

**CAMBRIDGE INTERNATIONAL SCHOOL MOHAL KULLU
CURRICULUM OF PHYSICAL EDUCATION 2021-22**

Class II

MONTH	ACTIVITY	SKILL/ASANA/DRILL	LEARNING OUT COMES
February To June	General activity, Athletics, Fitness Test	Mass PT, Marching, Dumbbells, Running.	To improve hand and eye coordination, endurance, flexibility, agility through ladder skills zig-zag stepping, hurdles, running and jumping exercises.
	Chess, Athletics	Basic Knowledge, Running	To improve skills, mental strength, agility, concentration and flexibility.
	Yoga	Pranayam Paschimotanasana, Tarrasana, Vajrasana, Dhanurasana	Removes disorders of digestion, spine and chest disorders.
July To September	Skating Gymnastics	Balance and Roll	To improve balance on wheels and running on wheels and agility, flexibility through forward and backward roles, jump on/jump off skills.
October To December	Cricket,	Bat handling, catching practice, Stance, s control on the ball.	To improve skills and physical strength, Hand eye co-ordination.
	Yoga	Shudhi Kriya Padmasana, Bhujangasana, Vrikshasana	Asana keep the body healthy and removes leg deformities