

Indian School Al Wadi Al Kabir						
		2025-26				
	Syllabus for class: I		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 2. Cones
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 2. Cones 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 2. Cones 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 2. Cones 3. Tape
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	Syllabus for class: I		PHYSICAL EDUCATION	MAY		School: PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials prepared
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 concept of explosive	oral method , Demonstration method	2	mirror practice at home	1. Whistle 2. Cones
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 2. Cones
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	oral method , Demonstration method	2	mirror practice at home	1. Whistle 2. Cones
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 concept of explosive	oral method , Demonstration method	2	mirror practice at home	1. Whistle 2. Cones
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	Syllabus for class: I		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	Understand the Importance of Physical Education, Understand the form of running, Form of Discipline, competitive / Sense of Achievemnet /	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: I		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
		2025-26				
	Syllabus for class: I		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 , 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	1.Cones 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	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	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	1.Cones 2. Whistle
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	Syllabus for class: I		PHYSICAL EDUCATION			
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	School: PRIMARY
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-	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	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	Have students keep a fitness journal to record their daily physical	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	Have students keep a fitness journal to record their daily physical	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-	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	1. Whistle 2. weighing Machine
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	Syllabus for class: I		PHYSICAL EDUCATION			
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods	Assignments	School: PRIMARY
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
Week-2	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 3	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 / monit	1. Whistle 2. Tennis Ball 3. cricketball 4. Measuring Tape
WEEK 4	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 / monit	1. Whistle 2. Tennis Ball 3. cricketball

						4. Measuring
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	Syllabus for class: I		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	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	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	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	1. Whistle 2. stop watch 3. Aerobic steps
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	Syllabus for class: I		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	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	1. Whistle 2. stop watch 3. Aerobic steps
WEEK 3	winter holidays					
WEEK 4	winter holidays					
	2025-26					
	Syllabus for class: I		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	1. Whistle 2. Cones 3. scarf

					session.	
Week-2	Marching commands, Minor Game, Sports Day rehearsal	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 rehearsal	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 rehearsal	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: I		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 Khelo India Fitness Assessment and its components. To help students understand how to improve their fitness levels through	Encourage Collaboration and Teamwork,	2	Prepare Fitness chart	1. Whistle 2. Cones 3. Measuring tape 4 weighing
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 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
		2025-26				
	Syllabus for class: I		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
Week-2	FINAL EXAM					

WEEK 3	FINAL EXAM					
WEEK 4	FINAL EXAM					