

**Physical Education Curriculum
 Class - II
 Session - 2022-23**

	Feb, March	April	May
Activity	Specific warm-up, General activity. Fitness test,	Specific warm-up, Yoga, Mass PT Measuring (Height ,Weight)	Specific warm-up, Dumbbells, Yoga,(Tarrasana, Bajrasana, Padmasana)
Learning Outcomes	To improve hand and eye coordination ,endurance ,flexibility ,agility through zig-zag running, stepping and jumping,	Students will be able- To improve mental strength, agility, concentration and flexibility. To improve hand eye coordination	Remove disorders of sciatica, spine and chest, To improve hand eye coordination,
Skills	Locomotors, active warm -up	Flexion and extension, BMI	Motor skill, Postural awareness,
Assessments	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance

	JUNE	JULY	AUGUST
Activity	Specific warm-up Gymnastics, Skating, Yoga,(prayanam,)	Specific warm-up Gymnastics, Skating (duck walk)	Specific warm-up, Chess, Athletic,(start and finish)
Learning Outcomes	To improve flexibility through forward and backward roll	Students will be able -To improve strength of arms through crawling. To improve balance on wheels and running on wheels	To improve speed and endurance, To improve mental strength and concentration,
Skills	Motor skill, stability, basic fitness,	Gross motor skill,	Reflex action, self confidence,
Assessments	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance

	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up, Athletics,	Specific warm-up , Yoga,(surya namskar) Measuring (Height, Weight)	Specific warm-up Skating, Foot ball,
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	Locomotors, Reflex action,	BMI, Physiological fitness	Gross motor skill,
Assessments	Class observation and individual performance	Class observation and individual performance	Class observation and individual performances