

**CAMBRIDGE INTERNATIONAL SCHOOL MOHAL KULLU  
CURRICULUM OF PHYSICAL EDUCATION 2021-22**

<b>Class III</b>			
<b>MONTH</b>	<b>ACTIVITY</b>	<b>SKILL/ASANA/DRILL</b>	<b>LEARNING OUT COMES</b>
<b>February To June</b>	General activity, Athletics, Fitness Test	Mass PT, Marching, Dumbells, Running.	To improve hand and eye coordination, endurance, flexibility, agility through ladder skills zig-zag stepping, hurdles, running and jumping exercises.
	Kho-Kho, Chess	Chasing and Running Skills and Basic Knowledge	To improve mental strength, concentration, agility and flexibility through different skills.
	Yoga/ Pranayam	Shudhi Kriya Paschimotanasana, Tarrasana, Vajrasana, Dhanur Asana	Removes disorders of digestion, spine and chest disorders.
<b>July To September</b>	Badmintn, Table Tennis, Gymnastics	Basic Knowledge and Service Rolls, Jumps	To improve agility and flexibility through different skills.
<b>October To December</b>	Skating,	Basic Knowledge, Speed work Balance and Roll	To improve skills, mental strength, agility, concentration and flexibility.
	Yoga	Padmasana, Bhujangasana, Vrikshasana, Badhpadmasana	Asana keep the body healthy and removes leg deformities
	Cricket	Front foot defense, Bowling. Grip on the racket and control on the ball.	To improve skills and physical strength, Hand eye co-ordination.