



	APRIL	MAY	JUNE
Activity	Specific warm-up General activity, basic fitness, Athletics .Choice game,	Specific warm-up, Athletics. Measuring (Height, Weight ,Yoga),Choice game	Specific warm-up Yoga, (Pranayam, Gomukh asan dhruvassan, Ushatrasan chakar asana Suryanamskar asana, cobra pose. Matsya asana, shashak asana. , sinhasan) choice game (Basket ball, Chess)
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, flexibility, agility through, running and jumping exercises. To understand the basic rules of the game. To improve speed.	Students will be able- To improve mental strength, agility, concentration and flexibility to improve agility, speed, stamina.	Students will be able- To improve balance and strength flexibility, To understand the basic rule of game .To improve reflex action.
Skills/ Cross cutting theme	Locomotors, social skills.health and wellness.	Physical Development.discipline.	Ethical and Moral Values.
Art Integration	-	-	Adventure Sports (English)
Assessment	Observation of speed, strength and jump.	Observation of strength and reflex action.	Observation of neuromuscular coordination.



	JULY / AUGUST	SEPTEMBER	OCTOBER
Activity	Specific warm-up, gymnastic , choice game (badminton, table tennis) Kho-Kho	Specific warm-up Gymnastics, Skating, (choice game) Badminton, Table Tennis, Kho-Kho,	Specific warm-up Choice game Basket ball, Badminton, Table Tennis, Handball, Athletics,
Learning Outcomes	Students will be able- To improve balance and speed on wheel, To improve running on wheel.	Students will be able- To improve flexibility through forward and back ward roll and crawling.	Students will be able- To improve stamina, speed, flexibility and agility.
Skills/ Cross cutting theme	Motor skill, discipline	Physical Development, health and wellness	Gross motor skill, social skill, inclusive edu
Art Integration	-	-	-
Assessment	Observation of hand eye coordination and speed on wheel.	Observation of strength and reflex action.	Observation of agility.



	NOVEMBER	DECEMBER	JANUARY/FEBRUARY
Activity	Specific Warm-up, , Basket ball ,Cricket, Athletics .Choice game,	Warm-up,, Measuring (Height, Weight) Basket ball, Cricket, Hand ball,Choice game	Specific warm-up, Basket ball, Cricket, Handball, Choice Game
Learning Outcomes	Students will be able- To improve strength, speed, endurance, agility, flexibility.	Students will be able- To improve mental strength, agility, concentration and flexibility.	Students will be able- To improve grip on the ball and basic fitness. To improve concentration.
Skills/ Cross cutting theme	Life Skill, Locomotors, cognitive development	Physical Development.B.M.I	Gross motor skill, value ethics.
Art Integration	-	-	-
Assessment	Observation of strength and speed.	Observation through inter house competition.	Observation of basic fitness.