

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

	<b>April</b>	<b>May</b>	<b>June</b>
<b>Activity</b>	Specific warm-up, Athletics, Kho – Kho, Fitness Test,	Specific warm-up Athletics, Hurdle activity, Kho-Kho Anthropometric Measurement (Height and Weight )	Specific warm-up, Athletics, Chess, Yoga (Shetlee Pranayam, Matsya asana, Shalbh asana, Hal asana, Setu badh, Dhanur asana.), Choice game: Basket ball, Badminton, Cricket
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running. To understand advance rule of game.	Students will be able- To improve mental strength, concentration, agility and flexibility through different skills.	Students will be able- To removes, disorders of digestion, spine and chest disorders To improve internal fitness.
<b>Skills</b>	Locomotors, Manipulative, Team work	BMI, Stability, Social skill, Gross motor	Self care, Motor skill, Postural awareness
<b>Assessment</b>	Based on individual performance	Based on individual performance	Based on individual performance
	<b>July / August</b>	<b>September</b>	<b>October</b>
<b>Activity</b>	Specific warm-up, Yoga, Badminton, Table- Tennis	Specific warm - up, Chess Badminton, Tennis, Basket ball, Table-Tennis	Specific warm-up, Basket ball (shuffling), Athletics (field event) ( Art integration with physics (force))
<b>Learning Outcomes</b>	Students will be able- To improve agility and flexibility through different skill. To understand advanced rule of the game	Students will be able- To improve agility and flexibility through different skill. To understand advanced rule of the game	Students will be able- To improve agility and flexibility through different skill. To understand advanced rule of the game
<b>Skills</b>	Goal setting, Decision making. Team work.	Team work, Leadership, Social skill Stability.	Locomotors, Gross motor skill.
<b>Assessment</b>	Based on individual and group performance	Based on individual and group performance	Based on individual and group performance
	<b>November</b>	<b>December</b>	<b>February</b>
<b>Activity</b>	Specific warm-up, Athletics, Skating, Basket ball	Specific warm-up, Athletics, foot ball, Cricket, Anthropometric Measurement (Height and Weight)	Specific warm-up, Cricket, Hand ball
<b>Learning Outcomes</b>	Students will be able- To improve agility and flexibility, through different skill To understand advanced rule of the game	Students will be able- To improve skill mental strength agility, concentration and flexibility. To understand advanced rule of the game	Students will be able- To improve Basic skill and physical strength, hand eye coordination To understand advanced rule of the game
<b>Skills</b>	Reflex action, Locomotors, Team work.	Reflex action, Locomotors, Team work.	Reflex action, Locomotors, Team work.
<b>Assessment</b>	Class observation, participation in inter house/competitions and individual performance	Class observation, participation in inter house/competitions and individual performance	Class observation and individual performance