

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

	April	May	June
Activity	General and Specific warm-up Fitness Test, Athletics, Choice game, Basket ball, Kho-Kho, (Pole dive, diving, dodging, Chain formation).	General and Specific warm-up Athletics, hurdle activity, Kho-Kho, Anthropometric Measurement (Height and Weight)	Specific warm-up Athletics, ladder activity ,Yoga (Suryanamaskar, Ushtra asana, Mayur asana, Pranayam) Choice game: Basket ball, Chess etc.
Learning Outcomes	Students will be able -To improve hand and eye coordination, endurance, flexibility, agility through stepping, running, and jumping exercises. -To improve stamina and speed.	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 hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises
Skills	Cognitive skill, Team work, Social skill, Leadership	BMI, Team work, Gross motor skill. Reflex action	Accuracy, 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, Chess, Choice game(Basket ball, Table Tennis, Badminton)	Specific warm-up, Skating, Badminton, Basket ball, Table tennis	Specific warm-up , Basket ball (Identify position, shuffling),Choice game, Skating, Badminton, Table Tennis,
Learning Outcomes	Students will be able -To improve mental strength, concentration -To understand advance rule of the game.	Students will be able -To improve balance and speed on wheel. -To improve motor fitness.	Students will be able -To improve coordination between mind and body. -To improve speed, agility, flexibility and strength.
Skills	Goal setting, Decision making. Team work	Team work, Leadership, Social skill	Locomotors, Reflex action
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	Specific warm-up, Athletics, Cricket, Foot ball, Anthropometric Measurement (Height and Weight)	Specific warm-up, Cricket, Hand ball, Foot ball.
Learning Outcomes	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 physical fitness through different skill -To understand advanced rule of the game.	Students will be able -To improve hand eye coordination, physical fitness, agility and flexibility, through different skill -To understand advanced rule of the game
Skills	Reflex action, Locomotors, Team work	BMI, Goal setting, Team work, Decision making	Gross motor skill, Cognitive
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