

SUBJECT:-FINE ARTS

MONTH	SOURCES /RESOURCES	TOPICS	OBJECTIVES	LEARNING OUTCOMES	SUGGESTED ACTIVITIES
APRIL	https://nroer.gov.in/home/e-library/ http://ccrtindia.gov.in/visualarts.php http://www.nationalmuseumindia.gov.in/collections.asp	UNIT : I An introduction of art The element & the principles of art Pre-historic rock painting Introduction, time period & location Study & appreciation of the following: Wizard's dance, bhimbethaka.	The history of Indian art for the students is to familiarize them with the various styles and modes of art expressions of the different parts of India.	Under this topic students observe the fundamentals of art & the basic criteria for doing the best work in painting. The very first Chapter is about Pre-historic cave paintings, read the text carefully, open its QR Codes and read Exercises first. Make notes of your observations on different topics and sub-topics, how familiar you are with the names of the cave sites, do you find any similarities in your earlier works, child art, how did they paint the rough surfaces, what were the reasons/ objective behind the painting in your opinion etc.	Sketchbook can be created with leftover papers of old notebooks Visit different website for virtual visit of Museums, look at the details of the artifact which are given for detailed study in your course/textbooks. Note down your observations of detailed plates.
MAY		Art of Indus valley Civilization [Period - 2500 B.C. TO 1500 B.C.] Introduction, time period & location Study & appreciation of the following: Mother Goddess Male Torso Dancing Girl Bull Seal Earthen Wares	This would enrich their vision and enable them to appreciate and develop an aesthetic sensibility to enjoy the beauty of nature and life	The second chapter is on Indus Valley Civilization. Students will observe the different art facts of the old civilization. They know the different cultural heritage & the different techniques which were used by our ancestors.	
JULY		Unit : II Buddhist ,Jain & Hindu art General introduction of art during Mauryan , Shunga , Kushana & Gupta period . Study & appreciation of the following sculptures: Lion capital of Sarnath. Chauri Bearer from Didarganj. Seated Buddha Katra Tila. Jain Tirthankara	To observe and study the evolution of its mutation and synthesis with other style and the rise of an altogether new style.	The third chapter is on the art of the Mauryan period. Like previous chapters, read it carefully, take note of full page pictures and their description, the artifacts like, Lion Capital of Ashoka, the stories related to it and how it became the National emblem, etc.	Collect photographs from magazines, calendars, greeting cards, or what all you can get at home, arrange them in a chronological order and make an album of Indian Arts of different periods. Write captions under each of them in 4-8 lines of information such as period, date, name of the object, material used in making it, name and place of Museum or Collection where it lies presently.
		Art of Ajanta [Circa 2nd century B.C. /B.C.E. to 480 or 650 A.D.] Introduction, time period, location, number of caves, chaitya & viharas, paintings & sculptures, subject matter & techniques, characteristics etc.	To expose them to the wide range of artistic impressions the media and the tools used.	The learner know about the great art treasure known as Ajanta paintings The bright history of Indian paintings starts from the wall painting/frescoes of Ajanta known as the golden period of Indian art.	If available use computer for viewing art work of masters, view video clips suggested by the school teacher or in this calendar of activities

AUGUST		UNIT:III Temple sculpture, Bronze & aspects of Indo-Islamic Architecture Indian temple sculpture Study & appreciation of the following temple sculptures: Decent of Ganga Trimurti Lakshmi Narayana Cymbal Player Mother & Child	The students would be acquainted with brief glimpses of the development of Indian visual art as are required for concept formation.	The Learner - tells about early developments in Indian art of sculpture, architecture and painting from the earliest times to the Ancient periods and early Medieval period in different part of the sub-continent ☐	
OCTOBER		Indian Bronzes Study & appreciation of the following south Indian Bronze : Introduction , method of metal casting Nataraj ☐	Students will get to know India's rich cultural heritage	identifies different characteristic features of Indian art during different periods, regions and regimes, and differentiate among them,	
NOVEMBER		Artistic aspects of Indo-Islamic Architecture Introduction Study & appreciation of the following Architecture : Qutab Minar, Delhi Gol Gumbaj of Bijapur	Students will get to know India's rich cultural heritage	Students will learn about the beauty of the monuments , their technical qualities and the artistic aspects of the cultural heritage	Draw their diagrams and write about them. You can make some object taking clue or using the motif from the sculptures

SUBJECT:-MASS MEDIA

MONTH	SOURCE/TOPIC	LEARNING OBJECTIVE	LEARNING OUTCOME	SUGGESTED ACTIVITY
APRIL	Introduction to mass media, interpersonal communication, communication process, barriers to effective communication and Journalism	To develop a comprehensive understanding of the fundamentals of mass media and analyze barriers that may hinder effective communication in various contexts.	The students will be able to Explain the significance of mass media in modern society and its influence on communication.	Group discussions on students' perspective of mass media and foster effective classroom communication
MAY	Understanding Cinema- I and II, brief history of Indian cinema Film as a medium and relation of cinema with other arts, film as a complex narrative, film analysis, micro and macro structure of a film	To explore the unique attributes of film as a medium and its intricate connections with other art forms. Analyze films as complex narratives, discerning their micro and macro structure	The students will be able to apply analytical skills to deconstruct films, recognizing both micro elements (e.g., shot composition, editing) and macro elements (e.g., narrative structure, thematic elements).	Organize a film screening session for a significant Indian movie.
JULY	Understanding Television- as a medium, its specificity and brief history, genres of TV programmes and scheduling techniques. Logic of programming, first soap opera and features of soap operas.	To develop a comprehensive understanding of television as a unique medium, exploring its historical evolution, genres, and scheduling techniques.	The students will be able to demonstrate an awareness of the diversity within television content and evaluate the rationale behind programming decisions and the factors that contribute to the success of television content.	Students will conduct a detailed analysis of a specific television genre, exploring its historical context, programming logic, and unique features.

AUGUST	Print media and its types , news, analysing newspaper and their content, editorial department, different formats of newspaper and types of journalism	To analyze news production processes, distinguishing between reporting, editing, and the role of the editorial department.	The students will be able to recognize the diversity of newspaper formats and the role they play in catering to distinct audience preferences.	Students will analyze a selected newspaper, investigating its content, format, editorial decisions, and journalistic styles.
OCTOBER	Radio programming , genres, newsreels, news documentary and radio scripting Internet - brief history, fundamental rings, data transmission, networking, open source, multicast and unicast, open source	To gain a comprehensive understanding of radio-programming and the art of radio scripting. To explore the historical context and fundamental concepts of the internet	The students will be able to demonstrate the ability to create effective radio scripts, understanding the nuances of storytelling and engagement in an audio format. technologies.	Students will create and present a radio script.
NOVEMBER	Media Literacy - Traditional and mass media, audience, group, public and crowd, audience theories to understand media messages, role of mass media, media ownership, representation of gender stereotypes, media and violence	To develop a comprehensive understanding of media literacy, encompassing traditional and mass media, audience dynamics, theories for interpreting media messages, the role of mass media	The students will be able to decode the message and aim behind media messages and apply audience theories to analyze and interpret media messages,	In small groups or individually, students choose a media artifact (TV show, movie, advertisement, news article) and conduct a detailed analysis.
DECEMBER	Pre-production skills - story as a self-content world, story as an art and subjective experience, content, genres and techniques of story-telling.	To recognize and appreciate the concept of a story as a self-contained world, understanding the elements that contribute to its immersive nature.	The students will be able to Identify and analyze different types of content, genres, and storytelling techniques, recognizing their impact on the narrative structure.	Students will explore and present a short story within a chosen genre, applying various storytelling techniques.

SUBJECT-LEGAL STUDIES

MONTH	SOURCE/RESOURCE	LEARNING OBJECTIVES	LEARNING OUTCOMES	SUGGESTED ACTIVITIES
MAY	UNIT-1 CHAPTER-1 CONCEPT OF STATE CHAPTER-2 FORMS AND ORGANS OF GOVERNMENT CHAPTER-3 SEPARATION OF POWERS https://www.youtube.com/watch?v=Ybdgfiwhmo	students will be able to inform about elements of state. The various institutes of government in our country and their relationship with each other .separation of parts and checks and balances of powers will also be explained.	students will be able to learn about legal definition of stateand construct the political system which forms the foundation of our legal system.	learners may prepare project on different organs of government by comparing them with other countries.
JULY	UNIT-2 BASIC FEATURES OF THE CONSTITUTION https://www.youtube.com/watch?v=50y4qv7E2hl	the students will be able to understand the salient features of the indian constitution	The learner would know about the meaning of constitution and what constituiton do for society and what are the different ways through which indian constitutin is framed.	Learners may prepare write up on the process of constituiton
JULY	UNIT-3 CHAPTER-2 CLASSIFICATION OF LAWS CHAPTER-3 SOURCES OF LAWS CHAPTER-4LAW REFORMS CHAPTER-5 CYBER LAWS https://www.youtube.com/watch?v=KtuCsBIJXk8	Students will be able to understand national and international law reforms and cyber laws.	Students will be able to learn about sources of law,importance of custom as an important source, and explain different types of legislation..	case study by students

AUGUST	UNIT-4 CHAPTER-1 JUDICIARY https://www.youtube.com/watch?v=EjjMqbxxMaU	Students will be able to understand the importance of judiciary, civil court and criminal court structure and functions.	Students will understand how to draw the flow chart of hierarchy of courts in India and also differentiate between civil and criminal cases	case studies
OCTOBER	UNIT-5 CHAPTER-1- INSTITUTIONAL FRAMEWORK https://www.youtube.com/watch?v=NlIeixQoUPQ	Students will come to know about nature of family laws, human rights, role of women, lawyers and counsellors in family courts.	Students will be able to explain the evolution of family laws and establishment of family courts in India.	To make the list of family laws.
NOVEMBER	CHAPTER-5 PREVENTION OF VIOLENCE AGAINST WOMEN https://www.youtube.com/watch?v=cgRG4NVsqaA	To aware students about the domestic violence against women and inform them about laws in India on its prevention.	Students will be able to trace the evolution of laws against violence in India.	Through an Activity students will demonstrate the application of laws in case of domestic violence .

SUBJECT-COMPUTER SCIENCE

MONTH	UNIT/TOPIC	SOURCES/RESOURCES	LEARNING OBJECTIVE	LEARNING OUTCOMES	SUGGESTED ACTIVITIES/QUESTIONS
April	<ul style="list-style-type: none"> Basic computer organisation: Introduction to Computer System, hardware, software, input device, output device, CPU, memory, units of memory Types of software: System software, programming tools and language translators , application software Operating System(OS): functions of the operating system, OS user interface 	Source: Computer Science with Python (Preeti Arora)	Understanding the basic concepts of Computer System Evolution of computer, types of software Concepts related to memory and how data is stored in memory Understanding data & information, and operating system	Students will know and understand: 1. Evolution of Computers 2. Different parts and its functions 3. Input /Output and processing devices Students would be able to: 1. Understand and differentiate hardware and software 2. Different types of software.	Use of e-content : e-book, powerpoint presentation, images and videos. 1) Explain block diagram of computer 2) Difference between compiler and interpreter. 3) What is operating system and write functions of operating system? HOTS: 1) Difference between RAM and ROM 2) Explain types of Software 3) Define terms: Data, software, hardware
May-June	<ul style="list-style-type: none"> Boolean logic: Logic gates, truth tables and De Morgan's laws, Logic circuits Number System: Binary, Octal, Decimal and Hexadecimal number system; conversion between number systems, Encoding Schemes: ASCII, ISCII, and Unicode (UTF8, UTF32) Introduction to Problem-solving: Steps for Problem-solving, representation of algorithms using flowchart and pseudocode, decomposition 	Source: Computer Science with Python (Preeti Arora)	Understanding the basic concepts of logic gates and Number System Conversion of one numbers system to other number system Understanding the steps for creating algorithms and flowcharts	Students will know and understand: 1. The Concept of Boolean logic 2. Various logic gates and their truth tables. 3. Learn to draw the logical circuit based on Boolean Expression. Students will be able to: 1. Understand the concept of number system in base 2, 8, 16. 2. Understand digital number systems(Decimal, Binary, Octal and Hexadecimal) 3. Understand Number conversions	Use of e-content : e-book, powerpoint presentation, images and videos. 1) Convert decimal number 27 into binary number 2) Convert binary number 1100011 into decimal number 3) Convert (10101100) ₂ to octal number. 4) Convert (0.25) ₁₀ to binary 5) Convert (0.675) ₁₀ to hexadecimal form.

July	<ul style="list-style-type: none"> ● Introduction to Python, Features of Python, execution modes, Python character set, Python tokens, variables, use of comments, Knowledge of data types, Operators ● Expressions, statement, type conversion, and input/output: precedence of operators, expression, evaluation of an expression, type-conversion ● Errors- syntax errors, logical errors, and run-time errors ● Flow of Control: introduction, use of indentation, sequential flow, conditional and iterative flow ● Conditional statements, Iterative Statements, flowcharts, break and continue statements, nested loops 	Source: Computer Science with Python (Preeti Arora)	<p>Understanding the basic concepts of python programming</p> <p>Knowing the uses of various programming syntax</p> <p>Identifying type of programming paradigm</p> <p>Understanding the basic concepts of Flow of control.</p> <p>Syntax of while for and if with if else</p> <p>How to use break and continue statement</p> <p>Applying the concept practically</p>	<p>Students will be able to learn data types available in python and their importance.</p> <p>They will be able to use the different data types in their programming</p> <p>Students will come to know about mutable and immutable,</p> <p>Students will also be able to understand:</p> <ol style="list-style-type: none"> 1. Selection Statements 2. Simple IF 3. IF..ELSE <p>Students will be able to understand the following</p> <ol style="list-style-type: none"> 1. Concept of iteration 2. For loop 3. While loop 4. Nested loop 	<p>Use of e-content : e-book, powerpoint presentation, images and videos.</p> <ol style="list-style-type: none"> 1) Who developed Python Programming Language? 2) Is Python an object Oriented Programming? 3) What is the difference between a keyword and an identifier
August	<ul style="list-style-type: none"> ● Strings: introduction, string operations, built-in functions/methods ● Lists: introduction, indexing, list operations, built-in functions/methods; nested lists, 	Source: Computer Science with Python (Preeti Arora)	<p>Understanding the basic concepts of strings and lists in python programming</p> <p>Knowing uses of various built-in methods based on strings and lists</p> <p>Applying the concept practically</p>	<p>Understands the basic concepts of Strings & manipulation of Strings in Python, acquainted with various String functions & their use.</p> <p>Student will be able to review the Concept and Operations on Lists:</p> <ol style="list-style-type: none"> 1. Creation 2. Traversal 3. Concatenation 4. Repetition 5. Searching 6. Maximum 7. Minimum 8. Slicing 	<p>Use of e-content : e-book, powerpoint presentation, images and videos.</p> <ol style="list-style-type: none"> 1) What is a string slice? How is it useful? 2) Write a program to reverse string. 3) How are lists different from strings when both are sequences? 4) What are nested lists? 5) Write difference between list and string
October	<ul style="list-style-type: none"> ● Tuples: introduction, indexing, tuple operations, built-in functions/methods; tuple assignment, nested tuple ● Dictionary: introduction, accessing items in a dictionary using keys, mutability of a dictionary, built-in functions/methods ● Introduction to Python modules: Importing module using 'import <module>' and using from statement, importing math module, random module, statistics module . 	Source: Computer Science with Python (Preeti Arora)	<p>Understanding the basic concepts of tuples and dictionaries</p> <p>Knowing uses of various built-in methods based on tuples and dictionaries</p> <p>Identifying type of programming paradigm</p> <p>Applying the concept practically</p>	<p>Students will be able to understand the Concept of Tuples: Concatenation, Replication, Membership operations, Various Built_In functions, Slicing</p> <p>Student will be able to understand the Concept of Dictionary, Traversal, functions/methods – len(), dict(), keys(), values(), items(), get(), update(), del(), del, clear(), fromkeys(), copy(), max(), min(), count(),</p>	<p>Use of e-content : e-book, powerpoint presentation, images and videos.</p> <ol style="list-style-type: none"> 1) How are tuples different from lists when both are sequences? 2) How can you say that a tuple is an ordered list of objects? 3) Write difference between list & tuple. 4) How are dictionaries different from lists? 5) Write difference between list, tuple and dictionary

November	<ul style="list-style-type: none"> Digital Footprints, Digital Society and Netizen: net etiquettes Data Protection, Intellectual property rights, violation of IPR, open source software and licensing, Cyber Crime, hacking, eavesdropping, phishing and fraud emails, ransomware, cyber trolls, cyber bullying, Cyber safety, Malware: viruses, trojans, adware E-waste management: proper disposal of used electronic gadgets. Information Technology Act (IT Act) Technology and society: Gender and disability issues while teaching and using computers 	Source: Computer Science with Python (Preeti Arora)	<p>Understanding the basic concepts: Hacking, data privacy and security, identity theft, cyber crime, cyber bullying etc.</p> <p>Understanding Impact on Health and what precautions need to take.</p> <p>IT act regarding cyber crime</p> <p>Gender and disability issues while teaching and using computers</p>	<p>Students will be able to understand the new world digital society.: Netizen, Data Protection, Data Security, Cyber- Crime, Cyber Safety, Safely accessing web Sites, E-Waste management</p> <p>Student will be able to understand the Concept of Network Security: Threats and prevention from Viruses, Worms, Trojan horse, Spams Use of Cookies, Protection using Firewall, https; India IT Act, Cyber Law, Cyber Crimes, IPR issues, hacking</p>	Use of e-content : e-book, powerpoint presentation, images and videos. 1) What is Identity Theft? 2) What do you mean by cyber crime? 3) Write the differences between Copyrights and Patents
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SUBJECT-INFORMATICS PRACTICES

MONTH	SOURCE	LEARNING OBJECTIVES	LEARNING OUTCOMES	RESOURCE
APRIL	Unit 1- Introduction to computer system	Understand the purpose and elements of information systems. Recognize the different types of computers. Distinguish the main software types. Identify the components of a computer system Understand how computers communicate	Students will be able to use and differentiate between basic concepts of computer hardware and software.	https://www.youtube.com/watch?v=633cslJ6JE4 https://www.youtube.com/watch?v=205udvi4X6M youtube.com/watch?v=UrmVsjsT3pc
MAY	Unit 2 - Introduction to Python Chapter 3 -Brief overview of Python Chapter 4 - Control Structures	1. To acquire programming skills in core Python. 2. To acquire Object Oriented Skills in Python 3. To develop the skill of designing Graphical user Interfaces in Python	At the end of the course, the student will be able to 1. Explain basic principles of Python programming language 2. Implement object oriented concepts 3. Implement database and GUI applications	https://www.youtube.com/watch?v=PVGzJ1WhDUg https://www.youtube.com/watch?v=LLq-khMWAVk https://www.youtube.com/watch?v=LvXITMrdTRU
JULY	Unit 2 ,CHAPTER-5 -Working With Lists and Dictionaries CHAPTER-6 Introduction to Numpy	Build basic programs using fundamental programming constructs like variables, conditional logic, looping, and functions. Work with user input to create fun and interactive programs.	Implement object oriented concepts 3. Implement database and GUI applications	https://www.youtube.com/watch?v=kIPpTYjareA youtube.com/watch?v=neTsPE9XFsQ https://www.youtube.com/watch?v=Uh0oNjOgAMI
AUGUST	UNIT-3 chapter 7- Understanding of Data Chapter 8- DataBase Concepts	Upon successful completion of this chapter, students will be able to:describe the differences between data, information, and knowledge;define the term database and identify the steps to creating one;	Understand database concepts and Relational Database Management Systems.	https://www.youtube.com/watch?v=ghE-Ly1hxjs
OCTOBER-NOVEMBER	UNIT-3 CHAPTER9- Introduction to SQL Unit 4 CHAPTER 2 - Emerging Trends	To design, program and develop database driven web applications using GUI Programming Tool and RDBMS.	Retrieve and manipulate data in RDBMS using Structured Query Language, Identify the emerging trends in the fields of IT	https://www.youtube.com/watch?v=ghE-Ly1hxjs

SUBJECT:-MUSIC

MONTH	THEORY TOPICS	PRACTICAL	LEARNING OUTCOMES	SUGGESTIVE ACTIVITES
APRIL	Unit- 1 Brief of the following:- Naad, Swar, Saptak.Life Sketch and contribution of Pt Vishnu Narayan Bhatkhande. Description of Raag and Talas-Raag Bharav ,Keharva ,Dadra.	One Drut Khayal With Simple Elaboration and Few tanas in Raag Bihag. Talas-Recitation of the Thekas of Keharva ,Dadra with Dugun and Chaugun Keeping tala With hand Beats	To Learn basic skills ability to have basic understanding of Ragas in music.	The activity with songs and without lyrics when a song does not have words children can focus on the Musical Aspects of the song.(e.g.) Tempo, meter dynamics. Etc
MAY	Unit- 2 Brief of the following:- Raag ,Thaat , Dhruvad , Khayal. Life Sketch and contribution of MiyaTansen. Description of Raag and Talas- Raag Bhimplasi ,Ek Tala , Teen Tala	One Drut Khayal With Simple Elaboration and Few tanas in Rag Bhimplasi. Talas-Recitation of the Thekas of Ek Tala , Teen Tala with Dugun and Chaugun Keeping tala with hand Beats.	Ability to have a critical understanding of performance to the development of Hindustani music in the modern period in drut khayal	1.Music therapy for Anxiety. 2.Music therapy for Meditation. 3.Music Therapy for Stress.
JULY	Unit- 3 Brief of the following:- Laya ,Tala , Tarana , Brief Study of musical elements in 'Natya Shashtra' and Brihaddeshi.	One Tarana with Dugun and Chaugun in Raag Bhairav .	Acquire understanding through Ragas talas and the ability to demonstrate through Bandish, Alap and Tanas.	
AUGUST	Unit-4 Brief of the following:- Nibhadh – Anibadh Gaan , Desi Margi Sangeet Life Sketch and contribution of Pt Vishnu Digamber Paluskar Description of Raag and Talas-Raag Bhairavi ,Char Taal	One Vilambit Khayal With Simple Elaboration and Few tanas in Raag Bhairavi. Talas-Recitation of the Thekas of Char Tala with Dugun and Chaugun Keeping tala With hand Beats.	Gain a Perpsective of the scientific and objective methodology of music theory.	
OCTOBER	UNIT -5 Description of Raag Jaunpuri Knowledge of the Structure and Tuning of Tanpura Description of Sool Tala	One Drut Khayal With Simple Elaboration and Few tanas in Raag Jaunpuri. Talas-Recitation of the Thekas of Sool Tala with Dugun and Chaugun Keeping tala With Hand Beats.	Understanding of raag asthetics and plan a performance.	

SUBJECT:-PHYSICAL EDUCATION

Unit No.	Unit Name & Topics	Specific learning objectives	Suggested Teaching Learning process	Learning Outcomes with specific Competencies
Unit 1 April	Changing Trends and Careers in Physical Education 1. Concept, Aims & Objectives of Physical Education 2. Development of Physical Education in India – Post Independence 3. Changing Trends in Sports- playing surface, wearable gear and sports equipment, technological advancements 4. Career options in Physical Education 5. Khelo-India Program and Fit – India Program	<ul style="list-style-type: none"> To make the students understand the meaning, aims, and objectives of Physical Education. To Teach students about the development of physical education in India after Independence. To educate students about the development of sports surfaces, wearable gear, sports equipment, and technology. To make students know the different career options available in the field. To make them know about the Khelo India Program 	<ul style="list-style-type: none"> Lecture-based instruction, Group learning, Individual learning, Game-based learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Recognize the concept, aim, and objectives of Physical Education. Identify the Post- independence development in Physical Education. Categorize Changing Trends in Sports- playing surface, wearable gear, sports equipment, technological Make out the development of Khelo India and Fit India Program.

Unit 2 May	Olympism Value Education 1. Olympism – Concept and Olympics Values (Excellence, Friendship & Respect) 2. Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind 3. Ancient and Modern Olympics 4. Olympics - Symbols, Motto, Flag, Oath, and Anthem 5. Olympic Movement Structure - IOC, NOC, IFS, Other members	<ul style="list-style-type: none"> To make the students aware of Concepts and Olympics Values (Excellence, Friendship & Respect) To make students learn about Olympic Value Education – Joy of Effort, Fair Play, Respect for Others, Pursuit of Excellence, Balance Among Body, Will & Mind To make students understand ancient and modern Olympic games. To make the students aware of Olympics - Symbols, Motto, Flag, Oath, and Anthem 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Incorporate values of Olympism in your life. Differentiate between Modern and Ancient Olympic Games, Paralympics, and Special Olympic games Identity the Olympic Symbol and Ideals
Unit 3 May	Yoga 1. Meaning and importance of Yoga 2. Introduction to Astanga Yoga 3. Yogic Kriyas (Shat Karma) 4. Pranayama and its types. 5. Active Lifestyle and stress management through Yoga	<ul style="list-style-type: none"> To make the students aware of the meaning and importance of yoga To make them learn about Astanga yoga. To teach students about yogic kriya, specially shat karmas. To make the learn and practice types of Pran To make them learn the importance of yoga in stress management. 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Recognize the concept of yoga and be aware of the importance; of it Identify the elements of yoga Identify the Asanas, Pranayama's, meditation, and yogic kriyas Classify various yogic activities for the enhancement of concentration Know about relaxation techniques for improving concentration
Unit-4 July	Physical Education and Sports for Children with Special Needs 1. Concept of Disability and Disorder 2. Types of Disability, its causes & nature (Intellectual disability, Physical disability). 3. Disability Etiquette 4. Aim and objectives of Adaptive Physical Education.	<ul style="list-style-type: none"> To make the students aware concept of Disability and Disorder. To make students aware of different types of disabilities. To make students learn about Disability Etiquette To make the students Understand the aims and objectives Adaptive Physical 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Identify the concept of Disability and Disorder. Outline types of disability and describe their causes and nature. Adhere to and respect children with special needs by following etiquettes.
Unit 5 July	Physical Fitness, Wellness, and Lifestyle 1. Meaning & importance of Wellness, Health, and Physical Fitness. 2. Components/Dimensions of Wellness, Health, and Physical Fitness 3. Traditional Sports & Regional Games for promoting wellness 4. Leadership through Physical Activity and Sports	<ul style="list-style-type: none"> To make the students understand the Meaning & importance of Wellness, Health, and Physical Fitness To make students aware of the Components/Dimensions of Wellness, Health, and Physical Fitness To make students learn Traditional Sports & Regional Games to promote wellness 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> Explain wellness and its importance and define the components of wellness. Classify physical fitness and recognize its importance in life. Distinguish between skill- related and health-related components of physical fitness.
Unit6 - August	Test, Measurement & Evaluation 1. Define Test, Measurements and Evaluation. 2. Importance of Test, Measurements and Evaluation in Sports. 3. Calculation of BMI, Waist – Hip Ratio, Skin fold measurement (3-site) 4. Somato Types (Endomorphy, Mesomorphy & Ectomorphy) 5. Measurements of health-related fitness	<ul style="list-style-type: none"> To Introduce the students with the terms like test, measurement and evaluation along with its importance To Introducing them the methods of calculating BMI, Waist- hip ratio and Skin fold measurement. To make the students aware of the different somatotypes. To make the students learn the method to measure health-related fitness. 	<ul style="list-style-type: none"> Lecture-based instruction, Technology-based learning, Group learning, Individual learning, Inquiry-based learning, Kinesthetic learning, Game-based learning and Expeditionary learning 	<p>After completing the unit, the student s will be able to:</p> <ul style="list-style-type: none"> Define the terms test, measurement, and evaluation, Differentiate norm and criterion referenced standards, Differentiate formative and summative evaluation, Discuss the importance of measurement and evaluation processes, Understand BMI: A popular clinical standard and its computation

Unit-7 October	<p>Fundamentals of Anatomy, Physiology in Sports</p> <ol style="list-style-type: none"> 1. Definition and importance of Anatomy and Physiology in Exercise and Sports. 2. Functions of Skeletal System, Classification of Bones, and Types of Joints. 3. Properties and Functions of Muscles. 4. Structure and Functions of Circulatory System and Heart. 5. Structure and Functions of Respiratory System. 	<ul style="list-style-type: none"> • The students will learn the meaning and definition & identify the importance of anatomy, physiology, and kinesiology. • Students will understand the main functions and Classification of Bone and the Types of Joints. • The students will learn the Properties and Functions of Muscles. • The students will learn the Structure and Functions of the Circulatory System and Heart. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Identify the importance of anatomy and physiology. • Recognize the functions of the skeleton. • Understand the functions of bones and identify various types of joints. • Figure out the properties and functions of muscles and understand how they work. • Understand the anatomy of the respiratory system and describe it's working.
Unit-8 October	<p>Fundamentals Of Kinesiology And Biomechanics in Sports</p> <ol style="list-style-type: none"> 1. Definition and Importance of Kinesiology and Biomechanics in Sports. 2. Principles of Biomechanics 3. Kinetics and Kinematics in Sports 4. Types of Body Movements - Flexion, Extension, Abduction, Adduction, Rotation, Circumduction, Supination & Pronation 5. Axis and Planes – Concept and its application in body movements 	<ul style="list-style-type: none"> • The students will learn the meaning and definition & identify the importance of Kinesiology and Biomechanics in sports. • To make the students learn the principles of biomechanics. • To make the students understand the concept of Kinetics and Kinematics in Sports • To make the students learn about different types of body movements. • To make the students understand the concept of Axis and Planes and its application in body movements. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	<ul style="list-style-type: none"> • Understand Kinesiology and Biomechanics with their application in sports • Explain biomechanical principles and their utilization in sports and physical education. • Illustrate fundamental body movements and their basic patterns. • Learn about the Axis and Planes and their application with body movements.
Unit- 9 November	<p>Psychology and Sports</p> <ol style="list-style-type: none"> 1. Definition & Importance of Psychology in Physical Education & Sports; 2. Developmental Characteristics at Different Stages of Development; 3. Adolescent Problems & their Management; 4. Team Cohesion and Sports; 5. Introduction to Psychological Attributes: Attention, Resilience, Mental Toughness 	<ul style="list-style-type: none"> • The students will identify the definition and importance of Psychology in Physical Education and sports. • The students will be able to differentiate characteristics of growth and development at different stages. 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Identify the role of Psychology in Physical Education and Sports • Differentiate characteristics of growth and development at different stages • Explain the issues related to adolescent behavior and Team Cohesion in Sports • Correlate the psychological concepts with the sports and athlete specific situations
Unit 10 - November	<p>Training & Doping in Sports</p> <ol style="list-style-type: none"> 1. Concept and Principles of Sports Training 2. Training Load: Over Load, Adaptation, and Recovery 3. Warming-up & Limbering Down – Types, Method & Importance 4. Concept of Skill, Technique, Tactics & Strategies 	<ul style="list-style-type: none"> • To make the students aware about of concepts and principles of sports training. • To make students learn and understand the Training Load, Over Load, Adaptation, and Recovery concepts. • To make students Understand the importance of warning up and limbering down exercises. • To introduce the terms like Skills, Techniques, Tactics, and Strategies to the 	<ul style="list-style-type: none"> • Lecture-based instruction, • Technology-based learning, • Group learning, • Individual learning, • Inquiry-based learning, • Kinesthetic learning, • Game-based learning and • Expeditionary learning 	<p>After completing the unit, the students will be able to:</p> <ul style="list-style-type: none"> • Understand the concept and principles of sports training. • Summarise training load and its concept. • Understand the concept of warming up & limbering down in sports training and their types, method & importance. • Acquire the ability to differentiate between the skill, technique, tactics & strategies in sports training.
December	Revision			
January	Revision			

SUBJECT:-YOGA

Month	UNIT/TOPIC	SOURCES/RESOURCES	LEARNING OBJECTIVE	LEARNING OUTCOME	SUGGESTED ACTIVITES
April	UNIT-1 INTRODUCTION TO YOGA AND TO PRACTICES-1 *Yoga Etymology, Defination, Aim, Objective and Misconception *Yoga origin, History and development.	A Text Book of YOGA skill education Vishwas Publication .	* Students will know about Yoga and benefits of Yoga in the life	* Students will know the meaning, significance, aim and objectives of Yoga. Students will know about the History of yoga.	*Students will make some chart of the history and aim and objectives of Yoga.
May	* Rule and regulations to be followed by yoga practitioners. * Introduction to Major schools of Yoga (Janana Yoga, Bhakti Yoga, Karma Yoga, Patanjali Yoga etc	A Text Book of YOGA skill education Vishwas Publication .	* Students will know the various rules of yoga durin practices of Yoga asanas.	* Students will learn about different rule and regulation followed by yoga trainers * Students will gain knowledge about various kind of schools of Yoga.	*Students will identify and perform different types of Asanas and tell about their benefits.
June	* Introduction to yogic practice (Sukshama Vyayama, Sthula Vyayama, Suryanaskar and different types of asanas. UNIT-2 INTRODUCTION OF YOGA TEXTS -1 Introduction and study of Bhagwat Gita including memorization of selected Sutras.	A Text Book of YOGA skill education Vishwas Publication .	* To enable students to live life of truth and porpose of Srimath Bhagbad Gita.	* Students will understand the truth of life through Bhagwad Gita.	* Students will read Bhagwad Gita in the library.
Aug	* Introduction of Hatha Yoga Pradipika. * Introduction and study of Gheranda Samitha.	A Text Book of YOGA skill education Vishwas Publication .	* Students will know about most powerful	* Students will know different types of Pranayana and their techniques and the benefits.	* Students will perform all types of Pranayama.
Sep	UNIT-3 YOGA FOR HEALTH PROMOTION -1 * Brief introduction to human body. * Role of Yoga for health promotion.	A Text Book of YOGA skill education Vishwas Publication .	* Students will know about his/her body organs and various systems. * Students will know about how Yoga works on body.	* Students will know about all the systems of the body like Skeletal system, Digestive system and much more.	* Teacher wil show the organs of the body in the Bio-Lab and their works.
Oct	* Yogic atttitudes and practices. * Holistic approach of Yoga towards the health and diseases.	A Text Book of YOGA skill education Vishwas Publication .	* Students will know the importance of Good Eating Habbit, Fasting and various Nutrition diets.	* Students will learn about Macronutrients and Micronutrients.	* Student will make different project on the Health Promotion.
Nov	* Introduction to Yogic diet and its importance In yoga Sadhana. * Dincharya and Ritucharya with	A Text Book of YOGA skill education Vishwas Publication .	* Students will know about various diet like Sattavik, Rajasik and tamasik and their importance in our health.	* Students will learn about diet like sattvik, Tamasik and Rajasik and their benefits	* Teacher will show all three types of deit chart to the students.

SUBJECT:-PSYCHOLOGY

MONTH	TOPIC	SOURCES/ RESOURCES	LEARNING OBJECTIVES	LERNING OOTCOMES	SUGGESTED ACTIVITIES
April	Chapter 1	Textbook	1. Introduction to psychology 2.Diference between Mind and brain	To know about psychology and its different branches	Discussing where you are observing emerging fields of psychology
	Chapter 2	Text book	1.Methods of enquiry Psychological testing Types of test of reserach	2. 3. 4. Ethics	To know why psychology is known as science and how it is reserach based subject
	Revision Chapter 1	Text book and sample question papers	To clear doubts	To know where students need to work	
	Revision Chapter 2	Text book and sample question papers	To clear doubts	To know where students need to work	
May	Chapter 3	Text book	1.Biological basis of behaviour Human brain Endocrine glands Different types of hormones	2. 3. 4.	make them aware about biolohical causes of human behaviour
					Drawing of human brain with proper structure and functions

	Chapter 4	Text book	1.Human development avctoss different stages 2.Moral and physical development	Insights about different development stages of entire humanlife	Discussing their childhood, teenage and for Old age stage their grandparents 2. Visit to blind school
	Revision Chapter 3	Sample question paper	To clear doubts	To know where students need to work	
	Revision Chapter 4	Sample question paper	To clear doubts	To know where students need to work	
July	Chapter 5	Text book	1 Sensory theories Attention theories Perception theories	2. 3. how mindplays with you in daily life activities and illusions	daily life examples and project on Gestalt principles
	Chapter 6	Text book	1.Classical condtioning conditioning	2.Operant	Famous psychologist and their contribution in learning theories
	Revision Chapter 5	Text book and sample question papers	To clear doubts	To know where students need to work	
	Revision Chapter 6	Text book and sample question papers	To clear doubts	To know where students need to work	
August	Chapter 7	Text book	1.Stages of memory memory theories	2. How they can improve their memory	Discussing which strategies they use to memorise information
	Revision 7	Text book and sample question papers	To clear doubts	To know where students need to work	
September	Revision of all 7 chapters for Mid Term Examination	Text book and sample question papers	To clear doubts	To know where students need to work	
October	Chapter 8	Text book	1.Different types of reasoning and thinking Language development	2 how decision making working	situation based questions will be asked
	Revision Chapter 8	Text book and sample question papers	To clear doubts	To know where students need to work	
	Chapter 9	Text book	1. Types of motivation theories Different types of emotions	2. Difference between theories of motivation	Flow charts and different body language by role plays for emotions
	Revision Chapter 9	Text book and sample question papers	To clear doubts	To know where students need to work	
November	Revision	Text book and sample question papers	To clear doubts	To know where students need to work	