

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

	<b>April</b>	<b>May</b>	<b>June</b>
<b>Activity</b>	Specific warm-up, Basic Fitness, Kho-Kho (Chasing-Running), Athletics.	Specific warm-up hurdle activity, Kho-Kho, Yoga, Athletics, Anthropometric Measurement (Height and Weight)	Specific warm-up, Ladder activity, Athletics, Yoga (Ushtra asana, Mayur asana, Complete Cobra pose, Hal asana, Padam asana, Katichakar asan, Setu badh, Shalbh asana)
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility To understand the basic rule of the game. To improve speed.	Students will be able- To improve physical strength, agility, concentration and flexibility through zig –zag running and stepping. To improve stamina and speed.	Students will be able- To improve mental strength, concentration To understand the basic rule of the game. To improve hand eye coordination.
<b>Skills</b>	Locomotors, Social skill, Leadership.	BMI, Manipulative, Motor skill.	Self care postural awareness, Motor skill.
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance	Class observation, participation in inter house/competitions and individual performance
	<b>July/ August</b>	<b>September</b>	<b>October</b>
<b>Activity</b>	Specific warm –up , Yoga, Chess, Skating, Table tennis, Choice game (Art Integration Olympic Game)	Specific warm-up, Table tennis, Badminton, Skating, Choice game	Specific warm-up, Basket ball (indentify position, shuffling) Choice game
<b>Learning Outcomes</b>	Students will be able- To improve mental strength balance, speed, and agility To understand the basic rule of the game.	Students will be able- To improve speed and balance on wheel. To improve body stance and grip on bat or racket.	Students will be able- To improve control on ball, speed. to understand advance skill of the game.
<b>Skills</b>	Postural awareness, decision making, goal setting, self confidence.	Self confidence, leadership, coordination	Team work, social skill, gross motor skill.
<b>Assessment</b>	Class observation and Individual performance	Class observation and Individual performance	Class observation and Individual performance
	<b>November</b>	<b>December</b>	<b>Feburary</b>
<b>Activity</b>	Specific warm-up, Athletics (Track event), Cricket (Stance, grip on ball and bat, types of bowling)	Anthropometric Measurement (Height and Weight), Specific warm-up, Cricket, Foot ball (dribble, kick), Table Tennis	Specific warm-up Skating, Foot ball, Hand ball, Stepping
<b>Learning Outcomes</b>	Students will be able- To improve speed and stamina. To improve coordination between mind and body.	Students will be able- To improve speed and stamina.	Students will be able- To improve balance on wheels and running on wheels To improve overall physical fitness.
<b>Skills</b>	Reflex action, Team work, Motor skill and Leadership, social.	BMI, Manipulative skill, Team work and Social skill.	Locomotors, leadership and Gross motor.
<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, Participation in inter house/ competitions and individual performance