

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

	APRIL	MAY	JUNE
Activity	General and Specific warm-up, General activity. Fitness test, Mass PT	General and Specific warm-up, Athletics Mass PT Anthropometric Measurement (Height and Weight), Yoga (breathing exercise.)	Specific warm-up, Yoga (Beer asana, Camel pose and Surya namskar asan) Athletics (Basic knowledge of running) Skating (Balance on wheel) chess.
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility, through zig-zag running, stepping and jumping exercise.	Students will be able- To improve hand eye coordination. To improve muscular strength and reflex action. To understand the fitness level.	Students will be able- To improve stamina and speed, balance on wheel. Remove disorder of spine and chest. To reduce belly fat. To improve neuromuscular coordination.
Skills	Locomotors skill, Active warm up.	Manipulative skill, BMI, Flexion and Extension.	Accuracy, Postural awareness, Motor skill.
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and based on individual performance
	JULY/ AUGUST	SEPTEMBER	OCTOBER
Activity	Specific Warm-up, Yoga (Vajra asan, Gomukh asan, Sarvang asan), Skating, Basic fundamental of basket ball and badminton	Specific Warm- up, skating Gymnastic (Front roll, backward roll), Fitness test.	Specific warm-up, Gymnastics (Jump and half turn), Chess, Basket ball, Dribbling, Passing
Learning Outcomes	Students will be able- To improve balance on wheel, concentration and mental strength. To improve hand eye co – ordination, muscular strength.	Students will be able- To improve agility and flexibility through roll on Wheel To improve balance.	Students will be able- To improve flexibility and agility through (forward and back ward roll). To improve hand eye co-ordination (zig -zag dribbling)
Skills	Accuracy, Gross motor skill	Coordination, Stability	Self confidence, Motor skill, Decision making
Assessment	Class observation, competitions and individual performance.	Class observation, competitions and individual performance	Class observation, competitions and individual performance
	NOVEMBER	DECEMBER	FEBRUARY
Activity	Specific Warm-up Basket ball, Badminton, skating, Table Tennis (Holding of bat and ball, Service)	Specific Warm-up, Foot ball, Table Tennis, (dribble and Juggle) Anthropometric Measurement (Height and Weight) Fitness tests	Specific Warm-up, Cricket , Foot ball (grip on ball and bat)
Learning Outcomes	Students will be able – To improve speed and stamina, To improve hand eye co- ordination To improve foot work.	Students will be able- To improve speed, flexibility and stamina.	Students will be able – To improve basic fitness and endurance.
Skills	Reflex actions, Locomotors	BMI, Leadership, Social skill	Coordination, Team work.
Assessment	Class observation, competitions and individual performance	Class observation, competitions and individual performance	Class observation, competitions and individual performance