

SYLLABUS-2080 Health & Physical Education and Creative Arts Grade: 8

1. Internal and External Assessments

S. N.	Assessment Areas (Internal)	Marks
A.	Participation and Activeness (Attendance, Class Work, Homework, Project Work and Practical Task)	04
B.	Practical / Project Work	36
C.	Terminal Test	10
S.N.	Assessment Areas (External)	Marks
A.	Health, Physical Education and Creative Arts	50

The record of students' project work, test papers or other proof of the students' performance should be kept in his/her portfolio by the teacher regularly. The teacher must focus on practical and project tasks for the internal assessment. The external assessment should be as per the government grid.

First Terminal Examination-2080

Health & Physical Education and Creative Arts

Units	Topics	Pe rio ds	Teaching and Learning Procedures	Teaching Materials & Tools	Evaluation Tools & Techniques	Re m ar ks
1.	Human Body - Nervous System - Endocrine Glands	3	Question-Answer Discussion Lecture Method	Charts Figures Drawings	Oral Test Unit Test Homework Quiz	
2.	Community Health and Mental Health - Total Sanitation - Community Health Problems and Preventive Measures	2	Problem Solving Project work Discussion	Figures Charts	Class Test Homework Oral Test	
3.	Nutrition and Food Security - Introduction to Malnutrition - Malnutrition and its Causes	3	Micro Teaching Discussion Question-Answer	Flow Charts Figures	Unit Test Homework	
4.	Disease, Safety and First Aid - Introduction and Preventive Measures of Sexually Transmitted Diseases - Basic Methods of First Aid Care	2	Question-Answer Presentation Discussion	Charts Figures	Class Test Homework Oral Test	
5.	Sexual and Reproductive Health - Sexual Curiosity in Adolescence - Introduction to Intended and Unintended Pregnancy and Safe Abortion	3	Discussion Presentation Inquiry	Charts Pictures	Unit Test Home work	
6.	Physical Exercise and Drill - Exercise of Different Organs	2	Inquiry Observation Field Demonstration	Pictures Data Charts	Oral Test Presentation Homework	
7.	Athletics and Adventure Activities - Athletics (300 Mtr. Race, Relay Race with Baton)	3	Question-Answer Discussion Survey	Charts Figures	Oral Test Unit Test Practice	
8.	Games - Volleyball - Football	3	Problem Solving Discussion	Figures Drawings Charts	Class Test Homework Oral Test Practice	
9.	Yoga - Yoga and its Rule	2	Micro Teaching Discussion Question-Answer	Flow Charts Figures	Unit Test Homework Practice	
10.	Art, Drawing and Coloring - Introduction to the Nepali Art	1	Discussion Question-Answer	Flow Charts Figures	Homework	
12.	Vocal and Instrument - Introduction of Music	1	Discussion Question-Answer	Flow Charts Figures	Homework	

SYLLABUS-2080 Health & Physical Education and Creative Arts Grade: 8

Mid -Terminal Examination-2080

Health & Physical Education and Creative Arts

Unit s	Topics	Periods	Teaching and Learning Procedures	Teaching Materials & Tools	Evaluation Tools & Techniques	Remarks
1.	Human Body - Thyroid Gland - Parathyroid Glands	2	Question-Answer Discussion Presentation	Charts Figures	Unit Test Homework	
2.	Community Health and Mental Health - Structure and Use of Water Seal and ECOSAN Latrine	2	Question-Answer Presentation Discussion	Figures Pictures	Class Test Homework Oral Test	
3.	Nutrition and Food Security - Malnutrition Related Diseases (Marasmus, Kwashiorkor, Anaemia)	4	Question-Answer Demonstration Lecture	Charts Pictures	Unit Test Homework	
4.	Disease, Safety and First Aid - Non Communicable Diseases (Heart Disease, Diabetes) - Safety Measures in the School and on the Playground	4	Discussion Observation	Comparative Charts	Homework Oral Test	
5.	Sexual and Reproductive Health - Introduction and Classification of Contraception	3	Lecture Problem Solving Demonstration	Charts Data Tables	Unit Test Project work Homework	
6.	Physical Exercise and Drill - Practice of Drills on the Drum Rhythm (Attention, Stand at Ease, Right Turn, Left Turn)	2	Lecture Demonstration	Charts Figures	Oral Test Project work	
7.	Athletics and Adventure Activities - Athletics (Long Jump Steps, High Jump Steps, Shot Put Steps)	3	Lecture Demonstration Question-Answer	Charts Figures	Oral Test Project work	
8.	Games - Basketball	3	Lecture Demonstration	Charts Figures	Oral Test Project work	
9.	Yoga - Micro Activity Practice for Yoga	2	Discussion Demonstration	Charts Figures	Oral Test Project work Unit Test	
10.	Art, Drawing and Coloring - Art Rules: Balance, Composition, and Proportion	2	Discussion Demonstration Question-Answer	Charts Figures	Oral Test Project work Unit Test	
11.	Print, Clay Work, and Construction - Carving	2	Discussion Demonstration	Charts Figures	Project work Unit Test	
12.	Vocal and Instrument -Introduction to Musical Terminology (Saptak, Thaata, Scale, Raaga, Sthayi Antara, Classical Song, Folk Song, Modern Song)	3	Discussion Demonstration Question-Answer	Charts Figures	Project work Unit Test	

SYLLABUS-2080 Health & Physical Education and Creative Arts Grade: 8
Second Terminal Examination-2080 Health & Physical Education and Creative Arts

Units	Topics	Periods	Teaching and Learning Procedures	Teaching Materials & Tools	Evaluation Tools & Techniques	Remarks
1.	Human Body <ul style="list-style-type: none"> - Gonads - Male Reproductive System 	3	Question-Answer Lecture Demonstration Discussion	Pictures	Unit Test Homework Oral Test	
2.	Community Health and Mental Health <ul style="list-style-type: none"> - School Health Screening Test Program - Stress, Anxiety and Depression 	2	Question-Answer Lecture Demonstration Discussion	Pictures	Unit Test Homework Oral Test	
3.	Nutrition and Food Security <ul style="list-style-type: none"> - Malnutrition Related Diseases (Night Blindness, Scurvy, Rickets, Obesity) 	4	Inquiry Audio-visual Demonstration	Charts Project work Pictures	Oral Presentation Homework	
4.	Disease, Safety and First Aid <ul style="list-style-type: none"> - Non Communicable Diseases (Asthma, Cancer) - Safe and Risk Zones at School, - First Aid Care Practices (Heat Stroke, Frostbite) 	4	Inquiry Presentation Question-Answer	Charts Pictures	Homework Class Test	
5.	Sexual and Reproductive Health <ul style="list-style-type: none"> - Menstrual Cycle (Menstrual Bleeding Phase, Proliferative Phase, Secretory Phase) 	2	Question-Answer Lecture Demonstration Discussion	Pictures	Unit Test Homework Oral Test	
6.	Physical Exercise and Drill <ul style="list-style-type: none"> - Practice of Drills on the Drum Rhythm (About Turn, Mark Time, Flag Holding, Forward March) 	2	Question-Answer Lecture Demonstration Discussion	Pictures	Unit Test Homework Oral Test	
7.	Athletics and Adventure Activities <ul style="list-style-type: none"> - Adventure Activities, Activities in Air and Ice (Bungee Jumping, Paragliding, Parachute) 	3	Inquiry Demonstration	Charts Project work Pictures	Oral Presentation Homework	
8.	Games <ul style="list-style-type: none"> - Kabaddi, Kho-Kho 	3	Inquiry Presentation Question-	Charts Pictures	Homework Class Test	

SYLLABUS-2080 Health & Physical Education and Creative Arts Grade: 8

			Answer			
9.	Yoga - Pranayam (Bhramari, Vastrika) - Yogasan (Setubandasan, Makarasan, Halasan)	4	Inquiry Demonstration	Charts Project work Pictures	Oral Presentation Homework	
10.	Art, Drawing and Coloring - Still Life Drawing	2	Inquiry Presentation Question- Answer	Charts Pictures	Homework Class Test	
11.	Print, Clay Work, and Construction - Clay Work	2	Discussion Demonstration	Charts Figures	Project work Unit Test	
13.	Dance and Acting - Classical/ Traditional Dance, Folk Dance, Modern Dance - Hand Gestures during Dance (Anga, Pratyanga, Upanga - Local Dance and Acting	4	Inquiry Presentation Question- Answer	Charts Pictures	Homework Class Test	

SYLLABUS-2080 Health & Physical Education and Creative Arts Grade: 8

Annual Examination-2080

Health & Physical Education and Creative Arts

Unit s	Topics	Periods	Teaching and Learning Procedures	Teaching Materials & Tools	Evaluation Tools & Techniques	Remarks
1.	Human Body - Female Reproductive System	2	Question- Answer Lecture Demonstration	Pictures	Unit Test Homework Oral Test	
2.	Community Health and Mental Health - Conversion Disorder - Regulatory Provision against Drug Abuse	3	Question- Answer Lecture Discussion	Pictures	Unit Test Homework Oral Test	
3.	Nutrition and Food Security - Food Security - Measures to Protect Consumers' Health	3	Inquiry Demonstration	Charts Project work Pictures	Presentation Homework	
4.	Disease, Safety and First Aid - First Aid Care Practices (Altitude Sickness, Tooth Fracture, Foreign Bodies in Throat/Eyes/Ears/Nose) - Safety Measures during Disasters (Windstorm/Fires/Floods and Landslides/Earthquake)	5	Demonstration Inquiry	Charts Project work Pictures	Presentation	
5.	Sexual and Reproductive Health - Menstrual Hygiene Management - Preparation and Use of Reusable Homemade Cloth Pad	3	Group discussion Presentation Question- Answer	Charts Pictures	Homework Class Test Presentation	
6.	Physical Exercise and Drill - Practice of Drills on the Drum Rhythm (Eyes Right, Eyes Front, Disperse and Dismiss)	2	Question- Answer Demonstration Discussion	Pictures	Homework Oral Test	
7.	Athletics and Adventure Activities - Adventure Activities, Activities in Air and Ice (Ice Skating, Ice Climbing) - Possibility and Situation of Practice of Air and Ice related Adventure Activities in Nepal	3	Question- Answer Lecture Discussion	Class Test Pictures	Unit Test Homework	
8.	Games - Cricket	2	Inquiry Demonstration	Charts Project work Pictures	Presentation Homework	
10.	Art, Drawing and Coloring - Drawing Human Forms - Drawing Human Emotions	2	Demonstration Inquiry	Charts Project work Pictures	Presentation	
11.	Print, Clay Work, and Construction - Construction	2	Group discussion Presentation Question- Answer	Charts Pictures	Homework Class Test	
12.	Vocal and Instrument - Class Song, Harmonium/Keyboard - Major and Minor Scale - Percussion Instruments in Dadra, Kaharwa, Rupak and Jhap Taal - Jhyaure, Khyali, Samala and Selo Taal - Local Musical Instruments	4	Group discussion Presentation Question- Answer	Charts Pictures	Homework Class Test	