

Subject : Work Education - SEWA
Grade : X
Year : 2019-20



Year Planner

| Month | Objectives & skill | Specifications | Evaluation |
|------------------|--|--|----------------|
| April | Fitness test – Shuttle Race – To test the speed and agility | Time taken to complete 50m course | Assessment I |
| June | Fitness test – Alternative hand wall toss – To measure hand eye coordination | To check the number of successful catches in 30 seconds. | |
| July | Fitness tests <ul style="list-style-type: none"> • Flamingo Balance – To assess the strength of leg, pelvic muscle, trunk muscle & dynamic balance. • Standing Vertical Jump – To measure leg muscle power. • Plate Tapping test – To test the speed and coordination of limb movements. | <ul style="list-style-type: none"> • Time taken to lose balance. • The jump height as distance score. • Time taken to complete 25 cycles. | |
| | <ul style="list-style-type: none"> • SEWA- Dignity Project – To bring awareness about menstrual hygiene by conducting a Guest lecture and workshop for girls. • SEWA – Vanamahotsav Celebrations – To help students to become an environmentally conscious individual. | Guest lecture by Dr Soumya and Ms. Priya of Indian Development Foundation(IDF) | Observation |
| August | SEWA <ul style="list-style-type: none"> • Student Internship Program (Student leadership Program in Govt schools) • To direct children’s mind in constructive activities with positive outcomes through the facilitation of creative and critical thinking. • To facilitate creative and critical thinking skills by planning lessons for the underprivileged | <ul style="list-style-type: none"> • Introduction of theme flowchart & Action Plan. • Lesson planning & teaching. | Assessment II |
| September | SEWA <ul style="list-style-type: none"> • To reflect upon the impact of the project and fill self-appraisal form | <ul style="list-style-type: none"> • Filling in Self-appraisal form and feedback form. | |
| October | Fitness test – Partial Curl up & Flexed arm hang – To measure muscular strength & endurance | <ul style="list-style-type: none"> • To check the number of sit ups in 30 seconds & to note the time till release of arms. | Assessment III |

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|-----------------|---|--|------------|
| November | <ul style="list-style-type: none"> • Fitness test – 600m run and Sprint • Fitness test – Sit and Reach -To measure flexibility • BMI – To measure BMI. | <ul style="list-style-type: none"> • Time period for single sprint of 50m and run of 600m. • Distance reached by hand in cm. • Tally BMI with WHO standards | |
| December | Compilation of reports. | SEWA dossier | |