

	APRIL	MAY	JUNE
Activity	General activity, Marching, Mass. P.T. Measurement (height- weight)	General and specific warm-up, Mass P.T, Yoga (breathing ex.) Measuring (Height, Weight), Dumbbell Yoga(Bal asana, Tad, asana, veer asana)	Yoga (Vajar asana, Tad asana, Ushtra asana, Padam asana,) Pranayam , Athletics(Basic knowledge of running), 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	Locomotors. Cognitive Skill.	Physical Development.	Gross motor skill.
Art Integration	-	EVS (My Body)	-
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
	July / August	September	October
Activity	Gymnastics(Front roll, backward roll), (Duck walk)	Gymnastics(Jump and half turn, Hop to safe landing) Chess	(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	Fine motor skill, Social Skill.	Physical Development.	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
	NOVEMBER	DECEMBER	JANUARY/ FEBRUARY
Activity	General warm-up, ,Athletics , Basket ball.	General warm-up, ,Athletics , Basket ball Measuring (Height, Weight) Football	General warm-up ,Athletics , Fitness test,

Learning Outcomes	Students will be able - To improve speed and endurance To improve speed, hand eye coordination, flexibility.	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	Locomotors. Life Skill.	Cognitive Skill.	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