

CAMBRIDGE INTERNATIONAL SCHOOL MOHAL KULLU
Online CURRICULUM OF PHYSICAL EDUCATION 2020-21

Class X

MON TH	ACTIVITY	SKILL/ASANA	OBJECTIVES		
March To June	Warmup Exercise	Spot Jogging, Spot Running, Jump on toes	Students are able to improve physical fitness through spot jogging, running and jumping exercises	Live demonstration by teacher and recorded videos https://youtu.be/vXftZhHBk	Live performances of the students and recorded videos of students.
	Conditioning Exercises	Basic Knowledge of stretching head to toe.	Students are able to gain strength, agility, concentration and flexibility.	Live demonstration by teacher and recorded videos https://www.youtube.com/watch?v=Bb8p1JY_Bqo	Live performances of the students and recorded videos of students.
	Yoga, Breathing Exercise Eye Exercise	Surya Namaskar, Pranayam Paschimotanasana, Dhanurasana, Makarasana, Gomukhasana, Anulo Vilom, Om Chant (with sound of A, O, E, M)	Students are able to perform all the poses of Surya Namaskar with its mantra, improving lungs capacity and flexibility of spine. Able to keep eyes healthy	Live demonstration by teacher and recorded videos https://www.youtube.com/watch?v=GXuKzuQNjSE https://www.youtube.com/watch?v=UuJC9HIDmQ8	Live performances of the students and recorded videos of students.
July To September	General activity, Yogic Jogging	Mass PT, warmup exercises for yoga	To improve coordination, flexibility, agility through exercises	Live demonstration by teacher and recorded videos https://www.youtube.com/watch?v=YcNrt_gf8jY	Live performances of the students and recorded videos of students.
	Yoga	Tarrasana, Vajrasana, Vrikshasana, Padamasana	Improves metabolism, Strengthens the muscles, Flexibility of muscles, increases height and improves mental peace.	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.
	General Activities (Calisthenics Exercises)	Forward and backward bending, side stepping, Jumping Jack, Cardio Exercise,	Students will improve coordination and balance through movements of arms and shoulders by Calisthenics exercises	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.
October To December	Kho-Kho, Basketball, Athletics,	Measurement, Skills, rules and regulations	To improve basic knowledge of games	Live demonstration by teacher and recorded videos	Field Diagrams and online viva and google form.
	Yoga	Shudhi Kriya Padmasana, Bhujangasana, Vrikshasana	Asana keep the body healthy and removes leg deformities	Live demonstration by teacher and recorded videos	Live performances of the students and recorded videos of students.