



PHYSICAL EDUCATION

CALENDAR – 2022-23

MONTH	CALSS	ACTIVITY
JULY -2022	PS	LINE WALKING
	PP	UP AND DOWN THE STAIRCASE
	I - V	THROWING BALL
	VI - X	LONG JUMP
AUGUST- 2022	PS	BALL KICKING
	PP	THROWING AND CATCHING THE BALL
	I - V	MEDICINE BALL THROW
	VI - X	50 M DASH
SEPTEMBER -2022	PS	HOP, SKIP AND JUMP ON FLOOR SKETCH OF LETTERS
	PP	ZIGZAG RUNNING
	I - V	20 M DASH
	VI - X	MEDICINE BALL THROW
OCTOBER - 2022	PS	PRACTICE OF RACES
	PP	PRACTICE OF RACES
	I - V	HIT THE TARGET
	VI - X	SHUTTLE RUN
NOVEMBER-2022	PS	FROG JUMP
	PP	ANIMAL WALK
	I - V	HURDLE RACE
	VI - X	PE PRESENTATION
DECEMBER- 2022	PS	PICK AND RUN
	PP	JUMP IN JUMP OUT
	I - V	BATON RELAY RACE
	VI - X	STANDING BROAD JUMP
JANUARY - 2023	PS	OVERCOMING OBSTACLES
	PP	LEMON & SPOON RACE
	I - V	GROUP YOGA ASANA
	VI - X	GROUP YOGA ASANA
FEBRUARY - 2023	PS	ZIGZAG RUNNING
	PP	HIDE AND SEEK
	I - V	BATON RELAY RACE
	VI - X	SKIPPING

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27/06/2022

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22/5/22