

NAME: VISHWANATH & GIRI
GRADES: I – II

SPORTS YEAR PLANNER 2019-20
SUBJECT: PHYSICAL EDUCATION

| MONTH | SKILL | OBJECTIVES & SPECIFICATION | EVALUATION |
|--------------|------------------------------------|--|-------------------|
| APRIL | Basic skill of relay games. | Group performance. | Observation |
| JUNE | Recreation Game(passing the ball) | To develop loco motor skills. | Observation |
| JULY | Races short distances. | Basic stands and fundamental | Assessment I |
| AUGUST | Circle games | To develop hand and eye coordination | Observation |
| SEPTEMBER | Hurdle Race | Rules of jumping, jogging and its fundamental exercises under different variations | Assessment II |
| OCTOBER | Circuit and interval training. | To develop strength and endurance | Observation |
| NOVEMBER | Dodge ball and Ball games | Basic throws and collecting the ball | Observation |
| DECEMBER | Cone and Ball Balancing Race | To develop the agility of the body. | Observation |
| JANUARY | Relay games passing the Baton | Baton pass relays. | Assessment III |
| FEBRUARY | Dribbling and passing | Basic stands and holding basketball gripping | Observation |