



SYLLABUS OF PHYSICAL EDUCATION
For Children with Visual Impairment
Class K.G to Class 2

Objective: To provide learning and physical support to children with visual impairment undertaking 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. Walking	Walk in a variety of ways (small steps or forward side-ways) either with or without a rope
	2. Running	Run with guide in a variety of ways (run fast, run slow, run with both feet jump, run with forward side-ways) either with or without a rope.
	3. Body Posture	Face Position, Arm Position, Foot Position. Upper Body Position, Lower Body Position
	4. Indoor Board activity	Luddo / snake & ladder game
	5. Small area games	Frog jumps
2nd term	1. Running	Run with or without beat, Running in place.
	2. Jumping	Front Jump, Back Jump, Right/Left Jumps, Jump on toes
	3. Throwing	Throw the Ball in standing position in different directions (Under arm throw and High arm throw)
	4. Races	20-25 Meter race (With and without support)
	5. Small Area Games	Rabbit Race
	6. Kicking	Kicking the Ball in different directions.
3rd Term	1. Balance and Stability	Balance on toes, Balance on heels, Balance on one leg, Balance with beanbag on various positions.
	2. Fun activity	Sit Stand, Passing game, Blowing balloon
	3. Races	30-50 meter(With and without guide)
	4. Small area game	Frog Jumps
	5. Throwing	Throw the Ball in kneel down position (Front throw and back throw)
Intra-School Competitions		



SYLLABUS OF PHYSICAL EDUCATION
For Children with Visual Impairment
Class 3 to Class 5

Objective: To enhance the physical strengthening abilities 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. Walking	Walk in a variety of ways (small steps or forward side-ways) either with or without a rope
	2. Running	Run with guide in a variety of ways (run fast, run slow, run with both feet jump, run with forward side-ways) either with or without a rope.
	3. Body Posture	Face Position, Arm Position, Foot Position. Upper Body Position, Lower Body Position
	4. Indoor Board activity	Luddo / snake & ladder game
	5. Small area games	Frog jump
2nd term	1. Running	Run with or without beat, Running in place.
	2. Jumping	Cross Hop(Both leg hop in number sequence with 0 as a natural position after each hop)
	3. Throwing	Throw the Ball in standing position in different directions (Under arm throw and High arm throw)
	4. Races	25 Meter race (With and without guide)
	5. Small Area Games	Frog Jump
3rd Term	1. Balance and Stability	Balance on toes, Balance on heels, Balance on one leg, Balance with beanbag on various positions.
	2. Fitness Work	Rope Jumping., Sit ups, Squats, Push-ups, Pull-ups
	3. Races	50 meter (With and without guide)
	4. Cricket Rules & Skills	Batting, Bowling and fielding
	5. Goal ball Rules & Skills	Rolling, Blocking
Intra-School Competitions		



SYLLABUS OF PHYSICAL EDUCATION
For Children with Visual Impairment
Class 6 to Class 10

Objective: To assure the implantation of quality physical education and improve physical strength, co-ordination, balance, rehabilitation and knowledge among children with visual impairment.

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

Term	Topic	Activity
1st term	1. Walking	Walk in a variety of ways (small steps or forward side-ways) either with or without a rope
	2. Running	Run with guide in a variety of ways (run fast, run slow, run with both feet jump, run with forward side-ways) either with or without a rope.
	3. Muscular & Cardiovascular	Plank, Crunches, Squat, Burpees Interval Running, Circuit training, Breathe in and Out
	4. Indoor Board activity	Luddo / snake, chess, draught & ladder game
2nd term	1. Physical Exercises	With medicine ball (1 kg & Above),
	2. Jumping	Cross Hop(Both leg hop in number sequence with 0 as a natural position after each hop))
	3. Throwing	Throw the Ball in kneel down position (Front throw and back throw)
	4. Track event	50 Meter race (With and without guide)
	5. Small Area game	Sack Race, Three Leg race, One Leg race, Hula Hoop Activities.
	6. Gymnastic	Front Roll, Back Roll, Head Standing, Arch (bridge) and Cart wheel
3rd Term	1. Field Event	Standing Broad Jump, Long Jump & Shot Put
	2. Body Fitness	Balance exercise, Running, Jumping, Rope Jumping, Jogging, Speed ladder activities with different variations. (With / Without Guide) Cone Activities with different variations. (With / Without Guide).
	3. Track Event	100 meter Race (With and without guide)
	4. Cricket	Batting, Bowling and fielding

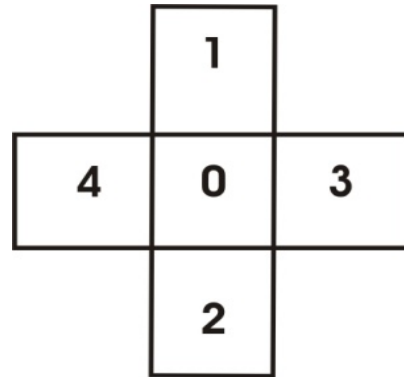
	5. Goalball	Game with modification
	6. Football (Skill & Game)	Kicking, Stopping (Game with modification)
	7. Mas Wrestling	Resistance Game between equal weight players.
	Intra-School Competitions Inter-School Competition	



Teaching Support Material Physical Education For Children with Visual Impairment



CROSS HOP



Medicine Ball Exercise





Hurdles Activities

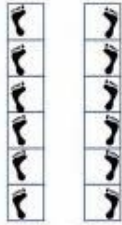


Ladder Exercises

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.



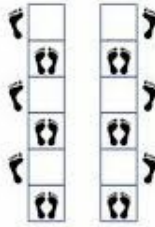
4. Side jumps with 2 feet in each square. Left to right first and right to left second.



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.





Figure MAS WRESTLING

Face & Sitting Position

