



	Feb, March	April	May
Activity	Specific warm-up, Athletics, Kho – Kho, Fitness Test ,	Specific warm-up Athletics , hurdle activity ,Kho-Kho, Measuring (Height, Weight)	Specific warm-up, Athletics, Chess, Yoga(Pranayam, matsya asana, bhujang asana hal asana, setu badh asana.) Dhanurasana.) Choice game (Basket ball, Badminton, cricket),
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running. To understand advance rule of game.	Students will be able- To improve mental strength, concentration, agility , and flexibility through different skills.	Students will be able- To Removes, disorders of digestion, spine and chest disorders, to improve internal fitness.
Skills	Locomotors, manipulative, team work.	BMI, stability, social, gross motor	Self care, motor skill, postural awareness. ,

	June	July	August
Activity	, Specific warm-up Yoga , Badminton, Table- Tennis	Specific chess Badminton, warm-up Tennis, Basket Table ball.	, Specific warm-up Basket ball (shuffling) Athletics (field event)
	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 agility and flexibility through different skill. TO understand advanced rule of the game.	Students will be able- To improve agility and flexibility through different skill. TO understand advanced rule of the game
Skills	Goal setting, decision making. Team work.	Team work, leadership, social. Stability.	Locomotors, Gross motor skill.
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance
	SEPTEMBER	OCTOBER	NOVEMBER
Activity	, Specific warm-up , Athletics (track event) Skating, Basket ball,	Specific warm-up, Athletics, foot ball. Cricket	Specific warm-up Cricket, Hand ball,
Learning Outcomes	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 skill mental strength agility, concentration, And flexibility. TO understand advanced rule of the game	Students will be able- To improve Basic skill and physical strength, Hand eye coordination, TO understand advanced rule of the game
Skills	Reflex action, Locomotors. Team work.	Reflex action, Locomotors. Team work.	Reflex action, Locomotors. Team work.
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
Assessment	Based on Individual Performance	Based on Individual Performance	Based on Individual Performance -