

CAMBRIDGE INTERNATIONAL SCHOOL, MOHAL KULLU
CURRICULUM
SESSION 2020-21
Physical Education -VII

ACTIVITY	OBJECTIVES
Chess	To improve their mental strength and concentration power
Table Tennis	To improve skills and eye hand coordination
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
Badminton	To improve skills and physical fitness
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
Football	To improve physical fitness through different skills.
Volleyball	To improve eye hand coordination with strength and agility
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