



	<b>April</b>	<b>May</b>	<b>June</b>
<b>Activity</b>	General and Specific warm-up Fitness Test, Athletics, choice game, Basket ball, Kho-Kho, ( pole dive, diving, dodging, Chain formation.)	General and Specific warm-up Athletics, hurdle activity, Kho-Kho, Measuring (Height, Weight)	Specific warm-up Athletics, ladder activity ,Yoga(Suryanamaskar asan, ushtra asan, Mayur asan, pranayam) Choice game, Basket ball, Chess etc.
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through l stepping, running, and jumping exercises. To improve stamina and speed.	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 hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises. ,
<b>Skills</b>	Cognitive Skill.	Gross motor skill. Social Skill.	Life Skill.
<b>Art Integrated</b>	—	Hindi(Traditional Games)	—

<b>Assessment</b>	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
	<b>July/ August</b>	<b>September</b>	<b>October</b>
<b>Activity</b>	Specific warm-up Yoga, chess, choice game( basket ball, table tennis, badminton)	, Specific warm-up Skating, Badminton,Basket ball, Table tennis	Specific warm-up , Basket ball ( Indentify position, shuffling) Choice game, Skating, Badminton, Table Tennis,

<b>Learning Outcomes</b>	Students will be able- TO improve mental strength, concentration, To understand advance rule of the game.	Students will be able- To improve balance and speed on wheel. To improve motor fitness.	Students will be able- To improve coordination between mind and body. To improve speed, agility, flexibility and strength .
<b>Skills</b>	Cognitive Skill.	Gross motor skill.  Physical Development.	Life Skill. Moral Value.
<b>Assessment</b>	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
	<b>November</b>	<b>December</b>	<b>February</b>
<b>Activity</b>	Specific warm-up Basket ball, Badminton, Athletics,( track and field event)  Table Tennis,	Specific warm-up, Athletics , cricket, foot ball measuring ( height and weight)	Specific warm-up cricket, Hand ball, Foot ball.
<b>Learning Outcomes</b>	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 physical fitness through different skill, TO understand advanced rule of the game.	Students will be able- To improve hand eye coordination and physical fitness, To improve agility and flexibility, through different skill, TO understand advanced rule of the game
<b>Skills</b>	Cognitive Skill.	Gross motor skill.  Physical Development.	Life Skill. Gross Motor Skill.
<b>Assessment</b>	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