

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

Class VII			
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.
	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.
July To September	Badminton, Table Tennis, Gymnastics	Basic Knowledge and Service Rolls, Jumps	To improve agility and flexibility through different skills.
October To December	Skating, Basketball	Basic Knowledge, Speed work Balance and Roll, Dribbling, Passing and lay-up shot,	To improve skills, mental strength, agility, concentration and flexibility.
	Cricket and Hand ball	Front foot defense, Bowling. Grip on the ball and control on the ball.	To improve skills and physical strength, Hand eye co-ordination.