

Cambridge International School, Mohal (Kullu)

Class –II

Curriculum – Physical Education

Session 2020-21

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