



	APRIL	MAY	JUNE
Activity	General and Specific warm-up, Skating, Measuring (height- weight)	Specific warm-up , Hurdle activity, Mass PT, Skating, Yoga, Measuring (height- weight)	Specific warm-up chess, Skating Yoga. (Shudhi Kriya , pranayam, surya namskar asana, bala asana, bhunjang asana,
Learning Outcomes	Students will be able- To improve Flexibility, Endurance Through Stepping, running and jumping,	Students will be able- To improve hand eye coordination, Endurance, Agility Through zig –zag running and stepping. to improve speed and stamina.	Students will be able- To improve mental strength and concentration, Removes, disorders of digestion, spine and chest disorders, To improve agility and flexibility, to improve speed and stamina.
Skills/ Cross cutting theme	Cognitive Skill.	Physical Development	Accuracy, Locomotors, Social skill,
Art Integration	-	-	Hindi (Diet) , Adventure Sports
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, Chess, Athletics, Kho-Kho, Basket ball.	Specific warm-up, Table Tennis, Gymnastics, (Front-roll, side roll), Badminton, Kho-Kho,	General Specific warm-up , athletics, Basket ball,(Dribble, Passing, shooting)
Learning Outcomes	Students will be able- To improve agility and flexibility through different skills. To improve mental strength,	Students will be able- To improve agility and flexibility through different skills. To improve Coordination between body and mind.	Students will be able - To improve Coordination between body and mind, To improve hand eye coordination and physical fitness.SkillsKya
Skills/ Cross cutting theme	Life Skill, Physical Development.	Social Skill./	Life Skill, Gross Motor Skill.
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, badminton, athletics , cricket	Specific warm-up, Basket ball, Hand ball, Athletics, , Measuring (Height, Weight)	Specific warm-up, Cricket, Foot ball. Hand ball
Learning Outcomes	Students will be able - To improve speed and endurance,	Students will be able- To improve basic fitness, hand eye coordination,	Students will be able - To improve physical fitness and endurance,
Skills/ Cross cutting theme	Cognitive Skill.	Life Skill.	Physical Development.
Art Integration	-	-	-
Assessment	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance	Class observation, competitions and Individually performance