

PHYSICAL EDUCATION MODEL YEAR PLAN FOR THE YEAR OF 2011-2012

S.NO	MONTH	SUBJECT MATTER			
		VI-CLASS	VII-CLASS	VIII-CLASS	IX & X-CLASSES
1	JUNE	Teachng of Minor Games	Attention,Stand-at-ease and Turnings	Attention,Stand-at-ease and Turnings	Teaching of Minor Games,Turnings,Attention,Stand-at-ease
2	JULY	Warming up Excercises,Turnings and Positions	Warming up Excercises,Turnings and Effencive Skills in Kabaddi	Warming up,Mass drill Excercises and Teaching of Minor Games	Mass drill,Warming up Excercises and Asanas.
3	AUGUST	Callesthenics,Asanas,Some Skills in Kabaddi	Asanas,Kho-kho Skills	Physical Education Skill Tests for HEALTH RECORDS and SKILL TEST REGISTERS	
4	SEPTEMBER	Kho-Kho Skills and Asanas	Kabaddi Skills,Mass drill Excsecises and Long Jump	Asanas,Kabaddi Skills,long Jump	Track Events and Kabaddi
5	OCTOBER and NOVEMBER	Kho-Kho Skills and Kabaddi Skills	Kabaddi Skills,Sprints and Suryanamaskaras	Kabaddi Skills,Sprints and Suryanamaskaras	Field Events
6	DECEMBER	Mass drill Excercises,Marching Excercises	Field Events	Revision of kabaddi Skills,Field Events	Kho-Kho Skills,Suryanamaskaras and Ball Badminton
7	JANUARY	Mass drill Excercises,Field Events	Mass drill Excercises	Revision of Kho-Kho Skills	Revision of kabaddi and Kho-Kho Skills
8	FEBRUARY	Revision of kabaddi and Kho-Kho Skills			Physical Education Skill Tests for HEALTH RECORDS and SKILL TEST REGISTERS
9	MARCH	Revision of Callesthenics and Athelletics			