



	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General and Specific warm-up, Fitness Test ,Skating, Measuring(height- weight)	Specific warm-up , Athletics, Hurdle activity, Mass PT, Skating, Yoga,Measuring(height- weight)	Specific warm-up Athletics ,Skating Yoga. (Shudhi Kriya , pranayam, surya namskar asana,Chess,
<b>Learning Outcomes</b>	Students will be able- To improve Flexibility, Endurance Through Stepping, running and jumping,	Students will be able- To improve hand eye coordination, Endurance, Agility Through zig – zag running and stepping.to improve speed and stamina.	Students will be able- To improve mental strength and concentration, Removes, disorders of digestion, spine and chest disorders, To improve agility and flexibility, to improve speed and stamina.
<b>Skills</b>	Cognitive Skill.	Physical Development	Accuracy, Locomotors, Social skill,
<b>Art Integration</b>	–	–	Hindi ( Diet) , Adventure Sports
<b>Assessment</b>	Class observation, competitions and Individually performance	Class observation, Participate in competitions and Individually performance	Class observation, competitions and Individually performance

	<b>JULY/ AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>
<b>Activity</b>	Specific warm-up, Chess, Athletics, Kho-Kho, Basket ball.	Specific warm-up, Table Tennis, Gymnastics, (Front-roll, side roll), Badminton, Kho-Kho,	General Specific warm-up Badminton, Table Tennis, Basket ball,( Dribble, Passing, )
<b>Learning Outcomes</b>	Students will be able- To improve agility and flexibility through different skill. To improve mental strength,	Students will be able- To improve agility and flexibility through different skill. To improve Coordination between body and mind.	Students will be able - To improve Coordination between body and mind, To improve hand eye coordination and physical fitness.
<b>Skills</b>	Life Skill, Physical Development.	Social Skill.	Life Skill, Gross Motor Skill.
<b>Assessment</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance

	NOVEMBER	DECEMBER	JANUARY/FEBRUARYS
<b>Activity</b>	Specific warm-up, Basket ball, badminton, athletics , cricket	Specific warm-up, Basket ball, Hand ball, Athletics, , Measuring (Height, Weight)	Specific warm-up, Cricket, Foot ball. Hand ball
<b>Learning Outcomes</b>	Students will be able - To improve speed and endurance,	Students will be able- To improve basic fitness, hand eye coordination,	Students will be able - To improve physical fitness and endurance,
<b>Skills</b>	Cognitive Skill.	Life Skill.	Physical Development.
<b>Assessment</b>	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance