

PHYSICAL EDUCATION, GAMES & SPORTS

SESSION 2025-2026

MONTH	I	II	III	IV	V
APRIL- AUGUST- 2025	I. Yoga ☐ Tadasana And Vajrasana II. Ball Game III. Hit The Target ☐ Take Aim ☐ Throwing At Target IV. Jump In Hoopla V. Chasing Game	I. Yoga ☐ Tadasana And Vajrasana II. Ball Game III. Tunnel Race IV. Overhead Relay	I. Yoga ☐ Tadasana And Vajrasana II. Ball Game III. Hurdle Race IV. Standing Kho-Kho-☐ Circle Chase	I. Yoga ☐ Tadasana And Vajrasana II. Ball Game III. Basketball Dribble IV. Kho-Kho V. Relay (Barton Exchange)	I. Yoga ☐ Tadasana And Vajrasana II. Ball Game III. Basketball Dribble IV. Kho-Kho V. Relay (Baton Exchange)
SEPTEMBER- DECEMBER- 2025	I. Athletics ☐ Standing Stance-☐ Race (Practice) II. Rhythmic Activities ☐ Running, Jumping & Twisting) III. Collecting The Ball IV. Dog And Bone	V. Athletics ☐ Standing Stance-☐ Race (Practice) VI. Rhythmic Activities (Running, Jumping & Hopping) III. Collecting The Bean Bag	I. Athletics ☐ Standing Stance ☐ Races (Practice) II. Rhythmic Activities ☐ Running. Jumping. Twisting & Hopping III. Obstacle Race	IV. Athletics ☐ Standing Stance ☐ Race (Practice) V. Throwing Ball VI. Leg Cricket	VI. Athletics ☐ Standing Stance ☐ Race (Practice) VII. Mini Football VIII. Leg Cricket
JANUARY- MARCH- 2026	1. Yoga ☐ Balloon Breathing ☐ Laughter Exercise II. Bean Bag Balance Race III. Place Bean Bag In Hoopla	1. Yoga ☐ Balloon Breathing ☐ Laughter Exercise II. Dog And Bone	I. Yoga ☐ Sukshma Vyayam ☐ Trikonasana ☐ Circle Dodge Ball	I. Yoga ☐ Vrikshasana ☐ Trikonasana ☐ Natarajasana II. Kabaddi III. Table Tennis(Point Game) IV. Football Dribble	VI. Yoga ☐ Vrikshasana ☐ Trikonasana ☐ Natarajasana VII. Kabadi VIII. Table Tennis(Point Game) IX. Football Dribble
MONTH	VI	VII	VIII	IX	X
APRIL- AUGUST- 2025	1. Physical Education & Recreation ☐ Any one game out of following ● Athletics ● Volley ball ● Cricket ● Football Basketball	1. Physical Education & Recreation Definition of Physical Education Need & Importance of Recreation ☐ Any one game out of following ● Athletics ● Volley ball ● Cricket ● Football Basketball	1. Physical Education Scope of Physical Education 2. Misconceptions about Physical Education- ☐ Any one game out of following ● Athletics ● Volley ball ● Cricket ● Football Basketball	☐ Yoga - Asana (Standing, Sitting and laying) ☐ Fundamental Skills of Games / Sports (Any one games/Sports) ☐ Athletics, Badminton, Football, Basketball, Volleyball, and Indoor Games. ☐ Theory - Introduction of Physical Education, Misconception about Physical Education	☐ Yoga - Asana (Standing, Sitting and laying) ☐ Fundamental Skills of Games / Sports (Any one games/Sports) Athletics, Badminton, Football, Basketball, Volleyball, and Indoor Games. ☐ Theory - Introduction of Physical Education, Introduction of Physical Fitness, Introduction of Sports Training and Yoga its Life.

				Introduction of Sports Training and Yoga its Life.	
SEPTEMBER- DECEMBER- 2025	2. Meaning of Health ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	2. Basic Rules of Games and Sports ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	3. Posture and Nutrition Type of Posture Standing, sitting and Lying 4. Significance of nutrition. Balance Diet ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	☐ Yoga - Aasan, Pranayama ☐ Fundamental Skills of Traditional Game (Kabaddi, Kho-Kho) ☐ Sports Training and it's type ☐ Theory - Scope of Physical Education, Body Measurements, Health and Nutrition, and Miscommunication about Physical Education.	☐ Yoga - Aasan, Pranayama ☐ Fundamental Skills of Traditional Game (Kabaddi, Kho-Kho) ☐ Sports Training - Physical Training and Psychological Training. ☐ Theory - Scope of Physical Education, Body Measurements, Health and Nutrition, and Miscommunication about Physical Education
JANUARY- MARCH- 2026	3. Basic Rules of Games & Sports ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	3. Sports Personalities. ☐ Sachin Tendulkar, P. T. Usha, Saina Nehwal and Abhinav Bindra. ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	5. First Aid & Safety Education 6. Sports Personalities and Awards ☐ Any one game out of following <ul style="list-style-type: none"> ● Athletics ● Volley ball ● Cricket ● Football Basketball	☐ Yoga - Basic Yogic Practice with Rhythm ☐ Fundamental Skills of Indigenous Sports (Lattu, Marbles and Seven Stones) ☐ Fundamental rules and regulations of Games / Sports (Athletics and Badminton) ☐ Theory - Children and Sports and SEWA (Social Empowerment through work Education and Action). ☐ Health Assessment ☐ SEWA PROGRAM (School Cleanness drive) ☐ Physical Fitness Test Assignment	☐ Yoga - Basic Yogic Practices ☐ Fundamental Skills of Indigenous Sports (Lattu, Marbles and Seven Stones) ☐ Fundamental rules and regulations of Games / Sports (Athletics and Badminton) ☐ Theory - First Aid and Emergency Handling, Tournaments, Test and Measurement in Sports and SEWA (Social Empowerment through work Education and Action). ☐ Health Assessment ☐ SEWA PROGRAM (School Cleanness drive) ☐ Physical Fitness Test Assignment