

Physical Education Curriculum
Class - I
Session - 2022-23

	Feb, March	April	May
Activity	General activity, Fitness Test	Mass-PT, Yoga, Measuring (Height, Weight), Dumbbells	Yoga(Tarrasana, Vajrasana, Padmasana) Athletics(Basic knowledge of running), Skating(Balance on wheel,)
Learning Outcomes	To improve hand and eye coordination, endurance, flexibility, agility through zig-zag stepping, running and jumping exercises.	Students will be able- To improve hand and eye coordination, mental strength, agility, concentration and flexibility.	Removes disorders of sciatica, digestion, spine and chest. To improve stamina and balance on wheels,
Skills	Active warm-up, Social Locomotors.	Flexion and Extension, BMI, Manipulative,	Self care, Postural awareness, General Fitness (motor skill)
Assessments	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
	June	July	August
Activity	Gymnastics(Front roll, backward roll), Skating(Duck walk)	Gymnastics(Jump and half turn, Hop to safe landing) Chess	Skating (Gliding and Stopping)
Learning Outcomes	To improve flexibility through forward and backward roll To improve balance	Students will be able- -To improve strength of legs flexibility. To improve mental strength.	To improve balance on wheels and running on wheels
Skills	Basic Fitness motor skill, Stability,	Coordination, Self confidence.	Gross Motor Skill, goal setting,

Assessment	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
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	SEPTEMBER	OCTOBER	NOVEMBER/ December
Activity	Athletics	Yoga (Surya Namaskar) Pranayam, Measuring (Height, Weight) Football	Skating, Football
Learning Outcomes	To improve speed and endurance	Students will be able- To improve mental strength, agility, concentration and flexibility.	To improve balance on wheels and running on wheels. To improve basic fitness.
Skills	Reflex actions, Locomotors.	Physiological fitness BMI, accuracy,	Gross Motor fitness , Leadership, social skill,
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance