

**Physical Education Curriculum**  
**Class - VIII**  
**Session - 2023-24**

	<b>Feb, March</b>	<b>April</b>	<b>May</b>
<b>Activity</b>	General and Specific warm-up, Athletics, Kho – Kho, fitness Test ,	Specific warm-up Athletics hurdle activity ,Kho-Kho, Measuring (Height, Weight)	Specific warm-up, Athletics Chess, Yoga, ( Shudhi Kriya Vajrasana, Dhanurasana.) Choice game ( Basket ball, Badminton, cricket), Art Integration with Physics (Motion and Speed)
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running.	Students will be able- To improve agility and flexibility. To improve leg strength. To improve speed and Stamina.	Students will be able- To improve mental strength, concentration. To remove postural deformities. To improve speed and stamina.
<b>Skills</b>	Reflex action, locomotors, goal setting.	BMI, Manipulativ skill leadership. reflex action..	Neuro muscular coordination, social, motor skill.

<b>Assessment</b>	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
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	<b>JUNE</b>	<b>JULY</b>	<b>AUGUST</b>
<b>Activity</b>	Specific warm-up , Yoga Badminton, Table Tennis . Choice game.	, Specific warm-up , skating Table Tennis, foot ball . Choice game.	Specific warm-up, Basket ball (Identify position, shuffling) Choice game. Measuring ( Height and Weight)
<b>Learning Outcomes</b>	Students will be able- To improve agility and flexibility through different skill.	Students will be able- To improve speed and balance on the wheel. To improve focus on ball. To improve accuracy of kick.	Students will be able- To improve control on ball, speed. to understand advance skill of the game
<b>Skills</b>	Accuracy, manipulative skill, goal setting,	Decision making, locomotors, leadership. Team work.	Team work, social, goal setting.
<b>Assessment</b>	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
	<b>SEPTEMBER</b>	<b>OCTOBER</b>	<b>NOVEMBER</b>
<b>Activity</b>	Specific warm-up, athletics Basket ball.	Specific warm -up Skating, Measuring (Height, Weight), athletics.	Specific warm-up Hand bl, Volley ball, Cricket.
<b>Learning Outcomes</b>	Students will be able- To improve flexibility, speed, endurance, strength.	Students will be able- To improve balance on wheel.	Students will be able- To improve skill and physical strength
<b>Skills</b>	Speed work	Side roll ,front roll	Front foot, Bowling..
<b>Assessment</b>	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