



VIDYA PRATISTHAN'S NEW BAL VIKAS MANDIR PIMPLI-BARAMATI



Annual Curriculum Plan 2025-2026

Class : I and II



Subject- Physical Education

| Month | No of | Topic | Duration | Method | Learning Objective | Learning Outcomes |
|--|-------|--|---------------|------------------------------------|---|---|
| First Term April 2025 - September 2025 | | | | | | |
| April | 4 | Recreational Games : In and out Game, Hopping, Backward Hopping, Dog and the Bone (Fun Game) | 30-35 Minutes | Self Demonstration and Explanation | Recreational Games: To develop motor skills in children | The Students will be able to *Recreational Games: i) Develop motor skills . |
| June | 8 | Standing Mass P.T Exercise No.1 and 2 Yogasana: Ardha Padmasana. Recreational Games : Simon Says, Passing the Ball, Hopping Forward | 30-35 Minutes | Self Demonstration and Explanation | Ardha Padmasana: To ensure that children should have a comfortable and stable condition of the spinal column for a length of time. Recreational Games : To develop motor skills in children. | The Students will be able to *Ardha Padmasana: i) Learn Ardha Padmasana with proper technique. ii) Improve flexibility of body. *Recreational Games : i) Develop motor skills and hand eye coordination . |
| July | 16 | Standing Mass P.T Exercise No.3 and 4 Yogasana: Padmasana, Vajrasana. Recreational Games : Hit the Target, Shuttle Run, Fire in the Mountain | 30-35 Minutes | Self Demonstration and Explanation | Padmasana and Vajrasana: To ensure that children should have a comfortable and stable condition of the spinal column for a length of time. Recreational Games : To develop motor skills in children. | The Students will be able to *Padmasana and Vajrasana: i) Learn Padmasana and Vajrasana with proper technique. *Recreational Games : i) Develop motor skills, locomotor skills and listening skills. |

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| August | 12 | Standing Mass P.T Exercise No.5 Yogasana: Tadasana, Vrukshasana. Recreational Games : Catch and Throw, Kicking the ball, Frog race. | 30-35 Minutes | Self Demonstration and Explanation | Tadasana, Vrukshasana: To perform Tadasana and Vrukshasana with proper technique Recreational Games : To develop motor skills in children. | The Students will be able to *Tadasana and Vrukshasana: i) Learn Tadasana, Vrukshasana with proper technique. ii) Develop physical and mental balance *Recreational Games : i)Develop motor skills . |
| September | 12 | Physical Education Exam | 30-35 Minutes | Physical Education Exam | | |
| Second Term October 2025- March 2026 | | | | | | |
| October | 12 | Sitting Mass P.T Exercise No.1 and 2 Yogasana: Trikonasana. Recreational Games : Hop Scotch,Balance game,Running fast and slow | 30-35 Minutes | Self Demonstration and Explanation | Trikonasana: To perform Trikonasana with proper technique Recreational Games : To develop motor skills in children. Sitting Mass P.T: To improve flexibility of upper body joint muscles through Mass P.T.Exercises. | The Students will be able to *Trikonasana: i)Learn Trikonasana with proper technique. ii) Improve spinal flexibility *Recreational Games : i)Work on balance ii) Develop coordination and gross motor skills *Sitting Mass P.T: i) perform flexibility based activities. |

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| November | 8 | Sitting Mass P.T Exercise No.3 and 4 Yogasana: Parvatasana. Recreational Games : Zig Zag Running, Jumping over the hurdles, | 30-35 Minutes | Self Demonstration and Explanation | Parvatasana: To perform Parvatasana with proper technique Recreational Games : To develop motor skills in children. Sitting Mass P.T: To improve flexibility of upper body joint muscles through Mass P.T.Exercises. | The Students will be able to *Parvatasana: i)Learn Parvatasana with proper spine posture by strengthening the spinal column. *Recreational Games : i)Develop motor skills . Sitting Mass P.T: i) perform flexibility based activities. |
| December | 12 | Sitting Mass P.T Exercise No.5 Yogasana: Ushtrasana. Recreational Games : Dodge ball. | 30-35 Minutes | Self Demonstration and Explanation | Ushtrasana: To perform Ushtrasana with proper technique Recreational Games : To develop motor skills in children. Sitting Mass P.T: To improve flexibility of upper body joint muscles through Mass P.T.Exercises. | The Students will be able to *Ushtrasana: i)Learn Ushtrasana with proper technique. *Recreational Games : Develop motor skills . *Sitting Mass P.T: i) perform flexibility based activities. |

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| January | 16 | Sitting Mass P.T: Revision of Sitting Exercise No.1 to 5 Yogasana: Padahatasana. Recreational Games : Hop jump, XO game . | 30-35 Minutes | Self Demonstration and Explanation | Padahastāsana: To perform Padahastāsana with proper technique Recreational Games : To develop motor skills in children. Sitting Mass P.T: To improve flexibility of upper body joint muscles through Mass P.T.Exercises. | The Students will be able to *Padahastāsana: i)Learn Padahastāsana with proper technique. *Recreational Games : i)Develop motor skills . *Sitting Mass P.T: i) perform flexibility based activities. |
| February | 16 | Physical Education Exam | 30-35 Minutes | Physical Education Exam | | |
| March | | | | | | |