

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

	<b>Feb, March</b>	<b>April</b>	<b>May</b>
<b>Activity</b>	Specific warm-up, General activity. Fitness test,	Specific warm-up, Mass PT Measuring( Height- Weight)	Specific warm-up, Yoga(Tarrasana, Padhast asan , Vajraasan)  Athletics (Basic knowledge of running)  Skating(Balance on wheel)
<b>Learning Outcomes</b>	To improve hand and eye coordination, endurance, flexibility, agility, through zig-zag running, stepping and jumping exercise.	Students will be able- To improve hand and eye coordination, agility, and flexibility.	To improve stamina and speed, balance on wheel. Remove disorder of spine and chest, digestion.
<b>Skills</b>	Locomotors social,  active warm up.	Manipulative , BMI, Flexion  Extension.	Accuracy, Postural awareness, motor  skill.

<b>Assessments</b>	Class observation and individual performance	Class observation and individual performance.	Class observation and based on Individual Performance.
	<b>JUNE</b>	<b>JULY</b>	<b>AUGUST</b>
<b>Activity</b>	Specific Warm-up, Yoga, Skating	Specific Warm- up, skating Gymnastic (Front roll , backward roll)	Specific warm-up, Gymnastics (jump, half turn) Chess,
<b>Learning Outcomes</b>	To improve balance on wheel, running on wheel,	Students will be able- To improve agility and flexibility through on roll, To improve balance.	To improve strength of lags, To improve mental strength,

<b>Skills</b>	Accuracy, gross motor,	Coordination, Stability,	Self confidence, motor skill, Decision making,
<b>Assessments</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance
	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>
<b>Activity</b>	Specific Warm-up, Athletics, (start, finish)	Specific Warm-up, foot ball , Table Tennis, (dribble. , Juggle) Measuring (Height, Weight)	Specific Warm-up, Cricket , Foot ball  (grip on ball and bat)
<b>Learning Outcomes</b>	To improve speed and stamina,	Students will be able- To improve Speed, flexibility,	To improve skill and physical strength
<b>Skills</b>	Reflex actions, locomotors,	BMI leadership, Social,	Coordination, Team work.
<b>Assessments</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance