

Cambridge International School, Mohal (Kullu)

Class –I

Curriculum – Physical Education

Session 2020-21

Class I	
ACTIVITY	OBJECTIVES
Athletics	To improve physical fitness through running and jumping exercises
Chess	To improve their mental strength and concentration power
Cricket	To improve their endurance, flexibility, stamina and agility
Gymnastics	It improves coordination between mind and body
Yoga	To improve physical fitness and helps to maintain a good body posture
Skating	To improve agility, flexibility and balance on wheels
Carrom Board	To improve eye hand coordination, mental strength and concentration power
General Activities (Mass PT, Dumbbells, Marching, Fitness Test)	General activities improves co ordination and balance through movements of arms and shoulders