

Indian School Al Wadi Al Kabir

Indian School Al Wadi Al Kabir						
		2025-26				
	Syllabus for class: II		PHYSICAL EDUCATION	APRIL		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
WEEK 1	Introduction to Physical Education, Introduction of Body parts, Marching commands, Attention-stand-at ease, Running ABC	Understand the Importance of Physical Education, Understand the Body Parts involve in exercises, Form of Discipline	Start with a brief introduction, Demonstration	2	Mirror practice at home	1. Whistle Cones 2.
Week-2	Introduction to Physical Education, Introduction of Body parts, Marching commands, Attention-stand-at ease, Running ABC, 50 meter selection	Understand the Importance of Physical Education, Understand the Body Parts involve in exercises, Form of Discipline	Start with a brief introduction, Demonstration	2	Mirror practice at home	1. Whistle Cones 2. 3. Tape
WEEK 3	Introduction to Physical Education, Introduction of Body parts, Marching commands, Attention-stand-at ease, 50 meter selection, minor games	Understand the Body Parts, involve in exercises, competitive / Sense of Achievemnet / understand the concept of speed	Start with a brief introduction, Demonstration	2	Mirror practice at home	1. Whistle Cones 2. 3. Tape
WEEK 4	Introduction to Physical Education, Introduction of Body parts, Marching commands, Attention-stand-at ease, 50 meter selection, minor games	Understand the Body Parts, involve in exercises, competitive / Sense of Achievemnet / understand the concept of speed	Start with a brief introduction, Demonstration	2	Mirror practice at home	1. Whistle Cones 2. 3. Tape
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	Syllabus for class: II		PHYSICAL EDUCATION	MAY		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Standing Broad Jump	Understand the Importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet / understand the	oral method , Demonstration method	2	mirror practice at home	1. Whistle Cones 2.
Week-2	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Standing Broad Jump	Understand the Importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet / understand the concept of explosive strength	oral method , Demonstration method	2	mirror practice at home	1. Whistle Cones 2.
WEEK 3	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Standing Broad Jump	Understand the Importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet / understand the concept of explosive strength	oral method , Demonstration method	2	mirror practice at home	1. Whistle Cones 2.
WEEK 4	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Standing Broad Jump	Understand the Importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet / understand the	oral method , Demonstration method	2	mirror practice at home	1. Whistle Cones 2.

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	Syllabus for class: II		PHYSICAL EDUCATION	JUNE		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Standing Broad Jump (PRE MID TERM EXAM)	Understand the importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet / understand the	oral method , Demonstration method	2	2	1. Whistle 2. Cones
Week-2	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
WEEK 3	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
WEEK 4	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
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	Syllabus for class: II		PHYSICAL EDUCATION	JULY		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	SUMMER VACCATION		SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
Week-2	SUMMER VACCATION		SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
WEEK 3	SUMMER VACCATION		SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
WEEK 4	SUMMER VACCATION		SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION	SUMMER VACCATION
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	Syllabus for class: II		PHYSICAL EDUCATION	AUGUST		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Introduction to Movements, jumping: SPORTS DAY DRILL PRACTICE	Develop physical fitness and coordination among	warm-up Activities: Begin with dynamic stretches and light cardio exercises to prepare	2	Encourage students to take on leadership roles during the mass PT session, such as	1.Cones

WEEK 1	SPORTS DAY DRILL PRACTICE , Activity: shuttle Run	students.Promote teamwork , Understand the concept of Agility	cardio exercises to prepare students' muscles and joints for physical activity	2	mass PT session, such as leading warm-up exercises or organizing group activities	2. Whistle
Week-2	Introduction to Movements, jumping: SPORTS DAY DRILL PRACTICE , Activity: shuttle Run	Develop physical fitness and coordination among students.Promote teamwork , Understand the concept of Agility	Warm-up Activities: Begin with dynamic stretches and light cardio exercises to prepare students' muscles and joints for physical activity	2	Encourage students to take on leadership roles during the mass PT session, such as leading warm-up exercises or organizing group activities	1.Cones 2. Whistle
WEEK 3	Introduction to Movements, jumping: SPORTS DAY DRILL PRACTICE , Activity: shuttle Run	Develop physical fitness and coordination among students.Promote teamwork , Understand the concept of Agility	Warm-up Activities: Begin with dynamic stretches and light cardio exercises to prepare students' muscles and joints for physical activity	2	Encourage students to take on leadership roles during the mass PT session, such as leading warm-up exercises or organizing group activities	1.Cones 2. Whistle
WEEK 4	Introduction to Movements, jumping: SPORTS DAY DRILL PRACTICE , Activity: shuttle Run	Develop physical fitness and coordination among students.Promote teamwork , Understand the concept of Agility	Warm-up Activities: Begin with dynamic stretches and light cardio exercises to prepare students' muscles and joints for physical activity	2	Encourage students to take on leadership roles during the mass PT session, such as leading warm-up exercises or organizing group activities	1.Cones 2. Whistle
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Syllabus for class: II			PHYSICAL EDUCATION	SEPTEMBER		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	*MIDTERM EXAMS * HEALTH STATUS * ASSESSMENT & GRADES	Assess students' current health status and fitness level. Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment:* Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness	2	Have students keep a fitness journal to record their daily physical activity,	1. Whistle 2. weighing Machine
Week-2	*MIDTERM EXAMS * HEALTH STATUS * ASSESSMENT & GRADES	Assess students' current health status and fitness level. Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment:* Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness	2	journal to record their daily physical activity,	1. Whistle 2. weighing Machine
WEEK 3	*MIDTERM EXAMS * HEALTH STATUS * ASSESSMENT & GRADES	Assess students' current health status and fitness level. Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment:* Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness	2	journal to record their daily physical activity,	1. Whistle 2. weighing Machine
WEEK 4	*MIDTERM EXAMS * HEALTH STATUS * ASSESSMENT & GRADES	Assess students' current health status and fitness level. Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment:* Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness	2	Have students keep a fitness journal to record their daily physical activity,	1. Whistle 2. weighing Machine
Syllabus for class: II			PHYSICAL EDUCATION	OCTOBER		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Introduction to Movements: Throwing ,Calisthenics Exercise for Sports day, ACTIVITY: CRICKET BALL THROW	Preperation for Mass Drill, Understand the concept of throws	Demonstration Method , set drill method	2	Practice / monitor	1. Whistle 2. Tennis Ball 3. cricketball 4. Measuring Tape
Week-2	Introduction to Movements: Throwing ,Calisthenics Exercise for Sports day, ACTIVITY:	Preperation for Mass Drill, Understand the concept of throws	Demonstration Method , set drill method	2	Practice / monitor	1. Whistle 2. Tennis Ball 3. cricketball

	CRICKET BALL THROW	Understand the concept of throws	Drill method			3. cricketball 4. Measuring Tape
WEEK 3	Introduction to Movements: Throwing ,Calisthenics Exercise for Sports day, CRICKET BALL THROW	Preperation for Mass Drill, Understand the concept of throws	Demonstration Method , set drill method	2	Practice / monitor	1. Whistle 2. Tennis Ball 3. cricketball 4. Measuring Tape
WEEK 4	Introduction to Movements: Throwing ,Calisthenics Exercise for Sports day, CRICKET BALL THROW	Preperation for Mass Drill, Understand the concept of throws	Demonstration Method , set drill method	2	Practice / monitor	1. Whistle 2. Tennis Ball 3. cricketball 4. Measuring Tape
	Syllabus for class: II		PHYSICAL EDUCATION	NOVEMBER		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
Week-2	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
WEEK 3	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
WEEK 4	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
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	Syllabus for class: II		PHYSICAL EDUCATION	DECEMBER		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
Week-2	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Preperation for Mass Drill, Understand the concept of ENDURANCE	Lecture method, Demonstration Method, Partby Part method,	2	Practice / monitor, Encourage students to take on leadership roles during the mass PT session.	1. Whistle 2. stop watch 3. Aerobic steps
WEEK 3	winter holidays					

WEEK 4	winter holidays					
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	Syllabus for class: II		PHYSICAL EDUCATION	JANUARY		School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	Marching commands, Minor Game, Sports Day rehersal	Understand the form of Discipline, Mass Drill Participation, Understanding Games	Demonstration method	2	leadership roles during the mass PT session.	1. Whistle 2. Cones 3. scarf
Week-2	Marching commands, Minor Game, Sports Day rehersal	Understand the form of Discipline, Mass Drill Participation, Understanding Games	Demonstration method	2	leadership roles during the mass PT session.	1. Whistle 2. Cones 3. scarf
WEEK 3	Marching commands, Minor Game, Sports Day rehersal	Understand the form of Discipline, Mass Drill Participation, Understanding Games	Demonstration method	2	leadership roles during the mass PT session.	1. Whistle 2. Cones 3. scarf
WEEK 4	Marching commands, Minor Game, Sports Day rehersal	Understand the form of Discipline, Mass Drill Participation, Understanding Games	Demonstration method	2	leadership roles during the mass PT session.	1. Whistle 2. Cones 3. scarf
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	Syllabus for class: II		PHYSICAL EDUCATION	FEBRAURY		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	*KEHLO INDIA FITNESS TEST games Play	*Minor * Free To introduce students to the Kheilo India Fitness Assessment and its components. To help students understand how to improve their fitness levels through various	Encourage Collaboration and Teamwork,	2	Prepare Fitness chart	1. Whistle 2. Cones 3. Measuring tape 4 weighing machine
Week-2	*KEHLO INDIA FITNESS TEST games Play	*Minor * Free to encourage students to engage in structured, self-directed physical activity that promotes creativity, social interaction, and physical development.	Encourage Collaboration and Teamwork,	2	Prepare Fitness chart	1. Whistle 2. Cones 3. Measuring tape 4 weighing machine
WEEK 3	HEALTH STATUS AND ASSESSMENT TERM II GRADES	Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment:* Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness	2	Prepare health chart	1. Whistle 2. Cones 3. Measuring tape 4 weighing machine
WEEK 4	HEALTH STATUS AND ASSESSMENT	Educate students on the importance of each fitness component for overall	Health Assessment:* Conduct a baseline health assessment for each student, including	2	Prepare health chart	1. Whistle 2. Cones

WEEK 4	TERM II GRADES	of each fitness component for overall health and well-being.	each student, including measurements such as height, weight, and basic fitness.		4. Prepare health chart	3. Measuring tape 4. weighing machine
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Syllabus for class: II			PHYSICAL EDUCATION	MARCH		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	Teaching materials
WEEK 1	HEALTH STATUS AND ASSESSMENT TERM II GRADES	Educate students on the importance of each fitness component for overall health and well-being.	Health Assessment. Conduct a baseline health assessment for each student, including measurements such as height, weight, and basic fitness.	2	Prepare health chart	1. Whistle 2. Cones 3. Measuring tape 4. weighing machine
Week-2	FINAL EXAM					
WEEK 3	FINAL EXAM					
WEEK 4	FINAL EXAM					