



	APRIL	MAY	JUNE
Activity	General and Specific warm-up, Athletics, fitness Test , Choice game, Basketball, foot ball,	Specific warm-up Athletics hurdle activity ,Skating, Yoga, Measuring (Height, Weight) carom, Chess,	Specific warm-up, Chess, Yoga, (pranayam, mayur asan, Ushtra asan, shalbh asan, Dhanurasana.) Choice game (Basket ball, Badminton, cricket, carom, Skating,
Learning Outcomes	Students will be able- To improve hand and eye coordination, endurance, speed, agility through stepping and running.	Students will be able- To improve agility and flexibility. To improve leg strength. To improve speed and stamina.	Students will be able- To improve mental strength, concentration. To remove postural deformities. To improve speed and stamina.
Skills/ Cross cutting theme	Cognitive development	Physical Development. Value ethics	Life skill, Fine Motor Skill. Cognitive development.
Art Integration	-	English (Skater)	Hindi (Football)
Assessment	Observation of speed, strength and endurance	Observation of strength and reflex action.	Observation of speed and strength and agility, coordination.



	JULY / AUGUST	SEPTEMBER	OCTOBER
Activity	Specific warm-up Athletics, Badminton, Table Tennis .Choice game. Kho-Kho,	Specific warm- up, Kho-Kho, Table Tennis, football Choice game. Athletics,	Specific warm-up, Basketball (Identify position, shuffling) Choice game. Kho-Kho, Athletics,
Learning Outcomes	Students will be able- To improve agility and flexibility through different skill.	Students will be able- To improve speed and balance on the wheel. To improve focus on the ball. To improve the accuracy of the kick.	Students will be able- To improve control of ball speed. to understand advance skill of the game
Skills/ Cross cutting theme	Cognitive Skill.	Physical Development, health and wellness.	Life Skill, Fine Motor development.
Art Integration	-	-	-
Assessment	Observation of speed, strength and endurance Inter house competition	Observation of strength and reflex action.	Observation of speed and strength and agility, coordination.



	NOVEMBER	DECEMBER	JANUARY/ FEBRUARY
Activity	Specific warm-up, Athletics Basket ball. Handball Choice game,	Specific warm -up athletics .choice game, Handball football,	Specific warm-up Hand ball, Volley ball, Cricket.
Learning Outcomes	Students will be able- To improve flexibility, speed, endurance, and strength.	Students will be able- To improve their balance on the wheel.	Students will be able- To improve skill and physical strength
Skills/ Cross cutting theme	Cognitive Skill.	Physical Development.	Life Skill, Fine Motor Skill.
Art Integration	-	-	-
Assessment	Observation of speed, strength and endurance	Observation of strength and reflex action.	Observation of speed and strength and agility, coordination.