

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

ACTIVITY	OBJECTIVES
Chess	To improve their mental strength and concentration power
Table Tennis	To improve skills and eye hand coordination
Badminton	To improve skills and physical fitness
Hand ball	To improve eye hand coordination and physical fitness
Basket ball	To improve eye hand coordination 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
General Activities (Mass PT, Lezium, Marching, Fitness Test)	General activities improves co ordination and balance through movements of arms and shoulders