

**Curriculum**  
**Subject: Physical Education**  
**Class: II**  
**Session: 2024-25**

	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General warm-up, General activity, Marching, Athletics, Anthropometric Measurement (Height, Weight), Fitness test	General and specific warm-up, Athletics, Mass PT, Fitness test, Anthropometric Measurement (Height, Weight), Yoga (Beer asana, Vajra asana, Ushtra asana)	General and Specific warm-up, Athletics, Dumbbells exercise, Yoga (tree asana, Triangle asana, Cobra pose), Shetali and Bhramri Pranayam
<b>Learning Outcomes</b>	Students will be able To improve hand and eye coordination, endurance, flexibility, agility through zig-zag running, stepping and jumping.	Students will be able To improve mental strength, agility and flexibility. To improve hand eye coordination and strengthen leg muscles through hurdle races. To improve speed and stamina.	Students will be able To remove disorders of sciatica, spine and chest. To improve hand eye coordination and concentration.
<b>Skills</b>	Locomotors, active warm-up	Flexion and Extension, BMI	Motor skill, Reflex action,
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	<b>JULY/ AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>
<b>Activity</b>	General and Specific warm-up Gymnastics, Skating, Yoga (Padhastha asana, Sarvang asana and Pranayam, Skating (duck walk)	General and Specific warm-up Gymnastics, Skating (duck walk) Calisthenics exercise, Foot ball basic skill	General and Specific warm-up, Chess, Basket ball basic skill (Dribbling, Passing), Gymnastic, Fitness test
<b>Learning Outcomes</b>	Students Will be able To improve flexibility through forward and backward roll To improve balance, flexibility and concentration. To improve balance on wheel.	Students will be able To improve strength of arms through crawling. To improve balance on wheels and running on wheels. To improve agility and over all fitness.	Students will be able- To improve speed and endurance, To improve mental strength and concentration, To improve flexibility and agility.
<b>Skills</b>	Motor skill, Stability, Basic fitness.	Gross motor skill, Balancing skill.	Reflex action, Self confidence,
<b>Assessment</b>	Based on individual performance and class observation.	Based on individual performance and class observation.	Based on individual performance and class observation.
	<b>NOVEMBER</b>	<b>DECEMBER</b>	<b>FEBRUARY/MARCH</b>
<b>Activity</b>	General and Specific warm-up, Basket ball, Badminton basic, Chess.	General and Specific warm-up, Skating, Badminton, Football, Anthropometric Measurement (Height, Weight)	General and Specific warm-up Skating, Foot ball, Fitness test
<b>Learning Outcomes</b>	Students will be able To learn holding and griping of racket and shuttle, service. To improve hand and eye co-ordination.	Students will be able To improve mental strength, agility, concentration and flexibility. To improve balance on wheel.	Students will be able To improve balance on wheels and running on wheels To improve basic fitness
<b>Skills</b>	Locomotors, Reflex action,	BMI, Physiological fitness	Gross motor skill,
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance	Class observation and individual performances