



	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General activity, , Mass. P.T. Measurement (height- weight)	General and specific warm-up, Marching, Mass P.T,	Yoga (breathing ex.) Measuring (Height, Weight), Dumbbell Yoga( Bal asana, Tad, asana, veer asana )
<b>Learning Outcomes</b>	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through zig- zag stepping, running and jumping exercises. To improve speed.	Students will be able- To improve hand and eye coordination, mental strength, agility, concentration and flexibility.	Students will be able- To remove disorders of sciatica, digestion, spine and chest. To improve stamina and balance on wheels,
<b>Skills/ Cross cutting theme</b>	Locomotors, Health and wellness,	Physical Development. Team work	Gross motor skill.
<b>Art Integration</b>	-	EVS (My Body)	-
<b>Assessment</b>	Observation of foot work, hand eye coordination,	Observation of strength and reflex action.	Observation of balance on wheel and neuromuscular coordination.



	<b>JULY / AUGUST</b>	<b>SEPTEMBER</b>	<b>OCTOBER</b>
<b>Activity</b>	Warm –up, Gymnastics(Front roll, backward roll) Athletics,	Gymnastics( Jump and half turn, Hop to safe landing) Chess, Athletics,	Skating (Gliding and Stopping) Basketball,
<b>Learning Outcomes</b>	Students will be able - To improve flexibility through forward and backward roll To improve balance	Students will be able -To improve their flexibility. To improve mental strength.	Students will be able – To improve balance on wheels and running on wheels. To improve hand eye co-ordination.
<b>Skills/ Cross cutting theme</b>	Fine motor skill, Social Skill.	Physical Development, Value ethics	Gross Motor Skill, cognitive development,
<b>Art Integration</b>	-	-	-
<b>Assessment</b>	Observation of forward roll and flexibility.	Observation of strength and reflex action.	Observation of speed and strength and neuromuscular coordination.



	<b>NOVEMBER</b>	<b>DECEMBER</b>	<b>JANUARY/ FEBRUARY</b>
<b>Activity</b>	General warm-up, Skating ,Athletics , Basket ball ,	General warm-up, Skating ,Athletics , Basketball Measuring (Height, Weight)	General warm-up ,Athletics , Fitness test, Football
<b>Learning Outcomes</b>	Students will be able - To improve speed and endurance To improve speed, hand eye coordination, and flexibility.	Students will be able - To improve mental strength, agility, concentration and flexibility.	Students will be able - To improve balance on wheels and running on wheels. To improve basic fitness.
<b>Skills/ Cross cutting theme</b>	Locomotors. Life Skill,Art and aesthetics	Cognitive Skill, health and wellness.	Gross Motor fitness , Leadership, social skill , value ethics.
<b>Art Integration</b>	-	-	-
<b>Assessment</b>	Observation of forward roll and flexibility.	Observation of strength and reflex action.	Observation of speed and strength and neuromuscular coordination.