

Subject: SKATING
Grade: I & II

YEAR PLANNER 2019-20

Month	Skill	Objectives & Specifications	Evaluation
APR	TYING OF SKATES	WARM Up, HOW TO TIE SKATES & BASIC KNOWLEDGE ABOUT SKATING	OBSERVATION
JUNE	WALKING WITH SKATES	LEARNING BASIC STEPS	OBSERVATION & ASSESSMENT-I
JULY	WALKING, SLIDING, SPEED STEPS	FAST MOVEMENT TRAINING AND BALANCING	OBSERVATION
AUG	ROLLING FORWARD	SLIDING, FORWARD WALKING, SPEED STEPS	OBSERVATION & ASSESSMENT-II
SEP	TARGETING OBJECTS	FAST AIM GOAL	OBSERVATION
NOV	V- SHAPE PUSHING	SPEED BALANCING & DOUBLE PUSH TRAINING	OBSERVATION & ASSESSMENT-III
DEC	BALANCING	BENDING, FORWARD PUSHING, SMOOTH SKATING	OBSERVATION
JAN 19'	TURNINGS	SPEED TURNINGS & OVER TAKING	OBSERVATION & ASSESSMENT-IV