



| | April | May | June |
|--------------------------|--|--|--|
| Activity | General and Specific warm-up, Athletics, Skating, fitness Test , Choice game, Basketball, foot ball, | Specific warm-up Athletics hurdle activity ,Skating, Yoga, Measuring (Height, Weight) | Specific warm-up, Chess, Yoga, (pranayam, mayur asan, Ushtra asan, shalbh asan, Dhanurasana.) Choice game (Basket ball, Badminton, cricket), Art Integration with Physics (Motion and Speed) |
| Learning Outcomes | Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running. | Students will be able- To improve agility and flexibility. To improve leg strength. To improve speed and Stamina. | Students will be able- To improve mental strength, concentration. To remove postural deformities. To improve speed and stamina. |
| Skills | Cognitive Skill. | Physical Development. | Life Skill, Fine Motor Skill. |
| Art Integration | — | — | Hindi (Football) |
| 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 , Athletics ,Badminton, Table Tennis . Choice game. Kho-Kho, | , Specific warm- up , Kho-Kho, Table Tennis, foot ball . Choice game. | Specific warm-up, Basket ball (Identify position, shuffling) Choice game. Measuring (Height and Weight) Kho-Kho, |
| Learning Outcomes | Students will be able- To improve agility and flexibility through different skill. | Students will be able- To improve speed and balance on the wheel. To improve focus on ball. To improve accuracy of kick. | Students will be able- To improve control on ball, speed. to understand advance skill of the game |
| Skills | Cognitive Skill. | Physical Development. | Life Skill, 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 |
| | November | December | JANBUARY / February |
| Activity | Specific warm-up, athletics Basket ball. Handball Choice game, | Specific warm -up athletics .choice game, Handball football, | Specific warm-up Hand ball, Volley ball, Cricket. |
| Learning Outcomes | Students will be able- To improve flexibility, speed, endurance, strength. | Students will be able- To improve balance on wheel. | Students will be able- To improve skill and physical strength |
| Skills | Cognitive Skill. | Physical Development. | Life Skill, 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 |