

Curriculum
Subject: Physical Education
Class: I
Session: 2024-25

	APRIL	MAY	JUNE
Activity	General activity, Marching, Mass. P.T. Athletics(basic knowledge), Anthropometric Measurement (Height, Weight)	General and specific warm-up, Athletics, Mass P.T, Yoga (breathing ex.), Anthropometric Measuring (Height, Weight), Dumbbell Yoga (Bal asana, Tad, asana, Beer asana)	Yoga (Vajra asana, Tad asana, Ushtra asana, Padam asana) Pranayam, Athletics (Basic knowledge of run Gymnastics (Front roll, backward roll)
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, flexibility and agility.
Skills	Active warm-up, Social skill	Flexion and Extension, BMI, Manipulative skill	Self care, Postural awareness, General Fitness (motor skill)
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	JULY/ AUGUST	SEPTEMBER	OCTOBER
Activity	Gymnastics (Front roll, backward roll), Skating (Duck walk)	Gymnastics (Jump and half turn and Hop to safe landing), Chess, Skating (Balance on wheel)	General and Specific warm-up, Chess, Basket ball basic skill (Dribbling Passing), Gymnastic, Fitness test, Skating (Balance on wheel)
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	Basic Fitness motor skill, Stability,	Coordination, Self confidence.	Gross Motor Skill, Goal setting
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	NOVEMBER	DECEMBER	FEBRUARY/ MARCH
Activity	Athletics, Basket ball.	Yoga (Surya Namaskar, Shav asana, Sinh asana), Pranayam, Anthropometric Measuring (Height, Weight), Football	Skating, Football, 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	Reflex actions, Locomotors	Physiological fitness BMI, Accuracy	Gross Motor fitness, Leadership, Social skill
Assessment	Class observation, competitions and individual performance	Class observation, competitions and individual performance	Class observation, competitions and individual performance