

**CLASS- I**

MONTH	PERIOD	LESSON	SKILL	TEACHING METHODOLOGY	ACTIVITY PROJECT	TEACHING AID	ASSESSMENT	LEARNING OUT COME
Apr	16	Know the props	Know about sports part	By Part & Continue	Pre number our body is wonderfull	Whistle, Ground, Props.	Perform by Students	Help to be creative and
					<b>MATHS</b>			
May	16	Basic fundamental of line formation	know about formation	By Part & Continue	After a bath <b>(English)</b> ਫਲ ਖਾਉ (Punjabi)	Whistle, Ground, Props.	Perform by Students	Name and use props.
July	16	Warming up and stretching Exercise	How to warm your body	By Part & Continue	Improve our health	Whistle, Ground, Props.	Perform by Students	Improve to learn numbers by
Aug	16	Healthy Tips Recreation Game catching and throwing skill	Improve our health	By Part & Continue	खेल के माध्यम से रंगों की पहचान <b>(Hindi)</b>	Black Board	Perform by Students	To know about healthy fruits and
Sep	16	Simply relay race	Improve Endurance	By Part & Continue		Whistle Ground	Perform by Students	Develop of endurance
Oct	14	Safety rules guidelines	know about safety rules	By Part & Continue	Measurement <b>(Math)</b>	Black board chalk	Perform by Students	To know about
Nov	16	Running, Jumping and throwing skill, Turn, Twist pop Clap	Improve stamina all our development	By Part & Continue	1-10 गिनती <b>(Hindi)</b>	Black board chalk	Perform by Students	Co-Ordination and

Dec	14	Basic fundamental of games (Village & Cities)		By Part & Continue		Black board chalk	Perform by Students	Learn about old and new games
Jan	14	Physically fitness catching and throwing skills		By Part & Continue	Safety Rules <b>(EVS)</b> Action words <b>(English)</b>			
Feb	14	FINAL PRACTICAL AND EVALUATIONA		By Part & Continue				