

Physical education Curriculum
Class - IV
Session - 2022-23

	Feb, March	April	May
Activity	Specific warm-up, Fitness Test, kho-kho,	Specific warm-up , Hurdle activity, Mass PT, Kho-Kho,(Chasing and running) Measuring(height- Weight) Art integration with Social Science (Old Games and New Games)	Specific warm-up, Kho-Kho, Yoga. (Shudhi Kriya Vajrasana , Dhanurasana)
Learning Outcomes	To improve Flexibility, Endurance Through Stepping, running and jumping,	Students will be able- To improve hand eye coordination, Endurance, Agility Through zig – zag running and stepping.	To improve mental strength and concentration, Removes, disorders of digestion, spine and chest disorders,
Skills	Active warm-up, Goal Setting, Leader Ship,	Social skill, Decision Making, BMI, Flexion and extension, Manipulative,	Accuracy, Locomotors, Social skill,
Assessments	Class observation, competitions and Individually performance	Class observation, Participate in competitions and Individually performance	Class observation, competitions and Individually performance
	June	July	August
Activity	Specific warm-up, Chess, Yoga, Skating, (surya namskar)	Specific warm-up, Skating, Table Tennis, Gymnastics, (Front-roll, side roll)	Specific warm-up Badminton, Table Tennis, Basket ball,(Dribble, Passing,)
Learning Outcomes	To improve agility and flexibility through different skill. To improve mental strength,	Students will be able- To improve agility and flexibility through different skill. To improve Coordination between body and mi d, n	To improve Coordination between body and mind, To improve hand eye coordination and physical fitness.
Skills	Accuracy, Goal setting,	Abduction and adduction.	Coordination, team work , Goal setting,
Assessments	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance

	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up, Basket ball, Athletics,	Specific warm-up, Basket ball, Athletics, , Measuring (Height, Weight)	Specific warm-up, Cricket, Foot ball.
Learning Outcomes	To improve speed and endurance,	Students will be able- To improve basic fitness, hand eye coordination,	To improve physical fitness and endurance,
Skills	Team work, Coordination, Social	Goal setting , Decision making, BMI	Team work, Leadership,
Assessments	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance