

**INDIAN SCHOOLAL WADI AL KABIR****ANNUAL YEAR PLAN: 2026 - 2027****SUBJECT: PHYSICAL EDUCATION**

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