

Physical Education Curriculum
Class - VII
Session - 2023-24

	Feb, March	April	May
Activity	Specific warm-up, , Basic Fitness, Kho-Kho (Chase-Run) Athletics.	Specific warm-up hurdle activity, Kho-Kho, , Yoga, Athletics , Measuring (Height ,Weight)	Specific warm-up ladder activity, Athletics. Yoga (Bal asana, cobra pose, Dhruv asan, padmasan, katicchakar asan ste badh asana, pawan mukat asana.)
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility, To understand the basic rule of the game. To improve speed.	Students will be able- To improve physical strength, agility, concentration and flexibility through zig –zag running and stepping. To improve stamina and speed.	Students will be able- To improve mental strength, concentration, To understand the basic rule of the game. To improve hand eye coordination.
Skills	Locomotors, social , leadership.	BMI, manipulative, motor skill.	Self care postural awareness, 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	Specific warm –up , Yoga, Chess, Skating, Table tennis,(Choice game) Art Integration with English (Olympic Game)	Specific warm-up Table tennis, Badminton, Skating, (choice game)	Specific warm-up, Basket ball(Indentify position, shuffling) Choic game
Learning Outcomes	Students will be able- To improve mental strength balance, speed, and agility, To understand the basic rule of the game.	Students will be able- To improve speed and balance on wheel. To improve body stance and grip on bat or racket.	Students will be able- To improve control on ball, speed. to understand advance skill of the game.
Skills	Postural awareness, decision making, goal setting, self confidence.	Self confidence, leadership, coordination	Team work, social, 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
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	Specific warm-up , Athletics, (Track event) cricket (Stance, grip of ball and bat, types of bowling)	Measuring (Height, Weight) Specific warm-up, cricket, foot ball (dribble, kick) Table Tennis	Specific warm-up skating, Foot ball, Hand ball.
Learning Outcomes	Students will be able- To improve speed and stamina. To improve coordination between mind and body.	Students will be able- To improve speed and stamina.	Students will be able- To improve balance on wheels and running on wheels, To improve overall physical fitness.
Skills	Reflex action, team work, motor skill, and leadership, social.	BMI, manipulative skill, team work, social.	Locomotors, leadership, gross motor.
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