

**CAMBRIDGE INTERNATIONAL SCHOOL MOHAL, KULLU**  
**CLASS-VIII CURRICULUM**  
**SUBJECT-PHYSICAL EDUCATION**  
**Session 2020-21**

<b>ACTIVITY</b>	<b>OBJECTIVES</b>
<b>Chess</b>	To improve their mental strength and concentration power
<b>Table Tennis</b>	To improve skills and eye hand coordination
<b>Hand ball</b>	To improve eye hand coordination and physical fitness
<b>Basket ball</b>	To improve eye hand coordination and physical fitness
<b>Athletics</b>	To improve physical fitness through running and jumping exercises
<b>Badminton</b>	To improve skills and physical fitness
<b>Kho-Kho</b>	To improve skills, eye hand coordination through agility
<b>Cricket</b>	To improve their endurance, flexibility, stamina and agility
<b>Gymnastics</b>	It improves coordination between mind and body
<b>Football</b>	To improve physical fitness through different skills.
<b>Volleyball</b>	To improve eye hand coordination with strength and agility
<b>Yoga</b>	To improve physical fitness and helps to maintain a good body posture
<b>Skating</b>	To improve agility, flexibility and balance on wheels
<b>General Activities(Mass PT, Leziium, Marching, Fitness Test )</b>	General activities improves co ordination and balance through movements of arms and shoulders