

Curriculum: MYP 4 - 2023-24

Term 1

Subject: English

Term 1			
Unit 1: Justice in Jeopardy		Duration: June to August 2023	
Contents- Literary: Play - King Lear by William Shakespeare, Poem - Tale of a melon city by Vikram Seth Non-Literary- Speech of Martin King Luther Jr. - 'I have a dream' Grammar:- Tenses revision, Punctuation revision, SVA Vocabulary:- Pertaining to the text Concepts : Elements of tragedy, Analyse characters, Critique themes, Justify different aspects of the play Writing Skills: Journal Writing, Speech Writing, argumentative essay,			
Summative assessments:			
Criteria / task	Course content	Date of assignment	Date of submission
Home Task English- B, C, D	Presentation of any one scene through a persuasive piece of writing that includes researching its historical context, themes, and plot through analysis of their relation to the characters and events in the plot keeping in mind the effect of Rhetoric, Craftsmanship, and Imagination on the audience along with the appeal to reason, emotion and character.	18th July, 2023	3rd August 2023
A, C, D Written assessment	Analytical questions, Journal writing, Narrative essay writing, Speech writing, Complete content of Unit 1	Assessment Week, 2023	Assessment Week, 2023

Unit 2: Bridging the Gap**Duration: Sept- Oct- Mid Nov 2023****Literary-** Fable-Little Prince by Antoine de Saint-Exupéry (W.I.T)-**Poems-** Father to son by Elizabeth Jennings, Poem - Generation to Generation by Antoine de Saint-Exupéry**Non-Literary:** Ted Talks and Articles by DevDutt
Pattanaik**Grammar:-** Determiners and modals**Vocabulary:-** Pertaining to the text**Concepts:** Analyse characters, themes, symbols, What is allegory**Writing Skills:** Newspaper Article Writing, summary writing, Narrative
Essay**Summative assessments:**

Criterion/ task	Course content	Date of assignment	Date of submission
1. A Analytical assessment	Rhetorical Criticism and Content Analysis through Text based Analytical questions	6th Oct, 2023	6th October, 2023
2.. A,B,C,D Analytical and creative writing	Complete Syllabus of Unit 2 and all the grammar topics and writing skills covered throughout the Term.	Term End, 2023	Term End, 2023

Subject: French**I Term****Unité 1: Rencontrons le monde!****Duration: July- August (2023)****Content-**

Phase 3 & 4

KNOWLEDGE: Constructing basic meaning while talking about yourself, giving personal information, describing people, your family, friends.**SKILLS:** Developing ability to communicate effectively using the target language; asking questions, using numbers**Concepts:** Self-introduction, Human relationship, Using new technologies to connect with the world. (Se Présenter, Relation humaine, Utiliser les nouvelles technologies pour se connecter au monde.) Recognizing the meaning reflexive verbs. (Reconnaître le sens des verbes pronominaux.) Usage of Adjectives. (l'utilisation des adjectifs.) Using expressions of time in perfect, present and future tense. (Utilisez des expressions de temps (present)) Using 'depuis'. (Utiliser 'depuis'.) Using Possessive adjectives. (Utiliser des adjectifs possessifs.)

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clips	July 24th 2023	July 24th 2023
Criterion C , D	Cr.C Oral presentation on the PPT Cr. D: A PPT on family, showing family tree	2nd August 2023	8,9,10th August 2023
Criteria B & D	Reading Comprehension Writing task: Essay writing	Assessment Week	Assessment Week

Unit 2: Le milieu urbain et le milieu rural**Duration: September - October 2023****Phase 3**

KNOWLEDGE: Learning foreign languages, encouraging positive attitudes towards speakers of other languages. Tourist destination in France. Transport. Talk about the countryside, Compare life in town and countryside, Talk about a visit to a theme park, Talk about recent events.

SKILLS: Understanding Grammar: pronoun 'y', negative expressions: ne ... pas/plus, etc., past tense with 'etre' & 'avoir' by using basic examples and sentence structures. Talk about a city, town, country. Talk about transport in cities. Discuss public transport in Paris.

CONCEPTS: Developing sympathetic approach to other cultures and civilisations e.g. understanding and comparing city-life and village-life, forming opinions about them with the help of simple examples and sentence structures. Ask for, understand and give directions to places. Use the pronoun y. Use negative expressions; ne...pas/plus/jamais/rien/personne/aucun/que/ni...ni. Use the perfect tense with avoir and être.

Phase 4

KNOWLEDGE: Learning foreign languages, encouraging positive attitudes towards speakers of other languages. Tourist destination in France. Transport. Talk about the countryside, Compare life in town and countryside, Talk about a visit to a theme park, Talk about recent events.

SKILLS: Understanding Grammar: pronoun 'y', negative expressions: ne ... pas/plus, etc., past

tense with 'etre' & 'avoir' by using basic examples and sentence structures. Talk about a city, town, country. Talk about transport in cities. Discuss public transport in Paris.

CONCEPTS: Developing sympathetic approach to other cultures and civilisations e.g. understanding and comparing city-life and village-life, forming opinions about them with the help of simple examples and sentence structures. Ask for, understand and give directions to places. Use the pronoun y. Use negative expressions; ne...pas/plus/jamais/rien/personne/aucun/que/ni...ni. Use the perfect tense with avoir and être. Questions in the perfect tense.

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clip(s).	15th September 2023	15th September 2023
Criteria D & C	Create a PPT on the topic Countryside life and Urbane life. Give an oral presentation on the PPT	4th October, 2023	17th, 18th, 19th & 20th October, 2023.

Unit 3: Nos projets, nos voyages

Duration: Oct (Mid) - Nov (Mid) 10 weeks

Phase 3

KNOWLEDGE: By using the target language in the form of simple sentence structures to make future plans, travels, family life, household, hospitality. Describe a journey. Describe your room.

SKILLS: Developing ability to communicate by using basic sentence structures. Talk about weekend plans, Ask for help and make requests, Find out about staying with a French family, Talk about travel by train and by air. Talk about your home. Talk about household tasks. Thank someone for their hospitality. Compare life in different countries.

CONCEPTS: Understanding Grammar: The future and the near future tense, conditional tense, emphatic pronouns with the usage of basic and simple sentences. Use expressions for future time. Grammar - Aller + infinitive, future tense, Use more complex sentences is 'if'. Use the future tense of reflexive verbs. Using Si + present tense + future tense. Use different tenses. Grammar - Some phrases in conditional tense; serait, il y aurait ne.....que, Use emphatic pronouns (moi, toi etc.) Use à moi etc. to show possession.

Phase 4-

KNOWLEDGE: By using the target language in the form of simple sentence structures to make future plans, travels, family life, household, hospitality. Describe a journey. Describe your room.

SKILLS: Developing ability to communicate fairly confidently by using basic sentence structures. Talk about weekend plans, Ask for help and make requests, Find out about staying with a French family,

Talk about travel by train and by air. Talk about your home. Talk about household tasks. Thank someone for their hospitality. Compare and analyse life in different countries.

CONCEPTS: Understanding Grammar: The future and the near future tense, conditional tense, emphatic pronouns with the usage of basic and simple sentences. Use expression for future time. Grammar - Aller + infinitive, future tense, Use more complex sentences is 'if'. Use the future tense of reflexive verbs. Using Si + present tense + future tense. Use different tenses. Grammar - Some phrases in conditional tense; serait, il y aurait ne.....que, Use emphatic pronouns (moi, toi etc.) Use à moi etc. to show possession.

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Criteria B & D	Questions related to audio / video clip(s). Reading Comprehension, Complete grammar topics and writing skills covered throughout the term.	Term End Examination	Term End Examination

Subject: Hindi

TERM -1

Unit1: Lifestyle and Health

Duration: June(Last) August (9-10 week) 2023

Knowledge-

Interview- PM Narendra Modi interview by Akshay Kumar (Personal) (Video),

NAVGEET (kavita) - Lifestyle - Sudha Gupta

Report - Yoga and Lifestyle

Hindi Blog - Blog of Girishwar Mishra - The key to healthy life is in our own hands, , Blog by Lalit Arora -

Achcha Svasthya Vardan, yah Jeeval ka asali gahana (अच्छा स्वास्थ्य वरदान है, यह जीवन का असली गहना है)

Article -Yoga is not just a workout; Have a Lifestyle

Video - Yoga and Lifestyle Article with Images and Title -

Poem - Healthy Lifestyle - Manibhai Navratna

Concept- Describe the interview through video, Demonstrate oral presentation of song, oral discussion and video showing of the key to healthy life is in our hand. Interpretation of report on yoga and lifestyle. Analyze the Hindi blog through reading & writing.

Grammar Repetition – Nouns, Pronouns, Adjectives, Factors, Verbs), Words (Types of Words) and Sentences (Types of Sentences)

Skills- Elements of interview, blog and report writing, elements of author introduction, letter writing and poetry Summary ,Article writing ,Interview & narration.

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
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Criteria A	Questions related to a video / audio clips	July 24th 2023	July 24th 2023
Criterion C , D	Students will write their thoughts on a local and global problem of today and make an oral presentation based on the songs read and sung related to lifestyle.	2nd August 2023	8,9,10th August 2023
Criteria B & D	Questions related to a reading Comprehension Writing task: Informal letter	Assessment Week	Assessment Week

Unit 2: Migration and Travel

Duration: Sep, Oct , 8 week-2023

Knowledge-

Report - Ground report from the settlement of Pakistani Hindu refugees

Poems -Yatra aur Yatri, Baat Ki Pehchan (Harivansh Rai Bachchan)

Travelogue - My First Jharkhand Yatra (Sukhnandan)

Clips from the movie - Shikara - The Untold Story of Kashmiri Pandits

Concept- Describe the report through video, Demonstrate oral presentation of poem, oral discussion and video showing of the Shikara movie. Analyze the Travelog through reading & writing. Grammar-Synonyms, prefix-suffixes, idioms with repetition of proverbs (types of words) and sentences (types of sentences)

Skills- Author introduction, travelog writing, letter writing (Formal & Informal)and knowledge of the elements of poetry Summary & story writing and narration, etc.

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Criterion A	Questions related to a video / audio clip(s).	15th September 2023	15th September 2023

Subject: Mathematics

I Term

Unit 1: Numerical & Abstract Reasoning(Numbers)

Duration: July- August' 2023

Knowledge:

Simple Arithmetic, Number facts (Integers, fractions, decimals, Rational and Irrational numbers) and

sequences (linear and quadratic sequences), Approximation, estimation, Bounds, Standard forms, Ratio and proportion, Percentages, Speed, distance and time, and profit and loss.

Concepts:

Using number facts and sequences in real life. How sequences are used in real-life, Expressing Fractions, decimals as quantities, Expressing integers as directed numbers, Using ratio and proportion,, Dividing a number in a given ratio, The concept of direct and inverse variation and scale mappings, understanding the concepts of percentage increase or decrease. Estimating a number/quantity as per the degree of accuracy, Meaning of average speed

Skills:

Identifying and using natural numbers, integers. (positive, negative and zero), prime numbers, square numbers, common factors and common multiples, rational and irrational numbers (e.g. π , root of 2, etc.), Identifying a given sequence and deducing the general rule, expressing one quantity as a percentage of another, using given data to solve problems on personal and household and other finance involving compound interest, profit and loss, discounts, taxes, etc."

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
B,C,D Home task	Arithmetic, Number facts and sequences, Approximations and estimations, Standard form, Ratio & proportion, percentage direct and inverse ratio,	20/07/2023	04/08/2023
A (Written test)	Arithmetic, Number facts and sequences, Approximations and estimations, Standard form, Ratio & proportion, percentage, Speed, distance, time	Assessment week	Same day

Unit 2: Thinking with Models(Algebra)

Duration: September-October' 2023

Knowledge:

Addition, subtraction, multiplication and division of algebraic terms, Factorization of algebraic expressions, Substitution, Patterns and sequences, Equations- Linear, quadratic and simultaneous.

Concepts:

Understanding the methods of factorization, substitution, Solving the equations using different methods. Significance of framing algebraic expressions and equations.

Skills:

Expanding and simplifying algebraic expressions, Factoring linear and quadratic expressions, Using substitution to evaluate expressions, Finding and justifying or proving general rules/formulae for sequences, Solving equations algebraically.

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
A, B, C and D (written test)	Unit 1; Numeral and abstract reasoning Unit 2; Thinking with models	Assessment week	Same day

Subject: Economics**I Term****Unit 1: The Basic Economic Problem: Choice and Allocation of resources****Duration: July - Sept 2023****Contents:****Unit-1**

- The Economic Problem
- Factors of Production
- Opportunity Cost
- Production Possibility Curve

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
B,C	Unit 1	27th July 2023	14th August 2023
A,D	Unit 1	Assessment Week	Same day

Unit 2: Allocation of Resources & Market Failure**Duration: Sept - Nov 2023****Unit-2**

- Microeconomics and macroeconomics
- The role of markets in allocating resources
- Demand
- Supply
- Price Determination
- Price Changes
- Price Elasticity of Demand
- Price Elasticity of Supply
- Market economic system
- Market Failure
- Mixed economic system

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
B,C	Unit 2	26th September 2023	10th Oct 2023
A,D	Unit 2	Term-end	Term-end

Subject: Business Studies

I Term

Unit 1: Understanding The Business Activity

Duration: July - Sept 2023

Content-

- 1.1 The purpose and nature of business activity
- 1.2 Classification of business
- 1.3 Enterprise, business growth and size
- 1.4 Types of business organization
- 1.5 Business Objectives and stakeholder objectives

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
B,C,D	Unit 1 - Understanding Business Activity	1st Aug 2023	11th Aug 2023
A	Unit 1- Understanding Business Activity	Assessment week	Assessment week

Unit 3: Marketing

Duration: Sept - Nov 2023

Content-

- 3.1 Marketing, competition and the customer
- 3.2 Market Research
- 3.3 Marketing Mix - 4 P's - Product, Place, Price and Promotion
- 3.4 Marketing Strategy

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
B,C,D	Unit 3 - Marketing	3rd Oct 2023	13th Oct 2023
A,B,C,D	Unit 1 and 3 Understanding Business Activity Marketing	Term-end	Term-end

Subject: Global Perspectives**I Term****Unit 1: Family and demographic Change****Duration: July - September 2023**

- Demographic change
- International migration and urbanization
- Climate change
- Technological change
- Impact of Changing demographic on family
- Migration and its effects on family and community
- Influence of technology on family and community

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
B,C,D	Individual Report	17th July 2023	28th July 2023
A,B,C,D	Summative Assessment - Written Examination	Assessment Week	Assessment Week

Unit 2: Fuel and Energy, Biodiversity and Ecosystem Loss**Duration: September - November 2023**

- Importance of fuel energy sources
- Environmental impacts of fuel energy production
- Link between fuel energy and biodiversity loss
- Role of renewable energy in mitigating biodiversity loss
- Concept of ecosystem loss
- Drivers of ecosystem loss
- Impacts of ecosystem loss on ecosystem services
- Sustainable approaches to fuel energy and biodiversity conservation

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
B,C,D	Individual Report	18th Sept 2023	27 Sept 2023
A,B,C,D	Written Component	Term End Nov'23	Term End Nov'23

Subject: Biology**I Term****Unit 1: Organisation of life****Duration: June-July 2023**

Content- Characteristics and classification of living organisms, Organization of the organism

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
Criterion D	Organization of Cells	21st July 2023	1st august 2023
CRITERION A	Characteristics and classification of living organisms.	Assessment week	Assessment week

Unit 2: Chemicals for metabolism**Duration: Aug - Nov 2023**

Content- Movement in and out of cells, Biological molecules-, Enzymes, Human nutrition

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
B, C- Diffusion/ Osmosis Experiment	Movement in and out of cells,	24 Aug 2023	30 Aug 2023
D- Application of enzymes/Food additives	Enzymes/Human nutrition	23rd Sep 2023	3rd October 2023
A, B, C	Complete syllabus- Movement in and out of cells, Biological molecules, Enzymes	Term End	Term End Nov 2023

Subject: Physics**I Term****Unit 1: Kinematics****Duration:****14 June- Total 8 weeks) 2023****Contents:**

Measurements and units: Numbers and units, system of units, Volume and density

Forces and Motion: Speed, velocity, acceleration, motion graphs, equations of motion, free fall, forces in balance, Force weight and gravity, action and reaction.

Pressure: Forces and turning effects, center of gravity, stretching and compressing, Pressure, Pressure in liquids, Floating and sinking.

Summative assessments:			
Criteria / task	Course content	Date of assignment	Date of submission
Criteria B and, C	Motion	21st July 2023	Jul 31, 2023
A (all strands) and D(strands i-iii)	Motion and Forces	Assessment Week 21st-25th Aug 2023	Same day
Unit 2: Energy		Duration: Duration: August 3rd week to Oct 2023	
Contents: Energy: Work and energy, Energy transformation, Calculating Kinetic and potential energy, Friction, efficiency, energy resources,			
Summative assessments:			
Criterion/ task	Course content	Date of assignment	Date of submission
D: Research work	Presentations and model making on Energy transformation.	8th Sep 2023	30th Sep 2023
A,B and C written test	Pressure and Energy	2nd-8th November (Assessment week) 2023	Same Day

Subject: Chemistry

I Term			
Unit 1: Matter - The essence of the world		Duration: July to September mid 2023	
Content- The particulate nature of matter, states of matter, Atoms, elements and compounds, Atomic structure; Structure and bonding, Macromolecules, Air and water, Sulphur and Carbonates, Purity; Methods of purification			
Summative assessments:			
Criteria / task	Course content	Date of assignment	Date of submission
Criteria A and D	.Complete unit	Assessment week	Same day
Criteria B and C	Purification/solubility	25/07/2023	28/07/2023
Unit 2: Periodic table		Sept. Mid to Nov 1st week 2023	

Content- Periodic Table - Periodic trends, Group properties, Transition elements, Noble gases; Metals - Properties of metals, Reactivity series, Extraction of metals, Uses of metals

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
A B and C	Complete course	Assessment week	Same day
Criterion D chemistry	Extraction	12 Sep 2023	27 Sep 2023

Subject: ICT

I Term

Unit 1: Types and components of computer systems

Duration: JULY - AUG 2023

Contents:

hardware and software the main components of computer systems operating systems

Identify types of computer

Impact of emerging technologies

Identify input devices and their uses

Identify and use of direct data entry and associated devices

Identify output devices and their uses

Storage devices and media

identify storage devices, their associated media and their uses

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
A,B,C,D	Entire course content of unit 1	7 th August 23	31 st Aug' 23

Unit 2: Network and the effects of using them

Duration: SEPT- OCT 2023

Contents:

understand how a router works and its purpose

understand the use of other common network devices, including: network interface cards, hubs, bridges, switches, modems

understand the use of WiFi and Bluetooth in networks

understand how to setup and configure a small network, including: access to the internet, the use of a browser, the use of email, access to an Internet Service Provider (ISP)

understand the characteristics and purpose of common network environments, such as intranets and the internet
 understand the advantages and disadvantages of using different types of computer to access the internet
 security issues regarding data transfer network communication

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Create an Animated Video/Presentation	Entire course content of unit 2	6th Sep 2023	12th Oct 2023

Subject: ARTS

I Term

Unit 1: Elements of music (Instrumental)

**Duration:
22th June - December 2023**

Content-

- Detailed information about Elements of music; Pitch, Melody & Harmony.
- Read, write, and perform melodic notation in duple, triple, and mixed meters
- Transcribe simple aural examples into melodic notation.
- Harmonic structure of melodic lines using CHORDS.
- Ear training or Listening skills
- Detailed information about Elements of music; Rhythm, Meter & Tempo
- Read, write, and perform rhythmic notation in duple, triple, and mixed Time signature
- Transcribe simple aural examples into rhythmic notation
- Compose and arrange simple pieces for voice and instruments, using traditional and nontraditional sound sources, including digital/ electronic media.
- Use criteria according to the elements of music to evaluate the quality and effectiveness of musical performances and compositions.
- Record initial thoughts and developments, brainstorming, possible lines of inquiry and further questions raised during searching/practice/composing music.
- Artistic development throughout the project.

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
A - Investigating B - Developing C - Performing D - Evaluating	Investigating a genre & critique of a composition Music performing & improvising Process journal Appraising own performance	8th Sep. 2023	14th Sep. 2023

Unit 1: Spiritual Song and Classical Music (Vocal Music)

**Duration:
22th June - December**

Content-

- Voice Grooming Session and Ear Training
- Introduction of Devotional Music
- Contribution of Spiritual Music in daily life
- Practice and perform some Spiritual Songs
- Basic Idea about Indian Classical Music (10 Thaats Based Song)
- Swarmalika (Two Thaats)— Bilawal and Khamaj
- Introduction of Bandish based on any one of above two mentioned Thaats
- Clapping arrangement of Dadra Taal and Teen Taal with full scanning
- Western chords
- Compose, improvise, and perform basic rhythmic, and melodic patterns independently on instruments (using various interesting app on GarageBand) as well as vocal

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
A - Investigating B - Developing C - Creating / Performing D - Evaluating	Spiritual Song and Classical Music Music performing & improvising Process journal Listening and responding	8th Sep. 2023	14th Sep. 2023

Unit 2: Dance

Duration: 27th. June to December 2023

Content- Concept of free style dances
Basic moves of dances
Generate Original Choreography
Choreograph a Structured Composition

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Criteria A [Investigating] B [Developing], C [Creating/Performing], D [Evaluating] (All Strands)	Concept of free style dances <ul style="list-style-type: none"> ● Development of freestyle dance forms ● Technical terminology used in Dance Generate Original Choreography <ul style="list-style-type: none"> ● Choreograph a Structured Composition origin and development of contemporary dances <ul style="list-style-type: none"> ● Contributors of contemporary dance styles ● Comparison of two art works Generate Original Choreography <ul style="list-style-type: none"> ● Choreograph a Structured Composition 	8 Sep 2023	14 Sep 2023

Unit 3: Unit 3:VA - Portrait study

Duration: July to December 2023

Contents: Knowledge

- Basic proportion of portrait
- Research on different styles of portraits.
- Comparative study of portrait artists.

Summative assessments:

Criterion/ task	Course content	Date of assignment	Date of submission
Criteria A [Investigating] B [Developing], C [Creating/Performing], D [Evaluating] (All Strands)	<ul style="list-style-type: none">• Basic proportion of portrait• Research on different styles of portraits.• Comparative study of portrait artists.• Creation of students' own artwork by transforming realistic into innovative forms like mosaic, mural, glass painting etc. <ul style="list-style-type: none">• Sketching skills• Composing skills• Painting skills<ul style="list-style-type: none">• Concept of transition from realistic portraits to their adaption in traditional art• Creation of students' own artwork by transforming realistic into innovative forms like mosaics, murals, glass painting etc.	8 Sep 2023	14 Sep 2023

Physical and Health Education

UNIT 1: Diet and Nutrition

Duration: July and August, 2023

Content:

Nutrition:

- Introduction, balanced diet, Daily diet Requirement, food habits,
- Nutrition- Food groups, Food pyramid.
- Composition and uses of—carbohydrates, proteins and fats.
- Body uses (breaks down) carbohydrates, proteins and fats as fuel Sources.
- Eating disorders: Anorexia nervosa, Bulimia nervosa
- Energy system: Aerobic and Anaerobic

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
Criteria: A	<p>Diet and Nutrition :- Nutrition- Food groups, Food pyramid. Composition and uses of– carbohydrates, proteins and fats. Body uses (breaks down) carbohydrates, proteins and fats as fuel Sources.</p>	07 August 2023	07 Aug 2023
Criteria: B	<p>Energy system: Aerobic and Anaerobic. Endurance activities and everyday activities- jogging, walking, swimming, playing football, basketball etc. Explosive activities- one leg hopping, Two leg hopping, squat jump, concentric box jump single and double leg.</p>	18 August 2023	28 August 2023

Unit 2: Athletics (Individual game)**Duration: September to November 2023****Content:**

History of track and fields, rules of track and fields

Introduction: Skill related components of fitness– Speed, Agility, Power, Balance, Coordination and Reaction Time.

Health-related components of fitness–cardiovascular fitness, muscular strength, flexibility, muscular endurance, body composition.

Develop skills techniques and strategies:

Start and Finishing for 60m, 100m, and 200m sprints.

Energy systems– aerobic, anaerobic, ATP-PC.

Event skills, techniques, strategies and movement concepts– 400 m, 800 m, shot put, high jump.

Summative assessments:

Criteria / task	Course content	Date of assignment	Date of submission
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Crit - C	Track and Fields - 100m, 200m, 400m Short put, high jump, long jump, discus throw	29 Aug 2023	06 Sept 2023
Crit - D	Reflection and improving performance	09 Sept 2023	09 Sept 2023