			VIDYA	A PRATIS		W BAL VIKAS MANDIB4:I24R PIMPLI-BARAMATI al Curriculum Plan 2025-2026					
	Class : VI TO VIII					Subject- Physical Education					
Sr. No.	Month	Total Days	Торіс	Duratio n	Method	Learning Objective	Learning Outcome				
	· · · ·	First Term April 2025- September 2025									
1	April	25	A] Athletics – 2) Yoga Padmasana Track events - a) Sprint b) Middle distance race, Long distance race, Throwing events, Jumping events, <b>Recreational Games</b> : Ice and Water.		demonstrat	Students will learn basic rules of Athletics. <b>Padmasan</b> - to ensure a comfortable and stable condition of the spinal column for a length of time	<b>Track events</b> – 100,200,400,4*100 mts Children will be aware of basic knowledge of history , rules and regulations, ground measurements and techniques.				
2	June	25	Yoga - Supta- Vajrasana Practices of Anulam- Vilom Suryanamaskar, Vrikshasana Team Event- Basketball, Volleyball,Throwball,Rollball,Football Activity- Celebration of International Yoga day Recreational Games : Number game		demonstrat ion and	Students will learns basic rules of all the team games.Children will be aware of basic knowledg of history, rules and regulations,ground measurements, skills and strategies of Basketball, Volleyball,Throwball,Rollball,Football Supta- Vajrasana- Children will Learn to perform the asana with proper techniques and benefits.	To introduce students to the skills associated with Basketball, Volleyball, Throwball,Rollball,Football (Supta- Vajrasana- To perform Supta Vajarasana with proper techniques.				
3	ylul	30	Health and fitness - Meditation 1) Yoga 2) Aerobics 3) Pranaayam and team games Football and Kho-kho. Activity- Khelo India Battery Test (Flamingo) Recreational Games : 3-2-3 Chain			<b>Meditation</b> -Concentrating Capacity will increase on regular practice. It will help to keep mind calm and stable. Technique, Aerobics , Pranaayam, football, kho-kho match.	<b>Meditation</b> -To increase concentration ,to keep mind clam. Students will learn basic rules of all the team games. Children will be prepared for competitive matches with regular practice				
4	August		Yoga - Gomukhasana. Meditation Health Activity – 1) BMI 2)Partial curl up 3)Flexed bend Arm 4)Sit and reach 5) Parade Kho-kho. Seven stones			Meditation -To increase concentration,to keep mind clam.	Health and Activity Record test- A proper Record will be maintained of each student which will help in analying the changes in the body.				
5	September	25	1)600m.Run 2)Balance test 3) shuttle Run 4) 50 mt run General Warm up	minutes	demonstrat	General Warm up- To increase heart rate and breathing , increase body temperature, and also psychologically prepare the body for exercises.	Health and Activity Record test 1)Test of Speed and Agility 2) Cardiovascular Fitness 3)General Warm up- Children will be warmed up properly and will be ready for next activity.				
	represident				Second	Term October 2025- March 2026					

Sr. No.	Month	Total Days	Торіс	Duratio n	Method	Learning Objective	Learning Outcome
6	October	20	, ,			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	•			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			demonstrat ion and	<b>kapalbharti</b> - 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	5			<b>Tadasana</b> -Children will have health benefits with reguler practice. Students will learn basic steps of Lezim and dumbbells.Basketball,Volleyball,Throwball,Rollball	<b>Tadasana</b> -To make children healthy and calm. Display and Parade
10 11	February	12	5	30 - 35 Minutes	P.E.Exam	-	-