

Unit	Topics	Pe ri ods	Teaching Methods	Teaching Materials	Evaluating Techniques	Rem arks
1	The Human Body - Circulatory System	2	Question-Answer Discussion Survey Lecture Method	Charts Figures Smart Board	Oral Test Unit Test Quiz	
2	Personal Health - Introduction to Personal Health	2	Problem Solving Project work Discussion	Figures Drawings Charts Smart Board	Class Test Homework Oral Test	
3	Nutrition - Definition and function of Food - Malnutrition and its types	2	Micro Teaching Discussion Question-Answer	Flow Charts Figures Smart Board	Unit Test Homework	
4	Diseases - Definition - Types - Prevention of diseases	2	Question- Answer Presentation Discussion	Charts Figures Smart Board	Class Test Homework Oral Test	
5	Adolescence, sex and reproductive health - Definition - Personal responsibility - Responsibility towards family and society	2	Discussion Presentation Inquiry	Charts Pictures Smart Board	Unit Test Home work	
6	Drug addiction, Smoking and Alcoholism - Drug Addiction	2	Inquiry Observation Field Demonstration	Pictures Data Charts	Oral Test Presentation Homework	
7	Environmental Health - Introduction to environmental health Air Pollution - Causes, effects and prevention - Prevention from air borne diseases	2	Question-Answer Discussion Survey Lecture Method	Charts Figures Smart Board	Oral Test Unit Test Quiz	
8	Safety and First Aid -Introduction, objectives and safety measures -Safety against accidents - Sprain	2	Problem Solving Project work Discussion	Figures Drawings Charts Smart Board	Class Test Homework Oral Test	
9	Family and Community Health -Introduction -Healthy characteristics of family and community	2	Micro Teaching Discussion Question-Answer	Flow Charts Figures Smart Board	Unit Test Homework	
10	Physical Exercise	2				
11	Drill	2				
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**Mid -Terminal Examination****HPE**

Unit	Topics	Periods	Teaching Methods	Teaching Materials	Evaluation Techniques	Remarks
1	The Human Body - Process of blood circulation - Reproductive system	2	Question-Answer Discussion Presentation	Charts Pamphlets Figures Smart Board	Unit Test Homework	
2	Personal Health - Regular health check up	2	Question-Answer Presentation Discussion	Figures Projector Pictures	Class Test Homework Oral Test	
3	Nutrition - Difference between Marasmus and Kwashiorkor - Night Blindness, Goitre	3	Question-Answer Demonstration Lecture	Charts Smart Board	Unit Test Homework	
4	Diseases Communicable Diseases -AIDS -Syphilis	2	Discussion Observation	Comparative Charts Smart Board	Homework Oral Test	
5	Adolescence, sex and reproductive health - Safe sexual behavior -Measure for safe sexual behavior - Reproductive health - Safe Abortion - Problems due to unsafe abortion	3	Lecture Problem Solving Demonstration	Charts Data Tables Smart Board	Unit Test Project work Homework	
6	Drug addiction, Smoking and Alcoholism - Alcoholism Introduction and effects	2				
7	Environmental Health - Introduction to environmental health Water Pollution - Introduction, causes, effects, prevention - Mode of transmission of water born diseases	3				
8	Safety and First Aid - Electric shock	2				
9	Family and Community Health -Relation between family and community -Sub-health post, health post -Utilization of available health services in community	3				
10	Physical Training	2				
11	Yoga	2				
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**Second Terminal Examination****HPE**

Unit	Topics	Periods	Teaching Methods	Teaching Materials	Evaluation Techniques	Remarks
1	The Human Body - Glandular System	2	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
2	Personal Health - Revision	2	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
3	Nutrition - Scurvy - Rickets - Anemia	2	Inquiry Audio-visual Demonstration	Charts Project work Pictures Smart Board	Oral Presentation Homework	
4	Diseases - Meningitis - Encephalitis - Hepatitis – B - Study of non-communicable diseases - Diabetes	4	Inquiry Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
5	Adolescence, sex and reproductive health - Methods and means of preventing pregnancy	3	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
6	Drug addiction, Smoking and Alcoholism - Prevention of alcoholism - Tobacco	3	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
7	Environmental Health Noise Pollution - Causes, effects and prevention Solid wastes - Types, effects and management	4	Inquiry Audio-visual Demonstration	Charts Project work Pictures Smart Board	Oral Presentation Homework	
8	Safety and First Aid - Snake bite - Altitude sickness	3	Inquiry Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
9	Family and Community Health - Primary health center Hospitals and its types	3	Inquiry Audio-visual Demonstration	Charts Project work Pictures Smart Board	Oral Presentation Homework	
14	Major Games	4	Inquiry Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
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**SYLLABUS-2079**  
**Annual Examination**

**Health & Physical Education**  
**HPE**

**Grade: 8**

Unit	Topics	Periods	Teaching Methods	Teaching Materials	Evaluation Techniques	Remarks
1	The Human Body - Nervous System	2	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
2	Personal Health - Revision	2	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
3	Nutrition - Balanced diet (Definition, types, importance, disadvantage of packaged food)	3	Inquiry Demonstration	Charts Project work Pictures Smart Board	Presentation Homework	
4	Diseases Study of non-communicable diseases - Asthma - Stone - Cancer - Heart Diseases	3	Demonstration	Field Smart Board	Presentation	
5	Adolescence, sex and reproductive health Services and facilities for reproductive health - Comprehensive sexuality education - Scope of comprehensive sexuality education	3	Group discussion Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
6	Drug addiction, Smoking and Alcoholism Revision	2	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
7	Environmental Health - Status of Drinking water in Nepal - Water purification - Various methods of water purification	3	Question-Answer Lecture Demonstration Discussion	Class Test Pictures Smart Board	Unit Test Homework Oral Test	
8	Safety and First Aid - Fractures - Unconsciousness	2	Inquiry Demonstration	Charts Project work Pictures Smart Board	Presentation Homework	
9	Family and Community Health - Behavior and counseling for HIV/AIDS infected person	2	Demonstration	Field Smart Board	Presentation	
15	Athletics	2	Group discussion Presentation Question-Answer	Charts Pictures Smart Board	Homework Class Test	
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