



Physical Education Curriculum
Class -VI
Session – 2025 -26

	April	May	June
Activity	Specific warm-up General activity, basic fitness, Skating, Athletics .Choice game,	Specific warm-up, Athletics ,Skating ,Measuring (Height, Weight ,Yoga ,Choice game	Specific warm-up, Athletics. Yoga,(Pranayam, Gomukh asan dhruvassan, Ushatrasan chakar asana Suryanamskar asana, cobra pose . Matsya asana, shashak asana. , sinhasan) choice game (Basket ball, Badminton, Chess.
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through, running and jumping exercises. To understand the basic rule of the game. To improve speed.	Students will be able- To improve mental strength, agility, concentration and flexibility.to improve agility, speed, stamina.	Students will be able- To improve balance and strength flexibility, To understand the basic rule of game. tTo improve reflex action.
Skills	Locomotors, social Skill.	Physical Development.	Ethical and Moral Values.
Art Integration	Science(Balance Diet)	_____	_____
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, gymnastic , choice game (badminton, table tennis) Kho-Kho	Specific warm-up Gymnastics, Skating, (choice game) Badminton, Table Tennis, Kho-Kho,	Specific warm-up Choice game Basket ball, Badminton, Table Tennis, Handball,

Learning Outcomes	Students will be able- To improve balance and speed on wheel, To improve running on wheel.	Students will be able- To improve flexibility through forward and back ward roll and crawling.	Students will be able- To improve stamina, speed, flexibility and agility.
Skills	Motor skill, Social Skill.	Physical Development.	Gross motor 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
	November	December	JANUARY/February
Activity	Specific Warm-up, , Basket ball ,Cricket, Athletics .Choice game,	Warm-up,, Measuring (Height, Weight) Basket ball, Cricket, Hand ball, Athletics Choice game	Specific Warm-up,) Basket ball, Cricket, Handball ,Choice game,
Learning Outcomes	Students will be able- To improve strength, speed, endurance, agility, flexibility.	Students will be able- To improve mental strength, agility, concentration and flexibility.	Students will be able- To improve grip on ball and basic fitness. To improve concentration.
Skills	Life Skill, Locomotors	Physical Development.	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