

**INDIAN SCHOOLAL 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	FERUARY 2026	MARCH 2026
CLASS I	Introduction to Physical Education Introduction of Body parts Marching commands Concept of strength, Cricket Ball Throw	Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Balancing cone, concept of balance	SUMMER VACATION	HEALTH STATUS * ASSESSMENT & GRADES *SUMMER VACATION Introduction to Movements, Running , marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Balancing cone, concept of balance	HEALTH STATUS AND ASSESSMENT Introduction to Movements, jumping: SPORTS DAY DRILL PRACTICE , Activity: Standing broad jump	Introduction to Movements: Speed ,Calisthenics Exercise for Sports day, ACTIVITY: shuttle run	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: 50 MTR / 75 MTR	Imtroduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Imtroduction about abdominal strength, Calisthenics Exercise for Sports day, ACTIVITY: SIT UPS Winter holidays	Marching commands, Minor Game, Sports Day rehersal	*KEHLO INDIA FITNESS TEST *Minor games * Free Play HEALTH STATUS AND ASSESSMENT	FINAL ASSESSMENT