

Subject- Physical Education

Annual Curriculum Plan 2025-2026

[illegible]

Sr. No.	Month	Total Days	Topic	Duration	Method	Learning Objective	Learning Outcome
6	October	20	1) Standing Vertical Jump 2) Plate Tapping 3) Dodgeball Activity- Khelo India Battery test (Sit and Reach Test) Recreational Games : Obstacle Race	30 TO 35 minutes	Self demonstration and explanation	Health and Activity Record test Plate Tapping-To judge the Eye hand coordination of an individual.	Test of Speed and Coordination of limb movement. Plate Tapping- Plate Tapping Test will help an individual to know their capacity of Eye hand coordination and improve accordingly.
7	November	20	1) Alternative hand wall toss test Yoga -Ardh Padmasana Game - Revision of basketball/ Volleyball Recreational Games : Seven Stone	30 TO 35 minutes	Self demonstration and explanation	Health and Activity Record test Matssyaendeasana-to increase appetite by increasing the digestive fire .	Measures hand eye coordination Matssyaendeasana- Students will be aware of asana and their healthy benefits. Basketball-Volleyball- To memorise the skills associated with Basketball and Volleyball .Children will be prepared for competitive matches with regular practice
8	December	20	Yoga -kapalbharti Athletics Meet- 1) Track events 2) Field event 3) jumping events. Recreational Games : Tic-Tac-Toe	30 TO 35 minutes	Self demonstration and explanation	kapalbharti - Children will understand the health benefits of kapalbharti Pranayama. Track events – 100,200,400,600,800,4*100 Dicuss Throw , Shoutput Throw ,Long Jump High jump	kapalbharti -- To make children aware of kapalbharti Pranayama and make them practice regularly. Athletics Meet- Children will be prepared for competitive matches with regular practice
9	January	20	Yoga - Tadasana 1)Team Game, Number game, Lezim,Dumbbells 2)Parade Activity- Welcoming New Year with Fitness Event Shuttle Run	30 TO 35 minutes	Self demonstration and explanation	Tadasana -Children will have health benefits with regular practice. Students will learn basic steps of Lezim and dumbbells.Basketball,Volleyball,Throwball,Rollball	Tadasana -To make children healthy and calm. Display and Parade
10	February	12	Physical Education Exam	30 - 35 Minutes	P.E.Exam	-	-
11	March						