

**CAMBRIDGE INTERNATIONAL SCHOOL MOHAL KULLU**  
**Online CURRICULUM OF PHYSICAL EDUCATION 2020-21**

**Class IX**

<b>MON TH</b>	<b>ACTIVITY</b>	<b>SKILL/ASANA</b>	<b>OBJECTIVES</b>		
<b>March To June</b>	<b>Warmup Exercise</b>	Spot Jogging, Spot Running, Jump on toes	Students are able to improve physical fitness through spot jogging, running and jumping exercises	Live demonstration by teacher and recorded videos <a href="https://youtu.be/vXftZhHBk">https://youtu.be/vXftZhHBk</a>	Live performances of the students and recorded videos of students.
	<b>Conditioning Exercises</b>	Basic Knowledge of stretching head to toe.	Students are able to gain strength, agility, concentration and flexibility.	Live demonstration by teacher and recorded videos <a href="https://www.youtube.com/watch?v=Bb8p1JY_Bqo">https://www.youtube.com/watch?v=Bb8p1JY_Bqo</a>	Live performances of the students and recorded videos of students.
	<b>Yoga, Breathing Exercise Eye Exercise</b>	Surya Namaskar, Pranayam Paschimotanasana, Dhanurasana, Makarasana, Gomukhasana, Anuloma Vilom, Om Chant ( with sound of A, O, E, M)	Students are able to perform all the poses of Surya Namaskar with its mantra, improving lungs capacity and flexibility of spine. Able to keep eyes healthy	Live demonstration by teacher and recorded videos <a href="https://www.youtube.com/watch?v=GXuKzuQNjSE">https://www.youtube.com/watch?v=GXuKzuQNjSE</a> <a href="https://www.youtube.com/watch?v=UuJC9HIDmQ8">https://www.youtube.com/watch?v=UuJC9HIDmQ8</a>	Live performances of the students and recorded videos of students.
<b>July To September</b>	<b>General activity, Yogic Jogging</b>	Mass PT, warmup exercises for yoga	To improve coordination, flexibility, agility through exercises	Live demonstration by teacher and recorded videos <a href="https://www.youtube.com/watch?v=YcNrt_gf8jY">https://www.youtube.com/watch?v=YcNrt_gf8jY</a>	Live performances of the students and recorded videos of students.
	<b>Yoga</b>	Tarrasana, Vajrasana, Vrikshasana, Padmasana	Improves metabolism, Strengthens the muscles, Flexibility of muscles, increases height and improves mental peace.	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.
	<b>General Activities (Calisthenics Exercises )</b>	Forward and backward bending, side stepping, Jumping Jack, Cardio Exercise,	Students will improve coordination and balance through movements of arms and shoulders by Calisthenics exercises	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.
<b>October To December</b>	<b>Kho-Kho, Basketball, Athletics,</b>	Measurement , Skills, rules and regulations	To improve basic knowledge of games	Live demonstration by teacher and recorded videos	Field Diagrams and online viva and google form.
	<b>Yoga</b>	Shudhi Kriya Padmasana, Bhujangasana, Vrikshasana	Asana keep the body healthy and removes leg deformities	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.