

Subject: SKATING
Grade: III & IV

YEAR PLANNER 2019-20

Month	Skill	Objectives & Specifications	Evaluation
APR	TYING SKATES	WARM Up, HOW TO TIE SKATES & BASIC KNOWLEDGE	OBSERVATION
JUNE	WALKING WITH SKATES	LEARNING BASIC STEPS	OBSERVATION & ASSESSMENT-I
JULY	WALKING, SLIDING, SPEED STEPS	FAST MOVEMENT TRAINING, BALANCING, ROLLING FORWARD	OBSERVATION
AUG	TARGETING OBJECT & V- SHAPE PUSHING	SPEED BALANCING & DOUBLE PUSH TRAINING	OBSERVATION & ASSESSMENT-II
SEP	BALANCING	BENDING, FORWARD PUSHING, SMOOTH SKATING	OBSERVATION
NOV	TURNINGS	SPEED TURNINGS & OVER TAKING TRAINING	OBSERVATION & ASSESSMENT-III
DEC	LAP	COUNTING & TARGET LAPS	OBSERVATION
JAN	RACE	FAST AND BALANCING	OBSERVATION & ASSESSMENT-IV

Principal

Academic Head

P. Ed