

Health & Physical Education Year Plan for the year - 2023-2024

Name of the Teacher:

Name of the School:

HARIGOPAL

Disignation :

Class: 3

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	Food sources
		YOGA	Tadasana
		Phy Edn	Warming up activities
2	JULY	Health Education	Water borne diseases
		YOGA	Vrikshasana
		Phy Edn	Fundamental movement skills
3	AUGUST	Health Education	Awarness on our environment
		YOGA	Arthakati chakrasana
		Phy Edn	Fundamental motor skills
4	SEPTEMBER	Health Education	Food hygiene
		YOGA	Vajrasana
		Phy Edn	Rhythmic activities
5	OCTOBER	Health Education	Food disesses
		YOGA	Padahasthasana
		Phy Edn	Agility aalance co ordination skills
6	NOVEMBER	Health Education	Water borne diseases
		YOGA	Sasankasana
		Phy Edn	Agility aalance co ordination skills
7	DECEMBER	Health Education	Food -nutritional
		YOGA	Paschimottasana
		Phy Edn	Recreation games
8	JANUARY	Health Education	Seasonal diseases
		YOGA	Padmasana
		Phy Edn	Recreation games
9	FEBRUARY	Health Education	Mal nutrition
		YOGA	Bhujangasana
		Phy Edn	Co ordination abilities
10	MARCH	Health Education	Nutritional deficiency
		YOGA	Makarasana
		Phy Edn	Catching & throwing skills
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 4

HARIGOPAL

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	School cleanness
		YOGA	Tadasana
		Phy Edn	Warming up activities
2	JULY	Health Education	Food hygiene
		YOGA	Vrikshasana
		Phy Edn	Fundamental movement skills
3	AUGUST	Health Education	Different types of foods
		YOGA	Arthakati chakrasana
		Phy Edn	Fundamental motor skills
4	SEPTEMBER	Health Education	Mental health
		YOGA	Vajrasana
		Phy Edn	Rhythmic activities
5	OCTOBER	Health Education	Air, ventilation & water
		YOGA	Padahasthasana
		Phy Edn	Agility aalance co ordination skills
6	NOVEMBER	Health Education	Heridity & environment
		YOGA	Sasankasana
		Phy Edn	Agility aalance co ordination skills
7	DECEMBER	Health Education	values Good food & bad food
		YOGA	Paschimottasana
		Phy Edn	Recreation games
8	JANUARY	Health Education	Storage of food
		YOGA	Padmasana
		Phy Edn	Recreation games
9	FEBRUARY	Health Education	Role of food in body growth
		YOGA	Bhujangasana
		Phy Edn	Co ordination abilities
10	MARCH	Health Education	Nutritional deficiency Road accidents & prevention
		YOGA	Makarasana
		Phy Edn	Catching & throwing skills
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 5

HARIGOPAL

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	First aid awarness
		YOGA	Tadasana
		Phy Edn	Warming up activities
2	JULY	Health Education	Awarness on our environment
		YOGA	Vrikshasana
		Phy Edn	Fundamental movement skills
3	AUGUST	Health Education	Environmental hygiene
		YOGA	Arthakati chakrasana
		Phy Edn	Fundamental motor skills
4	SEPTEMBER	Health Education	Our daily food
		YOGA	Vajrasana
		Phy Edn	Rhythmic activities
5	OCTOBER	Health Education	Burns
		YOGA	Padahasthasana
		Phy Edn	Agility aalance co ordination skills
6	NOVEMBER	Health Education	Accidental places in daily life
		YOGA	Sasankasana
		Phy Edn	Agility, balance ,co ordination skills
7	DECEMBER	Health Education	Accidents and prevensions
		YOGA	Paschimottasana
		Phy Edn	Recreation games
8	JANUARY	Health Education	Ill health through water
		YOGA	Padmasana
		Phy Edn	Recreation games
9	FEBRUARY	Health Education	Sunstroke - first aid
		YOGA	Bhujangasana
		Phy Edn	Co ordination abilities
10	MARCH	Health Education	Road accidents & prevention
		YOGA	Makarasana
		Phy Edn	Catching & throwing skills
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 6

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	Knowing your body
		YOGA	Surya namaskara
		Phy Edn	Attention, stand at ease left,right,& about truns
2	JULY	Health Education	Bones are important
		YOGA	Tadasana, Vrikshasana
		Phy Edn	Kabaddi
3	AUGUST	Health Education	How to remain physically fit
		YOGA	Utkatasana , vajrasana, swastikasana
		Phy Edn	Softball
4	SEPTEMBER	Health Education	Leaders and followers Sports
		YOGA	Ardhapadmasana, nirlamba bhujangasana
		Phy Edn	Tenni koit
5	OCTOBER	Health Education	Games and sports are important and sports i & ii
		YOGA	Ardhasalabhasana makarasana Paschimottanasana makarasana Makarasana matyasana Makarasana matyasana Makarasana matyasana
		Phy Edn	Throw ball
6	NOVEMBER	Health Education	Yoga for health
		YOGA	Uttanapadasana, dvi-pada uttanasana, Dhanurasana, supta vajrasana
		Phy Edn	Athletics
7	DECEMBER	Health Education	Our environment and health
		YOGA	Pawanamuktasana
		Phy Edn	Athletics
8	JANUARY	Health Education	Nutrion for healthy living
		YOGA	Shavasana
		Phy Edn	Hand ball / foot ball /basket ball/cricket
9	FEBRUARY	Health Education	Safety out side school
		YOGA	Trataka (concentrated gazing), meditation
		Phy Edn	Any other specialisation game of phy.edn teacher
10	MARCH	Health Education	Gender sensitivity
		YOGA	Meditation
		Phy Edn	Any other individual game
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 7

HARIGOPAL

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	We are growing
		YOGA	Surya namaskara
		Phy Edn	Attention, stand at ease left,right,& about truns -marching
2	JULY	Health Education	Fundamental skills (individual sports)
		YOGA	Tadasana, Vrikshasana
		Phy Edn	Kabaddi
3	AUGUST	Health Education	Fundamental skills (team games)
		YOGA	Trikonasana, katichakrasana
		Phy Edn	Athletics
4	SEPTEMBER	Health Education	scholarships and awards
		YOGA	Padmasna yogamudrasana
		Phy Edn	Softball
5	OCTOBER	Health Education	Callisthenics, mass fitness and rhythmic activities
		YOGA	Paschimottanasana, makarasana, Makarasana, matyasana
		Phy Edn	Throw ball
6	NOVEMBER	Health Education	Yoga for physical fitness
		YOGA	Dhanurasana, supta vajrasana
		Phy Edn	Softball
7	DECEMBER	Health Education	Environmental pollution
		YOGA	Chakrasana, ardhahalasana
		Phy Edn	Athletics
8	JANUARY	Health Education	Food and nutrion
		YOGA	Anuloma-viloma pranayama
		Phy Edn	Athletics
9	FEBRUARY	Health Education	Common injuries
		YOGA	Bhastrika pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
10	MARCH	Health Education	Social health consumer health service
		YOGA	Meditation
		Phy Edn	Any other individual game
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 8

HARIGOPAL

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	Knowing mental changes
		YOGA	Concentration yama (restraint) niyama (observance)
		Phy Edn	Attention, stand at ease left,right,& about truns - marching
2	JULY	Health Education	Food and nutrition
		YOGA	Garudasana, Baddhapadmasana
		Phy Edn	Kabaddi
3	AUGUST	Health Education	Water conservation
		YOGA	Gomukhasana, ardhmatsyendrasana
		Phy Edn	Softball
4	SEPTEMBER	Health Education	Fundamental skills (individual sports)
		YOGA	Bhujangasana shalabhasana
		Phy Edn	Tenni koit
5	OCTOBER	Health Education	Fundamental skills (team games)
		YOGA	Makarasana, matyasana
		Phy Edn	Throw ball
6	NOVEMBER	Health Education	Yoga for concentration
		YOGA	Naukasana , sethubandasana
		Phy Edn	Athletics
7	DECEMBER	Health Education	Recreational and out door activities
		YOGA	Halasana , shavasana
		Phy Edn	Athletics
8	JANUARY	Health Education	Safety, security and first aid
		YOGA	Agnisara
		Phy Edn	Athletics
9	FEBRUARY	Health Education	Safety,security and first aid
		YOGA	Pranayama, anuloma-viloma, seetkari pranayama, bhramari pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
10	MARCH	Health Education	Social health
		YOGA	Pratyahara meditation
		Phy Edn	Any other individual game
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 9

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	Health and diseases
		YOGA	Surya namaskara, yama (restraint), niyama (observance)
		Phy Edn	Fancy marching guard of honour
2	JULY	Health Education	Growing up with confidence
		YOGA	Tadasana, Katichakrasana
		Phy Edn	Athletics
3	AUGUST	Health Education	Physical education physical fitness
		YOGA	Simhasana, mandukasan, uttana-mandukasana
		Phy Edn	Kabaddi / chess
4	SEPTEMBER	Health Education	Sports training individual sports
		YOGA	Kukkutasana, akarna dhanurasana
		Phy Edn	Softball
5	OCTOBER	Health Education	Team games ethics in sports
		YOGA	Makarasana, matyasana
		Phy Edn	Tennikoit
6	NOVEMBER	Health Education	Personality devolepment through yoga
		YOGA	Bhujangasana, salabasana, Sarvangasana, matyasana
		Phy Edn	Athletics
7	DECEMBER	Health Education	Waste management diet for healthy living
		YOGA	Dhanurasana, sarvangasana , halasana
		Phy Edn	Throw ball
8	JANUARY	Health Education	First aid and safety
		YOGA	Shavasana, kapalabathi, agnisara
		Phy Edn	Athletics
9	FEBRUARY	Health Education	Social health
		YOGA	Pranayama, anuloma-viloma pranamaya, bhastrika pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
10	MARCH	Health Education	Adolesent friendly health services
		YOGA	Bandha-uddiyana bandha, meditation
		Phy Edn	Any other individual game
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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Class: 10

S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1	JUNE	Health Education	Physical education relation with other subjects
		YOGA	Yama (restraint), niyama (observance)
		Phy Edn	Fancy marching, guard of honour
2	JULY	Health Education	Effects of physical activities on human body
		YOGA	Hastottanasana, Padahastanasana
		Phy Edn	Kabaddi
3	AUGUST	Health Education	Growth and devolepment during adolescence
		YOGA	Trikonasana , shasankasana
		Phy Edn	Athletics
4	SEPTEMBER	Health Education	Individual games and sports i & ii
		YOGA	Ushtrasana ardamatsyendrasana
		Phy Edn	Softball
5	OCTOBER	Health Education	Team games and sports i & ii
		YOGA	Makarasana, matyasana
		Phy Edn	Tenni koit
6	NOVEMBER	Health Education	Yoga for healthy living
		YOGA	Sarvangasana, matyasana
		Phy Edn	Athletics
7	DECEMBER	Health Education	Dietry considerations and food quality
		YOGA	Shirshasana , bakasana
		Phy Edn	Throw ball
8	JANUARY	Health Education	Safety measures for healthy living,healthy community living
		YOGA	Hamsasana maryurasana
		Phy Edn	Softball
9	FEBRUARY	Health Education	Social health & agencies and awards promoting health,sports and yoga
		YOGA	Kapalabhathi, anuloma-viloma pranayama, bhastrika pranayama, bhramari pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
10	MARCH	Health Education	Revision
		YOGA	Revision
		Phy Edn	Any other individual game
11	APRIL	Health Education	Revision
		YOGA	Revision
		Phy Edn	Revision

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