

CURRICULUM PHYSICAL EDUCATION

Month	Topic	Teaching method	Learning outcome
April	Different type of walk, Bouncing & Throwing skills.	Modelling & Demonstration	Enhanced coordination and balance & Improved muscle engagement
May	Mass P.T, WARM-UP Exercises , Crunches, dribble the ball	Modelling & Demonstration	Improved body muscle, flexibility, body awareness
July	Yoga, Meditation	Modelling & Demonstration	Improved flexibility and posture, Increased strength and balance, Reduced stress , anxiety and depression, Improved focus and concentration.
August	Shuttle running, Hula hoop race, Cone obstacle race	Gamification	Increased stamina & endurance, muscle build, strong core
September	Dog in a bone, Dodge Ball, Target Hitting	Storytelling and Imagination	Team building, Quick reflexes
October	Hot Potato ,	Through use of modified sports	Improved quick thinking and reaction
November	Mass P.T, Hula Hoop Race, Receiving the football	Modelling & Demonstration	Improved body muscle, flexibility, body awareness
December	Yoga, Make a Chain, Running	Modelling & Demonstration	Increased Stamina and Endurance & Improved Focus and Concentration
January	Zumba, Target hitting, High knee,	Modelling & Demonstration	Body flexibility, Endurance, Eye hand & body coordination
February	100 mtr. race , 200 mtr. Race	Through use of modified sports	Eye-hand coordination, Improved coordination