



	APRIL	MAY	JUNE
Activity	General activity, Marching, Mass. P.T. Measurement (height- weight)	General and specific warm-up, Mass P.T, Yoga (breathing ex.) Measuring (Height, Weight), Dumbbell Yoga(Bal asana, Tad, asana, veer asana)	Yoga (Vajar asana, Tad asana, Ushtra asana, Padam asana,) Pranayam , Athletics(Basic knowledge of running), Skating(Balance on wheel,)
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig- zag stepping, running and jumping exercises. To improve speed.	Students will be able- To improve hand and eye coordination, mental strength, agility, concentration and flexibility.	Students will be able- To removes disorders of sciatica, digestion, spine and chest. To improve stamina and balance on wheels,
Skills	Locomotors. Cognitive Skill.	Physical Development.	Gross motor skill.
Art Integration	-	EVS (My Body)	-
Assessment	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
	July / August	September	October
Activity	Gymnastics(Front roll, backward roll), Skating(Duck walk)	Gymnastics(Jump and half turn, Hop to safe landing) Chess	Skating (Gliding and Stopping) Table Tennis.
Learning Outcomes	Students will be able - To improve flexibility through forward and backward roll To improve balance	Students will be able -To improve strength of legs flexibility. To improve mental strength.	Students will be able – To improve balance on wheels and running on wheels. To improve hand eye co-ordination.
Skills	Fine motor skill, Social Skill.	Physical Development.	Gross Motor Skill, Goal setting,
Assessment	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance
	NOVEMBER	DECEMBER	JANUARY/ FEBRUARY
Activity	General warm-up, Skating ,Athletics , Basket ball .Skating,	General warm-up, Skating ,Athletics , Basket ball Measuring (Height, Weight) Football	General warm-up ,Athletics , Fitness test,

Learning Outcomes	Students will be able - To improve speed and endurance To improve speed, hand eye coordination, flexibility.	Students will be able - To improve mental strength, agility, concentration and flexibility.	Students will be able - To improve balance on wheels and running on wheels. To improve basic fitness.
Skills	Locomotors. Life Skill.	Cognitive Skill.	Gross Motor fitness , Leadership, social skill,
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance