

Curriculum - Physical Education

Month	Topic	Teaching method	Learning outcome
April	Different types of walk, Free hand exercises	Modelling & Demonstration	Enhanced coordination and balance & Improved muscle engagement
May	Mass P.T, Red Light and Green light, Passing the ring	Modelling & Demonstration	Improved body muscle, flexibility, body awareness
July	Yoga, Make a group, Tag The Players	Modelling & Demonstration	Increased Stamina and Endurance & Improved Focus and Concentration
August	Frog jump, Ball dribbling, Ball throw	Modelling & Demonstration	Increased stamina & endurance, muscle build, strong core
September	Dog in a bone, walk walk everybody walk, Dodge ball	Storytelling and Imagination	Team building, Quick reflexes
October	Fill the bucket, Free hand exercise, Zumba	Through use of modified sports	Eye-hand coordination, Improved coordination
November	Mass P.T, Red Light and Green light, Shuttle Running	Modelling & Demonstration	Improved body muscle, flexibility, body awareness
December	Musical clap Yoga , Zumba	Demonstration	Improved coordination, Boosts concentration and focus , Enhances Physical fitness. Encourage teamwork and group participation in a fun and engaging way
January	Zumba, Clap and catch the ball	Modelling & Demonstration	Body flexibility, Endurance, Eye hand & body coordination
February	Fill the bucket, Free hand exercise,	Through use of modified sports	Eye-hand coordination, Improved coordination