

JOB CHART OF PHYSICAL EDUCATION

TEACHER BY DSE VIDE PROC. RC.No. 493/NEPI/4-2-87, Dt: 15-06-1988

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 sessions).
 3. Taking instructional periods 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.
 6. (a) Maintenance of individual health records
(b) Follow up action
(c) Teaching of health habits
 7. Teaching of physical efficiency tests for 8th, 9th, 10th class students during working hours of the School twice in an academic year.
 8. Classification of students and conduct of intra-murals.
 9. Preparation of school teams for inter-school competition or tournaments.
 10. Maintenance of records and registers (Stock Register, Fundamental Skills Register, Attendance Register, Stock of Games and Sports Material, Maintenance of individual health records, registers, files and unserviceable articles register.
 11. Stock verification, auction and condemnation of articles.
 12. Setting of accounts and submission of vouchers for the year.
 13. Conduct of National days and sports day or school day.
 14. Safely preservation of games material during vacation.
 15. Maintenance of good relationship with students staff and public,
- : 6. He should assist the heads of the institutions in maintaining discipline in the school.

PERIODS

- a) Health Education
- b) Instructional Period
- c) Participation Periods
- d) Optional Period
- e) Special Coaching after School Hours

a) **Health Education Period**

Personal Hygiene, Environmental Hygiene, Communicable Diseases, Community Health, Mental Health, Food fats, Nutrition, Balanced diet, Water, Oxygen, Vitamins. System of the Human Body, Heredity and environment, First Aid School Health Services, World Health Organization, UNICEF, CARE, Environmental pollution and Sanitation, Children effected alcohol, misuse of drugs.

b) **Instructional Period**

All major games: History of the game, measurements, skills and techniques, Mass exercises, Asanas, Pyramids, Training and Coaching.

c) **Participation Period**

What ever you taught in instructional period the same may be given participation.

d) **Optional Period**

Special Coaching will be given in games or sports. **Intramurals**

The student will be classified into various "Houses" separately for boys and girls. The House should be Sub-Divided into Juniors and Sub-Juniors. The Houses should be named with National Leaders and eminent sports personalities.

The competition among the Houses in various games and Sprots should be conducted through out the academic year on league basis and the prizes and incentives should be awarded at the time of school anniversary. The Physical Education Teacher should see that every student should will get and opportunity in intramurals,

Extramurals

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

Coaching

The Physical Education Teacher should conduct the Coaching Camps periodically for 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:

$$1\frac{1}{2}\text{height (inches) + Weight (in lbs)}$$

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

Group	Index
1. Seniors	- 200 and above
2. Intermediates	- 180 and below 200
3. Juniors	- 60 and below 180
4. Sub-Juniors	- below 160

II-Index:

Age + Height + 1/10 Weight

(Age in years, height in inches & weight in lbs)

Group Index

1. Seniors	- 85 and above
2. Intermediates	- 80 to 85
3. Juniors	- 75 to 80
4. Sub-Juniors	- 70 to 75
5. Lower Class	- 65 to 70
6. Bottom Class	- 65 and below

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

Age = 14 years and 2 months -14.17 (in years)

Height = 5 feet & 1 inch- 61.00 (in inches)

Weight ■ 85 lbs - 8.50 (1/10 wt inlbs)83.67

INDEX

Classification for Girls

Index I = $(4 \text{ Age} + \text{Height} + \text{Weight}) / 3$

Index II = $20 \text{ Age} + 6 \text{ Height} + \text{Weight}$

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