



	Feb, March	April	May
Activity	General and specific warm-up, Fitness Test, choice game(Basket ball, Kho-Kho,(Running ,Chasing) Badminton)	Specific warm-up , Hurdle activity, Athletics , Choice game(Basket bal(dribble, chest pass), Kho-KHo, Badminton) Measuring (Height, Weight)	Specific warm-up ,ladder activity , Athletics, Yoga , Choice game(Basket ball, Badminton, Chess) (dribbling, passing, Stance, back hand , fore hand,)
Learning Outcomes	Students will be able - To improve hand and eye coordination, endurance, flexibility, agility through l stepping, running, and jumping exercises. To understand the basic rule of the game,	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig-zag stepping, hurdles, running and jumping exercises. To improve speed and stamina	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises. on time ,
Skills	Physical fitness Locomotors, Goal seating,	Physical fitness , Decision making, Social skill, Locomotor, reflex action	Physical fitness , Locomotors, Emotional ,
Assessment	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
	June	July	August
Activity	Specific warm-up , Yoga(cow pose , cobra pose, bridge pose, bow pose et) Gymnastic,(Roles, Jumps). Choice game.	Specific warm-up , Skating, Badminton, Table Tennis,	General and Specific warm-up , Skating, Badminton, Table Tennis, Choice game.
Learning Outcomes	Students will be able- Remove disorders of digestion, spine and chest disorders,	Students will be able - To improve mental strength, concentration, agility, and flexibility through different skills.	Students will be able - To improve coordination between mind and body,
Skills	Flexion and Extension, Abduction and adduction, Accuracy,	Fitness Components, Goal setting,	Gross motor, Decision making,
Assessment	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up , Basket ball, Badminton, Athletics, Table Tennis, Choice game.	Specific warm-up , Foot ball Cricket, Athletics. Measuring (Height, Weight). Choice game.	Specific warm-up , cricket, Hand ball, Choice game
Learning Outcomes	Students will be able- To improve hand eye coordination and physical fitness,	Students will be able- To improve physical fitness through different skill,	Students will be able- To improve hand eye coordination and physical fitness,
Skills	Coordination, Team work, Leadership	Coordination, Team work, Leadership BMI	Coordination, Team work, Leadership
Assessment	Class observation, Participation in inter house/competitions and Individually performance.	Class observation, Participation in inter house/competitions and Individually performance.	Class observation, Participation in inter house/competitions and Individually performance