



	Feb, March	April	May
Activity	General activity, Marching, Mass. P.T. Athletics(Basic knowledge)	General and specific warm-up, Athletics, Mass P.T, Yoga Measuring (Height, Weight), Dumbbells	Yoga(Bal asana, Tad asana, veer asana, Padam asana,) Pranayam , Athletics(Basic knowledge of running), Skating(Balance on wheel,)
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig- zag stepping, running and jumping exercises. To improve speed.	Students will be able- To improve hand and eye coordination, mental strength, agility, concentration and flexibility.	Students will be able- To removes disorders of sciatica, digestion, spine and chest. To improve stamina and balance on wheels,
Skills	Active warm-up, Social Locomotors.	Flexion and Extension, BMI, Manipulative,	Self care, Postural awareness, General Fitness (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
	June	July	August
Activity	Gymnastics(Front roll, backward roll), Skating(Duck walk)	Gymnastics(Jump and half turn, Hop to safe landing) Chess	Skating (Gliding and Stopping) Table Tennis.
Learning Outcomes	Students will be able - To improve flexibility through forward and backward roll To improve balance	Students will be able -To improve strength of legs flexibility. To improve mental strength.	Students will be able – To improve balance on wheels and running on wheels. To improve hand eye co-ordination.
Skills	Basic Fitness motor skill, Stability,	Coordination, Self confidence.	Gross Motor Skill, Goal setting,
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/ December
Activity	Athletics , Basket ball.	Yoga (Surya Namaskar) Pranayam, Measuring (Height, Weight) Football	Skating, Football
Learning Outcomes	Students will be able - To improve speed and endurance To improve speed, hand eye coordination, flexibilitly.	Students will be able - To improve mental strength, agility, concentration and flexibility.	Students will be able - To improve balance on wheels and running on wheels. To improve basic fitness.
Skills	Reflex actions, Locomotors.	Physiological fitness BMI, accuracy,	Gross Motor fitness , Leadership, social skill,
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance