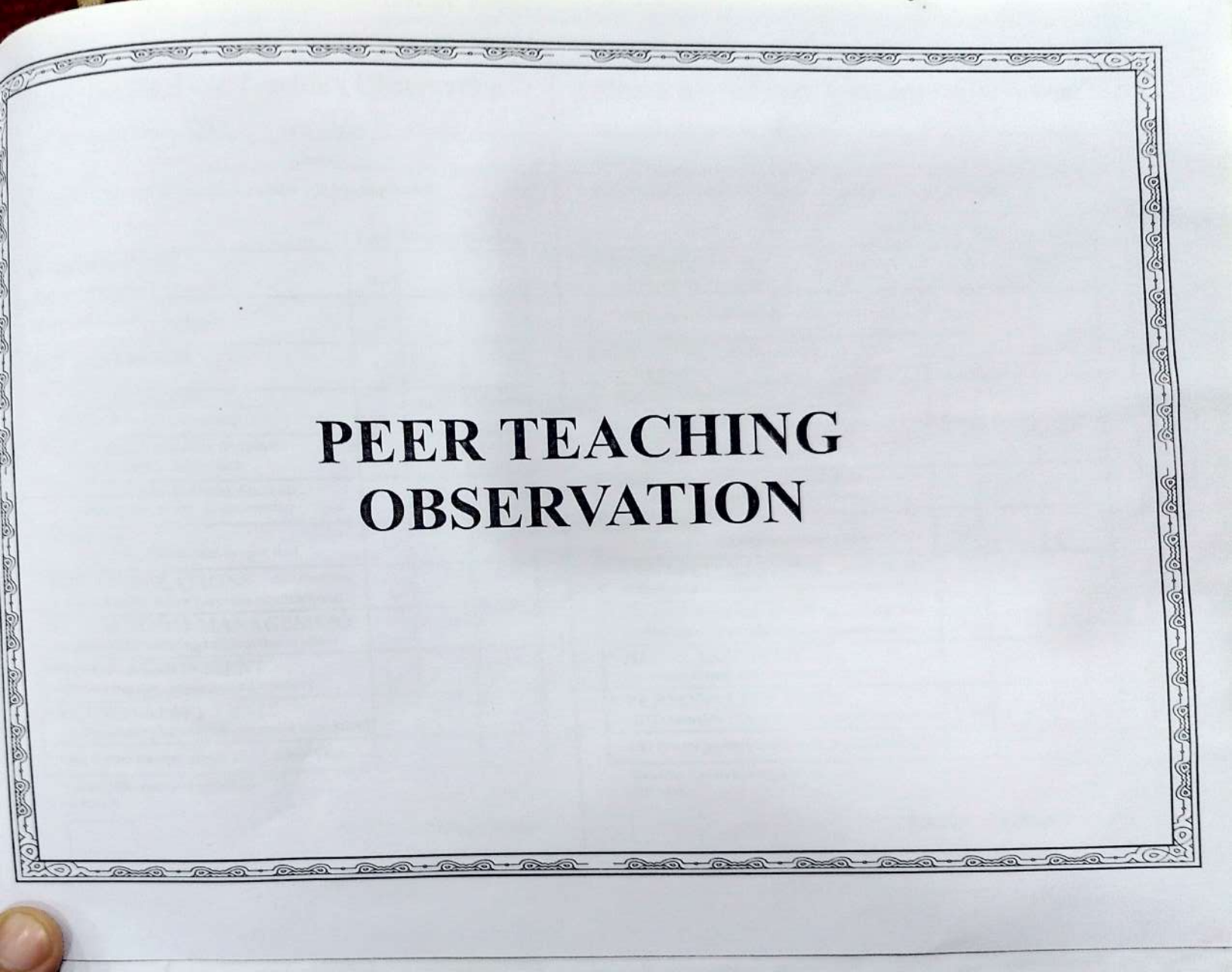
Recapitulation

- (1) Growth is a ———
 (2) What kind of a body does an ENDOMORPH type person have?
- (a) strong
 (b) chubby
 (c) shapely
 (d) tall

home work

- (1) describe the factors affecting growth and development
 (2) describe briefly the principles of growth and development.

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PEER TEACHING OBSERVATION

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

1 2 3
Good Satisfactory Needs Imp.

* INTRODUCING :			
Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION	✓		
(i) Explanation			
(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
(v) Teaching (Preparation, display and proper use)	✓	✓	
* RECAPITULATIONS (Section and at the end of the lesson) creative (motivational)	✓		
* CLASS ROOM MANAGEMENT (i) (Discipline, creating original (motivation)		✓	
* HOME ASSIGNMENT (i) (Summarised, objective and creative)	✓		
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)		✓	
(iii) Proper posture gestures & Audible Voice	✓		

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Karan

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

1 2 3
Good Satisfactory Needs Imp.

* INTRODUCING :			
Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION	✓		
(i) Explanation			
(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
(v) Teaching (Preparation, display and proper use)	✓		
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* CLASS ROOM MANAGEMENT (i) (Discipline, creating original (motivation)	✓		
* HOME ASSIGNMENT (i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Karan

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

1 2 3
Good Satisfactory Needs Imp.

* INTRODUCING : Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
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(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
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* HOME ASSIGNMENT (i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions

GRADE

Karan
Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

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Good Satisfactory Needs Imp.

* INTRODUCING : Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION (i) Explanation	✓		
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(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
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* HOME ASSIGNMENT (i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions

GRADE

Karan
Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

1 2 3
Good Satisfactory Needs Imp.

* INTRODUCING :

Previous Knowledge Testing

(Announcement of the topic)

* PRESENTATION

(i) Explanation

(ii) Questioning (Relevant, specific, concise, through provoking)

(iii) Black Board Summary (Properly develop, legible, Systematic)

(iv) Demonstration (Relevant, Students involvement, visible & Systematic)

(v) Teaching (Preparation, display and proper use)

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* HOME ASSIGNMENT (i) (Summarised, objective and creative)

* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)

(iii) Proper posture gestures & Audible Voice

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Karan Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

1 2 3
Good Satisfactory Needs Imp.

* INTRODUCING :

Previous Knowledge Testing

(Announcement of the topic)

* PRESENTATION

(i) Explanation

(ii) Questioning (Relevant, specific, concise, through provoking)

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(iv) Demonstration (Relevant, Students involvement, visible & Systematic)

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* HOME ASSIGNMENT (i) (Summarised, objective and creative)

* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)

(iii) Proper posture gestures & Audible Voice

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Paran Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

	1 Good	2 Satisfactory	3 Needs Imp.
* INTRODUCING :			
Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION			
(i) Explanation	✓		
(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
(v) Teaching (Preparation, display and proper use)	✓		
* RECAPITULATIONS (Section and at the end of the lesson) creative (motivational)		✓	
* CLASS ROOM MANAGEMENT			
(i) (Discipline, creating original (motivation)	✓		
* HOME ASSIGNMENT			
(i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT			
(i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions

GRADE

Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Paran Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

	1 Good	2 Satisfactory	3 Needs Imp.
* INTRODUCING :			
Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION			
(i) Explanation	✓		
(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
(v) Teaching (Preparation, display and proper use)	✓		
* RECAPITULATIONS (Section and at the end of the lesson) creative (motivational)		✓	
* CLASS ROOM MANAGEMENT			
(i) (Discipline, creating original (motivation)	✓		
* HOME ASSIGNMENT			
(i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT			
(i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions

GRADE

Signature of the Pupil Teacher

Check list for Peer Teaching Observation

Pupil's Teacher's Name Ramesh Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

	1 Good	2 Satisfactory	3 Needs Imp.
* INTRODUCING : Previous Knowledge Testing	✓		
(Announcement of the topic)			✓
* PRESENTATION (i) Explanation	✓		
(ii) Questioning (Relevant, specific, concise, through provoking)			✓
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)			✓
(v) Teaching (Preparation, display and proper use)	✓		
* RECAPITULATIONS (Section and at the end of the lesson) creative (motivational)			✓
* CLASS ROOM MANAGEMENT (i) (Discipline, creating original (motivation)	✓		
* HOME ASSIGNMENT (i) (Summarised, objective and creative)			✓
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice			✓

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Ramesh

Check list for Peer Teaching Observation

Pupil's Teacher's Name Ramesh Sub SST Class 10

Roll No. _____ Topic _____ Dated _____

Instruction : Please tick Mark(✓) under 1,2,3 as applicable

	1 Good	2 Satisfactory	3 Needs Imp.
* INTRODUCING : Previous Knowledge Testing	✓		
(Announcement of the topic)		✓	
* PRESENTATION (i) Explanation	✓		
(ii) Questioning (Relevant, specific, concise, through provoking)		✓	
(iii) Black Board Summary (Properly develop, legible, Systematic)	✓		
(iv) Demonstration (Relevant, Students involvement, visible & Systematic)		✓	
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* RECAPITULATIONS (Section and at the end of the lesson) creative (motivational)		✓	
* CLASS ROOM MANAGEMENT (i) (Discipline, creating original (motivation)	✓		
* HOME ASSIGNMENT (i) (Summarised, objective and creative)		✓	
* PERSONALITY TRAIT (i) (Personality (Confidence, natural expression)	✓		
(iii) Proper posture gestures & Audible Voice		✓	

General Remarks/Suggestions
GRADE

Signature of the Pupil Teacher

Ramesh