Course Division 2082

Class: 8

Health and Physical Education with Creative Arts

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| Unit | **First Term** | | **Half yearly** | | **Second Tem** | | **Final /Pre BLE Exam** | |
| **Lesson** | **C.H** | **Lesson** | **C.H** | **Lesson** | **C.H** | **Lesson** | **C.H** |
| 1 Human Body | Nervous System | 1.5 hr | Glandular System | 1.5 hr | Female Reproductive System | 1 hr | Male Reproductive System | 1hr |
| 2 Community Health and Mental Health | Community Health with problems and their Solution | 2 hr | Introduction to total sanitation | 2hr | Types of Toilet  - School health Screening test | 3hr | - Mental Health | 1 hr |
| 3 Food and Nutrition | -Introduction to malnutrition its causes  - Marasmus  - Kwashiorkor | 1.5 hr | -Anemia  -Night blindness  -Scurvy | 1hr | -Rickets  - Over nutrition  -BMI  -Elements of food Security and consumer health | 2hr |  |  |
| 4 Diseases , Safety and First aid | Sexually  Transmitted  Diseases | 1 hr | -Heart diseases,  -Diabetes,  - Asthama,  - Cancer | 1hr | -Method of first aids  -Safety at school and play ground  - First aids during accident.  -Foreign object in nose , ear, and throat | 3hr | -Safety major during disaster | 1hr |
| 5. Sexual and reproductive Health | -Introduction to sexuality education and abortion | 1hr | Natural Method of contraception | 1hr | Artificial contraception devices and Permanent method of contraception | 3hr | Mensuration cycle | 1hr |
| 6. Physical Education Drill | Introduction to physical exercise | 2hr | Importance of physical exercise | 2 hr | Warm up exercise, exercise of neck, shoulder, knee, chest, stomach | 3hr |  |  |
| 7.Athletice and Adventurous activities | Introduction to athletic  Long distance race  Relay race | 3hr | -Lung jump  -High Jump | 1hr | Shot put | 1hr | Adventurous games | 1hr |
| 8 Game | -Introduction to game  -Volleyball  - Foot ball | 5hr | Basket ball | 3hr | -Cricket  Kabaddi | 5hr | Kho Kho | 1hr |
| 9 Yoga | Introduction and importance of Yoga  Practice of sukshma kriya | 1.5hr | Surya Namaskar and its benefits  Pranayama | 1.5hr | Bhastrika  Bhramari  kapalbhati | 1.5hr | Anulom, Vilom yoga asana | 1 hr |
| Creative Arts | Introduction to art drawing and colour | 11hr | Printing making, clay work, collage and construction | 6hr | Singing and playing musical instrument | 11hr | Dance and Acting | 4 hr |

Teacher can utilizes remaining days for practical and revision.