

### YEAR PLANNER 2019-20

**Name: VISHWANATH & GIRI**  
**Grade: III-IV**

Month	Skill	Objectives & Specifications	Evaluation
APRIL	Dribbling and passing	First fundamental of basketball drill.	Observation
JUNE	Dodge Ball	Basic throws and collecting the ball	Observation
JULY	Kabaddi	Game knowledge of Kabaddi.	Assesment 1
AUGUST	Kabaddi	Playing Skills of The Game	Observation
SEPTEMBER	Circuit and interval training.	To develop strength and endurance.	Observation
OCTOBER	Steepl-chase	To develop the agility skills of the body.	Assessment 2
NOVEMBER	Kho-Kho	Basic rules of kho-kho.	Observation
DECEMBER	Chasing and catching.	Basic rules and regulations of kho-kho.	Assessment 3
JANUARY	Kho-kho game rules.	Better knowledge of game tactics.	Observation
FEBRUARY	Calisthenics and special movements of body coordination.	Rules of jumping jacks and its fundamentals, rope exercises under different variations.	Assessment 4