



**Physical Education Curriculum**

**Class - III**

**Session – 2025-26**

	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General warm-up, General activity. Skating,	General and Specific warm-up, Athletics, Skating, Measuring( Height-Weight). Yoga ( Pranayam beer asana . padhashta asana)	Specific warm-up, Yoga( camel pose and surya namskar asan) Athletics (Basic knowledge of running) Skating, chess.
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility, through zig-zag running, stepping and jumping exercise.	Students will be able- To improve hand eye coordination. To improve muscular strength and reflex action. To understand the fitness level.	Students will be able- To improve stamina and speed, balance on wheel. Remove disorder of spine and chest. To reduce belly fat. To improve neuromuscular coordination.
<b>Skills</b>	Locomotors skill,  Physical  Development.	Physical Development.	Cognitive Skill, motor skill.
<b>Assessment</b>	Class observation and individual performance	Class observation and individual performance.	Class observation and based on Individual Performance.

	JULY/ AUGUST	SEPTEMBER	OCTOBER	
<b>Activity</b>	Specific Warm-up, Skating Basic fundamental of basket ball Gymnastic,Athletics,	Specific Warm- up, Gymnastic (Front roll , backward roll) Fitness test,Basketball,	Specific warm-up, Gymnastics (jump, half turn) Chess, basket ball( dribbling, passing ) Skating,	
<b>Learning Outcomes</b>	Students will be able- To improve balance on wheel, concentration and mental strength. To improve hand eye co –ordination .To improve muscular strength.	Students will be able- To improve agility and flexibility through roll on Wheel, To improve balance.	Students will be able- To improve flexibility and agility through (forward and back ward roll). To improve hand eye co-ordination( zig -zag dribbling)	
<b>Skills</b>	Accuracy, Gross motor,	Coordination, Stability,	Self confidence, Motor skill,  Decision making,	
<b>Assessment</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	
	NOVEMBER	DECEMBER	JANUARY/FEBRUARY	
<b>Activity</b>	Specific Warm-up Basket ball, Badminton ,Table Tennis(holding of bat and ball, Service)	Specific Warm-up, foot ball , Table Tennis, (dribble. , Juggle) Measuring (Height, Weight) Fitness test.s	Specific Warm-up, Cricket , Foot ball  (grip on ball and bat)	
<b>Learning Outcomes</b>	Students will be able -To improve speed and stamina, To improve hand eye co- ordination, to improve foot work.	Students will be able- To improve speed and flexibility. To improve stamina.	Students will be able – To improve basic fitness and endurance.	
<b>Skills</b>	Locomotors, Ethical Value.	Social Skill, Gross Motor Skill.	Physical Development	
<b>Art Integration</b>	–	Science(Keeping Safe)	–	
<b>Assessment</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	