

Physical Education Curriculum
Class -VI
Session - 2022-23

	Feb, March	April	May
Activity	Specific warm-up General activity, basic fitness, Kho-Kho (run and chase)	Specific warm-up, Kho – Kho, Measuring (Height, Weight Mass –P.T.	Specific warm-up, Yoga, Dumbbells, (Dhruvassan, Katicakerasan, sinhasan) choice game(Basket ball, Badminton, Chess.
Learning Outcomes	To improve hand and eye coordination, endurance, flexibility, agility through, running and jumping exercises. To understand the basic rule of the game.	Students will be able- To improve mental strength, agility, concentration and flexibility.	To improve balance and strength flexibility, To understand the basic rule of game.
Skills	Locomotors, social, leadership.	BMI, manipulative, motor skill.	Flexion and Extension, self care, stability.
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, skating, Yoga , choice game (badminton, table tennis) Art Integration with Science (Muscular System)	Specific warm-up Gymnastics, Skating, (choice game) Badminton, Table Tennis,	Specific warm-up (Choice game Basket ball, Badminton, Table Tennis,
Learning Outcomes	To improve balance and speed on wheel, To improve running on wheel.	Students will be able- To improve flexibility through forward and back ward roll and crawling.	To improve stamina, speed, flexibility and agility.
Skills	Motor skill, Stability, decision making.	Coordination, self confidence. Goal setting.	Gross motor skill, Team work, social.
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 ,Cricket, Athletics (start and finish)	Warm-up,, Measuring (Height, Weight) Basket ball, Cricket, Hand ball, Athletics	Specific Warm-up,) Basket ball, Cricket, Hand ball,
Learning Outcomes	To improve strength, speed, endurance, agility, flexibility.	Students will be able- To improve mental strength, agility, concentration and flexibility.	To improve grip on ball and basic fitness. To improve concentration.
Skills	Reflex action, Locomotors	BMI, Manipulative , leadership, Goal setting	Leadership, decision making , Gross motor skill.
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