

CLASS 12

Lesson -5

SPORTS AND NUTRITION:-

BRIEFING:-Food is the basic requirement of every individual to fulfill the energy need and to meet the development of the body .the food which we eat is called Diet. The energetic food in our diet consists of various types of essential chemicals for our body termed as nutrients. The nutritious diet is known as balanced Diet. This chapter will help as us to understand balanced Diet and its importance. It will also give knowledge related to various elements and components of diet, factors affecting diet, sports diet, etc.

SPECIFIC LEARNING OBJECTIVES:-

Balanced Diet and Nutrition: Macro and Micro Nutrients
Nutritive and Non- Nutritive Components of Diet
Eating for Weight control – A Healthy Weight, The Pitfalls of Dieting, Food Intolerance
and Food Myths Dieting myths.

BEHAVIORAL LEARNING OBJECTIVES:-

Students will learn how much and which kind of diet should be taken in our daily life
Students will learn the importance of proper diet. Student will learn the pitfall of dieting.
Student will learn how to control and prevent various health problems

PROCESS:-

First of all we go for general group discussion about our topics and see what all the points come out

by the student side and arrange in the systematic order. After that we come to our main points that is relative to the topics, like obesity causes of obesity prevention of obesity, etc. we also make a small class work tell them to make a small chat on what they eat in yesterday after that compile all the points and categorize in two different group one is good for body and second ones less profitable to our body. And tell them to use the food which is good for their health and fitness of the body. And also share the harmful effects of improper diet (health problems).

ACTIVITY 01

Working in groups, prepare diet plans for the following:-

Name of the Activity.

Diet plan for building muscle for a vegetarian athlete.

Diet plan for building muscle for a non-vegetarian athlete.

Eating strategies for a person who wants to lose 15kg.

Eating strategies for a person who wants to gain 10kg.

EXPECTED LEARNING OUTCOME:-

After studying this unit, the students will be able to:
understand the concept of balanced diet and nutrition
classify Nutritive and Non-Nutritive components of Diet
identify the ways to maintain healthy weight
know about foods commonly causing food intolerance
recognize the pitfalls of dieting and food myth

Annual pedagogical plan
Subject: 12th Physical Education
Step I: Identified the problem

What are the problems	Compilation of problems	Categorization of problem
		Subjective problem:-
Difficult to placing Bye & Seeding	Students are not indentify where we have to put Bye & Seed in particular fixture	Student are facing difficult interpret between Bye & Seeding
Difficult to draw a tabular fixture	Students can't draw the tabular fixture OR facing difficult	
They do not participate in group discursion and class discursion	They do not participate due to lack of confidence	
Less concentration during PE classes		
Careless approach towards PE		
Less weightage given to PE rather than		

other Subject.		
		Behavioral problem:-
		Careless approach during PE Classes and lack of concentration.

KPI NAME	KPI DEF. NO	KPI DEFN.	WHERE ARE WE NOW? (scale & description)	KPI GOAL	KPI LIMIT	WHAT WE NEED TO DO?	HOW WILL IT BE ACHIEVED?	KPI MEASUREMENT	REVIEW	KPI REPORTING	KPI ACHIEVEMENT	KPI IMPROVEMENT
Facing difficult Fixture	01	Students facing difficult problems where we have to put Bye OR where we have to put Seeding and How to draw Tabular Fixture	50% students knows the where we have to put Bye OR where Seeding 30 % students are facing little bit difficult placing And the 20% Students are not practicing	70%	+3	Extra practices for week students and group Discursion and worksheet given to week students	First I will demonstrate the fixture after that tell to do practices in school ,at home and given worksheet and some case study based question	After completing chapter	After completing chapter	After completing chapter		

