

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

	APRIL	MAY	JUNE
Activity	General and specific warm-up, Fitness Test, choice game(Basket ball, Kho-Kho (Running , chasseur)) Anthropometric Measurement (Height and Weight), Badminton	Specific warm-up, Hurdle activity, Athletics, Choice game(Basket ball (Dribble, chest pass), Kho-KHo, Badminton) Anthropometric Measuring (Height and Weight)	Specific warm-up, ladder activity, Athletics, Yoga (Tad asana, Gomukh asana, Dhanur asana), Choice game : Basket ball, Badminton, Chess (dribbling, passing, stance, back hand, fore hand)
Learning Outcomes	Students will be able – To improve hand and eye coordination, endurance, flexibility, agility through stepping, running, and jumping exercises. To understand the basic rules of the game	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig-zag stepping, hurdles, running and jumping exercises. To improve speed and stamina	Students will be able- To improve mental strength hand and eye coordination, endurance, flexibility, agility through ladder activity, Zig-Zag stepping, hurdles, running and jumping exercises on time
Skills	Physical fitness, Locomotors, Goal setting	Physical fitness, Decision making, Social skill, Locomotor, reflex action	Physical fitness, Locomotors, Emotional
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	JULY/AUGUST	SEPTEMBER	OCTOBER
Activity	Specific warm- up Yoga (Ushtra pose, complete Cobra pose, Bridge pose, Bow pose etc) Gymnastic, (Roles, Jumps), Choice game.	Specific warm-up, Skating, Badminton, Table Tennis	General and Specific warm-up, Skating, Badminton, Table Tennis, Choice game.
Learning Outcomes	Students will be able- To remove disorders of digestion, spine and chest disorders	Students will be able – To improve mental strength, concentration, agility and flexibility through different skills.	Students will be able – To improve coordination between mind and body
Skills	Flexion and Extension, Abduction and adduction, Accuracy	Fitness Components, Goal setting	Gross motor, Decision making
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance
	NOVEMBER	DECEMBER	FEBRUARY
Activity	Specific warm-up, Basket ball, Badminton, Athletics, Table Tennis, Choice game	Specific warm-up, Foot ball Cricket, Athletics, Anthropometric Measuring (Height and Weight), Choice game	Specific warm-up, Cricket, Hand ball, Choice game
Learning Outcomes	Students will be able- To improve hand eye coordination and physical fitness	Students will be able- To improve physical fitness through different skill	Students will be able- To improve hand eye coordination and physical fitness
Skills	Coordination, Team work, Leadership	Coordination, Team work, Leadership BMI	Coordination, Team work, Leadership
Assessment	Class observation, Participation in inter house/ competitions and individual performance	Class observation, Participation in inter house/ competitions and Individual performance	Class observation, Participation in inter house/ competitions and individual performance