

Cambridge International School, Mohal, Kullu
 Class –III
 Curriculum – Physical Education
 Session 2020-21

Class III	
ACTIVITY	OBJECTIVES
Chess	To improve their mental strength and concentration power
Table Tennis	To improve skills, eye hand coordination, strength and endurance
Badminton	To improve skills and physical fitness
Athletics	To improve physical fitness through running and jumping exercises
Kho-Kho	To improve skills, eye hand coordination through agility
Cricket	To improve their endurance, flexibility, stamina and agility
Gymnastics	It improves coordination between mind and body
Yoga	To improve physical fitness and helps to maintain a good body posture
Skating	To improve agility, flexibility and balance on wheels
Carrom Board	To improve eye hand coordination, mental strength and concentration power
General Activities (Mass PT, Lezium, Marching, Fitness Test)	General activities improves co ordination and balance through movements of arms and shoulders