



	April	May	June
Activity	Specific warm-up, Athletics, Kho – Kho, Fitness Test , Choice game, Skating,	Specific warm-up Athletics , hurdle activity ,Kho-Kho, Yoga ,Measuring (Height, Weight) Choice game,	Specific warm-up, Athletics, Chess, Yoga (matsya asana, shalbh asana hal asana, setu badh asana, dhanurasana.) Choice game (Basket ball, Badminton, cricket),
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running. To understand advance rule of game.	Students will be able- To improve mental strength, concentration, agility, and flexibility through different skills.	Students will be able-to Removes, disorders of digestion, spine and chest disorders, to improve internal fitness.
Skills	Locomotors, Social Skill.	Cognitive Skill.	Social Skill.
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance -
	July / August	September	October
Activity	, Specific warm-up Yoga , Badminton, Table- Tennis ,Choice game, Kho-Kho,	Specific Warm - up chess Badminton, warm-up Table Tennis, Basketball, Choice game ,Kho-Kho,	, Specific warm-up Basket ball (shuffling) Athletics (field event) Choice game, handball,
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 agility and flexibility through different skill. TO understand advanced rule of the game	Students will be able- To improve agility and flexibility through different skill. TO understand advanced rule of the game
Skills	Life Skill.	Cognitive Skill.	Locomotors, Gross motor skill.
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance
	November	December	February

Activity	, Specific warm-up , Athletics (track event) Skating, Basket ball,	Specific warm-up, Athletics, foot ball. Cricket	Specific warm-up Cricket, Hand 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 skill mental strength agility, concentration, And flexibility. TO understand advanced rule of the game	Students will be able- To improve Basic skill and physical strength, Hand eye coordination, TO understand advanced rule of the game
Skills	Life Skill.	Cognitive Skill.	Locomotors, Gross motor skill.
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