

Physical Education - YEAR PLANNER 2019-20**Name: VISHWANATH & GIRI****Grade: VII-VIII**

Month	Skill	Objectives & Specifications	Evaluation
APRIL	Dribbling and passing	First fundamental of basketball drill.	Observation
JUNE	Team tactics of basketball and its game rules.	To develop team tactics of the game.	Observation
JULY	Jab-step and lay up shot.	Game knowledge of basketball.	Assesment 1
AUGUST	Running, chasing, bullet toe method, parallel toe method	Kho-kho rules and regulations.	Observation
SEPTEMBER	Chasing and catching.	Basic rules and regulations of kho-kho.	Observation
OCTOBER	Kho-kho game rules.	Better knowledge of game tactics.	Assessment 2
NOVEMBER	Kabaddi (Riding Aunty-Riding)	Basic rules of Kabaddi	Observation
DECEMBER	Kabaddi (Catching-Ankle, leg, Hip)	To develop team tactics of the game.	Assessment 3
JANUARY	Tug-of-War (Positions, Catching The Rope)	Better knowledge of game tactics.	Observation
FEBRUARY	Tug-of-War	To develop team tactics and coordination	Assessment 4