



	APRIL	MAY	JUNE
Activity	Specific warm-up, Athletics, Kho – Kho, Fitness Test , Choice game, Skating , Table-Tennis, Badminton,	Specific warm-up Athletics , hurdle activity , Skating , Table-Tennis, Badminton ,Measuring (Height, Weight) Choice game,	Specific warm-up Athletics, ladder activity ,Yoga(Suryanamaskar asan, ushra asan, Mayur asan, pranayam) Choice game, Basket ball, Chess etc.
Learning Outcomes	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. ,
Skills/ Cross cutting theme	Cognitive development	Gross motor skill. Social development	Life Skill, health and wellness.
Art Integration	-	Hindi(Traditional Games)	-
Assessment	Observation of agility and flexibility	Class observation, Participation in inter house/competitions and Individually performance	Observation through Inter House Competitions.



	JULY / AUGUST	SEPTEMBER	OCTOBER
Activity	Specific warm-up Athletics , Kho-Kho, choice game basket ball, table tennis, badminton,	, Specific warm-up Skating, Athletics, kho-Khso, Basketball,	Specific warm-up , Basket ball (Identify position, shuffling) Choice game, Skating, Badminton, Table Tennis,
Learning Outcomes	Students will be able- TO improve mental strength, concentration, To understand advance rules of the game.	Students will be able- To improve balance and speed on wheels. To improve motor fitness.	Students will be able- To improve coordination between mind and body. To improve speed, agility, flexibility and strength .
Cross cutting theme	Digital literacy	Value ethics	Cognitive development
Art Integration	-	Hindi(Traditional Games)	-
Assessment	Observation of advance skill	Observation through competition.	Observation of speed and endurance.



	NOVEMBER	DECEMBER	JANUARY/ FEBRUARY
Activity	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.
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 physical fitness through different skills, TO understand advanced rules 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
Skills/ Cross cutting theme	Cognitive development	Gross motor skill. Physical Development.	Life Skill. Gross Motor development
Art Integration	-	Hindi(Traditional Games)	-
Assessment	Observation of speed, strength and endurance	Observation of speed and strength and agility, coordination.	Observation of agility and flexibility