

Planning of Physical Education Program - Part 2

Hi welcome to the part 2 of the session on planning in the previous session we discussed the 10 steps to plan for the entire year in step 1 we discussed about how do you define goals and objectives for the P program in a school or if a goal is already defined objectives already defined how do you map the program with this in step 2 We learned about how do we plan for the student assessment needs and interest. In step 3, we learned about how to plan or develop or follow a curriculum framework. In step 4, we learned how to plan the implementation of the curriculum for the entire year. Step 5, we discussed about how do we organize resources and facilities available in the school premises to implement the curriculum for the entire year. In step 6, we learned how to plan for the assessment for the entire year. Step 7, we learned about the different events and how do we plan those events in the entire In step 8, we discussed how do we engage community for the overall development of the program.

Step 9, we learned how to plan for the professional development of self and also for the team members. And step 10, we learned about how do we plan for the feedback and quality monitoring of the entire program. So out of these 10 steps, there are certain steps which are core deliverable of a PE teacher. For example, define goals and objectives, either you define, but most of the time it is already defined by the school.

You map your program to the goal of the school objectives. But step three, develop or follow a curriculum something that a PE teacher is actively involved in like I mentioned in the previous session most of the times a curriculum is already there in the school so you need not develop a curriculum or you follow a curriculum by different boards like CBSE ICSE depending on the school board so this is something that you are actively involved as a PE teacher to follow a curriculum framework. Then the another very important part is plan for the execution of the curriculum for the entire year you need to plan how do you want to execute the curriculum. The other very important part where PE teacher plays a very important part is planning for the assessment and evaluation of physical education program. The other one is plan events and competitions for the year.

So we have a dedicated session for assessments. We have a dedicated session for planning. And in this session, we will be discussing how do we plan for events and competitions. So this session will be dedicated to planning for events and competitions. In the previous chapter we learned how do we allocate different months for each of these steps or how do we implement the entire curriculum during the year If you notice here we have also dedicated time for assessment we have also dedicated time for events as well intramural interschool competitions, these are all the events and there will be sports day somewhere.

There will be other events sporting events somewhere. So the entire year is already prepared now. We need to understand how do we plan to deliver these events? So let us understand which all are the most important event sporting event in a school set up Sports

day, which is the annual sports day, is one of the most important event in a school. Apart from that, the others include intramural tournaments, extramural tournaments, Independence Day, Republic Day celebrations, Father's Day, Mother's Day, Grandparents Day and Children's Day celebrations, summer camp and winter camp. These are the events which are led by the PE teacher.

As a PE teacher in the school you are expected to lead this guide this other teachers and school also in executing these events. But one of the events which is not a part of this list and which is very important in every school that happens is school assemble. This is a shortest event in a school and this is a recurring event. So let us understand how a school assembly is conducted. Again, whenever there is a large gathering, whenever there is a requirement of crowd management or a discipline to say, PE teacher is expected to lead.

So, let us understand first what is school assembly and why school assembly is important. There is no specific purpose for a school assembly, but the school assembly can be used for a number of things, school assembly can be used for different purposes. It can be used for updates, announcement, price distribution. It can be used to express or reinforce code of conduct expected both from teachers or from students. It can also help foster or help students better their public speaking, showcase drama, skit on a different topic and different themes.

It can help students gain self-confidence and connect with peers. Even the National Curriculum Framework emphasizes on integrating different activities during the school assembly. Other activities could also be added for example during the assembly like singing together, listening to story, inviting a person from a local community or a chief guest to have a guest lecture. One can do a lot of discussions or sharing of experiences during the assembly. So our national curriculum framework encourages schools to integrate different activities during the assembly.

So assembly is expected to be led or conducted by a PE teacher. Even the national curriculum framework emphasizes on integrating different activities to the morning assembly. For example, assembly can be used as a platform for students to showcase their talent, to tell a story, to perform group singing. It can also be used to convey a message through a small skit or a small drama. Assembly can also be made interesting by inviting local speakers, it could be chief guest, it could be some famous personalities or assembly can be used to convey some message or as a just you know the everyday news bulletin as well.

Planning for an assembly which is again a core part of a school PE teacher when you plan an assembly or any event for example you actually follow three steps right One is before the event Two during the event and Number three after the event. So there are set of activities that you are supposed to plan prior to the assembly during the assembly and after the assembly. So, let us talk about prior to the assembly. Prior to the assembly definitely you

need to have a specific time slot and you need to have a flow of events also, flow of activities or events which we can call as agenda for the entire, which can be an agenda for the assembly. So if you see here, this assembly is only for 15 minutes, right? And you start at 7:45, you assemble, then you start morning prayer, address by principle, daily news update, then there's a theme-based activity you do, then there's national anthem and you disperse.

This is an indicative flow of an assembly. It can be different from different schools. This is a standard flow of events in a short assembly. So, let us understand tasks before the assembly. What are the tasks that you are supposed to perform before the assembly? Assembly is always conducted in an open space, so the area is already well defined, area is already allocated, but a PE teacher is expected to at least plan for the entry and exit of the crowd or how the students should move before and after the assembly.

This can be done during the PE classes also. So PE teacher can help other teachers execute a skit or a play or a theme of the assembly. Every assembly is dedicated to different themes. It could be a theme on science or maths or geography, history or it could be even physical education and sports. You as a physical education teacher, if you are to conduct an assembly on physical education and sports, these are some of the things that you need to take care of prior to the assembly day.

The first is choose a theme for the assembly. and get an approval from the principal. The theme could be the importance of warming up before any physical activities, the importance of hydration during summer time, the importance of proper rest or importance of proper diet. So these are some of the topics related to health and physical education. that you can choose and you can either perform a skit on it or you can have a group of students talking about it during the assembly.

The most important is that you discuss this and get an approval from the school management before actually you conduct this during the assembly. The other important part is to identify students, those who will be performing during the assembly. It is always important that you find students, different students in different occasions. It should not be the same group of students doing the same, performing in the assembly all the time. Once the students are identified, definitely you need to practice at least for a week or enough practice before you actually perform it in front of everyone.

You can always take help from different teachers as well. Class teachers can also be involved. They can also help you in execution of the theme that you wish to do during the assembly. So these are some of the activities to be kept in mind during the assembly. Regardless of the assembly, the theme of the assembly is on physical education and sports or not.

These are some of the things that you as a PE teacher can actually lead or expected to lead during the school assemblies. One definitely is readiness of the activities that the students

are about to carry. Whether the students are ready or not or the activities, where the place allocated for the activities is ready or not is something that you need to ensure prior to assembly. The other one is, since the assembly is a large gathering, you need to have a proper audio system or a proper public address system. The equipment should all be thoroughly checked.

I'm sure you as a PE teacher who will not be doing all the technical side of this, but you need to ensure with the help of the technical team that these are all in place and ready to be used. If any special guests are coming, you are expected to welcome them along with the principal and get these things ready. Very important is to make provisions for first aid and medical emergencies. Tasks during the assembly again very important things to keep in mind that you don't conduct assembly during bad weather and bad weather by bad weather I mean extreme heat or extreme cold or if it is a rainy day you don't do it outdoors you do indoors if there is a provision for indoor assembly you do it indoors and you don't do it outdoors at all so. it's very important that you anticipate or you understand the weather then you decide on the assembly whether it is to be conducted or not.

You must have seen a lot of students fainting or all students feeling dizzy if they stand for a longer period of time. It's not only students even the adults you know if they stand for longer period of time, they tend to get dizzy they tend to get you know tired. So it's very important that the assembly should not last more than 15-20 minutes. Especially when you are doing assembly for the smaller kids. It's very important that you keep it very short.

Make sure that the loudspeakers are not right in front of the students because it can damage their hearing and should be away from the students and should not be in the direct path and facing towards the students. It's always good that if you can have two separate assemblies for smaller kids, smaller junior students, as well as separate for the senior students. Because some of the themes are, if you use some kind of themes and all, it may not be relevant to the smaller grade students. Needless to say that you should always be ready for the medical emergencies. Since assembly is a large gathering like we discussed, it is very important that you manage the crowd accordingly.

There has to be a pre-described pathway I would say you know how do you enter and how do you exit In essence of that it can create chaos and could lead to stampede also because the students will start running everywhere they'll start going towards the classrooms from different directions and that is that has to be avoided at any cost you can even use assembly to do quick hygiene check, you can assign student, you can assign teachers who can do the hygiene check you know during the assembly. when the students are going towards their class so like I said assembly is something which is very important which is the shortest event in a school which is recurring almost every day it happens in most of the schools the other event which is one of the biggest sporting event in the school which normally happens once in a year is the annual sports day this is the most awaited events in any school and this is a huge event where the entire school is involved the management, the teachers, teaching

staff, non-teaching staff, parents, the vendors, everyone is involved to make this event a grand success annual sports day is very important for a lot of reasons. It can be used to showcase talent. Sports day can be used for mass participation wherein all the students can participate, unlike, you know, a tournament where a handful of students are playing. Sports day is something that a huge number of students can participate at once.

Sports day can also be utilized to showcase the work of physical education department because during this day the entire physical department physical education department is involved along with all the teachers and in fact all the teachers the supporting staff everybody is supporting the physical education department to make this annual sports day a grand success It can also be utilized for mass interaction, I would say. The parents are there, the community people are there, the media personnel are there. So this is the best opportunity for the school to showcase their infrastructure, the sporting culture. Sports day is a time where famous personalities can be invited as a chief guest they can interact with students they can share their experiences and encourage students to take up sports and physical education So like we discussed there are three stages of any plan preparation stage, event day and the post event day. So when planning for a sports day also, you need to follow these three steps or three stages.

Preparation stage, during the sports day and post sports day. Let's discuss preparation phase first. Once the date of the sports day is finalized, now you need to assign tasks. Preparation for sports day starts at least a month prior to the event. Once the program is finalized, the preparation kicks off from there.

There could be different roles, different tasks assigned to different functions of the school. Right from finance department to the teaching and the non-teaching department, all are involved to make a sports day a grand success. Typically, during the preparation phase, one needs to follow these three steps. One, setting up the agenda for the sports day. One needs to set the entire agenda for the entire duration of the sports day.

Two is assigning duties. As I mentioned, the entire school is involved in sports day preparation and for the sports day. So you need to assign duties for different teachers and teaching and non-teaching staff and physical education teachers as well. The third very important thing is to invite, identify first the chief guest and invite chief guest and also send invitations to the parents. A typical agenda for the sports day looks like this.

If you see the sports day starts at 8.50 in the morning, which is assembly time. and ends at 12.30 so you need to have a flow from 8.

30 to 3.30 or 8.50 to 3.30 the entire flow is to be time stamped and needs to be defined precisely right from assembly to the arrival of chief guest to the welcome speech the lighting of the flame sports day you know declaration by the chief guest Right till the dismissal or the end of the sports day, it has to be defined and it has to be time stamped.

This is called the agenda for the sports day. So let us discuss the different duties during the preparation phase or the different tasks needed to be done during the preparation phase. One needs to prepare students for various mask drills and displays. Typically, this is done at least a month in advance because mask drill or mask display are something a group of students, a lot of students doing together.

So, this requires a lot of practice. This is done with the help of different school academic teachers as well. It's not only the you know the role of a PE teacher to train on master ill. Definitely the PE teacher will lead but it is always you know important that other academic teachers are also involved in you know maintaining the discipline or helping students you know grasp the you know the entire display or the you know the master ill how it is supposed to be performed during the sports day. It is very important that you assign specific time for this practice. Most of the schools actually allocate a period called zero period, which is the end of the last period.

And during that zero period, they do this practice for the sports day or the mass displays. The other activities apart from mass displays are the, you know, the competitive events or the different races and all within the sports team. It is important that all the students are given chance to perform. but not all will be able to compete during the sports day. So it is important that you have a selection trials, okay, wherein students from different house or different groups, you know, they can have a heats we call it or the, you know, selection trials and the selected ones will perform on the final day of the sports day, on the sports day.

So this also needs to be done prior to sports day. The heats or the selection trials need to complete. And the finalists, those will be finally performing or competing in the race or the sporting activity are ready. It requires a lot of things to make sports day success. It's not only the equipment required on the ground, it is the entire setup. The shamianas that you put, the PA system, different arrangements that you need to do, purchase of medals and trophies, the facilities.

All these things are to be planned well in advance and you need to allocate different departments or a different group of people or the teachers for this facility management. You of course need a master of ceremony we call it, you can assign one or two teachers Those are good public speakers, I would say, who can help announce and help keep a track of the flow of the event. Last but not the least is ensure that the invitation is sent to all the parents and all the dignitaries that you wish to invite for the sports day. Like I mentioned, mass drills or display used to start at least a month prior to the actual event day. So, zero period is created wherein students come, the entire school comes and they practice march pass, march display and other activities that are expected to be performed during the sports day.

These are some of the examples of, you know, the mask display or the mask drills. I'm sure there are many, plenty, but these are some, you know, the most important or I would say the common, you know, the drills or the displays like, you know, parachute drill, right? And

dumbbell drill, ribbon drills, Zumba, yoga. These all requires a lot of practice. So involvement of all the teachers Prior practice, allocation of time for the practice is very important. Here is an example of some of the fun races, I would say, or the competitive races for the age group of three to six years.

It can be as simple as just walking from one place to another place for these kids. So, these are some of the examples of the races that can be performed by smaller kids the age of 3 to 6 years old. These are the races or the competitive events up to the age of 11 from 7 to 11 like we discussed In our planning session, that activities needs to be age appropriate. So, even the races and competitions needs to be age appropriate. Sack race is the most popular competitive event in a sports day.

Followed by sprint races enough. So these are the activities, you know Which students can do these are the activities that can be extended to parents as well The parents can also have fun during the sports day So you can conduct you know an impromptu in fact race invite some of the parents, you know on the ground and can do some of these you know fun competitive activities for them as well So checklists plays an important role in order to ensure that the event is executed or the activity is executed the way it is expected. This is a sample checklist you can make your own or you can create something specific to the task in hand but it is very important that you must have a checklist and you must refer to checklist prior to the event day and also during the event day before the event starts this ensures that you have not forgotten anything everything is in place and there is no last minute surprises So there are checklists, you know, specific to the task also, you know, or the activity. For example, for a march past, it's very important that you must have proper ground marking. Drums and sticks are ready and, you know, adequately available.

House flags or house placards are ready. right and available then the flag stands are there where the after the march pass you go and you know put the flag right similarly for the specific tasks you know or the specific you know the action point in the agenda okay you need to have a checklist for facility arrangement as well so you have specific tasks or the specific duties performed by different people right but you are ensuring with the help of this checklist that all these are in place and nothing is missed out so the sports day is not over till it's over There are lots of other tasks also required post sports day . So the post-event tasks include, you know, very important is props collection. Some of the props or equipment are utilized only once in a year during sports day. So it's very important that you keep them back to their designated place safely and securely after cleaning them so that in the next year you can reuse them.

Some of the props and equipment are borrowed from outside. So you send them back from where you have borrowed. And it's very important that you clean up the area, the area, the place, the ground is clean and ready to be used for the regular PE sessions also. Handover of different props like I discussed, the borrowed and rented props needs to go back to their place. another place where you have borrowed them from right another good practice post

any event in fact not only sports day is to create a report the event report report could contain you know the highlights of the events some of the learnings during the events some of the things that you should continue to do some of the things that you should not do in the next event. You create a report, put some pictures, talk about the winners, talk about the things that went really well and document it and give it to school heads, principal or could be given it to management or to different functions in the school as well.

Like I mentioned, in an annual sports day, every department is involved. So accounts department are involved in procurement or renting. So it's very important that you settle the accounts. You as a PE teacher, it is your duty to ensure that the accounts are settled. wherever you have borrowed or rented the props or equipment or you know different Samyanas and all you know the accounts are settled there you know and there is a proper documentation of this right last but not the least is you call for a team meeting like I mentioned this is the best time to showcase the hard work of a physical education department so this is the time after the event you bring in everyone and you discuss you know you provide feedback you learn from the good things that you have done learn from the you know the challenges you faced or things that did not go well you know and you discuss among you know your your team members Also provide feedback to different department, it could be teaching department, it could be non-teaching department or ask for the feedback from these departments you know so that you can have a fantastic sports day next year again so that you learn from some of the things that did not go well during this sports day.

So we have understood how do we plan and execute the entire sports day in a school. the other very important event or the events in a school is intramural tournaments and extramural tournaments so these are the sporting tournaments unlike sports day where you do a lot of displays and masterials and all intramural and extramural are basically a sports specific tournaments so let us understand these two in detail so like the name suggests intramural means It is a tournament, a sports competition between the teams of the students from the same institution. So, it is inside the institution, the same students are participating with each other. It could be inter house tournament, it could be inter class tournament.

It could be different sports. It could be indoor sports. It could be outdoor sports. It could be fitness competitions. But the participants in this tournament or the competition are all from the same school. It is not the other school students are coming or outsiders are coming and participating. You as a PE teacher, if you are to organize intramural, these are some of the things that you need to keep in mind.

Like the tournament format, you need to plan accordingly whether the tournament is knockout or a league tournament. the other one is the venue where are we going to conduct the tournament the school with a good infrastructure and all can have multiple playing area whether you want to do it in one specific field or you want to divide that field into different

sections and do it that is something you need to plan in advance the date and timelines of the tournament if you remember the yearly calendar which is already fixed you have already decided the dates and timelines you need to reconfirm that whether you'll be able to do it on the same day or not. There could be different types of challenges at times, you know, there could be bad weather, it would be, you know, the rainy season. Normally, you don't plan during those, you know, the seasons, but if in case anything, you know, uncertain arises, then you accordingly, you know, change your dates or, you know, adjust the tournament duration or, you know, the dates as well. right the other very important thing is the number of you know the teams participating if it is a inter house you know is it you know each specific tournament is a junior level or you know the high school or primary level so this is something that you need to upfront plan you know get it approved by the school management and you know prepare your fixture and the tournament schedule accordingly Very important is number of resources available, the total number of people needed to organize the tournament.

Just like in sports day, you need a lot of support to organize intramural tournament as well. You need support from groundsmen, you need support from teaching staff, non-teaching staff. So, you need to identify these people required in order to successfully do the tournament, conduct the tournament. Like I mentioned in the earlier chapter, that all events or tournaments have three different stages, right? Preparation stage, tournament stage, and post-tournament stage, right? And you being a PE teacher, if it's an intramural tournament, you need to get involved in all these three.

In fact, you are the organizer in a way. you lead just like in sports day you were leading other teachers and other faculties or other you know teaching and non-teaching staff or supporting you here also you lead the structure you lead the preparation tournament day and post tournament day planning okay these are some of the you know the action points that you need to do you know during these all these three stages The preparation phase, since it's an intramural tournament, so you need to have a team selection in place. The team should be upfront selected, the team should be made and they should practice for some time before the tournament. if there is an inter house tournament you may want to discuss with the house masters and help them formulate the team practice sessions and all definitely the PE teachers will be doing the practice the coaches and all will be helping with the everyday training but the house masters and all should also be informed about the team and how the team is doing or if there are any challenges you are facing with identifying the you know the different time slots for the team practice all these things needs to be discussed you know with the house masters as well if it's a inter house tournament if it's an inter class tournament again you know the teachers the academic teachers should also be informed about the upcoming tournament and if there is any relaxations required for the students of a specific class to go and you know this practice before school or after school. So, you need to work in accordance you know with the time table you need to you know bring in this class teachers also the house masters also in order to you know during the preparation phase I would say. right so prepare a fixture upfront prepare the fixture you

know put it in a notice board get it approved first of all you know from the school management put in a notice board you know share it in your you know the the medium that you share other information in the school should also ensure that in the ground or the courts are ready if you are doing it in a ground right ground should be free of any hazard you know it should be safe to play court the same thing right it should be ready the ground markings and all should be done properly court markers and all should be done properly prior to the start of the tournament procurement of trophies and medals and all again you know certificates and all these needs to get procured up front for the winners and you know the runners up and all and yeah the rules and responsibilities needs to be again you know done upfront before the tournament teaching staff non-teaching staff support required for all this you know it should be clear and it should be predefined during the tournament So, the officials need to be identified, intraschool tournament also these days you know you bring in external officials, school teachers or the school PE teachers normally they do not officiate in order to keep it neutral because you already know you know the students and at times you also belong to some house.

So, in order to keep it neutral you may want to you know bring in officials from outside as well. of course the students or the students leaders can also help with some of the officiating you know the non-technical required kind of work they can be a part of the official team and also volunteers can also be involved from the school but it is always advisable you know you bring in officials from outside If there are any ceremonies and all intramural ceremony you know before the start of the intramural also you may want to have some kind of you know the display or a dance something like that you know you can involve you know your activity teachers, dance teachers, music teachers and all and then prepare accordingly. If there are any speeches to be given you know upfront it is decided and who is going to do this. at when is it going to happen so this is during the tournament time you know you you are clear about you know the flow of the tournament right yeah then the price distribution and all you may want to call principal the directors or even external you know guests for the price distribution yeah then the Post tournament duties, it is more of a winding up just like any other event. You would also like to get feedback about the tournament and if there are any learnings that you would wish to learn from this tournament then better in the next tournament.

Settling of accounts mostly because of the procurement is involved and you may want to settle all the accounts and close the tournament. So, it is advisable that you create a tournament report again you know bring in all the learnings name of the winners you know everything that you know the highlights of the tournament and then prepare a report it is always good to have a report and close the entire tournament. This is intramural. Extramural basically is an inter-school tournament wherein you go outside your school and you play with other teams or you participated in external tournaments or competitions. We discussed in the previous session during the planning also that how do you plan for the tournaments, there we discussed there are different types of tournaments or school can participate in depending on the board if you are from CBSE board there are lots of CBSE

level tournaments that happens throughout the year and you can participate in these tournaments if you are from a different board right if you are from state board there are different state board you know competitions available wherein you can participate There are Khelo India games now, Khelo India school games.

That is a great opportunity for students to showcase talent and even get picked up, even get selected for the nationals and even the international tournaments and all. Yeah, and there are open tournaments also, you know, locally organized, inter-school tournaments organized by, you know, the local organizations, other associations, even federations and all. These are also the tournaments, you know, you can participate, you can give exposure to the students throughout the year. The stages of even extramural tournament remains the same, preparation tournament and post tournament. But here during the preparation stage, I would say unlike intramural wherein you lead the entire tournament, you actually organize the tournament, in extramural or inter-school tournaments and all, you are actually the participating team.

so you may not be involved in in a ground preparation or a procurement and all but you will be involved in preparing your team for the tournament so the preparation phase includes you know team selection in all categories depending on which category you are participating and if you are participating in CBSE level football tournament are there you know under 16 tournaments or under 13 tournaments are there other tournaments you know depending on that tournament You select the teams. Is it a girls tournament or a boys tournament? Depending on that you upfront make a team and you do the team selection also category wise and gender wise. The other very important thing during the preparation time is to register the team. So the registration opens normally a few weeks before the tournament begins.

If you are a CBSE school, the CBSE board opens that registration. You need to register the entire school, the list of players. Some of the tournaments require to be a nominal entry fee as well. So, that's the registration and unless the registration is done, you are not confirmed as a participating team. So, it's very important that you stick to the timelines. It's very important, you know, you keep yourself updated with the tournament so that you don't miss on important dates.

uniform and jersey readiness this is yes I mean as a PE teacher you know you are responsible you know to get all the kids ready you know especially the uniforms and jerseys ready you know you will always want to you know showcase your team you know in the best outfit possible right so that jerseys the you know the uniforms and all whichever they're going to wear during the tournament should be ready should be you know good looking clean, the logo should be pronounced, school name should be there. If there is any procurement and all needs to be done for this, it should be done well in advance. It should not be that the tournament day you are running here and there, collecting uniforms and all. Understanding the competition schedule is also very important because you are a

participating team. tournament if it is happening in your own town nearby well and good you know you don't it doesn't get that hectic right but if the tournament is in another city or another state right so you need to know exact dates of your you know the match day or the tournament you know the duration and you need to prepare accordingly So like I mentioned, if the students are going outside especially, you need to get a parent consent also.

It has to be sent through the school. Parents should give the consent for their kids to participate in these tournaments. right travel finalization bookings permissions and all the again you know if it's a long distance then you need to do the bookings in advance you know whether it's by bus, by train or by flight depending on the budget of the school as well idea you you decide on the you know the travel mode so it should be done well in advance And all should be communicated and documented well, should be communicated to the school, should be communicated to the parents. It is always advisable that you are accompanied by not only the PE teacher, but somebody from teaching, academic you know the faculties as well especially if the you know the girls team are traveling there is no question of you know not taking any female PT teacher or you know the subject teacher along with. tournament day again you are a visiting team so you must report on time right in fact a day before if you are participating in outside tournament which is outside of your hometown or outside the state right you should reach at least a day before the tournament so that the students can get you know the players can get enough rest and they can participate Cross check on you know again the team readiness which could be injury sickness students were not injured yesterday right while traveling they could have got injured right they could develop some sickness and all so it's very important that you discuss these things understand you know the students are ready to your players are ready to participate in the tournament or not if there is any indication of ill health or any indication of uneasiness right you must stop you know and they should not play at all of course you'll have enough you know substitution players also not always the entire team gets sick right so you'll always have a substitution player who the injured or the sick but it is always important that even if it is even if the player who is sick or injured is your best player it is always advisable for the benefit of the you know the students only that they need not play while they are injured or while they are sick. post tournament is definitely you come back you report to school and hopefully you report to school with a winning trophy or your students getting selected in different you know state level, zonal level or national level right that's the best thing in fact that's the achievement one of the achievements as a PE teacher or a coach also when you go out on a tournament or you participate in any tournament, your school or your students win some prizes.

This is also one of the, this could be one of the goals of having a PE department, the school who does not want to be showcased as the winner of specific tournaments. So, this adds a lot of brownie points I would say you know to your career also you know you can proudly say that my team won this level CBSE tournament or this level you know this tournament. So, it is very important that you prepare well for the tournament. So, we discussed about

intramural and we discussed about intraschool or extramural right.

This is something that is supposed to happen prior to that. So it is very important that your school team building, I would say, or preparing a team for a specific sport is aligned to the goals of this institution, of your school. So school may want to win medals in basketball, but you start preparing in a football team. At the end of the day, then the management will come and ask you. That's not what we want to do. So it's very important that you understand the priorities, priority sports in specific school or specific region.

I mean, needless to say, if you go to northeast, far northeast, some contact games are very popular. So the football, for example, everybody wants to play football. If you go to maybe the coastal area like Carolina, though football is also very popular, but volleyball is quite popular. So schools also choose their sport. One depending on the popularity, the other one is depending on the infrastructure available in the school also.

Suppose if you like tennis, lawn tennis and there is no lawn tennis court in the school but you start preparing for the tennis. So there is a mismatch between school goals, goal of the school. The infrastructure available in the school and the team that you are building. So, there should not be any mismatch. It should be absolutely clear about what do you want to prepare the team for and what is the priority in the school, for the school.

Right now, other important part is, you know, your you for starting with you and your team members should possess the specialization required for that specific sport. Right. If I'm a footballer, right, I should be teaching football. I should not be building a team in cricket, though even if I can play, but it is always advisable that you are an expert in that sport or you are specialized in that sport, the sport that you are teaching students or the sport in which you are building the team.

you may want to go back to the past history, the achievements of the school also. A school could have excelled for years in a specific sport and you may want to continue that legacy. So again, it's very important that you understand the history of the school, the achievements of the school and to continue that legacy, you identify the same sport and you continue building the team for the same sport. Again, depending on the types of school, you are required to build the boys team or the girls team or a mixed gender team. The only sport I can remember, the only sport I think where the mixed gender participates, girls and boys play together is I think Frisbee.

Could be frisbee tournament also wherein you will mix boys and girls together and make a team. Otherwise, like I mentioned in previous session, you need to have different age group categories of your school team. At the same time, gender specific, also boys team, girls team. yeah you need to understand the different levels you know the students level in different sports like some of the students are already playing or participating you know outside of the schools some of the students are going in you know the hired academies suppose you

know attacking in a special coaching from outside these are the students you may want to include in your team and should be a part of the you know school team yeah we discussed about the popularity in the region So, the team practice or the team building should also revolve around the popular sport. How do we do that? So, team building actually is a process.

It starts from grassroots and it goes to the elite at a school level, I would say. So, basically there are different stages of the team building or the athlete development also we can call it. At the base, you start with talent detection. So, talent detection is actually, you know, you are trying to understand whether the students are talented enough or not or whether they have the potential to play sport or not. And it could be just exposing students to different sport.

Right now, in talent detection phase, you are not going to specific sport. what we you may want to do is you know give ample opportunities enough opportunities to play multi-sport so you can introduce students to you know football it's a very basic of football and they play football then they play basketball then they play cricket you know and you as a coach or a pre-teacher, you make a note of these students. You may want to assess their physical abilities or their generic skills, sporting skills, their height and weight, physiology, all these things that you may want to assess their psychological viewpoint about you know certain sports. Some students don't want to play contact sports, some students only want to play contact sports ,some wants to play in a non contact sports, some wants to play combat sports some wants to play you know the net sports, some students are scared of certain sports right some students are scared of water some students are scared of you know skating now, so if you expose them to multi sport and So, you will be able to understand and they will also be able to understand what they are good at.

So, that is a kind of detection. Right now, you are not identifying student for specific sport. So, once you have that, you move into the next stage of development, which is more of talent identification. Now that you know certain students now you bucket you know put students in different buckets you say that you know these are the group of students they want to play outdoor sport and outdoor sport also they want to play contact sport okay so and these are the sports suppose you know basketball football these are the you know the contact sports and some of the students say you know you identify during this you know the detection phase that you know they want to play non-contact sport they want to just be you know away from their opponent and play then perhaps you will expose them to another sport like tennis, badminton, TT or even the volleyball. So that's how you categorize. So now you are identifying the talent in a sport type, which is still not the sport specific, the sport type.

And you see the potential for that student to grow in that sport. So, now that you know you have identified them, you have grouped them, now you move into talent development stage. Now during this stage expose them again you know to different sport of their choice or of their you know the type. Now they can be put into specific sport. So, student or a group of

students, you know, while getting exposed to multiple sport over here, you know, of their type, like, you know, the contact sport, for example.

In that also, now you continuously assess and you identify some of the students can excel in a specific sport. So, from here, you actually put them into different sport. You can say that, you know, hey, you can actually play football well. okay given your physical you know proficiency or the skill type your height your weight you know perhaps you may want to go in football okay you may want to go on you know track and field maybe athletics is something that you know you want to you know get into or you know swimming or specific sport so in this talent development phase now you will put students into specific sport and now you give them serious practice for that sport There are other stages as well you know post that there is you know talent selection you know in a specific sport also you know if a student is you know identified as a footballer you know or he or she can excel in football now you can give them you know different rules in football also right the different you know couldn't be a striker can be a goalkeeper can be a defender and that's more of a talent you know selection. right above that also you know once the talent selection stage is also over then you would want to place the talent so that is called talent placement but here at a school level we'll discuss you know more of talent detection talent identification and talent development. This is both an art and a science as well so like we discussed you know talent detection is where students are given enough exposure to a variety of sport and then grouped based on their interest levels and the skill sets required to play the sport of the identified sport.

Talent identification is more of recognizing current participants who are already playing the sport like I mentioned after detection they were you know go to the another level and they are already playing that sport now they like that sport specific sport you know out of this 20 sport they have like three or four sports now they are playing that sport. right and you help them you know identify one particular sport which they can you know now you know start getting serious practice on so these this is one of the examples of you know the talent detection stage for football so students are playing a multiple sport right and from that you are identifying whether the students be able to play football or not whether the student right you are still not you know the putting student into a specialization bucket. You are still trying to identify whether that sport or this sport is right for the student or not. How do we do that? In the first month, you can do some kind of, you can have some kind of pointers or some kind of indications.

One could be the space awareness. This is the contact sport and outdoor sport. one needs to have that spare awareness special awareness you know in and around surrounding and your own you know personal space and you know the general space so one of the ways you know to understand that space awareness basic is to you know a student can run around while keeping safe distance between others right if a student understands that concept that you know safe distance needs to be kept while playing sport right only when there is a technical requirement yet you glow go closer to the opponent or your team member right

that's the understanding if the student has it means there is you know a likelihood that the student can play a specific sport which is football for example right the ball control right controls the ball when it comes to him or kicks it away A student is able to control the ball, keep possession of the ball, I would say, or able to kick, which is the basic for starting to play football. Use of foot, can use both the feet, though there will always be a preferred position. foot, but it is always good or it is required in fact to use both the feet to at least move around with the ball, pass the ball, if not kick accurately with both the feet. And sense of direction, just like, you know, space awareness, students is able to, you know, dribble the ball from one end to the other end of the field.

Students should understand that, you know, I need to take the ball from one end to the other end. So he or she has the sense of direction, you know, which side to move. okay and contact with the ball the student or the player makes contact with the ball with different parts of the foot inside outside and it's not only the student is always using toe and the right or only one part of the foot or feet the student is able to make contact with you know the different parts of the feet then the passing ability right can pass the ball to the teammate A student can you know pass it when they see the teammates that is also one of the indications. Shooting can take a shot towards the goal you know at least a student is able to shoot the ball towards the goal and endurance which is you know football requires endurance a longer period of you know play time. So, endurance is very important and can continuously play for at least an hour. So, this is the basic you know the indicators I would say you know in order to identify know to a specific sport in order to identify whether a child can play this sport or not right again you are not you know selecting the student for the football only right but one of the sports could be football right for that student and this is the indication to check that this is the unit assessment and this is done basically in you know the talent detection phase Talent identification phase is you know once you do more of you know talent detection mostly after you know 3 months of doing you know talent detection.

Now you again go back to the same parameters. okay but it will be slightly you know advanced than the talent detection now you go slightly specific to that sport because you need to identify whether that student can play that sport well or not the earlier was the student can just play the sport or not if these you know the the parameters are tick marked student can play right here now you are getting into can a student adapt to that sport can a student has the potential to you know excel in that sport. So, how do you do that that you know the assessment is you check again with the ball control right is able to juggle the ball continuously for 5 to 10 times with both feet. Now you are getting into the technical side of it. Can a student juggle the ball? 5 or 10 times, this number can go up also, this number can go down also. The idea is can a student juggle the ball? Dribbling can keep the ball close to the foot while dribbling in different directions.

Earlier was it was just you know moving from one place to another. The sense of direction is something that we you know checked during the sense of direction that we checked

during the talent detection phase. Here now we are getting specific. If you have the sense of direction, yes, you can play football. But if you can dribble the ball close to yourself and can move into different directions, that means now you have the potential to do good in football.

So same as passing, can pass with accuracy to the teammate using inside of the foot. mostly the basic the inside of the foot one can use and pass accurately earlier in talent detection it was just passing whether a student can pass or not. Here the accuracy come into play right. The student can pace accurately or not attacking right can beat an opponent in a 1 v 1 situation. So, when you are dribbling or when you are attacking can you beat you know if your student is able to do that you know that is a sign that the student can excel in a specific sport which is football here. Defending same can distribute the opponent and recover the ball you know can disturb the opponent and recover the ball when the opponent has the ball in possession.

So, defending is basically the snatching the ball from the opponent. As a footballer, it is not only attacking or passing, you need to defend as well regardless of your role. So, this is also one of the indications that whether you understand the concept of defending or not, whether you are able to defend the ball or not. Kicking again, can kick the ball on the ground level and also in the air to do long passes. So, earlier it was just about kicking, talent detection.

Now, you are talking about, you know, can a student drive the ball up in the air or on the ground. So, there are different levels of, you know, kicking the ball or the passing the ball to a distant teammate. shooting again you know another parameter can shoot at the goal with some force and accuracy right can a student shoot the ball with some force and accuracy towards the goal and then the sprint can sprint for minimum 15 meters with quick change in direction right football requires that kind of you know the change in direction at a you know the speed so can a student change the direction quickly minimum of you know 10 to 15 meters you know so if that indication is there the student can excel or you know has the potential to play that sport endurance again you can jog or run at least for an hour continuously So, this phase can last for three months at least three months of you know after three months I would say after talent detection you know three months then you do this you know post this when you identified student he or she has the potential to play that sport now you move into the specific of that sport. right you teach that student you know the entire week can look like this right so suppose for monday to saturday this is just indicative this can change depending on the level of students right your students are the age category as well and and the gender specific as well So, this looks like the talent development plan for the week and this needs to be replicated every week. Yeah, so this is the entire training session for the day. So Monday, for example, you do the warm-up session, then your aerobic fitness, then you do strength and power development exercises, then your technical drills.

Then you do tactical formations for individual practice and all you do. Then of course, you

apply these skills in a match play situation, which is the match practice or a small side modified games and all you do. Then cool down session. Right. You normally don't do strength or power development, you know, throughout the week.

So it is, you know, again, depending on the level of the students, depending on the gender, age group and all, you decide this. This is just indicative.

This cannot be copy-pasted. You cannot say that this will work. This could work in one. The group of students could not work. But this is something which will give you a fair idea of how do we plan for talent development specific to football. Yeah. Like I mentioned, you know, some of the practice sessions are not applicable to all age group. Similarly, you know, for example, in football, you know, for under 10, under 13 or under 16, you know, some of the skills to be covered are, you know, what is less technical, you know, some could be.

So these are the indicative skills, you know, that you need to cover for different age groups. right mostly it's the same it's just that you know for under 10 maybe you may not want to cover right away you know the moves different moves you know the attacking defending moves and all they will develop later you know they should understand they should play different sport you know in different positions then then they'll move to specific. So at the age you know the under 16 and all you cover everything right yeah so this is for football the similar structure can be applied for different sport and this is not only specific to football similar structure right talent detection could be you know for any sport so to give you an example you know if we are to do it for basketball for example right the same structure is applicable again you expose student to multi-sport right so they play different sport from that sport we try to identify you know the students if they can play basketball or not you know if yes then put them into basketball At the same time they play other sport also which is close to basketball right which could be handball and it could be throw ball again which could be volleyball right which requires you know manipulative skills your hand-eye coordination the you know the endurance and also similar you know sport you put them into you group them into similar sport So, for basketball also the talent detection level is as follows you know again very important is space awareness. In fact, for every sport you need to have that space awareness unless you play some indoor sport you know like chess maybe or carrom you know that you sit in one place and you play. right but for other sport even if it is indoor or outdoor you know which requires you to move from one place to another it's very important that you have the sense of space awareness S So, in basketball also at a talent detection level you know how do you find a student has a grasp of space awareness or not is this is one of the indicators.

A student can run around the court while keeping safe distance between other players. So, student can run around the court while keeping safe distance with other players. It could be opponent as well as you know the teammates. Ball control holds the ball firmly when passing and receiving. So, student can hold the ball firmly you know he is confident enough you know comfortable enough and you know holds the ball while passing or receiving. Okay

use of hand like football you know one needs to use both the hands right the student needs both the hands while dribbling in fact in basketball you are required to use both the hands you know football you can still you know walk away with you know using one foot only as a dominant foot right but in basketball it's always important that you know you know you use both both your hands.

Sense of direction, again, you know, able to bounce or dribble the ball in a continuous manner and can dribble from one end to the other while jogging or running. Basketball, again, is a sport, you know, wherein you attack from one place to the another place, where you move from one place to another, where when you go to, you know, the score points, you go from your side to the opponent's side, right? So, it is very important that you whoever you are putting them into basketball, the group has the sense of direction. Stance is another one, is comfortable when holding or dribbling the ball with feet slightly apart, evenly distributing the body weight. One is able to balance the body, which is called a proper stance in basketball. again passing can pass the ball to the teammate okay can pass it's not about the way one should pass or overhead in a trick pass or it's just the passing though because this is at the detection level shooting can take free shots right free shoot two pointers you know, can at least shoot the ball.

Again, it's not mentioned that, you know, should go inside the basket, right? Should be able to shoot the ball. That's it. Endurance, can play continuously for 10 minutes at least. These numbers again can go up and down depending on the student age group and the level of your players or the students. But since basketball has a rolling substitution, at least for 10 minutes you should be able to play, run around. So, this is at a detection stage again to go back detection stage is when you give multiple exposure. So, you will continue to do assessment for other sport as well, but if a student ticks mark you know has a tick mark for all this you know the parameters then you may want to put this student to basketball more than putting it to cricket or football.

That is where the talent identification comes. Again, in talent identification, when you are identifying student has whether the student has a potential to excel or play well in that sport. Then you use these parameters, which is a talent detection, talent identification phase. where the ball control now is a slightly technical everything is a slightly technical as compared to the previous ones though the parameters remain the same the execution intensity goes slightly higher so here the ball control if you see is able to dribble the ball while moving in different directions if you go back to talent detection is can run around the court while keeping safe distance between sorry though the ball control if you go holds the ball firmly when passing and receiving holds the ball firmly while passing and receiving but in talent identification phase now we are trying to go you know deeper into that right and you are trying to find out whether the student is able to dribble the ball while moving in different directions the complexity is added right passing also now now can pass with accuracy to the teammate it has to be an accurate pass attacking attack towards the open space when there is time and space to move forward right and this a player or the student is

able to attack towards the open space towards the opponents you know half towards the open space when there is time and space is available that opportunity identifying the opportunity to move fast to move forward right that is something that can be assessed defending can distribute it can disturb the you know the opponent and recover the ball while opponent has the ball in position again you know can a student disturb and you know and force the opponent to make you know errors and you know you know get the position back for the team So, that is very important that you know your understanding of how do you defend you know how do you force the opponent to you know lose possession. Now, this is slightly technical than the previous earlier was it was just defending you know it is just standing in front of the opponent. Shooting now can take free shots right two pointer holding the ball with both hands with some accuracy now earlier was only the ability to talent detection was only the ability to shoot the ball now the accuracy also comes into play you should be able to shoot but with some accuracy you should be able to shoot accurately a sprint is quickly move into or create open space to receive passes right so one should be able to sprint quickly find space you know and to you know for the teammates to you know pass the ball to you Endurance again can jog, run continuously for 10 minutes, can play at least continuously for 10 minutes.

Once the student is assessed in this, then the student can be moved into talent development stage wherein again they will be put into rigorous training for the entire week and this is replicated throughout the month. So there are again, you know, the structure of any of the, you know, the practice session is always, you know, they start with warm up.

Then you do some kind of, you know, fitness activity. Then you do strength and power, right? Applicable. It's not every day you do that. Then technical drills, then tactical drills you do, right? You do then match practice, of course, right? And there is cool down session. We discussed about how do you build a school team? In order to build a school team, the easiest way is to ask students which sport do you want to play. But that's non-scientific because students may want to play a sport out of interest, which is also very important that you should be interested in a specific sport to play.

But it should not always be only because of interest that you are selected for the team. So there has to be some science involved in this. So, this stages of talent development I would call it the pyramid from talent detection to identification to talent development is mostly practiced throughout the world. This is kind of athlete development also and there are lots of literature about this long term athletes development. These are very good reference that you can self-study and you can understand more about how do you actually build a team or how do you help an athlete reach from the basic level to the highest level.

The same can be replicated in different sport like I mentioned. Some could be slightly technical sport which could require some tweaking. But mostly for the popular team sports, this is something that can be easily replicated. So, we discussed we started with you know sports day. The events in the school the important events you know the sports day is one of

them intramural, extramural. summer camp and winter camp are the periods you know the holiday time or you know the break time from the regular practice sessions and all wherein you may want to introduce students to different sport or you know sports specific trainings and all or some fun games So this won't last for a longer period of time.

These are 10 days, 1 week or a month maximum kind of the sports training time, which you can do the same that you have been doing throughout the year. can add some variety right or can add some some fun sport or new sport as well right so if the students are playing you know basketball you may want to add in a frisbee to that in which adds a variety was a similar kind of sport and this is mostly done to engage students in physical activity during the holiday time as well right. So we discussed about intramural and extramural you know the tournament that can be done inside the school premises and the tournament that you need to go outside and participate. We also touched upon the importance of assembly in school and how you as a PE teacher, you play an important role in organizing, planning and the entire delivery, execution of assembly on a regular basis, almost daily basis. Yeah so these are the important events that PE teacher needs to know. So apart from these there are other you know the tournaments also that come up you know the tournaments that we may not have you know covered like you know international tournaments and all if the students are selected how do you prepare them for that.

We will do that in the advanced course. We will discuss more about the specific talent, sports specific talent development. How do you take them from one level to the completely different level at the highest level possible. School plays an important role and in school, you as a PE teacher, you play a very important role in the sporting journey of a child. In order to make a child fall in love with the sport, you as a PE teacher, you play a very, very important role. So, your role is as important as any you know academic teachers role. So, it is very important that you know you follow the processes, you understand the you know the standards that needs to be maintained, you know the technicalities of your role in the upcoming sessions. Thank you so much.