First Terminal Examination-2082 Health & Physical Education and Creative Arts

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| **Units** | **Topics** | **Periods** | **Teaching and Learning Procedures** | **Teaching Materials & Tools** | **Evaluation Tools & Techniques** | **Remarks** |
| 1. | **Human Body**  - Nervous System  - Endocrine Glands  - Thyroid Glands | 5 | Question-Answer  Discussion  Lecture Method | Charts  Figures  Drawings | Oral Test  Unit Test  Homework |  |
| 2. | **Community Health and Mental Health**  - Community Health Problems and Preventive Measures  - Total Sanitation  - School Health Screening Test Program | 5 | Problem Solving Project work Discussion | Figures Charts | Class Test Homework Oral Test |  |
| 3. | **Nutrition and Food Security**  - Introduction to Malnutrition  - Malnutrition and its Causes  - Malnutrition related diseases (Marasmus, Kwashiorkar) | 5 | Micro Teaching Discussion  Question-Answer | Flow Charts  Figures | Unit Test Homework |  |
| 4. | **Disease, Safety and First Aid**  - Introduction and Preventive Measures of Sexually Transmitted Diseases  - Non-communicable Diseases (Heart diseases, Diabetes)  - Safety measures in the school and on the playground  - Safe and Risk Zones at school | 5 | Question- Answer Presentation  Discussion | Charts Figures | Class Test Homework Oral Test |  |
| 5. | **Sexual and Reproductive Health**  - Sexual Curiosity in Adolescence  - Introduction to Intended and Unintended Pregnancy and Safe Abortion | 5 | Discussion Presentation  Inquiry | Charts Pictures | Unit Test Home work |  |
| 6. | **Physical Exercise and Drill**  - Exercise of Different Organs (Neck/Hands and Arms/Shoulder and Chest/ Back and Abdomen) | 4 | Inquiry  Observation  Field  Demonstration | Pictures Data Charts | Oral Test Presentation Homework |  |
| 7. | **Athletics and Adventure Activities**  - Athletics (3000 Mtr. Race, Relay Race with Baton, Practice of Shot Put Steps) | 5 | Question-Answer Discussion | Charts Figures | Oral Test Unit Test  Practice |  |
| 8. | **Games**  - Volleyball (Basic Skills and Rules)  - Football (Basic Skills and General Rules)  - Kabaddi Game (Basic Skills and General Rules) | 6 | Problem Solving Discussion | Figures Drawings Charts | Class Test Homework Oral Test  Practice |  |
| 9. | **Yoga**  - Rules of Yoga (Concentration, Meditation)  - Practice of Micro Activity | 4 | Micro Teaching Discussion  Question-Answer | Flow Charts Figures | Unit Test Homework  Practice |  |
| 10. | **Art, Drawing and Coloring**  - Introduction to the Nepali Art  - Basic Rules of Art: Balance, Composition and Proportion | 4 | Discussion  Question-Answer | Flow Charts  Figures | Homework |  |
| 11. | **Print, Clay Work, and Construction**  - Carving | 3 | Discussion  Question-Answer | Flow Charts  Figures | Homework |  |
| 12. | **Vocal and Instruments**  - Introduction of Music  - Introduction to Musical Terminology (Saptak, Thaat, Scale, Raag, Sthayi Antara, Classical Song, Folk Song, Modern Song and Class Song) | 5 | Discussion  Question-Answer | Flow Charts  Figures | Homework |  |
| 13. | **Dance and Acting**  - Introduction to Classical/ Traditional Dance, Folk Dance and Modern Dance | 5 | Discussion  Question-Answer | Flow Charts  Figures | Homework |  |

Mid -Terminal Examination-2082- Health & Physical Education and Creative Arts

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| **Units** | **Topics** | **Periods** | **Teaching and Learning Procedures** | **Teaching**  **Materials**  **& Tools** | **Evaluation**  **Tools &**  **Techniques** | **Remarks** |
| 1. | **Human Body**  - Parathyroid Glands  - Adrenal Glands | 4 | Question-Answer  Discussion  Presentation | Charts  Figures | Unit Test  Homework |  |
| 2. | **Community Health and Mental Health**  - Structure and Use of Water Seal Latrine  - Structure and Use of Ecosan Latrine | 5 | Question-Answer  Presentation  Discussion | Figures  Pictures | Class Test  Homework  Oral Test |  |
| 3. | **Nutrition and Food Security**  - Malnutrition Related Diseases (Anaemia, Night Blindness, Scurvy) | 5 | Question-Answer  Demonstration  Lecture | Charts  Pictures | Unit Test  Homework |  |
| 4. | **Disease, Safety and First Aid**  - Non Communicable Diseases (Asthma, Cancer)  - Basic Methods of First Aid Care  - First Aid Care Practices (Heart Stroke, Frostbite) | 5 | Discussion Observation | Comparative  Charts | Homework  Oral Test |  |
| 5. | **Sexual and Reproductive Health**  - Introduction and Classification of Contraception  - Preparation and use of Reusable Homemade Cloth Pad | 5 | Lecture  Problem Solving  Demonstration | Charts  Data  Tables | Unit Test  Project work  Homework |  |
| 6. | **Physical Exercise and Drill**  - Practice of Drills on the Drum Rhythm (Attention, Stand at Ease, Right Turn, Left Turn, About Turn) | 5 | Lecture  Demonstration | Charts  Figures | Oral Test  Project work |  |
| 7. | **Athletics and Adventure Activities**  - Athletics (Practice of Long Jump Steps, Practice of High Jump Steps) | 4 | Lecture  Demonstration  Question-Answer | Charts  Figures | Oral Test  Project work |  |
| 8. | **Games**  - Basketball (Basic Skills and General Rules) | 4 | Lecture  Demonstration | Charts  Figures | Oral Test  Project work |  |
| 9. | **Yoga**  - Practice of Pranayam (Benefits, Bhramari, Vastrika) | 4 | Discussion Demonstration | Charts  Figures | Oral Test  Project work  Unit Test |  |
| 10. | **Art, Drawing and Coloring**  - Still Life Drawing | 4 | Discussion Demonstration  Question-Answer | Charts  Figures | Oral Test  Project work  Unit Test |  |
| 11. | **Print, Clay Work, and Construction**  - Clay Work | 3 | Discussion Demonstration | Charts  Figures | Project work  Unit Test |  |
| 12. | **Vocal and Instruments**  - Harmonium/ Keyboard  - Major and Minor Scale | 4 | Discussion Demonstration  Question-Answer | Charts  Figures | Project work  Unit Test |  |
| 13. | **Dance and Acting**  - Hand Gestures (Anga, Pratyanga, Upanga) | 4 | Lecture  Demonstration | Charts  Figures | Oral Test  Project work |  |

Second Terminal Examination-2082 Health & Physical Education and Creative Arts

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| **Units** | | **Topics** | **Periods** | **Teaching and Learning Procedures** | **Teaching Materials & Tools** | **Evaluation Tools & Techniques** | **Remarks** |
| 1. | | **Human Body**  - Gonads  - Male Reproductive System | 5 | Question-Answer Lecture Demonstration  Discussion | Pictures | Unit Test Homework Oral Test |  |
| 2. | | **Community Health and Mental Health**  - Stress, Anxiety and Depression  - Conversion Disorder | 5 | Question-Answer Lecture Demonstration  Discussion | Pictures | Unit Test Homework Oral Test |  |
| 3. | | **Nutrition and Food Security**  - Malnutrition Related Diseases (Rickets, Obesity)  - Food Security | 5 | Inquiry Audio-visual  Demonstration | Charts Project work Pictures | Oral Presentation Homework |  |
| 4. | | **Disease, Safety and First Aid**  - First Aid Care Practices (Altitude Sickness, Tooth Fracture, Foreign Bodies in Throat/Eyes/Ears/Nose)  - Safety Measures during Disasters (Wind Storm/Fires) | 5 | Inquiry Presentation Question-Answer | Charts Pictures | Homework Class Test |  |
| 5. | | **Sexual and Reproductive Health**  - Menstrual Cycle (Menstrual Bleeding Phase, Proliferative Phase, Secretory Phase) | 5 | Question-Answer Lecture Demonstration Discussion | Pictures | Unit Test Homework Oral Test |  |
| 6. | | **Physical Exercise and Drill**  - Practice of Drills on the Drum Rhythm (Mark Time, Flag Holding, Forward March, Eyes Right, Eyes Front) | 4 | Question-Answer Lecture Demonstration Discussion | Pictures | Unit Test Homework Oral Test |  |
| 7. | | **Athletics and Adventure Activities**  - Introduction to the Adventure Activities in Air and Ice (Bungee Jumping, Paragliding, Parachuting, Ice Skating, Ice Climbing) | 5 | Inquiry  Demonstration | Charts Project work Pictures | Oral Presentation Homework |  |
| 8. | | **Games**  - Kho-Kho (Basic Skills and General Rules) | 5 | Inquiry Presentation Question-Answer | Charts Pictures | Homework Class Test |  |
| 9. | | **Yoga**  - Yogasan (Setubandasan, Makarasan, Halasan) | 5 | Inquiry  Demonstration | Charts Project work Pictures | Oral Presentation Homework |  |
| 10. | | **Art, Drawing and Coloring**  - Drawing Human Forms | 4 | Inquiry  Question-Answer | Charts  Pictures | Homework Class Test |  |
| 11. | | **Print, Clay Work, and Construction**  - Construction | 3 | Discussion Demonstration | Charts  Figures | Project work  Unit Test |  |
| 12. | | **Vocal and Instruments**  - Percussion Instruments in Dadra, Kaharwa, Rupak and Jhap Taal  - Jhyaure, Khyali, Samala and Selo Taal | 5 | Group discussion Presentation  Question- Answer | Charts Pictures | Homework Class Test |  |
| 13. | **Dance and Acting**  - Local Dance  - Acting (Angika Abhinaya, Vachika Abhinaya) | | 5 | Inquiry  Presentation Question-Answer | Charts  Pictures | Homework  Class Test |  |

BLE Pre-Board Examination-2082 Health & Physical Education and Creative Arts

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| **Units** | | **Topics** | **Periods** | **Teaching and Learning Procedures** | **Teaching Materials & Tools** | **Evaluation Tools & Techniques** | **Remarks** |
| 1. | | **Human Body**  - Female Reproductive System | 2 | Lecture Demonstration  Discussion | Pictures | Homework Oral Test |  |
| 2. | | **Community Health and Mental Health**  - Regulatory Provision Against Drug Abuse | 2 | Question-Answer Lecture Demonstration  Discussion | Pictures | Homework Oral Test |  |
| 3. | | **Nutrition and Food Security**  - Measures to Protect Consumers’ Health | 2 | Inquiry Audio-visual  Demonstration | Charts Project work Pictures | Oral Presentation Homework |  |
| 4. | | **Disease, Safety and First Aid**  - Safety Measures during Disasters (Flood and Landslide/Earthquake) | 2 | Inquiry Presentation Question-Answer | Charts Pictures | Homework |  |
| 5. | | **Sexual and Reproductive Health**  - Menstrual Hygiene Management | 2 | Question-Answer Lecture Demonstration Discussion | Pictures | Homework Oral Test |  |
| 6. | | **Physical Exercise and Drill**  - Practice of Drills on the Drum Rhythm (Disperse and Dismiss) | 2 | Question-Answer Lecture Demonstration Discussion | Pictures | Homework Oral Test |  |
| 7. | | **Athletics and Adventure Activities**  - Possibility and Situation of Practice of Air and Ice related Adventure Activities in Nepal | 2 | Inquiry  Demonstration | Charts Project work Pictures | Presentation Homework |  |
| 8. | | **Games**  - Cricket (Basic Skills and General Rules) | 2 | Inquiry Presentation Question-Answer | Charts Pictures | Homework |  |
| 10. | | **Art, Drawing and Coloring**  - Drawing Human Emotions | 2 | Inquiry  Presentation Question-Answer | Charts  Pictures | Homework |  |
| 12. | | **Vocal and Instruments**  - Local Instruments | 1 | Group discussion Presentation | Charts Pictures | Homework |  |
| 13. | **Dance and Acting**  - Acting (Aharya Abhinaya, Satvika Abhinaya) | | 1 | Inquiry  Presentation Question-Answer | Charts  Pictures | Homework |  |