



GRADE-X
SESSION 2025-2026
APRIL

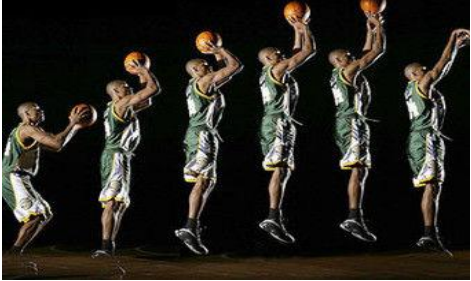
MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	GAME- VOLLEYBALL SKILL -SETTING THE BALL	. 1. Student will be able to learn setting the ball. 2. Students will be able to develop arm strength. 3. Students will be able to Improve shoulder flexibility. 4. Students will be able to Improve eye hand coordination. 5. Students will be able to Improve body coordination.	<ul style="list-style-type: none"> Extend your arms up over your head. Position your hands. Position your feet. Bend your knees Decide where to send the ball Push upwards. Follow through. 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging sprinting Jumping on spot Head to toe stretching exercises Sit-ups <p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> Slow walking Proper Stretching Exercise with partners Lie down on floor. 	5. Student who set the ball with proper technique. 4. Student who knows how to do setting the ball but does not have proper approach to the ball and lifting the ball. 3. Student who is not able to do setting the ball but effort is there. 2. Follows the instruction but not able to apply the correct technique. 1.Follow the instructions but does not show any interest to learn the skill.	Skill-Based Learning: Creating a physics model of ball trajectory. Field Activity: Measuring angles and impact of force on volleyball serves.	Science: Muscle movement and reflex action. Physical Education: Live volleyball match. Computer Science: Motion analysis in sports technology. Unity in Motion" – A dance-drama showing teamwork in volleyball with traditional and modern dance styles.

GRADE-X
SESSION 2025-2026
MAY

MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	GAME- BADMINTON	. 1. Student will be able to learn how to do drop shot in badminton.	There are five types of badminton drop shot. <ul style="list-style-type: none"> Basic or slow forehand drop shot Slice or fast forehand drop shot 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging Jumping on spot Head to toe Stretching exercises Jumping jacks 	5. Student who take drop shot with proper technique. 4. Student who knows how to take drop shot	Research Task: Study why badminton players have fast reflexes. Skill Development: Practicing footwork	Smash of Cultures" – A roleplay showing the history of badminton from British colonial times to modern global sports.

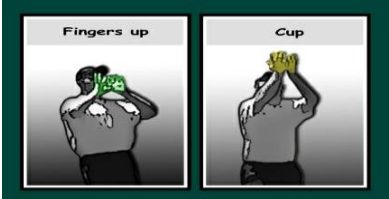
	SKILL- DROP SHOT	<p>2. Students will be able to develop leg strength.</p> <p>3. Students will be able to Improve footwork.</p> <p>4. Students will be able to Improve body coordination.</p> <p>5. Students will be able to Improve agility.</p>	<ul style="list-style-type: none"> Reverse slice drop shot Basic backhand drop shot Slice backhand drop shot <p>Net Drop</p> 	<p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> Slow walking Proper Stretching Exercise with partners Lie down in savasana 	<p>but does not have proper follow through.</p> <p>3. Student who is not able to take drop shot during session but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1. Follow the instructions but does not show any interest to learn the skill.</p>	<p>drills and rally strategies.</p>	<p>Smash of Cultures" – A roleplay showing the history of badminton from British colonial times to modern global sports.</p>
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GRADE-X
SESSION 2025-2026
MAY

MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class –X	GAME- BASKETBALL SKILL- JUMP SHOT	<p>. 1. Student will be able to learn how to do jump shot.</p> <p>2. Students will be able to develop arm strength during push up workout.</p> <p>3. Students will be able to Improve eye hand coordination during shooting.</p> <p>4. Students will be able to Improve leg strength during jump.</p> <p>5. Students will be able to Improve shooting action.</p>	<ol style="list-style-type: none"> Properly placing the ball on your fingers. Slightly bend your knees. Point your elbow towards the ring. Focus on your target. Shoot the ball with jump and proper follow through 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging Sprinting Jumping on spot Head to toe Push ups <p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> Slow walking Proper Stretching of hands 	<p>5. Student who shoots with proper technique.</p> <p>4. Student who knows how to shoot but does not have proper stance and follow through.</p> <p>3. Student who is not able to convert the free throw but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1.Follow the instructions but does not show any interest to learn the skill.</p>		<p>Bounce to Success" – A fusion of slam poetry and basketball moves, symbolizing resilience and determination.</p>


				<ul style="list-style-type: none"> Exercise with partners in sitting position 			
			6.				

GRADE-X
SESSION 2025-2026
JULY

MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	<p>GAME- CRICKET</p> <p>SKILL- HIGH CATCH</p>	<p>. 1. Student will be able to learn how to do high catch.</p> <p>2. Students will be able to develop eye hand coordination</p> <p>3. Students will be able to Improve body balance.</p> <p>4. Students will be able to Improve body coordination.</p> <p>5. Students will be able to Improve neuromuscular coordination.</p>	<p>Hold your hands together with your palms face away from your body.</p> <p>Align yourself with the approaching ball and stand with your knees bent.</p> <p>Draw your hands toward a shoulder as you catch the ball.</p> <p>Use the orthodox grip if you’re on the run to catch a high ball.</p> <p>Deliver an overarm throw after catching the ball.</p> 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging Jumping on spot Head to toe Stretching exercises Jumping jacks <p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> Slow walking Proper Stretching Exercise with partners Lie down in savasana. 	<p>5. Student who catch high catch with proper stance and with proper technique.</p> <p>4. Student who knows how to take a high catch but don’t have proper technique.</p> <p>3. Student who is not able to take catch but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1. Follows the instructions but does not show any interest to learn the skill.</p>	<p>Graffiti Art: Painting a basketball court mural.</p> <p>Poetry: Poems on teamwork and resilience.</p>	<p>ngineering: Design of basketball courts.</p> <p>Psychology: Focus and strategy in basketball.</p> <p>Physical Education: Live basketball challenge.</p> <p>"Bounce to Success" – A fusion of slam poetry and basketball moves, symbolizing resilience and determination.</p>

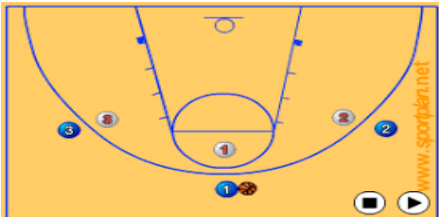
GRADE -X
SESSION 2025-2026
AUGUST

MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary

Class-X	GAME- TABLE TENNIS SKILL- CHOP	<p>1. Student will be able to do chop.</p> <p>2. Students will be able to develop wrist strength.</p> <p>3. Students will be able to Improve hand movement through pick the ball.</p> <p>4. Students will be able to Improve eye hand coordination.</p> <p>5. Students will be able to Improve neuromuscular coordination.</p>	<p>In ready position, right foot slightly in front. Rotate hips and waist to the right. Bring right foot back. Bring arm up and back. Bring racket down and forward using elbow. . Snap wrist at contact. Contact ball as it drops. Racket is open. Graze back bottom of the ball. Follow through naturally, down and forward.</p> 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none">• Slow jogging• Shuttle run• Jumping on spot• Head to toe stretching exercises• Wrist exercise <p><u>SKILL</u></p> <ul style="list-style-type: none">• After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none">• Slow walking• Upper body Stretching• Lie down in savasana	<p>5. Student who able to do chop with proper technique.</p> <p>4. Student who knows how to do chop but technique is not correct.</p> <p>3. Student who is not able to do chop but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1.Follow the instructions but does not show any interest to learn the skill</p>		
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GRADE -X
SESSION 2025-2026
AUGUST

MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRICS/ASSESMENT	Subject Enrichment Activity	Art Integration /Multi- Disciplinary
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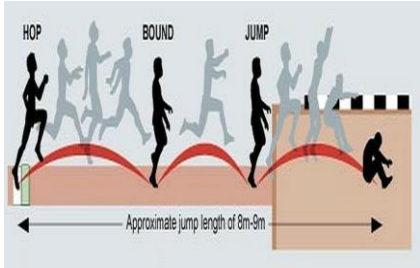
Class –X	Game-Basketball Skill-3 on 3 match	<p>. 1. Student will be able to learn how to play game.</p> <p>2. Students will be able to develop arm strength during push up workout.</p> <p>3. Students will be able to Improve eye hand coordination during shooting.</p> <p>4. Students will be able to Improve leg strength during jump.</p> <p>5. Students will be able to Improve shooting action.</p>	<p>3 players stand under each basket on the court. A third group of three stands at half court with the player at mid court holding the basketball with the other players at each wing. At the whistle, the three players at half court proceed to either end to compete in a 3 on 3. Teams are to have only one shot at a basket.</p> <p>TEACHING TOOLS -Basketball court -Basketball -Cones -Markers -Bibs -Whistle -Stopwatch</p> 	<p>WARM-UP</p> <ul style="list-style-type: none"> • Slow jogging • Sprinting • Jumping on spot • Head to toe • Push ups <p>SKILL</p> <ul style="list-style-type: none"> • After the demo all the students go for the practice. <p>COOLING DOWN</p> <ul style="list-style-type: none"> • Slow walking • Proper Stretching of hands <p>Exercise with partners in sitting position</p>	<p>5. Student who play with proper technique.</p> <p>4. Student who knows how to play game but does not have proper stance and follow through.</p> <p>3. Student who is not able to play game but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1.Follow the instructions but does not show any interest to learn the</p>	Making a mini-table tennis court	<p>Biology: Reflex actions and hand-eye coordination.</p> <p>Computer Science: AI in table tennis simulations.</p> <p>Physical Education: Quick reaction drills.</p> <p>"Ping Pong Harmony" – A storytelling session on how quick thinking in table tennis relates to real-life decision-making.</p>
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GRADE-X
SESSION 2025-2026
SEPTEMBER

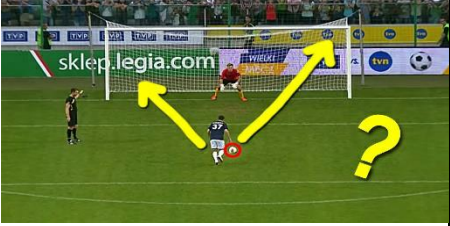
MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	GAME-ATHLETIC SKILL- LONG JUMP	<p>. 1. Student will be able to learn how to do long jump.</p> <p>2. Students will be able to develop leg strength.</p> <p>3. Students will be able to Improve footwork.</p>	<p>1. Approach run 40 to 45 step backward.</p> <p>2. Run towards the take off line.</p> <p>3. Place your R/L foot on before or on the take off line.</p> <p>4. Bend backward when body in air.</p> <p>5. Bring your both hand and leg forward for landing safe.</p>	<p>WARM-UP</p> <ul style="list-style-type: none"> • Slow jogging • sprinting • Jumping on spot • Head to toe • stretching exercises <p>SKILL</p> <ul style="list-style-type: none"> • After the demo all the students go for the practice. <p>COOLING DOWN</p> <ul style="list-style-type: none"> • Slow walking 	<p>5. Student who jumps with proper technique.</p> <p>4. Student who knows how to jump but does not have proper approach run and landing.</p> <p>3. Student who is not able to jump but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p>	<p>Sculpting: Making miniature long jump pits.</p> <p>Mosaic Art: Portraits of famous long jumpers</p>	<p>Biology: Leg muscles and body mechanics in jumping.</p> <p>Health Science: Role of diet and flexibility in performance</p> <p>"Leap of Champions" A role-play on legendary long jumpers and their record-breaking moments.</p>

		<p>4. Students will be able to Improve flexibility.</p> <p>5. Students will be able to Improve speed.</p>		<ul style="list-style-type: none"> • Proper Stretching • Exercise with partners • Lie down in savasana 	<p>1.Follow the instructions but does not show any interest to learn the skill</p>		
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GRADE-X
SESSION 2025-2026
NOVEMBER


MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	<p>GAME-ATHLETICS</p> <p>SKILL-TRIPLE JUMP</p>	<p>1. Student will be able to learn how to do triple jump.</p> <p>2. Students will be able to develop leg strength.</p> <p>3. Students will be able to Improve footwork.</p> <p>4. Students will be able to Improve flexibility.</p> <p>5. Students will be able to Improve speed.</p>	<p>1.Approach run</p> <p>2.Hop with right foot</p> <p>3.Bound with right foot</p> <p>4.Flight phase</p> <p>5.Landing</p> 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> • Slow jogging • sprinting • Jumping on spot • Head to toe exercise • stretching exercises • jumping jacks <p><u>SKILL</u></p> <ul style="list-style-type: none"> • After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> • Slow walking • Proper Stretching • Exercise with partners • Lie down in savasana 	<p>5. Student who jumps with proper technique.</p> <p>4. Student who knows how to jump but does not have proper approach run and landing.</p> <p>3. Student who is not able to jump but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1.Follow the instructions but does not show any interest to learn the skill</p>	<p>Maths: Calculation of jump distance, angle, and speed.</p> <p>Physics: Laws of motion and force application in jumps.</p> <p>History: Olympics and world records in long jump and triple jump.</p>	<p>Biology: Leg muscles and body mechanics in jumping.</p> <p>Health Science: Role of diet and flexibility in performance.</p> <p>Physical Education: Long jump and triple jump practice sessions.</p> <p>"Flight to Victory" – A role-play on legendary long jumpers and triple jumpers breaking records.</p>

GRADE-X
SESSION 2025-2026
DECEMBER


MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class-X	GAME- FOOTBALL SKILL- PENALTY KICK	1. Student will be able to learn how to penalty shot. 2. Students will be able to develop leg strength during squad workout. 3. Students will be able to Improve footwork during kicking ball many times. 4. Students will be able to Improve flexibility during stretching exercise. 5. Students will be able to Improve agility during shuttle run sets.	 <p>Place the ball yourself.</p> <p>Take three or four steps back.</p> <p>Pick a spot to aim and stick to it.</p> <p>Strike the ball with your instep.</p> <p>Let your teammates get a rebound, if there is one.</p>	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging Jumping on spot Head to toe Stretching exercises Jumping jacks <p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. <p><u>COOLING DOWN</u></p> <ul style="list-style-type: none"> Slow walking Proper Stretching Exercise with partners Lie down savasana 	5. Student who do penalty kick with proper footwork and with proper technique. 4. Student who knows how to take a penalty kick but don't have proper footwork and stance. 3. Student who is not able to use kick on the ball but effort is there. 2. Follows the instruction but not able to apply the correct technique. 1. Follows the instructions but does not show any interest to learn the skill.	<p>Real-World Connection: Research on the science behind perfect penalty kicks.</p> <p>Mathematical Analysis: Exploring angles for penalty kicks using trigonometry.</p>	<p>Economics: Football leagues and revenue models.</p> <p>Psychology: Pressure handling in penalty shootouts.</p> <p>Physical Education: Penalty kick challenge.</p> <p>"One World, One Goal" – A cultural showcase of different nations and their passion for football.</p>

GRADE-X
SESSION 2025-2026
JANUARY

MONTH	CONTENT/ GAME SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class –X	GAME- ATHLETICS SKILL-	. 1. Student will be able to learn how to do high jump. 2. Students will be able to develop leg strength.	<ul style="list-style-type: none"> followed by a curved 5 stride approach to the take-off point final strides to be fast and hips kept high take off foot is slightly ahead of the athlete's body the trunk is upright and leaning slightly back - not leaning towards the bar both arms are swung forwards and upwards with the free leg inside knee stays up at bar level landing on the shoulders. 	<p><u>WARM-UP</u></p> <ul style="list-style-type: none"> Slow jogging sprinting Jumping on spot Head to toe exercise stretching exercises jumping jacks <p><u>SKILL</u></p> <ul style="list-style-type: none"> After the demo all the students go for the practice. 	5. Student who jumps with proper technique. 4. Student who knows how to jump but does not have proper approach run and landing. 3. Student who is not able to jump but effort is there. 2. Follows the instruction but not able to apply the correct technique.	<p>Experiential Learning: Measuring and analyzing jump distances in real time.</p>	<p>Biology: Leg muscles and body mechanics in jumping.</p> <p>Health Science: Role of diet and flexibility in performance.</p> <p>Physical Education: Long jump and triple jump practice sessions.</p> <p>"Flight to Victory" – A role-play on legendary long</p>

	HIGH JUMP	<p>3. Students will be able to Improve footwork.</p> <p>4. Students will be able to Improve flexibility.</p> <p>5. Students will be able to Improve speed.</p>		COOLING DOWN <ul style="list-style-type: none"> • Slow walking • Proper Stretching • Exercise with partners • Lie down in savasana 	1.Follow the instructions but does not show any interest to learn the skill		jumpers and triple jumpers breaking records.
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GRADE-X
SESSION 2024-25
FEBRUARY

MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRICS/ASSESMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
Class –X	<p>Game- Football</p> <p>Skill- long Kick</p>	<p>1. Student will be able to learn how to do long kick.</p> <p>2. Students will be able to develop leg strength.</p> <p>3. Students will be able to Improve leg eye coordination.</p> <p>4. Students will be able to Improve body balance.</p> <p>5. Students will be able to Improve ankle flexibility.</p> <p>6. students will be able to develop Endurance during work out</p>	<p>During a free kick when you strike a stationary ball, angle yourself to prepare to kick the ball with your stronger foot. Otherwise, when dribbling with the ball, push the ball ahead of you and towards your kicking foot. Shift yourself and the ball to get the proper kicking angle. For example, when kicking the ball with your right foot, shift your body to the left or while running push the ball ahead so it is in front of your right big toe. Contacting the ball slightly to the right or left of centre will generate full contact with less sway than a strike dead-centre.</p> <p>TEACHING TOOLS</p> <div> <div>-Football</div> <div>-Ground</div> <div>-</div> </div> <div> <div>Footballs</div> <div>-Cones</div> <div>-</div> </div> <div> <div>Markers</div> <div>- Bibs</div> <div>-</div> </div> <div> <div>whistle</div> <div>- Line powder</div> <div></div> </div> 	<p>WARM-UP</p> <ul style="list-style-type: none"> ➤ Slow jogging ➤ Jumping on spot ➤ Head to toe stretching exercises <p>SKILL</p> <p>After the Demo all the students go for the practice.</p> <p>COOLING DOWN</p> <ul style="list-style-type: none"> ➤ Slow walking ➤ Proper Stretching Exercise with partners. 	<p>5. Student who do long kick with proper technique.</p> <p>4. Student who knows how to do long kick but does not have proper stance.</p> <p>3. Student who is not able to do long kick but effort is there.</p> <p>2. Follows the instruction but not able to apply the correct technique.</p> <p>1. Follow the instructions but does not show any interest to learn the skill.</p>	<p>Creating a mural showing the evolution of football over time</p> <p>Designing football cleats with cultural patterns</p>	<p>Geography: Studying FIFA World Cup host countries and their cultures</p> <p>Math: Angles in shooting and passing</p> <p>Writing a short script on a football team’s journey to success</p> <p>Dramatizing a real-life football championship moment</p>

