

స్కూల్ లో టీచర్స్ తరువాత విద్యార్థులలో క్రీడాస్ఫుర్తి పెంచుటకు వారి శారీరక ఎదుగుదలకు ప్రధాన పాత్రధారి P.E.T. వీరి యొక్క డ్యూటీ చార్జ్ మరియు వీరు ఏ విధులు నిర్వహించాలో మీకోసం

1. **Conduct of Assembly and prayer in the morning.**
2. **Attending to correspondence work, making of courts, issue of games equipment to games boys (morning session)**
3. **Taking instructional period in the time table and wearing proper uniform**
4. **Conduct of participation periods Mass Drill periods, optional periods, special coaching after school hours.**
5. **Assisting the Medical Officer in conducting the medical examination.**
 - Maintenance of individual health records.
 - Follow up action
 - Teaching of health habits
6. **Teaching of physical efficiency tests for all students during working hours of the School twice in an academic year.**
7. **Classification of students and conduct of intramurals.**
8. **Preparation of School teas for inter-school competition on tournaments.**
9. **Maintenance of records and registers (Stock Register, Fundamental Skills Register, Attendance Register, Stock of Games and Sports Material, maintenance of individual health records register Files and unserviceable articles register.**
10. **Stock Verification, auction and condemnation of articles.**
11. **Settling of accounts and submission of vouchers for the year.**
12. **Conduct of National importance days and sports day or school day.**
13. **Safety preservation of games material during vacation.**
14. **Maintenance of good relationship with students, staff and public.**
15. **He should assist the Heads of the institution in maintaining discipline especially during school function.**

PERIODS :

1. **Health Education Period.**
2. **Instructional Period.**
3. **Participation Period (Practical Period)**
4. **Optional Period.**

5. Special Coaching After School Hours.

(1) Health Education Period :

Personal hygiene, environmental hygiene, communicable Diseases, Community Health, Mental Health, Food fats, Nutrition, Balance diet, Water, Oxygen, Vitamins, System of the Human Body, Herdity and environment , First-Aid School Health Services World Health Organisation, UNICEF, CARE Environmental pollution and Sanitation, Children effected alcohol, misuse of drugs.

(2) Instructional Period :

All major games, History of the game measurements, Play method and techniques, Mass exercises, Asanas, Pyramids. Training and Coaching twice in a week.

(3) Participation Period :

What ever you taught in instructional period give the training in participation or traini8ng period.

(4) Optional Period :

Special Coaching for pupils needs.

Intramural : The Classification of Student into various "Houses" should be done. This should be done separately for boys and girls. The House should be sub-divided into Juniors and Sub-juniors. The houses should be named after National Leaders and eminent Sports personalities.

The Competition among the houses in various games and spots should be conducted throughout the academic year on league basis and the prizes and incentives should be awarded at the time of school anniversary. The physical Education Teacher to se that every student should be given equal opportunity.

Extramurals : The Physical Education Teacher should observe and select the best during the intramurals and train and make them eligible to participate in the extra-mural competitions.

Coaching : The Physical Education Teacher should conduct the coaching camps periodically of various games and sports.

Classification : Classification in Physical Education is the division of pupils of different age, size, stature and skill into homogeneous groups.

I - Index : $1 \frac{1}{2}$ height (inches) + Weight (in Lbs)

On the basis of this formula the following indices have been adopted in the schools of Madras State.

| Group | Index |
|---------------|-------------------|
| Seniors | 200 and above |
| Intermediates | 180 and below 200 |
| Juniors | 160 and below 180 |
| Sub-Juniors | Below 160 |

II. Index : Age+Height+1/10 weight
(Age in years, height in inches & weight in Lbs.)

| Groups | Index |
|---------------|--------------|
| Seniors | 85 and above |
| Intermediates | 80 to 85 |
| Juniors | 75 to 80 |
| Sub-juniors | 70 to 75 |
| Lower Class | 65 to 70 |
| Bottom Class | 65 and above |

In considering the age of a pupil for the index, the years and the completed months should be taken into account.

| Example | | |
|----------------|-----------------------|-------------------------|
| Age = | 14 years and 2 months | 14.17(in Yrs) |
| Height = | 5 feet & 1 inch | 61.00 (n inches) |
| Weight = | 85 Lbs | 8.50 (1/10wt. in lbs) |

83.67

INDEX

Classification for Girls:

Index I = (4 Age + Height + Weight) / 3

Index II = 20 Age + 6 Height + Weight

(Age in completed years, Height in inches and weight in pounds)

PHYSICAL EDUCATION DEALS WITH

Physical Education Mass Activities

Sports & Games

Recreation & Combative Activities

First Aid & Physiology

Anatomy & Physiology

Health Education : Environmental & Hygienic Conditions.

School Discipline, Moral & Social Development of the Child

Bharatiyam Activities Yoga & Sports Medicine.