

VIDYA DEVI JINDAL SCHOOL, HISAR
SPORTS CURRICULUM PLANNING (2022-23)

JUNIOR: IV-VII
SENIOR: VIII-XII

NAME OF THE SPORT: HOCKEY

TEACHER IN CHARGE: MR. SANJAY SANGWAN

STRENGTH: JUNIOR - 15
SENIOR - 43
TOTAL - 58

CAPTAIN- HARISHA CHAUDHARY (XII)
VICE CAPTAIN: SEHAJPREET KAUR (VIII)

Description: Field Hockey is an eleven aside game played on a pitch 100 yards by 60 yards with a ball which has a 23cm circumference. Each player has a stick with a rounded head to play the ball with and the objective is to score goals by putting the ball in the opposing team's goal.

LEARNING OBJECTIVES:

After the completion of the course , students will be able to -

Playing hockey helps develop essential social skills like teamwork, communication and individual persistence, but also proves an enjoyable activity that builds up speed, hand-eye coordination and cardiovascular performance.

ASSESSMENT: Full Marks - 30

Attendance: 10
Skill: 10
Viva: 10

Mode of Assessment: The Assessment will be based on Punctuality and involvement in the Class.

Skill Test: Speed, Endurance, Strength and coordinative agility

Viva: It will be conducted fortnightly based on the theory discussed.