

S D Public School, Pitampura

Academic Planner (2024-25)

Physical Activity Trainer (418)- Class-X

UNIT 1: ROLES AND RESPONSIBILITIES OF EARLY YEARS PHYSICAL ACTIVITY FACILITATOR

Date/Schedule		LEARNING	THEORY	PRACTICAL
July (25 Days) 1st July to 15th July	12	1. Identify roles and responsibilities of a physical activity facilitator	1. Job description of an earlyyears physical activity facilitator	1. Discussion on the methods of discipline inculcation in students
			2. Qualities of a goodteacher	2. Group discussion on pros and cons of mass drill
				3. Discussion on the importance of talent identification in sports.
16th July to 31st July	13	2. Describe the various activities to be conducted by the physical activity facilitator	1. Conducting basketball and volleyball skill development sessions	
			2. Altering the programs to meet the participant turn out and skill level.	
			3. Arranging facilities and equipment for performing risk management checks on the	
August (23 Days) 1st Aug to 15 Aug	11		facility.	
			4. Dealing with customers and answering questions.	
			5. Established rules and regulations and etiquetteguidelines	
			6. Ensuring the completion of all administrative paperwork activity plans, and participant feedback.	

			7. Responding to situations requiring conflict resolution and emergency incidents, including first aid or CPR.	
			UNIT 2: ASSESSMENT AND EVALUATION OF STUDENTS	
		LEARNING	THEORY	PRACTICAL
		OUTCOME		
16th Aug to 31st Aug	12	1. Describe the various types and tools of assessment	1. Meaning of assessment and evaluation	1. Prepare a chart on difference between assessment and evaluation
			2. Diagnostic assessment	2. Classroom discussion on which of the assessment is better formative or summative
			3. Skill assessment	
			4. Assessment tools and processes	
		2. Prepare assessment report and provide feedback	1. Preparation of report	1. Slide presentation on steps of report preparation and feedback
			• Information identification	
			• Analysis of report	
			• Conclusion and recommendation	
			• Revise your report	
			• Providing feedback	
			2. Steps of documenting feedback	
• Objectives of feedback				
		UNIT 3: FREE-PLAY		
		LEARNING	THEORY	PRACTICAL
		OUTCOME		
September (23 Days) 1st Sep to 15 Sep (11)	11	1. Describe the importance and purpose of free-play	1. Free play	1. Write a paragraph on importance of free play students life
			2. Components of free play	2. Make a chart of factors influencing

			3. Importance of free play in student's life	free play
			4. Factors influencing recreational activities	
16 Sep to 30 Sep(10)	12	2. Organize Free-play activities	1. Objective of activity	1. Group discussion on importance of categorization and grouping in recreational activities
			2. Selection of suitable free play activity	2. Prepare a speech on equipment selection in free play activity
			3. Categorization and deviation of groups	
			4. Area selection	
			5. Equipment selection	
			6. Organization of free play activities	
October (20 Days) 1st Oct- 15 Oct	8	3. Demonstrate the knowledge of rehabilitation through free-play	1. Role of free-play in rehabilitation	1. Prepare a pie chart on rehabilitation through free play
			2. Heterogeneous to homogeneous group	
			3. Selection of suitable free play activity	
			4. Session timing and time table	
			5. Recording data of each session	
			UNIT 4: MONITORING AND INVENTORY MANAGEMENT	
		LEARNING	THEORY	PRACTICAL
		OUTCOME		
16 Oct to 31 Oct	12	1. Describe the process of inventory management	1. Importance of periodic inventory check	1. Write a paragraph about importance of listing the equipment
			2. Process of maintaining inventory	2. Prepare a flowchart on the steps of Listing the equipment
November (23 Days) 1st Nov to	10	2. Manage props and equipment	1. Report of listed equipment	1. Prepare a report of equipment in school sports store room

15 Nov			2. Estimation of fund for new equipment	2. Prepare a report of sports equipment
			3. Estimation of money for repairing of equipment	
			4. Monetary report of equipment purchased and repaired	
16th Nov to 30 Nov		13 Revision		
December (24 Days) 1st Dec to 15 Dec		11 Class Test/Revision		
16th Dec to 31st Dec		13 Revision		
January (14 Days) 1st Jan to 15 Jan	NIL	Home Work		
16th Jan to 31 Jan		13 Revision		
February (12 Days) 1st Feb to 15 Feb		12 Practical		