

Physical Activity Trainer Annual & Weekly Syllabus Split-Up - 2025-26
Grade IX

S.No	Month	Topic	Sub Topic	Resources	Activity/Practical	Mid April Test	Periodic Test 1	Pre Mid Term	Mid Term	Periodic Test 2/ Pre Board	Post Midterm	Annual
1	April	UNIT 1: UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	1. Identify the physical and emotional needs of the children. 1. components for Early Childhood Development - Physical, Emotional, Social, Communicative, Adaptive, etc. 2. Development of fundamental motor skills – gross and fine motor skills 3. Cognitive development 4. Psychosocial wellbeing 5. School readiness 6. <u>Understanding child activity</u>	Physical Activity Trainer Textbook, PPT, Videos	1. Prepare chart on domain for early childhood development 2. Prepare slide presentation on cognitive and psychological wellbeing							
		UNIT 1: UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	2. Identify factors influencing physical activities. like these factors 1. Demographic factors (socioeconomic status) 2. Biological factors (age, weight status) 3. Psychological factors 4. Behavioural factors 5. Social-cultural factors 6. <u>Environmental factors</u>	Physical Activity Trainer Textbook, PPT, Videos	1. Group activity on demonstration of factors influencing physical activities 2. Write a paragraph on how Environmental factors influence physical activity							
2	May	UNIT 1: UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	3. Plan physical activities like that 1. Identifying physical activity sessions (everyday activities, recreational activities, sport) 2. Structuring physical activity sessions 3. Macro-planning 4. Meso-planning 5. Micro-planning 6. Weekly Planning 7. Lesson plan	Physical Activity Trainer Textbook, PPT, Videos	1. Prepare flow chart on sequence of planning cycle. 2. Write a lesson plan							
3	July	UNIT 1: UNIT-1: ROLE OF PHYSICAL EDUCATION IN CHILD DEVELOPMENT	4. Conduct physical activities the activities are given below 1. Arranging play spaces 2. Props and equipment required for physical activity sessions 3. Conducting physical activity sessions	Physical Activity Trainer Textbook, PPT,	1. Write down brief note on the importance of equipment for conducting physical activities 2. Group discussion on conducting Physical Activity sessions							
		UNIT 1: COMMUNICATION SKILLS – I	Meaning of communication Importance of communication skills Elements of communication cycle – sender, ideas, encoding, communication channel, receiver, decoding, and feedback	Physical Activity Trainer Textbook, PPT, Videos	Activity/Q&A							

4	August	UNIT 2: PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY	1. Plan activities for increasing physical strength and coordination like these types of activities 1. Resources required for activities 2. Planning everyday activities 3. Planning recreational activities 4. Planning sport activities	Physical Activity Trainer Textbook, PPT, Videos	1. List down the activities to be planned for everyday physical strength session 2. Draw the diagram of area required for free play games and list down the equipment needed						
		UNIT 1: COMMUNICATION SKILLS – I	# Perspectives in communication Factors affecting perspectives in communication Visual perception Language Past experience Prejudices Feelings Environment # Writing skills related to the following: Phrases Kinds of sentences Parts of sentence Parts of speech Use of articles Construction of a paragraph	Physical Activity Trainer Textbook, PPT, Videos	# Group discussion on factors affecting perspectives in communication # Sharing of experiences on factors affecting perspectives # Sharing experiences on factors affecting communication at workplace # Demonstration and practice of writing sentences and paragraphs on topics related to the subject						
5	September	UNIT 2: PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY	Plan activities for developing cognitive skills 1. Cognitive skills –Reading, Writing, Numeracy, etc. 2. Activities to be organized – Games, Singing, Dancing	Physical Activity Trainer Textbook, PPT, Videos	1. Prepare poster for the dancing and singing activity 2. Discuss the various activities to cognitive skills						
		UNIT 2: SELF-MANAGEMENT SKILLS – I	# Meaning of self-management # Positive results of self-management # Self-management skills # Factors that help in building self-confidence – social, cultural, and physical factors	Physical Activity Trainer Textbook, PPT, Videos	# Identification of self-management skills # Strength and weakness analysis # Role play exercises on building selfconfidence # Use of positive metaphors/ words						
6	October	UNIT 2: PLANNING AGE APPROPRIATE PHYSICAL ACTIVITY	1. Manage class like that Designing time table 2. Understanding Duration of activities as per learning outcomes	Physical Activity Trainer Textbook, PPT,	1. Prepare a time table for the physical activity class 2. Discussion on setting time duration for different activities						
		UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	# Introduction to ICT Role and importance of ICT in personal life and at workplace # ICT in our daily life (examples) # ICT tools - Mobile, tab, radio, TV, email, etc. Q&A	Physical Activity Trainer Textbook, PPT,	# Discussion on the role and importance of ICT in personal life and at workplace. # Preparing posters / collages for showing the role of ICT at workplace						

7	November	UNIT 3: ORGANIZING AGE APPROPRIATE PHYSICAL ACTIVITIES	1. Identify games for everyday activities for example 1. Fitness Activities 2. Specific sports training 3. Sports periods 4. Games. * 2. Organize sport activities like that 1. Sports days 2. Summer camp 3. Winter camp 4. Tournaments 5. Mass drills and display 6. Programs for parents and staff	Physical Activity Trainer Textbook, PPT, Videos	1. Identification of games appropriate for different classes and list them down 2. Discussion on selection of games for school. 3. Prepare a poster for the invitation of sports day and explain about the sequence of games 4. Prepare list of activities that can be conducted for the parents and staff and discuss in the class.							
		UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	# Computer system - Central Processing Unit (CPU), memory, motherboard, storage devices # Hardware and software of a computer system # Role and functions of Random Access Memory (RAM) and Read Only Memory (ROM) # Role and functions of Central Processing Unit Procedure for starting and shutting down a computer Q&A	Physical Activity Trainer Textbook, PPT, Videos	# Connecting the cables and peripherals to the Central Processing Unit Group discussion on the various aspects of hardware and software Starting and shutting down a computer							
8	December	UNIT 4: CHILDREN HEALTH AND SAFETY	1. Demonstrate the knowledge of child health care and habits 1. Child health 2. Factors influencing child health and hygiene 3. General Nutrition 2. Describe the various aspects of safety management and emergency response 1. Storage facility for the equipment 2. Safe acts and safety measures in playground 3. Safety aspects related to use of equipment 4. Basic First Aid and response to emergency 5. Exit protocol	Physical Activity Trainer Textbook, PPT,	1. Prepare a chart on Macro and Micro nutrition 2. Prepare poster on development of mental health 3. Group discussion on factors influencing child health 1. Draw the diagram of storage are of equipment 2. List down the safety aspects for the use of equipment 3. Prepare a chart on PRICE-R with relative pictures							
		UNIT 3: INFORMATION AND COMMUNICATION TECHNOLOGY SKILLS – I	# Peripherals devices and their uses – mouse, keyboard, scanner, webcam, etc. of a computer system # Primary operations on a computer system – input, process, storage, output, communication networking, etc.	Physical Activity Trainer Textbook, PPT,	Identification of various parts and peripherals of a computer Demonstration and practice on the use of mouse Demonstration and practice on the use of keyboard Demonstration of the uses of printers, webcams, scanner and other peripheral devices Drawing diagram of computer system and labelling it							

9	January	UNIT 4: ENTREPRENEURIAL SKILLS- I	<ul style="list-style-type: none"> # Types of businesses – service, manufacturing, hybrid # Types of businesses found in our community Business activities around us # Meaning of entrepreneurship development # Distinguishing characteristics of entrepreneurship # Role and rewards of entrepreneurship 	Physical Activity Trainer Textbook, PPT.	<ul style="list-style-type: none"> # Prepare posters of business activities found in cities/villages, using pictures # Discuss the various types of activities, generally adopted by small businesses in a local community # Best out of waste # Costing of the product made out of waste # Selling of items made from waste materials # Prepare list of businesses that provides goods and services in exchange for money # Prepare charts showing advantages of entrepreneurship over wages # Group discussions on role and features of entrepreneurship # Lectures/presentations by entrepreneurs on their experiences 							
10	February	REVISION UNIT 5: GREEN SKILLS – I	<ul style="list-style-type: none"> # Introduction to environment, # Relationship between society and environment, ecosystem and factors causing imbalance # Natural resource conservation # Environment protection and conservation # Definition of green economy # Importance of green economy 	Physical Activity Trainer Textbook, PPT.	<ul style="list-style-type: none"> # Group discussion on hazards of deteriorating environment # Prepare posters showing environment conservation # Discussion on various factors that influence our environment # Discussion on the benefits of green skills and importance of green economy # Prepare a Poster showing the importance of green economy with the help of newspaper/ magazine cuttings 							