

**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 III	HUMAN BODY Marching commands, Attention-stand-at ease, Game: Basketball Dribbling / shooting Concept of strength, Activity: Cricket Ball Throw	Marching commands, Attention-stand-at ease, Game: Basketball Dribbling / shooting Concept of Balance, Activity: Balancing cone	SUMMER VACATION	SUMMER VACATION - marching commands, Attention, Stand At Ease, Left turn, Right Turn, Activity : Balancing cone, concept of balance	HEALTH STATUS AND ASSESSMENT Safety at school Marching commands SPORTS DAY DRILL PRACTICE , Basketball Layup shot/ Jumpshot Activity: Standing broad jump	Marching commands SPORTS DAY DRILL PRACTICE , Basketball Passing/Passing drill Introduction to Movements, Agility: Activity: Shuttle run * ASSESSMENT /GRADES	Game - Badminton - History / skill- grip & clear Introduction to Speed: Calisthenics Exercise for Sports day, ACTIVITY: 50 mtr /75 mtr race	Game - Badminton - skill - stroke Execute basic strokes: serve Introduction about Endurance, Calisthenics Exercise for Sports day, ACTIVITY: STEP UPS	Game - Badminton - skill - Net shots and clear Execute basic strokes: Shot - Forehand / Backhand Introduction about abdominal strength, Calisthenics Exercise for Sports day, ACTIVITY: SIT UPS	Marching commands, Sports Day reherasal	*KEHLO INDIA FITNESS TEST *Minor games * Free Play HEALTH STATUS AND ASSESSMENT	FINAL ASSESSMENT

