

**CLASS VIII**

**SUBJECT : PHYSICAL EDUCATION (2020-21)**

MONTH	SUBJECT	ACTIVITY	LEARNING OUTCOME
APRIL	PHY. EDU.	WARMING UP EXERCISE	REGULAR EXERCISE MAKES STUDENT FEEL MORE
		STRECHING EXERCISE	ENERGETIC, AND ALLOW THEM TO BE MORE ACTIVE
	PUNJABI	L-3 KABADDI	IMPORTANCE OF SPORTS
MAY	PHY. EDU.	RUNNING	TO DEVELOP SPEED, STRENGTH OF THE STUDENT
		JOGGING	
		BALANCING EXERCISE	
JULY	PHY. EDU.	FUNDAMENTAL SKILL OF ANY GAME	TO TAKE PART IN THE COMPETITION, PLAYERS MAKE
		VOLLEY BALL	PREPARATION IN ADVANCE
		BASKETBALL	
		KHO-KHO	
	SCIENCE	CH-11 FORCE AND PRESSURE	KNOWLEDGE ABOUT DIFFERENT TYPES OF FORCE USED WHILE PLAYING GAMES.
AUGUST	PHY. EDU.	MARCH PAST	TO PREPARE STUDENT FOR MARCHING
		MARCH PAST FORMATION	
	ENGLISH	THE SUMMIT WITHIN CH-5(ENG.)	LEARN ABOUT THE QUALITIES REQUIRED TO ACHIEVE SUCCESS.
SEPTEMBER	<b>MID TERM EXAM</b>		
OCTOBER	PHY. EDU.	ATHLETIC{TRACK EVENT}	
		200MTR	TO INCREASE KNOWLEDGE ABOUT ATHLETIC,
		400MTR	TO PREPARE STUDENTS FOR UPCOMING COMPETITION
	SCIENCE	L-12 FRICTION	STUDENTS WILL COME TO KNOW THAT HOW CAN GYMANASTIC FRICTION BE REDUCED AND INCREASED IN KABADDI AND
NOVEMBER	PHY. EDU.	ATHLETIC{FIELD EVENT}	PREPARATION FOR ANNUAL ATHLETIC MEET
		SHORTPUT	TO INCREASE THE KNOWLEDGE ABOUT FIELD EVENT
		LONG JUMP	TO IMPROVE STRENGTH & POWER AND BUILD MUSCLES
	PUNJABI	OLYMPIC CHAMPION (ABHINAV BINDRA)	TO IMPROVE CONCENTRATION & MENTAL DEVELOPMENT
DECEMBER	PHY. EDU.	SLOW AND PACE RUN	TO DEVELOP ENDURANCE ABILITY
		GERMAN DRIL	TO INCREASE STRENGTHENING ABOUT FIELD EVENT
	HINDI	शिक्षा में खेलों का महत्व	BENEFITS OF GAMES
JANUARY		RECREATIONAL ACTIVITIES	TO REDUCE STRESS AND REVISION
FEBRUARY	<b>FINAL EXAMS</b>		