

Physical Education Curriculum
Class - V
Session - 2022-23

	Feb, March	April	May
Activity	Specific warm-up, Fitness Test, choice game(Basket ball, Kho-Kho,(Running ,Chasing) Badminton)	Specific warm-up , Hurdle activity, Choice game(Basket ball(dribble, chest pass), Kho-KHo, Badminton) Measuring (Height, Weight)	Specific warm-up ,ladder activity ,Yoga, Choice game(Basket ball, Badminton, Chess) (Stance, back hand , foure hand,) Art integration with science (Muscular System)
Learning Outcomes	To improve hand and eye coordination, endurance, flexibility, agility through l stepping, running, and jumping exercises. To understand the basic rule of the game,	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig-zag stepping, hurdles, running and jumping exercises.	To improve hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises. on time ,
Skills	Physical fitness Locomotors, goal setting,	Physical fitness , decision making, Social skill, Locomotors,	Physical fitness ,s Locomotors, Emotional ,
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	Specific warm-up , Yoga(Shudhi Kriya, Tarr asana vajrasana,) Gymnastic,(Roles, Jumps)	Specific warm-up , Skating, Badminton, Table Tennis,	Specific warm-up , Skating, Badminton, Table Tennis,
Learning Outcomes	Remove disorders of digestion, spine and chest disorders,	Students will be able- To improve mental strength, concentration, agility, and flexibility through different skills.	To improve coordination between mind and body,
Skills	Flexion and Extension, Abduction and adduction, Accuracy,	Fitness Components, Goal setting,	Gross motor, Decision making,

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
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up , Basket ball, Badminton, Table Tennis,	Specific warm-up , Recreational Games, Cricket, , Measuring (Height, Weight	Specific warm-up , cricket, Hand ball,
Learning Outcomes	To improve hand eye coordination and physical fitness,	Students will be able- To improve physical fitness through different skill,	To improve hand eye coordination and physical fitness,
Skills	Coordination, Team work, Leadership	Coordination, Team work, Leadership BMI	Coordination, Team work, Leadership
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