

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

JUNIOR: IV-VIII

SENIOR: IX-XII

NAME OF THE SPORT: TAEKWONDO

TEACHER IN CHARGE: RAKESH KUMAR SHARMA

STRENGTH: 67

CAPTAIN: JIYA AGRAWAL

VICE CAPTAIN: SARGAM KUMARI

LEARNING OBJECTIVES: Upon completion of this lesson, students will be able to:

- >Describe the goals and objectives of Taekwondo as a martial art
- >Appreciate the role of martial arts in physical and emotional discipline
- >Demonstrate basic familiarity with the fundamental stances of Taekwondo.

Taekwondo (also known as Tae Kwon Do) is the art of self defense that originated in Korea. It is recognized as one of the oldest forms of martial arts in the world, reaching back over 2,000 years. The name was selected for its appropriate description of the art: Tae (foot), Kwon (hand), and Do (art).

BENEFIT OF TAEKWONDO

There are huge numbers of benefits to Taekwondo training. Through training, martial artists can expect to improve and learn the following:

Improve learn
Cardiovascular fitness
Muscular Strength
Flexibility
Essential self-defense
Improved balance & Coordination
Mental focus
Discipline
Channeling of aggression
A sense of sportsman

CONTENT:

MONTH	CONTENT
JULY	CLASS DISCIPLINE, BANIFITS OF TAEKWOND, WARMING UP EXERCISES, BASIC FUNDAMENTALS, HAND TECHNIQUE , LEG TECHNIQUE.
AUGUST	TAEGEUK -1, SELF DEFENCE TECHNIQUE, FIGHTING TECHNIQUE FOR COMPITITION.
SEPTEMBER	SKILL TEST& VIVA

ASSESSMENT:

Attendance : 10
Skill : 10
Viva : 10

Mode of Assessment: Visual control, Constant focusing power, Proper breathing, Controlled speed, timing, the control of the execution force, Equilibrium, Flexibility.

The power of the strike, Special arm technique, Special feet technique, Accuracy.

Skill Test: HAND TECHNIQUE, LEG TECHNIQUE, TAEGEUK -1, SELF DEFENCE TECHNIQUE

Viva: Weekly/ Fortnightly/ Monthly

HA-NAH	-	ONE
DUHL	-	TWO
SEHT	-	THREE
NEHT	-	FOUR
DA-SEOT	-	FIVE
YAO-SEOT	-	SIX
II-GUP	-	SEVEN
YAO-DUL	-	EIGHT
A –HOP	-	NINE
YEOL	-	TEN

CHARYEOT-ATTENTION, KYEOGNG-RYE-BOW, JOON-BI –READY, SHI-JAK-START,
KAL-YEO-BREAK, KEU-MAN-STOP, KYE-SOK-CONTINUE