



	APRIL	MAY	JUNE
Activity	General warm-up, General activity, Marching, Skating, Measuring (Height ,Weight),	General warm-up, Skating, Mass PT, fitness test Measuring (Height ,Weight) Yoga,(tree asana, Vajar asana, sutra asana)	General and Specific warm-up, Athletics , Dumbbells exercise ,Yoga,(tree asana, triangle asana, cobra pose , Padhashta asana Pranayam ,
Learning Outcomes	Students will be able - To improve hand and eye coordination ,endurance ,flexibility ,agility through zig - zag running, stepping and jumping,	Students will be able- improve mental strength, agility and flexibility. To improve hand eye coordination, to strengthen leg muscles through hurdle races. To improve speed and stamina.	Students will be able- Remove disorders of sciatica, spine and chest, To improve hand eye coordination ,to improve concentration,
Skills	Cognitive Skill	Cognitive Skill	Motor skill, Physical Development
Art Integration	—	-	—
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performance

	JULY/ AUGUST	SEPTEMBER	OCTOBER
Activity	General and Specific warm-up Gymnastics, Skating, Yoga, (Padhashta asana , sarvang asan) and pranayam . Athletics	General and Specific warm-up Gymnastics, Basketball,. Foot ball basic skill.	General and Specific warm-up, Chess, Basket ball basic skill (dribbling ,passing) Gymnastic. Fitness test.
Learning Outcomes	Students Will be able - To improve flexibility through forward and backward roll, To improve balance, flexibility and concentration. To improve balance on wheel.	Students will be able-To improve strength of arms through crawling. To improve balance on wheels and running on wheels .To improve agility and over all fitness.	Students will be able- To improve speed and endurance, To improve mental strength and concentration, To improve flexibility and agility.
Skills	Motor skill, Physical Development	Gross motor skill, Life skill.	Cognitive Skill,

Art Integration	EVS (Health and hygiene)		
Assessment	Based on Individual Performance and class observation.	Based on Individual Performance .	Based on Individual Performance and class observation.
	NOVEMBER	DECEMBER	JANUARY/FEBUARY
Activity	General and Specific warm-up, basket ball, Skating. Chess.	General and Specific warm-up , skating, football , Measuring (Height, Weight)	General and Specific warm-up Skating, Foot ball, fitness test
Learning Outcomes	Students will be able- To learn holding and griping of racket and shuttle, to learn how to serve. To improve hand and eye co-ordination.	Students will be able- To improve mental strength, agility, concentration and flexibility. To improve balance on wheel.	Students will be able- To improve balance on wheels and running on wheels, To improve basic fitness,
Skills	Locomotors, Physical Development.	Life Skill.	Gross motor skill, Life Skill.
Assessment	Class observation and individual performance	Class observation and individual performance	Class observation and individual performances