



	APRIL	MAY	JUNE
Activity	General activity, Marching, Measuring (Height ,Weight),	General warm-up, Skating, Mass PT, fitness test Measuring (Height ,Weight) Yoga,(tree asana, Vajar asana, Veer asana)	General and Specific warm-up, Dumbbells exercise ,Yoga,(tree asana, triangle asana, cobra pose , Pad hastha asana Pranayam ,
Learning Outcomes	Students will be able - To improve hand and eye coordination ,endurance ,flexibility ,agility through zig - zag running, stepping and jumping,	Students will be able- improve mental strength, agility and flexibility. To improve hand eye coordination, to strengthen leg muscles through hurdle races. To improve speed and stamina.	Students will be able- Remove disorders of sciatica, spine and chest, To improve hand eye coordination ,to improve concentration,
Skills/ Cross cutting theme	Cognitive Skill , Health and wellness	Cognitive Skill, Team work	Motor skill, Physical Development
Art Integration	-	-	-
Assessment	Observation of foot work, hand eye coordination,	Observation of strength and reflex action.	Observation of balance on wheel and neuromuscular coordination.



	JULY/ AUGUST	SEPTEMBER	OCTOBER
Activity	General and Specific warm-up Gymnastics, Skating, Yoga, (Padhastha asana , sarvang asan) and pranayam . Athletics	General and Specific warm-up Gymnastics, Athletics.	General and Specific warm-up, Basket ball basic skill (dribbling ,passing) Gymnastic. Fitness test.
Learning Outcomes	Students Will be able - To improve flexibility through forward and backward roll, To improve balance, flexibility and concentration. To improve balance on wheel.	Students will be able-To improve strength of arms through crawling. To improve balance on wheels and running on wheels .To improve agility and over all fitness.	Students will be able- To improve speed and endurance, To improve mental strength and concentration, To improve flexibility and agility.
Skills/ Cross cutting theme	Motor skill, Digital Literacy	Gross motor skill, Life skill.	Cognitive development
Art Integration	EVS (Health and hygiene)	-	-
Assessment	Observation of forward roll and flexibility.	Observation of strength and reflex action.	Observation of speed and strength and neuromuscular coordination.



	NOVEMBER	DECEMBER	JANUARY/FEBRUARY
Activity	General and Specific warm-up, basketball, Skating. Chess.	General and Specific warm-up, skating, football, Measuring (Height, Weight)	General and Specific warm-up Skating, Foot ball, fitness test
Learning Outcomes	Students will be able- To learn holding and griping of basketball . To improve hand and eye co-ordination.	Students will be able- To improve mental strength, agility, concentration and flexibility. To improve balance on the wheel.	Students will be able- To improve balance on wheels and running on wheels, To improve basic fitness,
Skills/ Cross cutting theme	Art and Aesthetics Physical Development.	Life Skill, health and wellness.	Gross motor skill, Life Skill, value ethics
Art Integration	-	-	-
Assessment	Observation of forward roll and flexibility.	Observation of strength and reflex action.	Observation of speed and strength and neuromuscular coordination.-