

SUBJECT: SKATING
Grade: IX & X

YEAR PLANNER 2019-20

Month	Skill	Objectives & Specifications	Evaluation
APR	WALKING, SLIDING, SPEED STEPS	FAST MOVEMENT TRAINING, BALANCING, ROLLING FORWARD	OBSERVATION
JUN	WHISTLE INSTRUCTIONS	START, STOP, CALLING, BREAK & PACK UP	OBSERVATION & ASSESSMENT-I
JUL	TARGETING OBJECT & V- SHAPE PUSHING	SPEED BALANCING & DOUBLE PUSH TRAINING	OBSERVATION
AUG	CROSSWARDS	FAST TURNING & BALANCING TURNINGS	OBSERVATION & ASSESSMENT-II
SEP	USE OF ONE LEG	1 LEG BALANCING & 1 LEG SKATING	OBSERVATION
NOV	LAPS TRAINING	COUNTING & TARGET LAPS	OBSERVATION & ASSESSMENT-III
DEC	PARTNER SKATING	PULLING EACH OTHER FOR POWER TRAINING	OBSERVATION
JAN	GROUP RACE	SPEED PERFORMANCE	OBSERVATION & ASSESSMENT-IV

Principal

Academic Head

P. Ed