

| 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, Hopscotch     | 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, Hit the cones                       | 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,               | 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                         | Yoga - Balance, backward bending & Forward bending | 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   |