## Class-IX

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| 1. HUMAN BODY | | | | |
| Illness and Disease | Why do we fall ill? | Causes of illness | Reference books, Charts<br>Websites dealing with the knowledge, Models | Discussion, Demonstration & Explanation |
| | How can we manage illness? | Procedure to deal with various kinds of illnesses | | |
| Communicable and non communicable Diseases | Are you aware of communicable and non communicable diseases? | Enlisting and knowledge about communicable diseases. Also information on Reproductive health including RTI'S/STI'S, Risk factors, myths and misconception of HIV/AIDS, Responsible Sexual Behaviour | Reference books, Charts,<br>Websites dealing with the knowledge, Models | Discussion, Demonstration & Explanation |
| Growth and Development | What are the factors affecting growth & development | Heredity, Environment,<br>Socio-personal factors,<br>Psychological security, Suicides and its prevention, Mental illnesses, Emotional relationships, self concept and self esteem | Reference books, Charts,<br>Websites dealing with the knowledge, Models, | Discussion, & Explanation |
| 2. ORIENTATION TO PHYSICAL EDUCATION & SPORTS EDUCATION | | | | |
| Physical Education | What is Physical Education? | Need and Importance of Physical Education | Reference books, Study Materials | Demonstration Participation Interactive sessions |
| Objectives of Physical Education | What are the Objectives of Physical education? | Explaining the objectives of physical education like physical, mental, social and emotional development | Reference books, class lectures | Discussion |
| Warming-up and Cooling Down | What is Warming-Up?<br>How to get ready and limbering down for and after specific | Role and importance of warming-up<br>Need for limbering down after physical activity | Playground | Playing games after warming-up<br>Measuring of pulse rate |

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| | physical activity? | | | |
| Physical Fitness | What is Physical Fitness?<br>What are the effects of Physical fitness on our human body? | Concept about Physical fitness<br>Components of Physical Fitness | Reference books.<br>Stopwatch, measuring tape | Conducting physical fitness tests like- Short runs, Distance runs, Sit-ups, Pull-ups, Pushups, Vertical and Standing Broad jumps.<br>Recording the performance of each child and documenting the same |
| Measurement of Growth | Can we measure the growth of our human body? | Assessment of Growth | Stadiometer, weighing machine, measuring tape<br>Age Appropriate Index | Practical demonstration of measuring the body parts and weight and recording the data in the practical file |
| Sports Training | What is sports training? | Aim, Characteristics and Principles of sports training | Reference books | Interactive Session practical use of principles of sports training in playfield with the help of various sports |
| Excellence in Performance | How can we prepared for performance excellencies at higher level? | Factors affecting the training of an athlete<br>Physical, Physiological, Psychological Environmental Factors | Playfield, stopwatches, measuring tape, textbooks/reference books | Demonstration and Participation in games and sports |
| Fatigue | What is Fatigue? | Concept of fatigue Causes & symptoms of fatigue. Remedial measures to overcome fatigue | Reference books | Practical demonstration of fatigue factors on playfield using various physical activity |
| Load and Adaptation | What is Load and Adaptation?<br>How to judge the Load? | Relationship of load and adaptation<br>Components of load and its importance in training, fitness and health development, Sign and Symptoms of overload | Reference books | Project work, Interactive Session Use of physical activity and various sports along with other training methods on the playfield. |

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| | | | | Practical counting of the pulse after physical activity and recording it in the practical record book for further analysis |
| Relaxation | How can we relax? | Meditation and its advantages. Relaxation through Yoga and various Recreational activities | Playground, Hall or classroom | Selected yogic asanas, meditation and use of various recreational games |
| Knowledge and proficiency in sports and motor skill acquisition | Are you aware of the evolution of various sports?<br>What motor skills are required to play a sport? | Historical evolution, rules and terminologies of various sports.<br>Description of fundamental motor skills needed to play a sport and perform.<br>Knowledge about elite Sport Personalities | Playfield of various sports, teaching in classroom, availability of various sports equipment.<br>Biographies about sport personalities | Sports selection (any two) :<br>Badminton, Basketball, Cricket, Football, Gymnastics, Hockey, Kabaddi, Kho-Kho, Swimming,Table-Tennis, Tennis, Volleyball<br>Combative Sports: Judo, Wrestling<br>Preparing record book<br>Discussion |
| Physical, Psycho-social Development | Are we ready for Competition? | Meaning and Types of competitions.<br>Types of Tournament Avenues and levels of competitions | Playground, Classroom<br>Reading Materials | Drawing of Fixtures for competitions namely, Single Knock-out and Single League<br>Assignments |
| Ethics in Sports | How do you maintain Ethics in Sports?<br>How can we inculcate values through | Introduction and understanding of Ethical and Moral values.<br>Professional values<br>Role of Physical | Playground, Classroom, School Complex, Home, Charts Models, Menacans, Story Telling, anecdotal Reading Material | Opportunities to participate in sports and various group games in fair play<br>Marching, Demonstration of activities and playing various |

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| | Physical Education? | Education programmes in inculcating such values | | recreational games<br>Story Telling of various sports personalities |
| Yoga | What is stretching? How can we improve flexibility? | Meaning and importance of stretching and flexibility | Charts, Posters, various visual aids | Learning and Performing of following Asanas:<br>Ugrasana, Dhanurasana, Simhasana, Uttanmandukasana, Kukkutasana, Nauli and Kapalabhati |
| 3. WE AND ENVIRONMENT | | | | |
| Waste Segregation & Management | What is Waste segregation management? What is recycling? | Degradable and non-degradable, waste | Laboratory of the<br>School<br>Compost Pits | Observing Compost Pit.<br>Laboratory experiments in school Health and Physical Education Visits to Recycling Units |
| 4. FOOD AND NUTRITION | | | | |
| Dietary requirements of human body | Why do some people need to eat more? | Knowledge about special dietary requirements in different age groups and professions, pregnant and lactating mothers Age and work nature appropriate dietary requirements | Charts, Posters and Recommended dietary requirements for varied nature of work | Preparing dietary requirement as per nature of work and documenting in record book |
| Dietary Requirements with Special Reference to Sports Participation | What should I eat more to take part in Sports? Why? What are the condition when people need to eat more? | Sports Diet | Information Bulletins | Preparing check-list for various sports and games |
| Malnutrition | What are different types of | Nutritional needs, nutritional needs of girls | Information and Photographs relation to Mal Nutrition | Discussion Workbook |

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| | Malnutrition?<br>What is Anorexia and Bulaemia? | Over Nutrition (obesity), Under Nutrition and effect of these on Health | | |
| 5. SAFETY AND SECURITY | | | | |
| Protection of Self and Others<br><br>Sexual Harassment | How can we protect ourselves and help others in need?<br><br>What is sexual Harassment? | Knowledge about providing First-Aid in case of drowning, water, fire injuries, injuries on the playfield, burns and the persons to contact after giving first-aid. Coping with accidents<br>Different Dimensions of Sexual Harassment, Gender Sensitization to Sexual harassment, Sexual abuse.<br>Gender equality and changing perception of role stereo types of male and female | Playfield, Classroom, use of dummies. Materials needed for first-aid to meet immediate requirement for certain ailments like cuts, abrasions, sprain, strain etc.<br>Care studies, materials related to Sexual Harassment | Use of sports field and laboratory of health and physical education.<br>Asking students to assimilate materials required to make a first-aid box like bandage, gauge, and crepe bandage, few medicines, gentianbiolet antiseptic liquid etc.<br>- Case studies<br>- Role Play<br>- Discussion |
| 6. SOCIAL HEALTH | | | | |
| Social Customs | How social customs affect our health? | Impacts of social customs on health care, age at marriage breast feeding, practices, family size, son performance Substance abuse and effect on the family & community Learning self-discipline and guiding others | Reference books Reading Materials | Discussion, Essay Writing, Debate<br>Case study to record |
| Protection of Natural Resources for Health | What should we do to protect our natural resources? | Keeping clean water and food resources<br>Optimum use of natural resources | Chart<br>Material | Demonstration/visit to find the importance of natural resources Agricultural Resource Water Reserved |
| Community Education | How can we educate the community on healthy living? | Communication and developing community awareness of health care | Reading Material<br>Chart<br>Poster | Performing the art of communication. Demonstration and presentation of |

| Theme/ Sub-Theme | Questions | Key Concepts | Resources | Activities/ Processes |
|---|---|---|---|---|
| | | | | knowledge for healthy living |
| 7. CONSUMER HEALTH AND SPORTS SERVICES | | | | |
| Rights and Responsibilities for Health | What are our rights and responsibilities for protecting our health? | Patients rights and responsibilities, Consumer rights and protection, Health and technology including telemedicine<br><br>Adolescent friendly health services relating to information counseling and other facilities | Rights of consumer through lecture/literature<br>Websites and organizations | Organizing Quiz competition |
| Agencies Promoting Sports | Which are the organizations promoting sports? | Knowledge about organizations/ associations/ Federations and International Federations | Classroom teaching, Lectures Websites of various organizations | Visit to nearest associations or by participating in various levels of competitions Assignments |