

YEAR PLANNER 2019-20
Grade: IX & X

Game: Basketball

Month	Skill	Objectives & Specifications	Evaluation
JUNE	Warm up and fitness drills i.e; German drill, shuttle run etc	Helps in endurance development	Observation
JULY	Dribbling & passing drills	Body mind co-ordination & ball control	Assessment 1
AUG	Layup shot and shooting drills	Improves shooting capacity	observation
SEP	Reverse dribbling, zig zag dribbling drills with cones	helps in improving ball control	Assessment 2
NOV	Fitness drills with cones	Helps in strengthening lower limb muscles	Observation
DEC	Footwork drills, attacking and defense tactics	Controls violations and improves body balance	Assessment 3
JAN	Fundamentals of game	Improves game tactics	Observation
FEB	Rebounding techniques	Improves jumping capacity of students	Observation
MAR	Jabbing drills	Improves game fundamentals and tactics	Assessment 4