



Indian School Sohar

Co-Scholastic Evaluation Class XI– 2020-21

Dear Parents,

Please note the following details regarding Co-Scholastic Evaluation :-

Students will be graded in the following Co-Scholastic areas :-

1. General Studies
2. Work Experience
3. Health and Physical Education

Grading System :-

Students will be graded on the basis of 9-point grading system (A1,A2,B1,B2,C1,C2,D1,D2 & E) .

1. **General Studies** :- The purpose of orienting students to General Studies is to develop in them an appreciation for the holistic nature of knowledge. Please ask your ward to go through the given topic and the subtopics. Let your child be ready for an objective type Google form test.

Topic :- Protection of Environment

Subtopics :- Natural Resources – Renewable, Non Renewable
Factors causing environmental pollution & degradation
Strategies for environmental conservation
Recycle – Reduce – Reuse-Refuse-Renew- Recover

Mode of conduction :- Multiple choice questions – Google Form.

Day, date & time of conduction :- Tuesday, 15th December 2020, **10 to 11:00 a.m.**

2. **Work Experience** :- Work experience at home is of great relevance due to the present pandemic situation. All the students are closely observing the work done by their parents. Many students are actively involved in rendering support and help to parents in their daily routine . A questionnaire in the form of Google form will be sent for your ward's response regarding experience of work at home.

Mode of conduction :- Objective type questions – Google Form.

Day,date &time of conduction :-Wednesday,16thDecember 2020,**10 to11:00 a.m.**

3. **Health and Physical Education** :- It teaches students how to enhance their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. This will help the students to understand the benefits of being active and healthy and also support in holistic development of students.

Guidelines:

Student should record short videos on health and fitness activities given below:

Boys :1. Sit ups - Max. Count in 30 seconds duration.

2. Push up- Max. Count in 30 seconds duration.

Girls: 1. Sit ups - Max. Count in 30 seconds duration.

2. Modified Push -ups - Max. Count in 30 seconds duration.

Or

Any two exercise videos of 30 seconds duration each.

(List of exercises will be uploaded in the HPE Google class room)

Student should upload video in their respective HPE Section wise class room.

Upload the video with name_ G.R. No_Class & section

(e.g.; HARISH KUMAR_5445_XII C).

Last Date of Submission: On or before 27th December 2020.

Note :- It is compulsory for all the students to appear in the test for General studies, Work Experience and to submit the videos for HPE.