

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

	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General and Specific warm-up, Fitness Test, Kho-Kho, Anthropometric Measurement (Height and Weight)	Specific warm-up , Athletics, Hurdle activity, Mass PT, Kho-Kho (Chasing and running) Measurement (Height and Weight)	Specific warm-up Athletics, Kho-Kho, Yoga. (Shudhi Kriya , Pranayam, Surya namskar asana
<b>Learning Outcomes</b>	Students will be able- To improve flexibility, endurance through stepping, running and jumping,	Students will be able- To improve hand eye coordination, endurance, agility through Zig – Zag running and stepping. To improve speed and stamina.	Students will be able- To improve mental strength and concentration, removes disorders of digestion, spine and chest disorders To improve agility and flexibility, speed and stamina.
<b>Skills</b>	Active warm-up, Goal Setting, Leader Ship	Social skill, Decision Making, BMI, Flexion and extension, Manipulative	Accuracy, Locomotors, Social skill,
<b>Assessment</b>	Class observation, competitions and individual performance	Class observation, Participate in competitions and individual performance	Class observation, competitions and individual performance
	<b>JULY/ AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>
<b>Activity</b>	Specific warm-up, Chess, Yoga, Skating, Basket ball.	Specific warm-up, Skating, Table Tennis, Gymnastics (Front-roll, side roll), Badminton.	General Specific warm-up Badminton, Table Tennis, Basket ball ( Dribble, Passing, )
<b>Learning Outcomes</b>	Students will be able- To improve agility and flexibility through different skill. To improve mental strength,	Students will be able- To improve agility and flexibility through different skill. To improve coordination between body and mind.	Students will be able – To improve coordination between body and mind, hand eye coordination and physical fitness.
<b>Skills</b>	Accuracy, Goal setting,	Abduction and Adduction.	Coordination, Team work, Goal setting
<b>Assessment</b>	Class observation, competitions and individual performance	Class observation, competitions and individual performance	Class observation, competitions and individual performance
	<b>NOVEMBER</b>	<b>DECEMBER</b>	<b>FEBRUARY</b>
<b>Activity</b>	Specific warm-up, Basket ball, Badminton, Athletics, Cricket	Specific warm-up, Basket ball, Hand ball, Athletics, Anthropometric Measurement (Height and Weight)	Specific warm-up, Cricket, Foot ball, Hand ball
<b>Learning Outcomes</b>	Students will be able – To improve speed and endurance	Students will be able- To improve basic fitness, hand eye coordination	Students will be able – To improve physical fitness and endurance
<b>Skills</b>	Team work, Coordination, Social skill	Goal setting, Decision making, BMI	Team work, Leadership
<b>Assessment</b>	Class observation, competitions and individual performance	Class observation, competitions and individual performance	Class observation, competitions and individual performance