



	Feb, March	April	May
Activity	General and Specific warm-up, Fitness Test, kho-kho,	Specific warm-up , Athletics, Hurdle activity, Mass PT, Kho-Kho,(Chasing and running) Measuring(height- weight)	Specific warm-up Athletics, Kho-Kho, Yoga. (Shudhi Kriya , pranayam, surya namskar asana
Learning Outcomes	Students will be able- To improve Flexibility, Endurance Through Stepping, running and jumping,	Students will be able- To improve hand eye coordination, Endurance, Agility Through zig –zag running and stepping.to improve speed and stamina.	Students will be able- To improve mental strength and concentration, Removes, disorders of digestion, spine and chest disorders, To improve agility and flexibility, to improve speed and stamina.
Skills	Active warm-up, Goal Setting, Leader Ship,	Social skill, Decision Making, BMI, Flexion and extension, Manipulative,	Accuracy, Locomotors, Social skill,
Assessment	Class observation, competitions and Individually performance	Class observation, Participate in competitions and Individually performance	Class observation, competitions and Individually performance
	June	July	August
Activity	Specific warm-up, Chess, Yoga, Skating, Basket ball.	Specific warm-up, Skating, Table Tennis, Gymnastics, (Front-roll, side roll), Badminton.	General Specific warm-up Badminton, Table Tennis, Basket ball,(Dribble, Passing,)
Learning Outcomes	Students will be able- To improve agility and flexibility through different skill. To improve mental strength,	Students will be able- To improve agility and flexibility through different skill. To improve Coordination between body and mind.	Students will be able - To improve Coordination between body and mind, To improve hand eye coordination and physical fitness.
Skills	Accuracy, Goal setting,	Abduction and adduction.	Coordination, team work , Goal setting,
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up, Basket ball, badminton, athletics , cricket	Specific warm-up, Basket ball, Hand ball, Athletics, , Measuring (Height, Weight)	Specific warm-up, Cricket, Foot ball. Hand ball
Learning Outcomes	Students will be able - To improve speed and endurance,	Students will be able- To improve basic fitness, hand eye coordination,	Students will be able - To improve physical fitness and endurance,
Skills	Team work, Coordination, Social	Goal setting , Decision making, BMI	Team work, Leadership,
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance