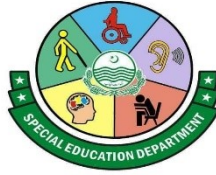


SYLLABUS OF PHYSICAL EDUCATION
For Children with Hearing Impairment
Class KG-1 to Class 1

Objective: To make the students aware of the good body posture, physical strengthening abilities, fine and gross motor development and knowledge about physical activities.

Note: Orientation should be provided before any activity. Warm UP and Cool down session must be conducted before and after physical activities.

Term	Topic	Activity
1st term	1. Body Posture	Face Position, Arm Position, Foot Position. Upper Body Position, Lower Body, Proper sitting method on chair, Standing Position,
	2. Walking	Walk in line, walking with holding ball or beanbag, walk in circle, walk between cones.
	3. Running	Running with different variations (Uses of cones, zig zag running, straight line running, running in circle)
	4. Jumping	Simple jump, jump with holding ball
2nd term	1. Exercises	Upper and lower limb Stretching
	2. Gymnastic	Head neck, shoulder and hip stretching, standing and sitting twisting, dragonfly light stretching, head to knee/ hand to toe touching (in sitting position), turning and twisting,
	3. Throwing	Throw the Ball in standing/ sitting position in different directions (Under arm throw and overhead throw)
	4. Catching	Throw upward and Catch, throw and catch with Both hand (Big sized Ball)
3rd Term	1. Balance and Stability	Balance on toes, Balance on heels, Balance on one leg, Balance with beanbag on various positions.
	2. Small Area Games	Kicking with foot, touch and run, passing ball games, collecting and putting ball in the basket
	3. Races	20-25 Meter race, run with balloon, Frog race,
Intra-School Competitions		



SYLLABUS OF PHYSICAL EDUCATION
For Children with Hearing Impairment
Class 2 and Class 3

Objective: To make the students aware of the good body posture, physical strengthening abilities, fine and gross motor development and knowledge about physical activities.

Note: Orientation should be provided before any activity. Warm UP and Cool down session must be conducted before and after physical activities.

Term	Topic	Activity
1st term	1. Exercises	Warm Up exercises, Body stretching exercises, awareness of warm up and cool down exercises,
	2. Walking	Walk on number/ colours and shapes, Walk on line, side walk, backward walk, race walk
	3. Running	Running with different variations (Uses of cones, zig zag running, straight line running, running in circle)
	4. Jumping	Simple jump, jump with holding ball, jumping between numbers, colours and shapes, jump right/left with both legs, standing vertical jump.
2nd term	1. Gymnastic	Head neck, shoulder and hip stretching, standing and sitting twisting, dragonfly light stretching, head to knee/ hand to toe touching (in sitting position), turning and twisting, muscles contraction and expansion
	2. Throwing	Soft ball throw, hit the target, throw in the basket
	3. Catching	Throw upward and Catch, throw and catch with Both hand (Big sized Ball), Handkerchief throw and catch with one single hand, single hand tennis ball catching
3rd Term	1. Balance and Stability	Balance on toes, Balance on heels, Balance on one leg, Balance with beanbag on various positions.
	2. Small Area Games	Kicking with foot, touch and run, passing ball games, collecting and putting ball in the basket, touch and run, hitting ball (stationary, moving) with bat
	3. Races	30-50 Meter race, sack races, spoon race, ring holding race.
Intra-School Competitions		

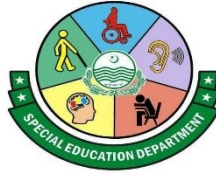


SYLLABUS OF PHYSICAL EDUCATION
For Children with Hearing Impairment
Class 4 and Class 5

Objective: To make the students aware of the physical strengthening abilities, hand-eye coordination, sports and games, and knowledge about physical activities.

Note: Orientation should be provided before any activity. Warm UP and Cool down must be conduct before and after physical activities

Term	Topic	Activity
1st term	1. Exercises	Body stretching exercises, awareness of warm up and cool down exercises,
	2. Walking	Walk on number/ colours and shapes, Walk on line, side-walk, backward walk, Race Walk
	3. Running	Running with different variations (Uses of cones, zig zag running, straight line running, running in circle)
	4. Jumping	Skipping rope, Jump and count. Front jump Back Jump, standing broad Jump, cone jumping.
2nd term	1. Badminton	Skills, serving, underhand hitting, overhead hitting
	2. Gymnastic	Dragonfly stretching, head to knee/ hand to toe touching (in sitting position), muscles contraction and expansion, front roll, single leg standing, cart wheel
	3. Throwing	Softball throw, hit the target, maximum Horizontal and vertical throw.
	4. Catching	Catching ball with single hands (Small balls)
3rd Term	1. Cricket	Playing for Boys.
	2. Small Area Games	Kicking with foot, touch and run, passing ball games, Luddo, carrom Board, touch and run, hanging fruit eating, musical chair with signs
	3. Basket ball	Shooting and dribbling
	4. Football	Dribbling, Passing, Blocking
	5. Races	50-80 Meter race, sack races, one leg and three leg race, hurdles. races
Intra-School Competitions		



SYLLABUS OF PHYSICAL EDUCATION
For Children with Hearing Impairment
Class 6 to Class 8

Objective: To aware the importance physical activities and sports, physical strengthening abilities, discipline and coordination.

Note: Orientation should be provided before any activity. Warm UP and Cool down must be conduct before and after physical activities

Term	Topic	Activity
1st term	1. Exercises	Warm Up exercises, Body stretching exercises, awareness of warm up and cool down exercises,
	2. Gymnastic (Phase I)	Dragonfly stretching, turning and twisting, curling and stretching, balancing and weight bearing
	3. Endurance Training	Circuit training, Speed ladder activities with different variations.
2nd term	1. Badminton	Rules and regulation, Matches
	2. Gymnastic(Phase II)	Front roll, Back roll, cartwheel, Bridge, head and frog stand.
	3. Small Area Games	Dodging and Fainting games, Musical Chair with signs, Camping, catch ball and touching, Ludo, Carrom Board
	4. Volleyball	Skills (Serving, Digging, Smashing),
3rd Term	1. Cricket	Playing for Boys.
	2. Strengthening Games	Tug of war, Mas Wrestling (Weight catagories)
	3. Basket ball	Shooting and dribbling, Matches
	4. Football	Punting, Goal Keeping, Overhead throwing, Matches
	5. Races	100-200 Meter race, 4 X 100 Relay (Baton Exchange technique) one leg and three leg race, hurdles races, Race walk
	Intra-School Competitions Inter-School Competitions	



SYLLABUS OF PHYSICAL EDUCATION
For Children with Hearing Impairment
Class 9th and 10th

Note: The syllabus of 9th and 10th will be conducted as per given syllabus of Board of intermediate and secondary education of respective regions, including both theory and practical



Teaching Support Material Physical Education FOR HIC

1 upper limb stretching exercises



Upper & Lower Limb Exercises

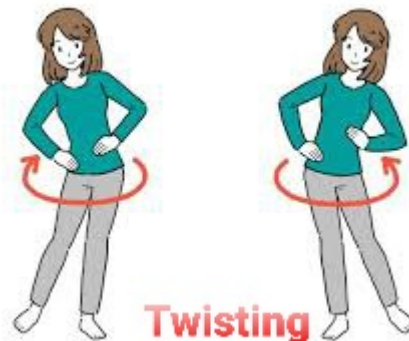
1 upper limb stretching exercises



and lower limb stretching exercises



b stretching exercises





Curling



Balance a bean bag on your head.



Balance a bean bag on your foot.

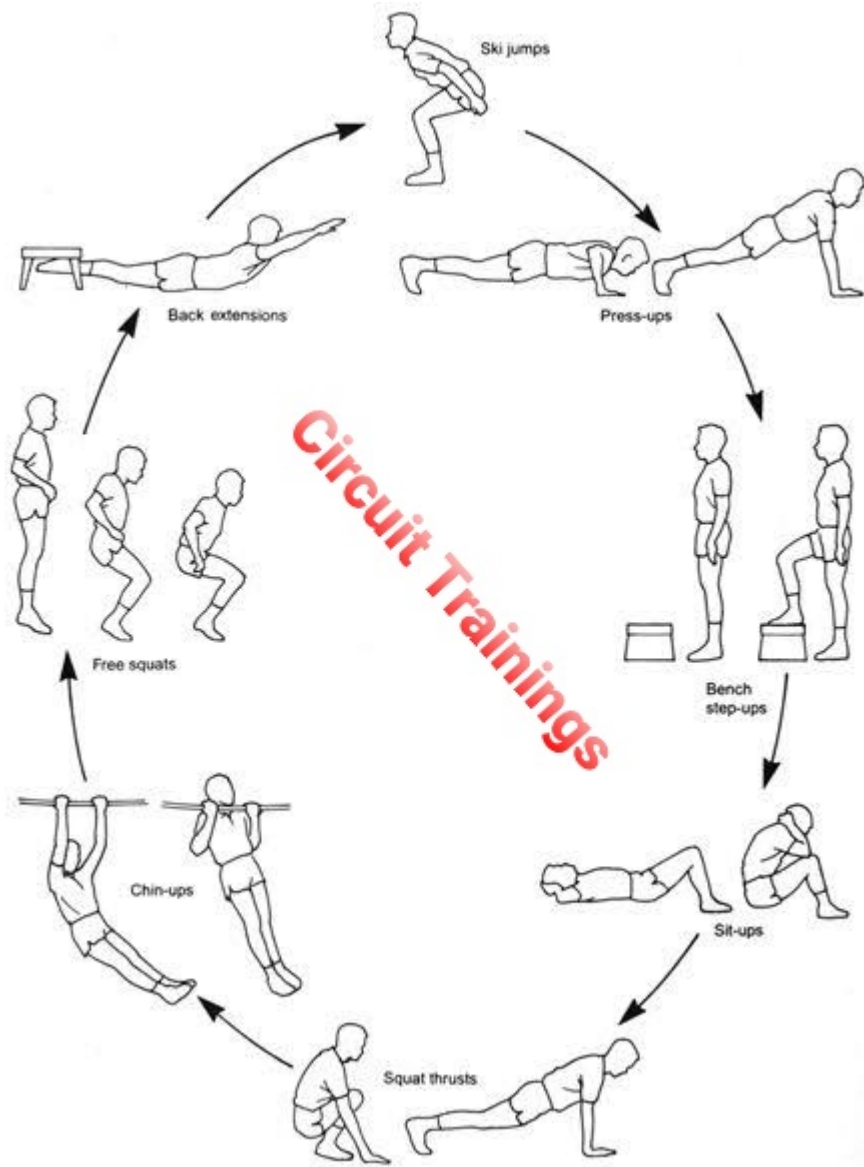


Balance a bean bag on your knee.



Balance a bean bag on your arm.





Hurdles Activities



Ladder Exercises

10 Ladder Activities



1. Jump on 2 feet in each square.



2. Hop on 1 foot in each square.



3. Step with both feet in each square.



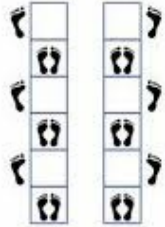
4. Side jumps with 2 feet in each square. Left to right first and right to left second.



5. Side steps with both feet stepping in each square.



6. Jump on 2 feet in the square then 2 feet out of the square. Repeat.



7. Jump on 2 feet in the square then 1 foot hops out of the square. Try left foot hops first and then do it again with right foot hops.



8. Jump on 2 feet in the square, hop out on the left foot, jump on 2 feet in the square and then hop out on the right foot. Repeat.



9. Hop on 1 foot using the following this pattern



10. Jump on 2 feet using the following pattern.



Face & Sitting Position





Figure MAS WRESTLING