

	Feb, March	April	May
Activity	Specific warm-up, Athletics, Kho – Kho, Fitness Test ,	Specific warm-up hurdle activity ,Kho-Kho, Measuring (Height, Weight)	Specific warm-up, Chess, Yoga, (Shudhi Kriya Vajrasana, Dhanurasana.) Choice game (Basket ball, Badminton, cricket),
Learning Outcomes	To improve hand and eye coordination, endurance, speed, agility through stepping and running. To understand advance rule of game.	Students will be able- To improve mental strength, concentration, agility , and flexibility through different skills.	Removes, disorders of digestion, spine and chest disorders, to improve internal fitness.
Skills	Locomotors, manipulative, team work.	BMI, stability, social, gross motor	Self care, motor skill, postural awareness. ,
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance -

	June	July	August
Activity	, Specific warm-up Yoga , Badminton, Table- Tennis	Specific chess Badminton, warm-up Tennis, Basket Table ball,	, Specific warm-up Basket ball (shuffling) Athletics (field event)
Learning Outcomes	To improve agility and flexibility through different skill. TO understand advanced rule of the game	Students will be able- To improve agility and flexibility through different skill. TO understand advanced rule of the game	To improve agility and flexibility through different skill. TO understand advanced rule of the game
Skills	Goal setting, decision making. Team work.	Team work, leadership, social. Stability.	Locomotors, Gross motor skill.
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	, Specific warm-up , Athletics (track event) Skating, Basket ball,	Specific warm-up, Athletics, foot ball. Cricket	Specific warm-up Cricket, Hand ball,

Learning Outcomes	To improve agility and flexibility, through different skill, TO understand advanced rule of the game	Students will be able- To improve skill mental strength agility, concentration, And flexibility. TO understand advanced rule of the game	To improve skill and physical strength, Hand eye coordination, TO understand advanced rule of the game
Skills	Reflex action, Locomotors. Team work.	Reflex action, Locomotors. Team work.	Reflex action, Locomotors. Team work.
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