

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

Class I

| MONTH | ACTIVITY | SKILL/ASANA/DRILL | LEARNING OUT COMES |
|------------------------------------|---|---|---|
| February To June | General activity, Athletics, Fitness Test | Mass PT, Marching, Dumbbells, Running. | To improve hand and eye coordination, endurance, flexibility, agility through ladder skills zig-zag stepping, hurdles, running and jumping exercises. |
| | Chess, Athletics | Basic Knowledge, Running | To improve skills, mental strength, agility, concentration and flexibility. |
| | Yoga | Pranayam Paschimotanasana, Tarrasana, Vajrasana, Dhanurasana | Removes disorders of digestion, spine and chest disorders. |
| July To September | Skating Gymnastics | Balance and Roll | To improve balance on wheels and running on wheels and agility, flexibility through forward and backward roles, jump on/jump off skills. |
| October To December | Cricket, | Bat handling, catching practice, Stance, control on the ball. | To improve skills and physical strength, Hand eye co-ordination. |
| | Yoga | Shudhi Kriya Padmasana, Bhujangasana, Vrikshasana | Asana keep the body healthy and removes leg deformities |