

**INDIAN SCHOOL WADI AL KABIR****ANNUAL YEAR PLAN: 2026 - 2027****SUBJECT: PHYSICAL EDUCATION**

CLASS	APRIL 2026	MAY 2026	JUNE 2026	JULY 2026	AUGUST 2026	SEPTEMBER 2026	OCTOBER 2026	NOVEMBER 2026	DECEMBER 2026	JANUARY 2026	FEBRUARY 2026	MARCH 2026
CLASS V	HUMAN BODY, Cleanliness, Taking care of self and sick person, MAJOR GAME: Introduction of the game Cricket , Marching commands, Activity: cricketball throw	Marching commands, Cricket skills : Grip, stance, lift, Footwork, Activity: Balalncing cone	SUMMER VACATION	SUMMER VACATION , Marching commands, Cricket skill & drills, Activity : Balancing cone,	HEALTH STATUS AND ASSEMENT, Modified cricket games focusing on fun and participation. Development of healthy habits • Adoption of safety procedures , Activity: standing Broad Jump	ASSESSMENT ,GRADING, SPORTS DAY PRACTICE,ACTIVITY: SHUTTLE RUN	introduction of game field hockey,ACTIVITY: 50 mtr /75 mtr race	MARCHING COMMAND, Sports Day Practices,ACTIVITY: STEP UPS / Selection for sports day event	Hockey rules and regulations, skills and drills, Inter house marching selection & Practice Activity - Sit ups	SOCIAL HEALTH, Revise skills and drills of cricket & hockey, Minor games/ fun games ., SPORTS DAY REHERSEL AND PRACTICES	*KEHLO INDIA FITNESS TEST *Minor games * Free Play HEALTH STATUS AND ASSEMENT	FINAL ASSESSMENT

