



	APRIL	MAY	JUNE
Activity	General warm-up, General activity. Skating,	General and Specific warm-up, Athletics, Skating, Measuring(Height- Weight). Yoga (Pranayam Veer asana . bhujang asana)	Specific warm-up, Yoga(camel pose and surya namskar asan ushtra asana) Athletics (Basic knowledge of running) Skating, chess.
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility, through zig-zag running, stepping and jumping exercise.	Students will be able- To improve hand eye coordination. To improve muscular strength and reflex action. To understand the fitness level.	Students will be able- To improve stamina and speed, balance on wheel. Remove disorder of spine and chest. To reduce belly fat. To improve neuromuscular coordination.
Skills/ Cross cutting theme	Locomotors skill, Physical Development.	Physical Development.	Cognitive Skill, motor skill.
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	Specific Warm-up, Skating, chess, yoga Gymnastic,	Specific Warm- up, Gymnastic (Front roll , backward roll) Fitness test,Basketball,	Specific warm-up, Gymnastics (jump, half turn) basket ball(dribbling, passing)
Learning Outcomes	Students will be able- To improve balance on wheel, concentration and mental strength. To improve hand eye co –ordination. To improve muscular strength.	Students will be able- To improve agility and flexibility through roll on Wheel, To improve balance.	Students will be able- To improve flexibility and agility through (forward and back ward roll). To improve hand eye co-ordination (zig -zag dribbling)
Skills/ Cross cutting theme	Accuracy, Gross motor,	Coordination, Stability,	Self confidence, Motor skill, Decision making,
Art Integration	-	-	-
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	Specific Warm-up Basket ball, Table Tennis(holding of bat and ball, Service)	Specific Warm-up, foot ball , (dribble. , Juggle) Measuring (Height, Weight)	Specific Warm-up, Foot ball, fitness test,
Learning Outcomes	Students will be able -To improve speed and stamina, To improve hand eye co-ordination, to improve foot work.	Students will be able- To improve speed and flexibility. To improve stamina.	Students will be able – To improve basic fitness and endurance.
Skills/ Cross cutting theme	Locomotors, Ethical Value.	Social Skill, Gross Motor Skill.	Physical Development
Art Integration	–	Science(Keeping Safe)	–
Assessment	Observation of forward roll and flexibility.	Observation of strength and reflex action.	Observation of speed and strength and neuromuscular coordination.