

Subject: SKATING
Grade: V & VI

YEAR PLANNER 2019-20

Month	Skill	Objectives & Specifications	Evaluation
APR	BASICS	HOW TO TIE, WALK & SKATE	OBSERVATION
JUNE	WALKING WITH SKATES	LEARNING BASIC STEPS	OBSERVATION & ASSESSMENT- I
JULY	WHISTLE INSTRUCTIONS	START, STOP, CALLING, BREAK & PACK UP	OBSERVATION
AUG	WALKING, SLIDING, SPEED STEPS	FAST MOVEMENT TRAINING, BALANCING, ROLLING FORWARD	OBSERVATION & ASSESSMENT- II
SEP	TARGETING OBJECT & V- SHAPE PUSHING	SPEED BALANCING & DOUBLE PUSH TRAINING	OBSERVATION
OCT	TURNINGS	SPEED TURNINGS & OVER TAKING TRAINING	OBSERVATION
NOV	LAP	COUNTING & TARGET LAPS	OBSERVATION & ASSESSMENT- III
DEC	RACE	SKATING FAST AND BALANCING	OBSERVATION
JAN	GROUP RACE	SPEED PERFORMANCE	OBSERVATION & ASSESSMENT- IV

Principal

Academic Head

P. Ed