



	<b>Feb, March</b>	<b>April</b>	<b>May</b>
<b>Activity</b>	General warm-up, General activity, Marching, Athletics, Fitness test,	General and specific warm-up, Athletics, Mass PT, fitness test Measuring (Height ,Weight)	General and Specific warm-up, Athletics , Dumbbells, Yoga,(Bal asana, angle asana, cat cow pose, shetali and bhrumri Pranayam, )
<b>Learning Outcomes</b>	Students will be able - To improve hand and eye coordination ,endurance ,flexibility ,agility through zig-zag running, stepping and jumping,	Students will be able- improve mental strength, agility and flexibility. To improve hand eye coordination, to strengthen leg muscles through hurdle races. To improve speed and stamina.	Students will be able- Remove disorders of sciatica, spine and chest, To improve hand eye coordination ,to improve concentration,
<b>Skills</b>	Locomotors, active warm -up	Flexion and extension, BMI	Motor skill, Reflex action,
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	<b>JUNE</b>	<b>JULY</b>	<b>AUGUST</b>
<b>Activity</b>	General and Specific warm-up Gymnastics, Skating, Yoga,(tad asana, surya namesake asana ) and pranayam.	General and Specific warm-up Gymnastics, Skati (duck walk)	General and Specific warm-up, Chess, Basket ball basic (dribbling, passing), Gymnastic.
<b>Learning Outcomes</b>	Students Will be able - To improve flexibility through forward and backward roll, To improve balance, flexibility and concentration. To improve balance on wheel.	Students will be able-To improve strength of arms through crawling. To improve balance on wheels and running on wheels	Students will be able- To improve speed and endurance, To improve mental strength and concentration, To improve flexibility and agility.
<b>Skills</b>	Motor skill, stability, basic fitness,	Gross motor skill, Balance.	Reflex action, self confidence,
<b>Assessment</b>	Based on Individual Performance and class observation.	Based on Individual Performance .	Based on Individual Performance and class observation.
	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>
<b>Activity</b>	General and Specific warm-up, basket ball, badminton basic.	General and Specific warm-up , skating, badminton, football) Measuring ( Height, Weight)	General and Specific warm-up Skating, Foot ball, fitness test
<b>Learning Outcomes</b>	Students will be able- To learn holding and gripping of racket and shuttle, to learn how to serve. To improve hand and eye co-ordination.	Students will be able- To improve mental strength, agility, concentration and flexibility. To improve balance on wheel.	Students will be able- To improve balance on wheels and running on wheels, To improve basic fitness,
<b>Skills</b>	Locomotors, Reflex action,	BMI, Physiological fitness	Gross motor skill,
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance	Class observation and individual performances