

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

	April	May	June
Activity	General and 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, (Shudhi Kriya, Sheetle pranayam, Mayur asana, Ushtra asana, Shalbh asana, Dhanur asana.) Choice game (Basket ball, Badminton, Cricket), Art Integration with Physics (Motion and Speed)
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running.	Students will be able- To improve agility and flexibility. To improve leg strength. To improve speed and Stamina.	Students will be able- To improve mental strength, concentration. To remove postural deformities. To improve speed and stamina.
Skills	Reflex action, Locomotors, Goal setting.	BMI, Manipulative skill, Leadership, Reflex action..	Muscular coordination, Social skill, Motor skill.
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, Yoga Badminton, Table Tennis. Choice game.	Specific warm-up, Skating Table Tennis, Foot ball. Choice game.	Specific warm-up, Basket ball (Identify position, shuffling) Choice game.
Learning Outcomes	Students will be able- To improve agility and flexibility through different skill.	Students will be able- To improve speed and balance on the wheel. To improve focus on ball. To improve accuracy of kick.	Students will be able- To improve control on ball, speed. To understand advance skill of the game
Skills	Accuracy, Manipulative skill, Goal setting,	Decision making, Locomotors, Leadership, Team work.	Team work, Social skill, Goal setting.
Assessment	Class observation and Individual performance	Class observation and Individual performance	Class observation and Individual performance
	November	December	February
Activity	Specific warm-up, Athletics Basket ball.	Specific warm -up Skating, Anthropometric Measurement (Height and Weight), Athletics.	Specific warm-up, Hand ball, Volley ball, Cricket, Stepping
Learning Outcomes	Students will be able- To improve flexibility, speed, endurance, strength.	Students will be able- To improve balance on wheel.	Students will be able- To improve skill and physical strength
Skills	Speed work	Side roll, Front roll	Front foot, Bowling
Assessment	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