



	APRIL	MAY	JUNE
Activity	General and specific warm-up, Fitness Test, choice game(Basket ball, Kho – Kho ,(Running , Chaseing) Measuring(height-weight), Badminton	Specific warm-up , Hurdle activity, Athletics , Choice game(Basket ball (dribble, chest pass), Kho-Cho, Badminton) Measuring (Height, Weight)Skating,	Specific warm-up ,Skating, Athletics, Yoga (Suryanamskar asan, Gomukh asan, Dhanur asan) Choice game(Basket ball, Badminton, Chess) (dribbling, passing, Stance, back hand , fore hand,)
Learning Outcomes	Students will be able - To improve hand and eye coordination, endurance, flexibility, agility through l stepping, running, and jumping exercises. To understand the basic rule of the game,	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig-zag stepping, hurdles, running and jumping exercises. To improve speed and stamina	Students will be able- To improve mental strength hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises. on time ,
Skills	Physical Development, Locomotors,	Social skill, Locomotor.	Locomotors, Emotional , Life Skill.
Art Integration		Science(Skeleton System, Movement)	
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	Specific warm-up , Yoga(Ushtra pose ,Athletics Gymnastic,(Roles, Jumps). Choice game.	Specific warm-up ,basketball,Badminton , Table Tennis,	General and Specific warm-up , Skating, Badminton, Table Tennis, Choice game.
Learning Outcomes	Students will be able- Remove disorders of digestion, spine and chest disorders,	Students will be able - To improve mental strength, concentration, agility, and flexibility through different skills.	Students will be able - To improve coordination between mind and body
Skills	Cognitive Skill, Social Skill.	Physical Development,	Gross motor, Life 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
	NOVEMBER	DECEMBER	JANUARY/FEBUARY
Activity	Specific warm-up , Basket ball, Badminton, Athletics, Table Tennis, Choice game. Handball,	Specific warm-up , Foot ball Cricket, Athletics. Measuring (Height, Weight). Choice game.Handball	Specific warm-up , cricket, Hand ball, Choice game

Learning Outcomes	Students will be able- To improve hand eye coordination and physical fitness,	Students will be able- To improve physical fitness through different skill,	Students will be able- To improve hand eye coordination and physical fitness,
Skills	Physical Development.	Cognitive Skill.	Social 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