



	<b>APRIL</b>	<b>MAY</b>	<b>JUNE</b>
<b>Activity</b>	General and specific warm-up, Fitness Test, choice game (Basket ball, Measuring(height-weight), Badminton,	Specific warm-up , Hurdle activity, Choice game (Basket ball ( dribble, chest pass, layup shot, Measuring (Height, Weight) Skating,	Specific warm-up ,Skating, Yoga( Suryanamskar asan, Gomukh asan, Dhanur asan) Choice game Basket ball, Chess,
<b>Learning Outcomes</b>	Students will be able - To improve hand and eye coordination, endurance, flexibility, agility through l stepping, running, and jumping exercises. To understand the basic rule of the game,	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 mental strength, hand and eye coordination, endurance, flexibility, agility through ladder activity, zig-zag stepping, hurdles, running and jumping exercises. on time ,
<b>Skills/ Cross cutting theme</b>	Physical Development, Locomotors,	Social skill, Locomotor.	Locomotors, Emotional , Life Skill.
<b>Art Integration</b>	-	Science(Skeleton System, Movement)	-
<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>	Specific warm-up, Skating, Yoga(Ushtra asana, mal asana, bal asana, Gymnastic,( Roles, Jumps). Choice game.	Specific warm-up , athletic, basketball, Badminton , Table Tennis, Choice game,	General and Specific warm-up , Athletic, Badminton, Table Tennis, Choice game.
<b>Learning Outcomes</b>	Students will be able- Remove disorders of digestion, spine and chest disorders,	Students will be able - To improve mental strength, concentration, agility, and flexibility through different skills.	Students will be able - To improve coordination between mind and body
<b>Skills/ Cross cutting theme</b>	Cognitive Skill, Social Skill,	Physical Development,	Gross motor, Life Skill.
<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.



**Physical Education Curriculum**  
**Class - V**  
**Session – 2026-27**

	<b>NOVEMBER</b>	<b>DECEMBER</b>	<b>JANUARY/FEBRUARY</b>
<b>Activity</b>	Specific warm-up , Basket ball, Badminton, Athletics, Table Tennis, Choice game. Handball,	Specific warm-up , Football Cricket, Athletics. Measuring (Height, Weight). Choice game. Handball	Specific warm-up , cricket, Hand ball, Choice game
<b>Learning Outcomes</b>	Students will be able- To improve hand eye coordination and physical fitness,	Students will be able- To improve physical fitness through different skill,	Students will be able- To improve hand eye coordination and physical fitness,
<b>Skills/ Cross cutting theme</b>	Physical Development.	Cognitive Skill.	Social Skill.
<b>Art Integration</b>	-	-	-
<b>Assessment</b>	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance	Class observation, Participation in inter house/competitions and Individually performance