



**GRADE-VIII**  
**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
April 18	<b>GAME- VOLLEYBALL</b>  <b>SKILL -SETTING THE BALL</b>	<p>. 1. Student will be able to learn setting the ball.</p> <p>2. Students will be able to develop arm strength.</p> <p>3. Students will be able to Improve shoulder flexibility.</p> <p>4. Students will be able to Improve eye hand coordination.</p> <p>5. Students will be able to Improve body coordination.</p>	<ul style="list-style-type: none"><li>● Extend your arms up over your head.</li><li>● Position your hands.</li><li>● Position your feet.</li><li>● Bend your knees</li><li>● Decide where to send the ball</li><li>● Push upwards.</li><li>● Follow through.</li></ul> 	<p><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"><li>● Slow jogging</li><li>● sprinting</li><li>● Jumping on spot</li><li>● Head to toe</li><li>● stretching exercises</li><li>● Sit-ups</li></ul> <p><b><u>SKILL</u></b></p> <ul style="list-style-type: none"><li>● After the demo all the students go for the practice.</li></ul> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"><li>● Slow walking</li><li>● Proper Stretching</li><li>● Exercise with partners</li><li>● Lie down on floor.</li></ul>	<p>5. Student who set the ball with proper technique.</p> <p>4. Student who knows how to do setting the ball but does not have proper approach to the ball and lifting the ball.</p> <p>3. Student who is not able to do setting the ball 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>	Calculating angles of serves and spikes	<p><b>Math:</b> Calculating angles of serves and spikes</p> <p><b>Science:</b> Newton's Laws in volleyball movements</p> <p>Creating a dance performance based on volleyball movements</p> <p>Exploring folk dance with volleyball rhythms</p>

**GRADE-VIII**  
**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
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May 11	GAME- BADMINTON  SKILL-	<p>1. Student will be able to learn how to do drop shot in badminton.</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 body coordination.</p> <p>5. Students will be able to Improve agility.</p>	<p>There are five types of badminton drop shot.</p> <ul style="list-style-type: none"> <li>Basic or slow forehand drop shot</li> <li>Slice or fast forehand drop shot</li> <li>Reverse slice drop shot</li> <li>Basic backhand drop shot</li> <li>Slice backhand drop shot</li> </ul> <p>Net Drop</p> 	<p><b>WARM-UP</b></p> <ul style="list-style-type: none"> <li>Slow jogging</li> <li>Jumping on spot</li> <li>Head to toe</li> <li>Stretching exercises</li> <li>Jumping jacks</li> </ul> <p><b>SKILL</b></p> <ul style="list-style-type: none"> <li>After the demo all the students go for the practice.</li> </ul> <p><b>COOLING DOWN</b></p> <ul style="list-style-type: none"> <li>Slow walking</li> <li>Proper Stretching</li> <li>Exercise with partners</li> <li>Lie down in savasana</li> </ul>	<p>5. Student who take drop shot with proper technique.</p> <p>4. Student who knows how to take drop shot 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>Designing artistic court layouts Making shadow puppets of badminton matche</p>	<p><b>Math:</b> Calculating shooting angles and force <b>History:</b> The invention of basketball and its global impact</p> <p>Composing a rhythmic song using shuttlecock sounds Designing traditional costumes for players</p>
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GRADE-VIII  
SESSION 2025-2026  
MAY


MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRIC/ ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi- Disciplinary
Class-VII	GAME-BASKETBALL  ADVANCE DRIBBLING	<p>1. Students Will be able to learn the skill dribbling with accuracy in basketball.</p> <p>2. Students will be able to learn eye hand co-ordination.</p> <p>3. Students will be able to Improve agility while doing passing.</p> <p>4. Students will be able to Improve flexibility during stretching exercise.</p> <p>5. Students will be able</p>	<p>1. Ball Slaps</p> <p>2. Straight Arm Finger Taps</p> <p>3. Wraps – Around Ankle, Waist, Around Head, Around the world</p> <p>4 Wraps – Figure 8 Around Legs</p> <p>5. Wraps – Around Right Leg</p> <p>6. Wraps – Around Left Leg</p> <p>7. Wraps – Double Leg, Single Leg</p>	<p><b>WARM –UP</b></p> <ul style="list-style-type: none"> <li>Slow jogging</li> <li>Running</li> <li>Sprints</li> <li>Stretching Exercise</li> <li>Forward &amp; backward bending</li> </ul> <p>After demonstration all students go practice skill.</p>	<p>5. Student does proper accurate dribbling with proper technique.</p> <p>4. Student who knows how to do the dribbling but don’t have proper contact on floor during dribbling.</p> <p>3. Student who is not able to use dribbling with ball but effort is there.</p>	<p>Designing team jerseys using regional art patterns Making a digital collage of famous players</p>	<p><b>Math:</b> Calculating shooting angles and force <b>History:</b> The invention of basketball and its global impact</p> <p>Choreographing a basketball-themed dance Creating a rap song on teamwork and sportsmanship</p>

		to Improve speed during sprints. Students will be able to developed strength endurance.	<b>TEACHING AIDS</b> BASKETBALL COURT BASKETBALL CONES MARKERS BIBS WHISTLE STOPWATCH	<b><u>COOLING DOWN</u></b> <ul style="list-style-type: none"> <li>Slow walking</li> <li>Stretching exercise with partners</li> <li>Lie down in shav asana.</li> </ul>	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.		
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**GRADE-VIII**  
**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
JULY 21	<b>GAME- CRICKET</b>  <b>SKILL- HIGH CATCH</b>	. 1. Student will be able to learn how to do high catch.  2. Students will be able to develop eye hand coordination  3. Students will be able to Improve body balance.  4. Students will be able to Improve body coordination.  5. Students will be able to Improve neuromuscular coordination.	Hold your hands together with your palms face away from your body.  Align yourself with the approaching ball and stand with your knees bent.  Draw your hands toward a shoulder as you catch the ball.  Use the orthodox grip if you’re on the run to catch a high ball.  Deliver an overarm throw after catching the ball.	<b><u>WARM-UP</u></b> <ul style="list-style-type: none"> <li>Slow jogging</li> <li>Jumping on spot</li> <li>Head to toe</li> <li>Stretching exercises</li> <li>Jumping jacks</li> </ul> <b><u>SKILL</u></b> <ul style="list-style-type: none"> <li>After the demo all the students go for the practice.</li> </ul> <b><u>COOLING DOWN</u></b> <ul style="list-style-type: none"> <li>Slow walking</li> <li>Proper Stretching</li> <li>Exercise with partners</li> <li>Lie down in savasana.</li> </ul>	5. Student who catch high catch with proper stance and with proper technique. 4. Student who knows how to take a high catch but don’t have proper technique. 3. Student who is not able to take catch 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.	Designing cricket team jerseys using Indian folk art Making clay models of a cricket field	<b>Math:</b> Calculating batting averages and strike rates <b>Physics:</b> Understanding the swing of a cricket ball and spin bowling  Writing a folk song about famous cricketers Enacting a drama on India’s Cricket World Cup victories

**GRADE -VIII**  
**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
AUGUST 14	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><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"> <li>• Slow jogging</li> <li>• Shuttle run</li> <li>• Jumping on spot</li> <li>• Head to toe</li> <li>• stretching exercises</li> <li>• Wrist exercise</li> </ul> <p><b><u>SKILL</u></b></p> <ul style="list-style-type: none"> <li>• After the demo all the students go for the practice.</li> </ul> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>• Slow walking</li> <li>• Upper body Stretching</li> <li>• Lie down in savasana</li> </ul>	<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>	<p>Sketching different strokes (topspin, backspin) Designing paddle covers using traditional art</p>	<p><b>Physics:</b> Reflection and angles in table tennis shots <b>History:</b> Evolution of table tennis from British times</p> <p>Writing a rhythmic poem about table tennis Creating a short skit on a table tennis championship</p>

**GRADE -VIII**  
**SESSION 2025-2026**  
**AUGUST**


MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRICS/ASSESMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary

	<p>Game- Basketball</p> <p>Skill- Pivot</p> <p>- When a player stands still and steps with one foot.</p>	<p>1. Students Will be able to learn the skill pivot with accuracy in basketball.</p> <p>2. Students will be able to learn eye hand co-ordination.</p> <p>3. Students will be able to Improve agility while doing passing.</p> <p>4. Students will be able to Improve flexibility during stretching exercise.</p> <p>5. Students will be able to Improve speed during sprints. Students will be able to developed strength endurance.</p>	<p>The ball and are standing still a player may step with one foot, which enables them to change direction (e.g. to move away from a defender). Pivoting is when a player stands still and steps with one foot. The foot that stays on the ground is called the pivot foot.</p> <p><b>TEACHING TOOLS</b></p> <p>-Basketball court</p> <p>-Basketball</p> <p>-Cones</p> <p>-Markers</p> <p>-Bibs</p> <p>-Whistle</p> <p>-Stopwatch</p> 	<p><b>WARM-UP</b></p> <ul style="list-style-type: none"> <li>➤ Slow jogging</li> <li>➤ Running</li> <li>➤ Sprints</li> <li>➤ Stretching Exercise</li> <li>➤ Forward &amp; backward bending</li> </ul> <p>After demonstration all students go practice skill.</p> <p><b>COOLING DOWN</b></p> <ul style="list-style-type: none"> <li>➤ Slow walking</li> <li>➤ Stretching exercise with partners</li> </ul> <p>Lie down in shav asana.</p>	<p>5. Student does proper accurate Pivot with proper technique.</p> <p>4. Student who knows how to do Pivot but don't have proper contact on floor during dribbling.</p> <p>3. Student who is not able to use pivot with ball 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>Designing team jerseys using regional art patterns</p> <p>Making a digital collage of famous players</p>	<p><b>Math:</b> Calculating shooting angles and force</p> <p><b>History:</b> The invention of basketball and its global impact</p> <p>Choreographing a basketball-themed dance</p> <p>Creating a rap song on teamwork and sportsmanship</p>
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GRADE-VIII  
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
<p>SEPTEMBER</p> <p>7</p>	<p>GAME- ATHLETIC</p> <p>SKILL- LONG JUMP</p>	<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><b>WARM-UP</b></p> <ul style="list-style-type: none"> <li>● Slow jogging</li> <li>● sprinting</li> <li>● Jumping on spot</li> <li>● Head to toe</li> <li>● stretching exercises</li> </ul> <p><b>SKILL</b></p> <ul style="list-style-type: none"> <li>● After the demo all the students go for the practice.</li> </ul>	<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>Drawing illustrations of different track &amp; field events</p> <p>Composing a fitness journal with artistic calligraphy</p>	<p><b>Biology:</b> Understanding muscle groups used in running/jumping</p> <p><b>Geography:</b> Studying climate impact on performance</p> <p>Writing a motivational sports song</p> <p>Creating a music video on famous athletic achievements</p>




		<p>4. Students will be able to Improve flexibility.</p> <p>5. Students will be able to Improve speed.</p>		<p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>• Slow walking</li> <li>• Proper Stretching</li> <li>• Exercise with partners</li> <li>• Lie down in savasana</li> </ul>	<p>1. Follow the instructions but does not show any interest to learn the skill</p>		
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**GRADE-VIII**  
**SESSION 2025-26**  
**OCTOBER**

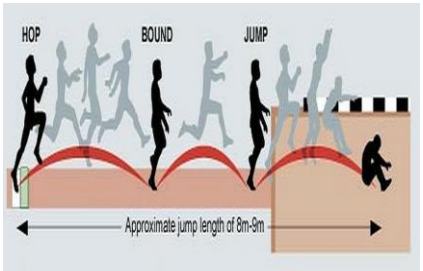
MONTH	CONTENT	LEARNING OUTCOME	SKILL	LEARNING OBJECTIVE	RUBRIC FOR ASSESSMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
<b>OCTOBER 15</b>	<b>GAME-BASKETBALL REBOUNDING</b>	<p><b>1.</b> Student Will be able to learn Rebounding in basketball Game.</p> <p><b>2.</b> Students will able to develop eye hand coordination during collecting Rebound.</p> <p><b>3.</b> Students will able to develop agility during shuttle run.</p> <p><b>4.</b> Students will able to develop Improve flexibility during stretching exercise.</p> <p><b>5.</b> Students will able to Improve speed during workout.</p> <p><b>6.</b> Students will able to Improve strength training during workout.</p>	<p>Defensive players (X) are in defensive guarding positions, but allow a shot to be taken. The two defensive guards box-out their men, then move to their points for the outlet pass, while the offensive guards either try to prevent the outlet pass. The inside offensive players fight for the offensive rebound, but become defenders if they lose the rebound If the defense rebounds and outlets the ball, this initiates a three-on-two fast break with the offside rebounder joining the attack.</p> <p><b>TEACHING TOOLS</b></p> <p>-Basketball court  -Basketballs  -Cones  -Markers  -Bibs  -Whistle</p>	<p><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"> <li>➤ On the spot high knees action</li> <li>➤ Jumping on spot</li> <li>➤ Shuttle run</li> <li>➤ Forward and backward bending.</li> <li>➤ Head to toe stretching exercises</li> </ul> <p>After the demo all the students go for the practice.</p> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>➤ Slow walking</li> <li>➤ Slow stretching</li> <li>➤ Inhale with noise and exhale with mouth.</li> </ul>	<p><b>5.</b> Student does proper rebounding with proper technique.</p> <p><b>4.</b> Student who knows how to do proper Rebounding but don’t have proper contact on ball.</p> <p><b>3.</b> Student who is not able to use Rebounding but effort is there.</p> <p><b>2.</b> Follows the instruction but not able to apply the correct technique.</p> <p><b>1.</b> Follows the instructions but does not show any interest to learn the skill.</p>	<p>Designing team jerseys using regional art patterns</p> <p>Making a digital collage of famous players</p>	<p><b>Math:</b> Calculating shooting angles and force</p> <p><b>History:</b> The invention of basketball and its global impact</p>

**GRADE-VIII**  
**SESSION 2025-2026**  
**OCTOBER**

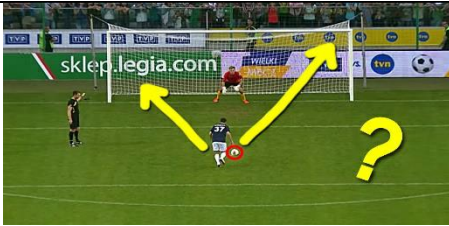
MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRICS/ASSESMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
	Game- Athletic  Skill-Relay Race(4x100M)	<p>1. Students Will be able to learn the skill 100m sprint.</p> <p>2. Students will be able to learn eye hand co-ordination.</p> <p>3. Students will be able to Improve agility while doing passing.</p> <p>4. Students will be able to Improve flexibility during stretching exercise.</p> <p>5. Students will be able to Improve speed during sprints.</p> <p>6. Students will be able to developed strength endurance.</p>	<p>The 4x100m relay is an event where a relay team of four members each run a distance of 100m in a single designated lane. During each leg run, the athlete has to carry a baton and hand it over to the next team member. The baton exchange has to happen within a 20m changeover box, located 10m before and 10m after the start of each leg, starting from the second relay runner.</p> <p><b>TEACHING TOOLS</b>            -Athletic track            -Line powder            -Clapper            -Cones            -Markers            -Bibs            -Whistle</p> 	<p><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"> <li>➤ Slow jogging</li> <li>➤ Jumping on spot</li> <li>➤ Head to toe stretching exercises</li> </ul> <p><b><u>SKILL</u></b>            After the Demo all the students go for the practice.</p> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>➤ Slow walking</li> <li>➤ Proper Stretching Exercise with partners.</li> </ul>	<p>5. Student does proper 4X100M sprint with proper technique.</p> <p>4. Student who knows how to do the4X 100m sprint but don’t have proper running on the track.</p> <p>3. Student who is not able to 4X100m race with speed 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>Creating baton designs with traditional motifs</p> <p>Sketching a timeline of record-breaking relay races</p>	<p><b>Math:</b> Calculating individual and team timings</p> <p><b>Physics:</b> Understanding speed, acceleration, and baton exchange techniques</p> <p>Writing a short story on teamwork in relay races</p> <p>Choreographing a relay race-inspired group dance</p>

**GRADE-VIII**  
**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
NOVEMBER 17	GAME-  ATHLETICS	<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>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><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"> <li>● Slow jogging</li> <li>● sprinting</li> <li>● Jumping on spot</li> <li>● Head to toe exercise</li> <li>● stretching exercises</li> </ul>	<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>Drawing illustrations of different track &amp; field events</p> <p>Composing a fitness journal with artistic calligraphy</p>	<p><b>Biology:</b> Understanding muscle groups used in running/jumping</p> <p><b>Geography:</b> Studying climate impact on performance</p> <p>Writing a motivational sports song</p>

	<b>SKILL- TRIPLE JUMP</b>	<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>		<ul style="list-style-type: none"> <li>• jumping jacks</li> </ul> <p><b><u>SKILL</u></b></p> <ul style="list-style-type: none"> <li>• After the demo all the students go for the practice.</li> </ul> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>• Slow walking</li> <li>• Proper Stretching</li> <li>• Exercise with partners</li> <li>• Lie down in savasana</li> </ul>	<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>		Creating a music video on famous athletic achievements
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**GRADE-VIII  
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
<b>DECEMBER 14</b>	<b>GAME- FOOTBALL  SKILL- PENALTY KICK</b>	<p>1. Student will be able to learn how to penalty shot.</p> <p>2. Students will be able to develop leg strength during squad workout.</p> <p>3. Students will be able to Improve footwork during kicking ball many times.</p> <p>4. Students will be able to Improve flexibility during stretching exercise.</p> <p>5. Students will be able to Improve</p>	 <p><b>Place the ball yourself.</b></p> <p><b>Take three or four steps back.</b></p> <p><b>Pick a spot to aim and stick to it.</b></p> <p><b>Strike the ball with your instep.</b></p> <p><b>Let your teammates get a rebound, if there is one.</b></p>	<p><b><u>WARM-UP</u></b></p> <ul style="list-style-type: none"> <li>• Slow jogging</li> <li>• Jumping on spot</li> <li>• Head to toe</li> <li>• Stretching exercises</li> <li>• Jumping jacks</li> </ul> <p><b><u>SKILL</u></b></p> <ul style="list-style-type: none"> <li>• After the demo all the students go for the practice.</li> </ul> <p><b><u>COOLING DOWN</u></b></p> <ul style="list-style-type: none"> <li>• Slow walking</li> <li>• Proper Stretching</li> <li>• Exercise with partners</li> </ul>	<p>5. Student who do penalty kick with proper footwork and with proper technique.</p> <p>4. Student who knows how to take a penalty kick but don't have proper footwork and stance.</p> <p>3. Student who is not able to use kick on the ball 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>Designing goalpost models</p> <p>Creating a visual timeline of iconic penalty shootouts</p>	<p><b>Math:</b> Probability of scoring based on angles and power</p> <p><b>Physics:</b> Understanding force, momentum, and trajectory of a football</p> <p>Composing a poem on the pressure of penalty kicks</p> <p>Dramatizing a famous penalty kick moment from football history</p>




		agility during shuttle run sets.		<ul style="list-style-type: none"> <li>Lie down savasana</li> </ul>			
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**GRADE-VIII**  
**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
JANUARY  8	GAME-  ATHLETICS	. 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"> <li>followed by a curved 5 stride approach to the take-off point</li> <li>final strides to be fast and hips kept high</li> <li>take off foot is slightly ahead of the athlete's body</li> <li>the trunk is upright and leaning slightly back - not leaning towards the bar</li> <li>both arms are swung forwards and upwards with the free leg</li> <li>inside knee stays up at bar level landing on the shoulders.</li> </ul> 	<u><b>WARM-UP</b></u> <ul style="list-style-type: none"> <li>Slow jogging</li> <li>sprinting</li> <li>Jumping on spot</li> <li>Head to toe exercise</li> <li>stretching exercises</li> <li>jumping jacks</li> </ul>	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.  1.Follow the instructions but does not show any interest to learn the skill	Drawing illustrations of different track & field events Composing a fitness journal with artistic calligraphy	<b>Biology:</b> Understanding muscle groups used in running/jumping <b>Geography:</b> Studying climate impact on performance  Writing a motivational sports song Creating a music video on famous athletic achievements
	SKILL-  HIGH JUMP	3. Students will be able to Improve footwork.  4. Students will be able to Improve flexibility.  5. Students will be able to Improve speed.		<u><b>SKILL</b></u> <ul style="list-style-type: none"> <li>After the demo all the students go for the practice.</li> </ul> <u><b>COOLING DOWN</b></u> <ul style="list-style-type: none"> <li>Slow walking</li> <li>Proper Stretching</li> <li>Exercise with partners</li> <li>Lie down in savasana</li> </ul>			

**GRADE-VIII**  
**SESSION 2024-25**  
**FEBRUARY**

MONTH	CONTENT GAME/SKILL	LEARNING OUTCOME	PEDAGOGY INSTRUCTIONAL TOOLS	LEARNING OBJECTIVE	RUBRICS/ASSESMENT	Subject Enrichment Activity	Art Integration /Multi-Disciplinary
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	<div>Game-Football</div> <div>Skill- long Kick</div>	<div>1. Student will be able to learn how to do long kick.</div> <div>2. Students will be able to develop leg strength.</div> <div>3. Students will be able to Improve leg eye coordination.</div> <div>4. Students will be able to Improve body balance.</div> <div>5. Students will be able to Improve ankle flexibility.</div> <div>6. students will be able to develop Endurance during work out</div>	<div>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.</div> <div>TEACHING TOOLS</div> <div><div>-Football</div><div>Footballs</div><div>Markers</div><div>whistle</div><div>-Ground</div><div>-Cones</div><div>- Bibs</div><div>- Line powder</div><div>-</div><div>-</div><div>-</div></div> <div></div>	<div>WARM-UP</div> <div><div>➤ Slow jogging</div><div>➤ Jumping on spot</div><div>➤ Head to toe stretching exercises</div></div> <div>SKILL</div> <div>After the Demo all the students go for the practice.</div> <div>COOLING DOWN</div> <div><div>➤ Slow walking</div><div>➤ Proper Stretching Exercise with partners.</div></div>	<div>5. Student who do long kick with proper technique.</div> <div>4. Student who knows how to do long kick but does not have proper stance.</div> <div>3. Student who is not able to do long kick but effort is there.</div> <div>2. Follows the instruction but not able to apply the correct technique.</div> <div>1. Follow the instructions but does not show any interest to learn the skill.</div>	<div>Designing football boot patterns for better long kicks</div> <div>Creating an infographic on long-kick techniques.</div>	<div>Math: Measuring distances of long kicks, calculating angles and speed</div> <div>Physics: Understanding projectile motion, force, and air resistance</div> <div>Writing a dramatic commentary on an epic long kick goal</div> <div>Creating a short film or animation on famous long kicks in history</div>
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