



	April	May	June
Activity	Specific warm-up, , Basic Fitness, Skating ,Choice game Athletics. Choice game,	Specific warm-up hurdle activity, Chess Yoga, Athletics , Measuring (Height ,Weight) Choicegame,	Specific warm-up ladder activity, Athletics. Yoga (mayur asan , complete cobra pose, hal asan, padam asan, katicchakar asan setu badh asana, shalbh asana.) Chess, Choice game,
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility, To understand the basic rule of the game. To improve speed.	Students will be able- To improve physical strength, agility, concentration and flexibility through zig –zag running and stepping. To improve stamina and speed.	Students will be able- To improve mental strength, concentration, To understand the basic rule of the game. To improve hand eye coordination.
Skills	Cognitive Skill,	Physical Development.	Fine 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

	July/AUGUST	September	October
Activity	Specific warm –up , gymnastic , Chess, Skating, Table tennis,(Choice game) Art Integration with English (Olympic Game)	Specific warm-up Table tennis, Badminton (choice game) Kho-Kho,	Specific warm-up, Basket ball(Indentify position, shuffling) Choice game, Handball, Basketball,
Learning Outcomes	Students will be able- To improve mental strength balance, speed, and agility, To understand the basic rule of the game.	Students will be able- To improve speed and balance on wheel. To improve body stance and grip on bat or racket.	Students will be able- To improve control on ball, speed. to understand advance skill of the game.

Skills	Physical Development.	Life Skill.	Gross motor skill.
Art Integration	_____	Science(Motion and time)	_____
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 , Athletics, (Track event) cricket ,choice game Basketball, Handball, Football,	Measuring (Height, Weight) Specific warm-up, cricket, foot ball , Table Tennis Choice game,	Specific warm-up Skating, Foot ball, Handball. Choice game,
Learning Outcomes	Students will be able- To improve speed and stamina. To improve coordination between mind and body.	Students will be able- To improve speed and stamina.	Students will be able- To improve balance on wheels and running on wheels, To improve overall physical fitness.
Skills	Cognitive Skill.	Manipulative skill, Social Skill.	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