



VIDYA PRATISTHAN'S NEW BAL VIKAS MANDIR PIMPLI-BARAMATI.



Annual Curriculum Plan 2025-2026

Subject- Physical Education

Class : III TO V

Month	Working days	Topic	Duration	Method	Learning Objective	Learning Outcomes
First Term April 2025- September 2026						
April	4	<p>Recreational Games: Circle Dodgeball, Dog in Bones.</p> <p>Activity: Standing Mass P.T Exercise No. 1 and 2. March Pass - Stand-at-ease and attention.</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will develop physical fitness, coordination, and teamwork skills through participation in recreational games (Circle Dodgeball, Dog in Bones), enhance discipline and motor control with Standing Mass P.T Exercises No. 1 and 2, and demonstrate understanding of basic drill commands including stand-at-ease and attention during the March Pass activity.	<p>1. Recreational Games - (Circle Dodgeball, Dog in Bones): Students will demonstrate improved agility, reflexes, and spatial awareness.</p> <p>2. Standing Mass P.T Exercises No. 1 and 2: Students will perform basic physical training exercises with correct posture and coordinati.</p> <p>3. March Pass – Stand-at-ease and Attention: Students will understand and apply the correct posture and body alignment for stand-at-ease and attention positions.</p>

Month	Working days	Topic	Duration	Method	Learning Objective	Learning Outcomes
June	8	<p>Yoga Vajrasana</p> <p>Recreational Games: Basketball Dribble, Throw Ball</p> <p>March Pass - Stand-at-ease and attention.</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will develop physical fitness, concentration, and coordination through the practice of Vajrasana yoga, enhance motor skills and teamwork with recreational games (Basketball Dribble, Throw Ball), and demonstrate discipline and body control through drill commands including stand-at-ease and attention in March Pass.	<p>1. Yoga – Vajrasana: Students will perform Vajrasana with correct posture and breathing, improving flexibility, digestion, and concentration.</p> <p>2. Recreational Games (Basketball Dribble, Throw Ball): Students will develop hand-eye coordination, ball control, and teamwork skills through dribbling and throwing activities.</p> <p>3. March Pass – Stand-at-ease and Attention: Students will execute stand-at-ease and attention positions accurately, demonstrating discipline, posture control, and synchronized movement.</p> <p>---</p>

Month	Working days	Topic	Duration	Method	Learning Objective	Learning Outcomes
July	12	<p>Yoga Padahastasana Recreational Games: Langdi, Run and catch, Overhead Revers Toss.</p> <p>March Pass - Stand-at-ease and attention, Word of Command Foot - CHANGE STEP (right, left) side taran.</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will improve flexibility, balance, and body awareness through the practice of Padahastasana yoga; develop agility, speed, and coordination through recreational games (Langdi, Run and Catch, Overhead Reverse Toss); and demonstrate precision and discipline in marching drills, including responding correctly to the "Change Step" word of command (right, left) during stand-at-ease and attention.	<p>1. Yoga – Padahastasana: Students will perform Padahastasana with proper technique, enhancing flexibility, improving circulation, and increasing body awareness.</p> <p>2. Recreational Games (Langdi, Run and Catch, Overhead Reverse Toss): Students will develop agility, quick reflexes, and teamwork through active participation in movement-based games.</p> <p>3. March Pass – Stand-at-ease and Attention, Word of Command – CHANGE STEP (right, left): Students will accurately respond to drill commands, including "Change Step" and side turns, demonstrating discipline, coordination, and correct posture in marching formations.</p>

Month	Working days	Topic	Duration	Method	Learning Objective	Learning Outcomes
August	12	<p>Yoga Paschimottanasana Recreational Games : Dog and the Bone, Hopscotch, Capture the flag/ Cones Activity: Sitting Mass P.T. 1 and 2.</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will improve flexibility, focus, and body alignment through the practice of Paschimottanasana yoga; develop agility, coordination, and teamwork through recreational games (Dog and the Bone, Hopscotch, Capture the Flag/Cones); and enhance strength, endurance, and posture control through Sitting Mass P.T. Exercises 1 and 2.	1. Yoga – Paschimottanasana: Students will perform Paschimottanasana with correct posture and breathing, improving flexibility in the spine and hamstrings while enhancing focus and relaxation. 2. Recreational Games (Dog and the Bone, Hopscotch, Capture the Flag/Cones): Students will develop agility, strategic thinking, coordination, and cooperative play through active participation in group games. 3. Sitting Mass P.T. Exercises 1 and 2: Students will perform seated physical training exercises with proper form, building core strength, muscle control, and endurance.
September	12	Physical Education Exam	30 - 35 Minutes	Physical Education Exam	-	-
Second Term October 2025- March 2026						
October	6	<p>Yoga- Trikonasana Recreational Games: Leg Cricket, Aiming the Cones/ hit the target .</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will enhance balance, flexibility, and concentration through the practice of Trikonasana yoga; and develop coordination, precision, and team spirit through recreational games such as Leg Cricket and Aiming the Cones/Hit the Target.	1. Yoga – Trikonasana: Students will perform Trikonasana with correct alignment, improving flexibility, balance, and concentration. 2. Recreational Games (Leg Cricket, Aiming the Cones/Hit the Target): Students will develop hand-eye coordination, aiming accuracy, and teamwork through engaging in target-based and group activities.

Month	Working days	Topic	Duration	Method	Learning Objective	Learning Outcomes
November	12	<p>Recreational Games: Tunnel Relay, Obstacle race.</p> <p>Activity: Sitting Mass P.T. 3 and 4. MARCH PAST DRILL .</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will enhance physical fitness, coordination, and problem-solving through recreational games (Tunnel Relay, Obstacle Race); build muscular strength, endurance, and posture through Sitting Mass P.T. Exercises 3 and 4; and demonstrate discipline, synchronization, and correct body alignment through March Past drill practice.	<p>1. Recreational Games (Tunnel Relay, Obstacle Race): Students will develop agility, speed, coordination, and problem-solving skills by participating in team-based physical challenges.</p> <p>2. Sitting Mass P.T. Exercises 3 and 4: Students will perform seated exercises with proper form to improve core strength, flexibility, and muscular endurance</p> <p>3. March Past Drill: Students will execute marching movements with precision and rhythm, demonstrating discipline, posture control, and synchronization.</p>
December	8	<p>Recreational Games: Red Light Green Light, cat and Mose . MARCH PAST DRILL .</p>	30 - 35 Minutes	Self - Demonstration & Explanation	Students will develop alertness, reaction time, and self-control through recreational games (Red Light Green Light, Cat and Mouse), and demonstrate discipline, coordination, and marching skills through March Past drill practice.	<p>1. Recreational Games (Red Light Green Light, Cat and Mouse): Students will enhance their reaction time, focus, and motor skills while engaging in fun and active group play.</p> <p>2. March Past Drill: Students will perform marching steps and formations with accuracy, showing improved posture, discipline, and coordination.</p>

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January	12	Recreational Games: Kangaroo Jump and relay, Musical hoops . Activity: Sitting MPT Exercise No.5 MARCH PAST DRILL .	30 - 35 Minutes	Self - Demonstration & Explanation	Students will develop lower body strength, balance, and coordination through recreational games (Kangaroo Jump and Relay, Musical Hoops); enhance core strength and flexibility through Sitting Mass P.T. Exercise No. 5; and demonstrate discipline, rhythm, and body alignment through March Past drill practice.	1. Recreational Games (Kangaroo Jump and Relay, Musical Hoops): Students will improve lower body strength, balance, agility, and teamwork through participation in jumping and movement-based games. 2. Sitting Mass P.T. Exercise No. 5: Students will perform sitting exercises with correct technique to strengthen core muscles and enhance flexibility. 3. March Past Drill: Students will execute marching drills with correct posture, timing, and synchronization, demonstrating discipline and coordination.
February	12	Physical Education Exam	30 - 35 Minutes	Physical Education Exam	-	-
March						