

2021-22
PHYSICAL EDUCATION
Class 1st To 5

CLAS S	MONT H	TOPIC	RESOURCE	CONTENT	OUTCOMES	ASSESSMENT
1 st	APRIL	WALK ING ON TOES AND HEELS	MARKERS	Warm up:- Demonstrate how to walk on toes and heels 1- Walk along these path on toes with eyes close. 2- Walk along these path on Heels with eyes close.	Ability to use different body parts of foot that are involved in walk different pathways and around objects	Agility, balance , coordination
	MAY	BODY AWAR ENESS	BEAN BAGS, MARKERS	Warm up:- Demonstrate how to Body Awareness 1- Place bean bag on Head and walk to a marker and back. 2- Place a bean bag between knees or elbows and walk/ jump with it.	Ability to identify different body parts. Ability to move different body parts by themselves and in combination.	Agility , Balance, coordination
	JULY	RUNNI NG & JUMPI NG	LIME POWDER, HURDLES, MARKERS, HOOPLA RINGS	Warm up:- Demonstrate how to Running and Jumping. 1- Run in straight lines, zigzags, in curves and around circles. 2- Jump or move to the count of 1,2,3,4 or drum beat or music.	Ability to running and jumping. Ability to use the different parts of the foot involved in running and jumping.	Stamina, strength, muscles development
	AUGUS T	MASS P.T	DRUM, MARKERS	Demonstrate how to mass P.T Standing in front of students and giving commands	Ability to physically and mentally healthy and muscles strength.	Endurance, muscles strength and agility

	SEPTEMBER	BEAN BAG RELAY	BEAN BAGS, MARKERS, LIME POWDER	Warm up:- Demonstrate how to bean bag relay 1-The first player runs and collates a bean bag from the hope; runs bag and touches the next player who runs to collect another bean bag.	Ability to run over short distance. Ability to learn bending skill. Need to play games like kho-kho.	Agility, strength, stamina, balance
	OCTOBER	ANIMAL WALK	MARKERS	Warm up:- Demonstrate how to animal walk Move like a different animal. For example 1- Jump like a kangaroo 2- Hope like a frog 3- Walk like an elephant	Ability to improve leg and arm strength. Ability to imitate different animals and develop imagination.	Muscles development, strength, ability.
	NOVEMBER	INTRODUCING BALL HANDLING	BALLS, MARKERS	Warm up:- Demonstrate how to INTRODUCING BALL HANDLING 1- Pick a ball using elbows, wrist or fingers and walk with it over a short distance 2- Throw a bean bag, large or small ball up words and catch it with both hand.	Ability to improve leg and arm strength. Ability to use large and small body parts to move in different ways.	Strength, muscles development, agility , balance.
	DECEMBER	ROLLING A BALL	BALLS, MARKERS	Warm up:- Demonstrate how to Rolling a Ball 1- Try rolling a hop, keeping it close to you and chasing after it. 2- Roll the ball around a circle, from one child to another child.	Ability to control a moving object. Ability to roll a ball at different speed.	Agility, coordination, balance, strength.
	JANUARY	TROWING AND CATCHING	BASKET BALLS, MARKERS	Warm up:- Demonstrate how to throw and catch. *bounce a ball down words to self-catch it will both hand. Throw a ball to a partner who catches it.	Ability to throw and catch a ball. Ability to work with partner.	Coordination, balance, ability, strength.
CLAS S	MONT H	TOPIC	RESOURCE	CONTENT	OUTCOM	ASSESMENT
2 nd	APRIL	RUNNI	HURDLES,	Warm up:-Demonstrate how to	Ability to running,	Seed, strength,

		NG, JUMPI NG & HOPPI NG	MARKERS, HOOPLA RINGS	Running, Jumping & Hopping 1-Carry out The actions of running, jumping and hopping on command. Move forward, backward and sideways, to the right and left. 2-Jump: two feet to two feet. 3-Hop: one foot to the same foot.	jumping and hopping. To be able to increase muscles strength.	agility and muscles development.
	MAY	SIMPL E RELA Y RACE	LIME POWDER,	Warm up:-Demonstrate how to Simple relay race. 1-Roll a football around cone and back. 2- Keep a bean bag on a tennis racquet while running to cone and back.	Ability to take turn and try hard for the team. Ability to use running, jumping and throwing techniques to participate.	Stamina, strength, agility and coordination.
	JULY	BEAN BAG RELA Y	BEAN BAGS, MARKERS	Warm up:-Demonstrate how to Bean bag relay 1-Run around cone and return collecting the green bean bag and red bean bag and pas them to next player.	Ability to improve speed over short distance. Ability to change direction while removing.	Seed, agility, strength and muscles development.
	AUGUS T	THRO WING & CATC HING OTHE R	BALLS, MARKERS,	Warm up:-Demonstrate how to Throwing and Catching other 1-Throw and catch to a wall 2-Throw a small ball up, clap hands, (once, twice, three times) before the ball is caught	Ability to work with other safely. To be able to throwing and catching skills.	Arm strength, agility and coordination.
	SEPTE MBER	HITTI NG AND KICKI NG	MARKERS FOOTBALL LIME POWDER BAT BALL	Warm up:-Demonstrate how to Hitting and kicking 1-Roll, kick or hit the ball between the markers. one player stand by the markers to collect the ball and roll it to the next player	To be able to work with other to complete the task. Ability to kicking and hitting a ball accurately.	Strength, muscles development, agility.
	OCTOB ER	MASS P.T	DRUM, MARKERS	Demonstrate how to mass P.T Standing in front of students and giving commands	Ability to physically and mentally healthy and muscles strength.	Endurance, muscles strength and agility
	NOVEM BER	HITTI NG & KICKI NG	BALLS, MARKERS	Warm up:-Demonstrate how to hitting and kicking 1-Roll, kick or hit the ball between the markers. one player stand by the markers to collect the ball and roll it to the next player	Ability to kick and hit a ball accurately. And to be able to learn a basic kicking action.	Strength, agility, coordination balance.
	DECEM	THRO	BALLS,	Warm up:-Demonstrate how to	Ability to roll and	Arm strength,

	BER	WING AT TARGET	MARKERS	throwing at target 1-Throw bean bags, ball and other object to land on or in targets 2-Throw a Ball to land in, or on different targets.	throw objects accurately. To be able to throw under arm and over arm activities.	coordination, balance and agility.
	JANUARY	FUN GAME DOG AND THE BONES	MARKERS, BEAN BAGS	Warm up:-Demonstrate how to fun games and the bones. 1- Children stand in two lines facing each other. Place a hop and bean bag in the middle of the lines. Teacher calls out a number, say 5.the two players numbered 5 run and tried to pick up the bean bag. To the player who is successful runs back to their place with the bean bag.	Ability to use coordination, balancing skills in games activities and to play basic rules to simple games.	Coordination, balance, strength and muscles development.
CLAS S	MONT H	TOPIC	RESOURCE	CONTENT	OUTCOMES	ASSESSMENT
3d r	APRIL	RUNNING & JUMPING	LIME POWDER, HURDLES, MARKERS AND HOPPLA RINGS	Warm up:- Demonstrate how to running & jumping. 1-jump from one foot to one foot. 2-take a short run up and jumps from one foot to two feet.	Ability to techniques of jumping and throwing. Ability to learn a basic hurdling technique.	Endurances, agility, strength and muscles development.
	MAY	CHASING GAME S	MARKERS, BEAN BAGS	Warm up:- Demonstrate how to chasing games. 1-children sit in a circle. One player is nominated to the 'fox'. The fox runs round the circle naming the players 'duck' one by one until one child is named the 'goose'. The goose must get up and chase the fox around the circle trying to catch the fox before they get back to the goose's original position. 2-if the fox is not caught the fox takes the goose's place in the circle and goose becomes the fox. If the fox is caught the fox has another go.	Ability to the skill of chasing and fleeing. Ability to speed and agility.	Coordination, strength, balance and ability.

	JULY	HITTING AND KICKING	SOFT BALLS, MARKERS AND FOOTBALLS	<p>Warm up:- Demonstrate how to hitting & kicking 1-From the start line each member of the team takes it in turns to either hit, roll or kicks the ball. 2-the collector stop the ball and returns it to the next player.</p>	Ability to improve a accuracy of kicking and hitting skills.	Leg muscles strength, agility, ability.
	AUGUST	BEAN BAG RELAY / CAROM	BEAN BAGS, MARKERS / CAROM BOARD & COINS	<p>Warm up:- Demonstrate how to bean bag relay 1-player1 runs and places the blue bean bag in the first hoop, run around the cone and return. Player2 place the red bag. Player 3 run and picks up the blue bean bag from the first hoop, runs around the cones and returns with it to the starting line. Player 4 picks up the red bean bag from the second hoop. The next set of players has their go.</p>	Ability to speed and agility. Ability to bend and move in a smooth action.	Stamina, muscles strength and endurance.
	SEPTEMBER	DOMES & DISHES	MARKERS	<p>Warm up:- Demonstrate how to domes & dishes.</p> <p>1-divide children into two groups. 2-each group has an equal number numbers of markers as domes (large base to ground) the other place markers as dishes (small top to the ground). 3-one signal, the ‘dome’ group tries to turn all the dishes to domes, while the ‘dishes’ group tries to change the domes to dishes. Winning team is the team with the most domes or dishes at the end of a period of times says one minute.</p>	Ability to improve and interest. Ability to dodge in and out others.	Agility, muscles, strength and coordination.
	OCTOB	MSS	DRUM ,	Demonstrate how to mass P.T.	Ability to physically	Endurance,

	ER	P.T	MARKERS	Standing in front of students and giving commands.	and mentally healthy and muscles strength.	muscles strength and agility
	NOVEMBER	CIRCLE DOGE	MARKERS, SMALL BALLS	Warm up:- Demonstrate how to circle dodge. 1-have a fewer player in the middle of the circle. 2-use two balls instead of one. 3-use different passes: chest pass. 4-kick the ball instead of throwing it.	Ability to throwing and agility, dodging. Ability to watch the ball and anticipate path.	Agility , balance, coordination and strength
	DECEMBER	SCORING GOALS	BALLS, MARKERS CONES	Warm up:- Demonstrate how to scoring goal. *dribble a ball to score a goal using: 1-a football: hit between two markers 2-a ball, bouncing it downwards: hit a cone placed inside a hoop. 3-feet: kick between two markers	Ability to move a ball from one end of the playing area to the other. Ability to learn where to position once self to score goals.	Ability , strength , and concentration
	JANUARY	DRIBBLE & SHOOT	CONES , BALLS AND MARKERS	Warm up:- Demonstrate how to dribble & shoot. 1-dribble the ball in and out of the markers to scores a goal. 2-Bouncing a ball downwards (as in basketball). 3-kicking skills: dribble a football towards (as in goal).	Ability to keep an object under control while moving in zigzag pathway. Ability to keep close to a ball when dribbling	Strength, agility, coordination.
CLAS S	MONT H	TOPIC	RESOURCE	CONTENT	OUTCOME	ASSESMENT
4th	APRIL	DRIBBLE & PASS	FOOTBALL, BASKETBALL' TENNIS RACKETS AND BALLS.	Warm up: Demonstrate how to Dribble & pass 1-Player 1 dribbles the ball to the passing area. Ball is passed to player 2 who dribbles the ball and shoots at goal.	Ability to dribble and pass a ball. Ability to improve manipulative skills.	Agility, balance, coordination, strength
	MAY	WARM	LIME	Warm up: Demonstrate how to	Ability to importance to	Endurance,

		UP ACTIV ITES	POWDER, MARKERS, SKIPPIN ROPES , BALLS	warm up activity 1-divied class into small groups. Move about rolling the ball from player to another player as quickly as possible.	warming up. Ability to increase the heart rate ready for activities.	muscles strength, body flexibility, agility
	JULY	NET GAME S/ CHESS	BASKETBA LL, BADMINTO N, RACKET & SHUTTLES COCKS, T.T RACKET & BALLS	Warm up: Demonstrate how to net games/ chess 1-one player feeds the ball to a player on the other side of the net all space. 2-The player hit it back to the feeder who catches it off the bounce.	Ability to send and receive a ball over come a net. Ability to catch a ball from a bounce.	Agility, strength, body flexibility, coordination, balance
	AUGUS T	NET GAME S / ATHL ETICS	BASKETBA LLS, BADMINTO N RACKET & SHUTTLE COCKS, T.T RACKETS & BALLS	Warm up: Demonstrate how to net games/athletics. 1-Stand behind the start line. Taking off from one foot, hop, then step, than jump. 2- One player feeds the ball to a player on the other side of the net all space.	Ability to send and receive a ball over come a net. Ability to catch a ball from a bounce.	Agility, strength, body flexibility, coordination, balance
	SEPTE MBER	RYTH MIC ACTIV ITES	MUSIC, MARKERS, BALLS, CHAIRS, HOOPLA RINGS.	Warm up: -Demonstrate how to rhythmic activity. 1-Box step (2): begin with simple "step-touch" to the right, then left, and then step right. Tap the left foot in front of the right, putting all weight on the right foot.	Ability to enhance motor skills and improve flexibility.	Listening skills, coordination, balance, strength
	OCTOB ER	KHO - KHO	LIME POWDER, MARKERS OR POLE.	1-The active chaser-start running and gives to the setting chaser close to the runner or pole and take the sitting position.	Ability to run in the direction of the chaser. Ability to understand the basic games of kho- kho	Agility, strength, balance, coordination
	NOVEM BER	INTER ECE- PTING THE BALL	LIME POWDER, MARKERS, BASKETBA LLS, FOOTBALL S.	Warm up:- Demonstrate how to intercepting the ball for Example: 1-monkey in the center: players from a circle with one player in the middle. 2-Balls Is passed across to circle each other. 3- Players in the middle tried to intercept the pass.	Ability to improve running, throwing, catching and hitting.	Agility, coordination, muscles strength, balance
	DECEM BER	FOOT BALL	FOOTBALL S, MARKERS,	Warm up:- Demonstrate how to football 1- Divide the group into two	Ability to team work and coordination and improve endurance	Agility, coordination, body

			CONES, BIBS, HURDLES.	teams of six players including a goal keeper. One team should be in the bibs. 2- Player rolls the ball to each other and tries to score by rolling the ball throw the opposition's goal.	power.	flexibility, balance, muscles strength
	JANUARY	SKIPPING & RELAY RACE	LONG & AND SHORT SKIPPING ROPES, CONES, MARKERS.	Warm up:- Demonstrate how to skipping/relay race 1-Skip a self-turned rope using a running step. 2-Skip a self-turn rope using to feet together. 3-using a running step and travel between two markers	Ability to repeatedly jump and turned rope. Ability to skip with other and improve agility.	Endurance, stamina, flexibility, balance, muscles strength
CLAS S	MONT H	TOPIC	RESOURCE	CONTENT	OUTCOME	ASSESMENT
5 th	APRIL	ROLL INTO THE GOAL	BALLS, & CONES, MARKERS	Warm up:- Demonstrate how to roll into the goal. 1-divide the group into two teams of six players including a goalkeeper. 2-the ball can be intercepted but no contact between players is allowed.	Ability to play together as a team. To learning attacking and defending skills.	Agility, strength, balance, concentration
	MAY	SIMPLE NET GAMES	TENNIES BALLS & RACKET, BADMINTON, BASKETBALLS, FOOTBALLS	Warm up:- Demonstrate how to simple net games. 1-work in pair to achieve the highest rally score using: *forehands *backhands *introduce a time limit for the rallies. *play 1 against 2, and 2 against 2.	Ability to work together to score as many points as possible and to develop for hand and back hand strokes.	Coordination, strength, agility, muscles development
	JULY	SIMPLE NET GAMES / KHO KHO	TENNIES BALLS & RACKET, BADMINTON, BASKETBALLS, FOOTBALLS	Warm up:- Demonstrate how to simple net games and kho- kho. 1-work in pair to achieve the highest rally score using: *forehands *backhands 2-One active chaser to the start running and gives kho to the sitting chaser close to the	Ability to improve skill required net games. Ability to sideways stance for hitting the ball.	Muscles development, agility, strength, coordination

				runner or pole and takes the sitting position.		
	AUGUST	LEADING UP GAMES FOR KABADDI / CHESS	LIME POWDER / CHESS	<p>Warm up:- Demonstrate how to leading up games for kabaddi/chess.</p> <p>1-balancing act: in the pair standing back to back, players place a ball between their shoulders. They must carry it to a finishing line without dropping it.</p> <p>2-breaking the chain: four or five players make a chain. Another player tries to break it.</p>	<p>Ability to strength of the leg and arm.</p> <p>Ability to work with other.</p>	<p>Concentration, coordination, ability, strength</p>
	SEPTEMBER	TRACK AND FIELD EVENTS / CAROM	LIME POWDER, CONES HURDLES, FITNESS BAR, MARKERS, HOOPLA RINGS, STOP WATCH	<p>Warm up:- Demonstrate how to track & field events.</p> <p>1-running: how far can you jump using: *three spring (continuous) jump *One player acts as scorer and one as recorder.</p>	<p>Ability to running, and jumping action.</p> <p>Ability to take part in simple competition and challenges</p>	<p>Stamina, strength, agility muscles development</p>
	OCTOBER	SEVEN STONES	TENNIS BALLS, & STONES	<p>Warm up:- Demonstrate how to seven stones.</p> <p>1-one child from team a throw the ball from a start line trying to make the stones (or block</p>	<p>Ability to accuracy to throwing.</p> <p>Ability to different types of throwing and flexibility</p>	<p>Agility, balance, strength, coordination</p>
	NOVEMBER	FUN RELAY RACES	MARKERS, LIME POWDER & BETEN	<p>Warm up:- Demonstrate how to fun relay.</p> <p>*in two skip together (with one rope) to the cone and back. The next pair have their turn.</p> <p>*take it turns to work in two's to carry the ball to the cone and back.</p>	<p>Ability to support other team member.</p> <p>Ability to use skills in different contest.</p>	<p>Stamina, muscles strength, agility</p>
	DECEMBER	LEG CRICKET	CONES, MARKERS, FOOTBALLS	<p>Warm up:- Demonstrate how to leg cricket.</p> <p>*the bowler underarm throws a soft ball to the 'batter' the 'batter' kicks the ball into the space and runs between the two wickets.</p>	<p>Ability to kick a moving ball.</p> <p>Ability to sprint fast and over short distance.</p>	<p>Balance, coordination, strength, and agility</p>

	JANUARY	FOOTBALL / MASS P.T	FOOTBALLS , MARKERS, CONES & BIBS	<p>Warm up:-demonstrate how to football/ mass p.t</p> <p>* Players roll the ball to each other and try score by passing the ball through the opposition's goal.</p> <p>*the goal keeper is the only person allowed in the goal area and should stay in it.</p>	<p>Ability to team work and coordination.</p> <p>Ability to flexibility and agility.</p>	<p>Coordination, body flexibility, muscles strength</p>
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PHYSICAL EDUCATION
Class 6th To 8th

S. No	Month	Topic	Resource	Content	Learning Outcome	Assessment
Class 6th	April	Sprint Race/ Badminton	Badminton shuttle, cone	Demonstrate forehand grip 1- Serve the shuttle to the opponent's court 2-Return the shuttle 3 -Serve the shuttle low to opponent's court	1-Demonstrate basic skills associated with badminton including clear; drop, smash, shots, grip and serves.	Ability, Agility, Grapping, Strength, Muscles Development
	May	Basket Ball Table Tennis	Basket Ball Table Tennis	1-To provide knowledge, understanding and appreciation to the game of basketball. 2- Positioning and cooperating in defense 3-Taking tactical initiatives in defense	1-To teach children the fundamentals of an overhand throw. 2-To introduce students to the weight, feel and bounce of a basketball	Jump Power, Finger Movement Ability, Agility Passing Skills.
	July	Basket Ball Kho-Kho	Basket ball Demonstration Lime powder	1-To provide experience in game situations and officiating the game. 1. Two Steps (Proximity Step) 2. Two Steps (Distal Step) 3. Advance Kho : Running ahead of defender and dropping Kho 4. Deceptive Kho : Kho to deceive defender by different body movement.	Dimensions of Court and equipment, throwing and catching the ball skills 2-To introduce students the basics of Take-off and run in Kho-Kho.	Ability, Agility Ability, Agility, Grapping, Strength, Muscles Development Power, Finger Movement stamina
	August	Chess Badminton	Chess Board Badminton Shuttle	1-Serve over the net to the back of the opponent's court 2- Keep point of contact above the head 3- Move to an appropriate position to return the shuttle 4- Return shuttle back to the opponent's court with over arm clear	Students are able to 1-Demonstrate proper court etiquette and good sportsmanship. 1. Perform a high serve and return the shuttle with a forehand over arm stroke. 2. Practice a modified singles game against fellow.	Gripping, Foot Coordination Ability, agility, Strength
	Septemb	Kabadd	Lime	1-Skills of Holding the	1-acquire, analyze and	Catching

	er	i & Kho- Kho Football & Chess	Powder Football	Raider-Various formations, Catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques. 2-Additional skills in raiding-Bringing the antis in to particular position, escaping from various hold, Techniques of escaping from chain formation, Combined formations in offence and defense.	interpret basic skills 2-appraise the rules and regulation. 3-demonstrate and assess various basic skills/techniques and game strategies. 4-officiate in competition	technique, Gripping, Ability, Agility Ability, Agility Ability, Strength, Muscles Development Power, Finger Movement stamina
	October	Carrom Sports Day Practices	Carrom Lime Powder Marker			Finger Muscles Development Shot power, concentration
	November	Handball & Carrom	Handball Lime powder Carrom	1-Basic technical skills in offence 2-Individual technical and tactical skills in different positions in offence 3-Crossing and piston movements in the offence	1-To practice overhead two hand passing and receiving 2- To practice over arm one hand passing in handball in handball	Agility, Hand Coordination, Ability Passing Skill Ball Gripping
	December	Kabaddi Volley Ball	Lime Powder Marker Volley Ball	1-Skills in Raiding-Touching with hand, Various kicks, crossing of baulk line, Crossing of Bonus line, Luring the opponent to catch, Pursuing. 2-Skills of Holding the Raider-Various formations, catching from particular position, Different catches, Luring the raider to take particular position so as to facilitate catching, catching formations and techniques	1-demonstrate and assess various basic skills/techniques and game strategies. officiate in competition. 2- The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.	Catching technique, Gripping, Ability, Agility, strength, concentration
	January	Warm up Exercise Football	Lime Powder Football Marker	1. Increases the length of the muscle-tendon unit 2. Increases joint range of motion 3. Reduces muscle tension 4. Develops body awareness 5. Promotes increased	To learn the kicking and shooting with the instep towards the goal post with the goal keeper.	Ability, Agility, Stamina, Foot coordination Strength

				circulation 6. Makes you feel good		
S. No	Month	Topic	Resource	Content	Learning Outcome	Assessment
Class VII	April	Running Football	Football lime powder Marker	1-To do this may require direct, individual physical assistance, particularly with lower- ability players. 2- Some stretches require a good sense of balance. If balance is a problem, use stretches that can be done while in a sitting or prone position	1- To learn how to control the ball using different parts of the foot. 2- To learn the kicking and shooting skills in football	Ability, agility, Stamina, Passing Skill Foot coordination Strength
	May	Kho-Kho Kabaddi	Lime powder	1. Two Steps (Proximity Step) 2. Two Steps (Distal Step) 3. Advance Kho : Running ahead of defender and dropping Kho. 4. Deceptive Kho : Kho to deceive defender by different body movement.	1- To introduce students to the basics of Dodging in Kho-Kho. 2- To introduce students to the basics of Chasing and Tapping in Kho-Kho	Catching technique, Gripping, Ability, Agility, strength, Stamina
	July	Basketball, Badminton	Basketball, Badminton Shuttle	Students are able to 1. Master the serves and strokes during competition. 2. Cooperate with fellow students to play a modified singles game.	1- To showcase skill, team work and sports etiquette 2- To learn the footwork (pivoting) and shooting skills in basketball. 1- Demonstrate an understanding of community resources and opportunities related to racquet sports.	Passing skills, jump skill, Ability, Agility, Gripping, Strength, Muscles Development
	August	Chess Badminton	Chess Board Badminton Shuttle	1-Serve over the net to the back of the opponent's court 2- Keep point of contact above the head 3- Move to an appropriate position to return the shuttle 4- Return shuttle back to the opponent's court with over arm clear	Students are able to 1-Demonstrate proper court etiquette and good sportsmanship. 1. Perform a high serve and return the shuttle with a forehand over arm stroke. 2. practice a modified singles game against fellow.	Gripping, Foot Coordination Ability, agility, Strength Flexibility stamina
	September	Carrom	Carrom	1-Additional skills in raiding-	1-demonstrate and	Focus, Catching

	er	Kabaddi	Lime Powder	Bringing the antis in to particular position, escaping from various hold, Techniques of escaping from chain formation, Combined formations in offence and defense. 2-Ground Marking, Rules and Officiating	assess various basic skills/techniques and game strategies. 2-acquire, analyze and interpret basic skills 3-appraise the rules and regulation.	technique, Gripping, Ability, Agility, strength, concentration
	October	Kho-Kho Table-Tennis	Lime Powder T.T Racket Ball	A chaser must say “Kho” when he gives signal to sitting chaser so that he can get off from square and start chasing the runner. If he fails to say this word a foul is noted and considered as <u>Kho-Kho rules</u> is not followed.	1- To introduce students to the basics of take-off in Standing Kho-Kho. 2- To introduce students to the basics of Dodging in Kho-Kho 1- Demonstrate proper court etiquette and good sportsmanship. 2-Demonstrate basic skills associated with table tennis including forehand, backhand, spins, grips & serves.	Ability, Agility, Gripping, Strength, Muscles Development, Stamina Skills. Technique Service Skill
	November	Sports Day Practices Football	Football Lime Powder Marker	1-Coaches should attend to athletes doing the exercises improperly, as well as provide personal attention and reinforcement to those doing them effectively. 2- Use stretching as a “teachable moment” with your athletes. Explain the importance of each stretching exercise and which muscle group is being stretched. Later, ask the athlete why each stretching exercises is important.	1-To practice and improve strength and flexibility for fitness test 2- To learn how to dribble the ball 3- To learn the kicking and shooting skills in football	Ability, Agility, Stamina, Foot coordination Strength, Speed Leg movement
		Hand Ball Cricket	Hand Ball Lime powder Bat, Ball	1-Improving leg work, tackling an opponent, blocking shots and intercepting the ball in defense 2-Positioning and cooperating in defense 3-Taking tactical initiatives in defense	1-On the ball and off the ball movement, position and pass typing exercise. 2-To learn the batting technique of front foot strike and back foot strike 3- To learn the correct	Ability, agility, flexibility, speed, stamina, gripping, throwing attaching

					run-up and delivery while bowling in cricket. 4-Throwing and Catching To practice throwing and catching at different levels	
	January	Warm up Activity Football	Marker, Football, Lime Powder	1-two attacker work together to score a ball. 2-Starting at one end of the playing area, pass the ball and move to try and score a goal.	1- To practice and improve strength and flexibility for fitness test 2- To learn how to dribble the ball 3- To learn the kicking and shooting skills in football	Ability, Agility, Stamina, Foot coordination Strength
S. No	Month	Topic	Resource	Content	Learning Outcome	Assessment
Class VII I	April	Running Warm-up Basketball	Lime Powder, Basketball, Hurdle	1-To develop satisfactory competency in basic skills such as dribbling, passing, shooting, footwork, and game play in half court and full court situations. 2-To provide experience in game situations and officiating the 3-To be familiar with offensive and defensive strategies and able to execute them in game situations	1- To familiarize students with the weight, feel and bounce of a basketball. 2-To learn to take free shots	Ability, agility, Stamina, Passing Skill Gripping, muscles development
	May	Table Tennis	T.T Racket, Ball	Forehand drive technique. Backhand topspin close to the table. Forehand push and backhand push. Forehand flick. Backhand flick.	1-Demonstrates the ability to perform several offensive and defensive strategies. 2- Demonstrates the ability to explain appropriate tactical decisions in a game of Table Tennis.	Gripping, Foot Coordination, Ability, Stamina, Agility
	July	Carrom Basketball	Carrom, cone, basketball marker	To develop satisfactory competency in basic skills such as dribbling, passing, shooting, footwork, and game play in half court and full court situations	1- Demonstrate proper etiquette and good sportsmanship. 2-Develop an awareness of community resources and opportunities related to basketball.	Passing Skills, Catching, Ability, Agility, Stamina Coordination

	August	Chess Badminton	Chess board, racket, shuttle lime powder	1-To provide experience in game situations and officiating the game. 2-To be familiar with offensive and defensive strategies and able to execute them in game situations.	Students are able to 1-Demonstrate proper court etiquette and good sportsmanship. 1. Perform a high serve and return the shuttle with a forehand over arm stroke. 2. Practice a modified singles game against fellow.	Gripping, Foot game.Coordination Ability, agility, Strength Flexibility stamina
	September	Kabaddi	Lime powder Instruction , marker, cone	The content will be taught by using lecture, demonstration, explanation, presentation methods, videos, learning by doing, Whole part whole method, Drills.	1-acquire, analyze and interpret basic skills 2-appraise the rules and regulation. 3-demonstrate and assess various basic skills/techniques and game strategies.	Ability, Agility Ability, Agility, Grapping, Strength, Muscles Development Power, Finger Movement stamina
	October	Kho-Kho	Lime powder Pole, marker, cone	1. Two Steps (Proximity Step) 2. Two Steps (Distal Step) 3. Advance Kho : Running ahead of defender and dropping Kho. 4. Deceptive Kho : Kho to deceive defender by different body movement.	1-To introduce students to the basics of take-off in Standing Kho-Kho. 2-To introduce students to the basics of Dodging in Kho-Kho. S3	Stamina, flexibility, ability, agility, foot coordination, strength
	November	Football/warm up exercise	Cone, marker, Lime powder, ball,	1-Players roll the ball to each other and try to score by rolling the ball. 2-Through the opposition's Goal.	Dribbling is a very important skill in football where children learn to run with the ball keeping the ball close to them. Children practice dribbling with feet.	Ability, Agility, Stamina, Foot coordination Strength, Speed Leg movement
	December	Handball/football	Lime powder Marker, cone Ball	1-Improving leg work, tackling an opponent, blocking shots and intercepting the ball in defense 2-Positioning and cooperating in defense 3-Taking tactical initiatives in defense	1-To practice the correct technique of bounce pass in handball 2- To practice the accuracy and correct technique of shooting at the goal with a bounce shot	Ability, Agility Ability, Agility, Grapping, Strength, Muscles Development Power, Finger Movement stamina foot coordination.
	January	Football/Kabaddi	Lime powder, marker,	The principle of the mini kickers is to develop a child's basic motor skills with the	To teach children to move and stop a ball with their feet. A great way to learn	Ability, Agility, Stamina, Foot coordination

			cone, ball	child's state of physical, psychological and social development in mind. The aim is to give children a good physical and social foundation to start both football and general sports skill training.	foot eye coordination and also ball control.	Strength, Focus, Catching technique, Gripping, Ability, Agility, strength, concentration
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