

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

	April	May	June
Activity	Specific warm-up General activity, basic fitness, Kho - Kho (run and chase) Athletics.	Specific warm-up, Athletics, Kho –Kho, Anthropometric Measurement (Height and Weight), Mass –P.T.	Specific warm-up, Athletics, Yoga, Dumbbells (Sheetle pranayam, Gomukh asana, Dhruvassan, Ushatrasana, Chakar asana, Suryanamskar, Cobra pose, Matsya asana, Shashak asana, Sinh asana and choice game: Basket ball, Badminton, Chess.
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through, running and jumping exercises. To understand the basic rules of the game. To improve speed.	Students will be able- To improve mental strength, agility, concentration and flexibility To improve agility, speed, stamina	Students will be able- To improve balance and strength flexibility To understand the basic rules of game. To improve reflex action. To improve mental strength,
Skills	Locomotors, Social skills, Leadership.	BMI, Manipulative, Motor skill.	Flexion and Extension, Self care, Stability.
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation, Participation in inter house/ competitions and individual performance
	July/ August	September	October
Activity	Specific warm-up, Skating, Yoga, Choice game: Badminton, Table Tennis	Specific warm-up Gymnastics, Skating, Choice game: Badminton, Table Tennis, Hand ball	Specific warm-up, Choice game: Basket ball, Badminton, Table Tennis
Learning Outcomes	Students will be able- To improve balance and speed on wheel To improve running on wheel.	Students will be able- To improve flexibility through forward and back ward roll and crawling.	Students will be able- To improve stamina, speed, flexibility and agility.
Skills	Motor skill, Stability, decision making.	Coordination, Self confidence, Goal setting.	Gross motor skill, Team work, Social skill.
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, Cricket, Athletics (start and finish)	Warm-up, Anthropometric Measurement (Height and Weight), Basket ball, Cricket, Hand ball, Athletics	Specific Warm-up Basket ball, Cricket, Hand ball,
Learning Outcomes	Students will be able- To improve strength, speed, endurance, agility and flexibility.	Students will be able- To improve mental strength, agility, concentration and flexibility.	Students will be able- To improve grip on ball and basic fitness and concentration.
Skills	Reflex action, Locomotors	BMI, Manipulative, Leadership, Goal setting	Leadership, Decision making, Gross motor skill.
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation, Participation in inter house/ competitions and individual performance