

Indian School Al Wadi Al Kabir

2025 - 2026

Syllabus for class: IV

Month: APRIL

Subject: PE

School: PRIMARY

WEEK

Learning Objectives

Teaching Strategies

Periods Alloted

Assignments

Teaching materials Required

week-1

.HUMAN BODY PRACTICAL CLASSES. MARCHING COMMANDS. MAJOR GAME. INTRODUCTION OF THE GAME HOCKEY. HISTORY, SKILLS. HEALTHY HABITS.

To introduce and explore the basic concepts of the human body, its parts, and functions in a fun and interactive way • Adoption of safety procedure

introducing players to the fundamental skills of field hockey, including dribbling, passing

2

watching matches,

Week-2

.MARCHING COMMANDS, RIGHT TURN, LEFT TURN. HOCKEY - HOW TO HOLD HOCKEY STICK/DRIBBLING. HEALTHY HABITS. KEEP PLAY FIELD NEAT. KEEPING CLASSROOM CLEAN.

Students will understand the basic rules, equipment, and skills involved in playing field hockey

Students will be able to demonstrate fundamental field hockey technique

2

practice at home

Pictures, PPT, Videos

Week-3

.MARCHING COMMANDS. FREE HAND EXERCISES. HOCKEY - CALISTHENIC EXERCISES. HOCKEY INRA CLASS MATCHES.

Development of knowledge on safety

• To Develop the basic skills

Start with the basics such as explaining and understanding the rules, mastering the fundamental skills

2

draw hockey field diagram

HOCKEY STICKS, BALLS

Week-4

HOCKEY - how to hold hockey stick/Dribbling/Passing

To enhance stickhandling skills in new hockey players through focused practice.

Break down each skill, emphasizing proper techniques

2

• Pictures

HOCKEY STICKS, balls

Syllabus for class: IV

Month: MAY

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WEEK

Syllabus/Topic

Learning Objectives

Teaching Strategies

Periods Alloted

Assignments

Teaching materials Required

Week-1

MOVEMENT AWARENESS,

Development of

.INTRODUCTION TO MOVEMENTS. MARCHING COMMANDS.

.Understand the Importance of physical Education. Understand the form of running. Form of Discipline

• Pictures, PPT

HOCKEY - how to hold hockey stick/Dribbling

Identify and understand the various parts of the hockey stick, stick handling

Begin by explaining the basic hand placement on the stick students will be able to:
1. To understand How to hold the stick
Legal and illegal stick usage,

2

• Pictures

passing, receiving, conduct intra class

Master passing, receiving techniques, modified game

Demonstrating proper form and footwork, breaking down complex movements into smaller steps,

• Charts

conduct intra class

modified game

• Records

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| Week-2 | Developing strength | • Ensuring growth and development | | | • Observation | |
| | Enhance the neuro muscular coordination modified game and selection for interhouse | • Development of physical fitness | | | | • Pictures, PPT .charts |
| | | | | 2 | • Regular practice | |
| Week-3 | specialized game of choice: skills and rules | skills in major games | | | • Observation | |
| | HOCKEY- dribbling /passing/receiving | • Development of basic skills | | | | HOCKEY STICKS |
| | Intra class activities | Preparation to learn fundamental | Demonstrating proper form and footwork, breaking down complex movements into smaller steps, | 2 | • Regular practice | Balls ,measuring tape |
| Week-4 | Specialized game of choice: skills and rules HOCKEY- DRIBBLING/PASSING/RECEIVING INTERHOUSE ACTIVITIES | man fundamental skills in sports and games | | 2 | • Pictures • Records | HOCKEY STICKS, Balls |

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| Syllabus for class: IV | | | Month:JUNE | Subject:PE | School:PRIMARY |
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| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
|--------|--------------------------------------|---------------------|-----------------------|-----------------|-------------|-----------------------------|
| Week-1 | | | • Oral instruction | | | |
| | PRE MID TERM EXAMS & SUMMER VACATION | | • Part method | 2 | | |
| | PRE MID TERM EXAMS & SUMMER VACATION | | | | | |
| Week-2 | PRE MID TERM EXAMS & SUMMER VACATION | | • At will method | 2 | | |
| | PRE MID TERM EXAMS & SUMMER VACATION | | | | | |
| Week-3 | PRE MID TERM EXAMS & SUMMER VACATION | | • Whole part whole me | 2 | | |
| | PRE MID TERM EXAMS & SUMMER VACATION | | | | | |
| Week-4 | PRE MID TERM EXAMS & SUMMER VACATION | | • Set drill method | 2 | | |
| | PRE MID TERM EXAMS & SUMMER VACATION | | Demonstration | | | |

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| Syllabus for class: IV | | | Month:JULY | Subject:PE | School:PRIMARY |
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| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
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| Week-1 | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |

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| Week-2 | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| Week-3 | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| Week-4 | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
| | SUMMER VACATION | | | | | |
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| | Syllabus for class: IV | | Month: AUGUST | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | .MARCHING COMMANDS.CALISTHENIC EXCERCISES.HOCKEY INTRA CLASS | By participating in games, individuals can improve their overall health, social skills, and cognitive abilities while having fun and staying active. | *Break down the game into fundamental skills and concepts, and teamwork. * Oral instruction & demonstration | 2 | • Regular practice | • Pictures, PPT, |
| Week-2 | HOCKEY INTRA CLASS /INTERHOUSE MAJOR GAME: Introduction of the KHO-KHO History, skills, | • Development of healthy habits • Adoption of safety procedures | • Set drill method • Demonstration | 2 | | |
| Week-3 | HEALTH STATUS KHELO INDIA ASSESSMENT FOOD AND NUTRITION: Likes & Dislikes about food, Habit of appreciation of food | Teach the method of performing the skill of BALANCE- Flamingo, tree posture cardio vascular strength coordination | | 2 | • Observation • Regular practice | , HOCKEY STICK, Balls Measuring tape |
| Week-4 | HEALTH STATUS KHELO INDIA ASSESSMENT SPEED FLEXIBILITY ENDURANCE | Teach the method of performing the skill of speed - 50 m dash flexibly - shuttle run endurance - long run | • Set drill method • Demonstration | 2 | • Pictures • Records | , HOCKEY STICK, Balls Measuring tape |
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| | Syllabus for class: IV | | Month:SEPTEMBER | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | *MID TERMEXAMS HEALTH STATUS * ASSESSMENT & GRADES | | *MID TERMEXAMS * HEALTH STATUS * | | | |

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| Week-2 | *MID TERM EXAMS * | | | | | |
| | HEALTH STATUS *ASSESSMENT & GRADES | | | | | |
| Week-3 | Sports day drill practice | | Inter House activities | | | |
| Week-4 | Sports day drill practice | | | | | |
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| | Syllabus for class: IV | | Month:OCTOBER | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | INTER HOUSE ACTIVITIES/ EVENTS | | • Oral instruction | | | |
| | INTRODUCTION OF THE GAME KHO-KHO,SKILLS. | | | | | • Pictures, PPT |
| | Safety in the school and class room | • Development of basic skills | • Part method | 2 | • Pictures | |
| | specialized game of choice, Skills and rules KHO-KHO | Preparation to learn fundamental skills in major games | | | • Records | Kho-Kho court |
| Week-2 | INTER HOUSE ACTIVITIES/ EVENTS | Preparation to learn fundament | | | • Observation | |
| | safety and security | skills in major games | | | | • Pictures, PPT |
| | | • Development of basic skills | • At will method | 2 | • Regular practice | • Charts |
| Week-3 | Safety in the school and class room | | | | • Observation | |
| | | | • Whole part whole method | | | |
| | specialized game of choice, Skills and rules KHO-KHO | • Development of basic skills Preparation to learn fundamental skills in major games | | 2 | • Regular practice | |
| Week-4 | Safety in the school | | | | | |
| | Play ground | | • Set drill method | | • Pictures | |
| | specialized game of choice, Skills and rules | • Development of basic skills | | 2 | | Kho-Kh0 court |
| | | | • Demonstration | | • Records | |
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| | Syllabus for class: IV | | Month: NOVEMBER | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | WE AND OUR ENVIRONMENT | | • Oral instruction | | | |
| | Cleanliness of Surroundings | Enhancement of fitness for healthy living | | | | • Pictures, PPT |
| | MARCHING COMMAND | Identification of the | • Part method | 2 | • Pictures | |
| | Sports Day Practices, Drills and Athletic Events | natural sports man Selection of sports events | | | | • Charts • Records |

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| Week-2 | Maintaining cleanliness of class- rooms | Enhancement of fitness for healthy living | | | • Observation | |
| | | Identification of the | | | | • Pictures, PPT |
| | Sports Day Practices, Drills and Athletic Events | natural sports man Selection of sports events | • At will method | 2 | • Regular practice | • Charts |
| Week-3 | playground, toilets and bathrooms, | Enhancement of fitness for healthy living | | | • Observation | |
| | | Identification of the | • Whole part whole method | | | |
| | Sports Day Practices, Drills and Athletic Events | natural sports man Selection of sports events | | 2 | • Regular practice | |
| Week-4 | WE AND OUR ENVIRONMENT | Enhancement of fitness for healthy living | | | | |
| | Cleanliness of Surroundings | Identification of the | • Set drill method | | • Pictures | |
| | Sports Day Practices, Drills and Athletic Events | natural sports man Selection of sports events | | 2 | | • Records |
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| | Syllabus for class: IV | | Month: DECEMBER | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | KHO-KHO RULES AND RUGULATION | | | | | pictures |
| | DEMONSTRATE KHO-KHO SITTING BLOCK | • Development of healthy habits | • Oral instruction | | Q A | |
| | CHASER ATTACKE | | | 2 | | kho-kho court |
| | SKILL DEVELOPMENT | Development of physical fitness | | | • Charts | |
| | SPORTS DAY DRILL PRACTICE | | | | | |
| Week-2 | MARCHING COMMAND | | | | | |
| | FOOD AND NUTRITION | Balanced dite | | | Q A | |
| | specialized game of choice, Skills and rules | | • Oral instruction | | | |
| | cricket ball throwing to target, catching | | | 2 | • Charts | |
| Week-3 | SAFETY AND SECURITY | Importent of safety | | | | |
| | SPORTS DAY DRILL PRACTICE | | | | | |
| | WINTER VACATION | | | | | |
| | | WINTER VACATION | | | WINTER VACATION | WINTER VACATION |
| Week-4 | | | | | | |
| | WINTER VACATION | WINTER VACATION | | | WINTER VACATION | WINTER VACATION |
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| | Syllabus for class: IV | | Month: JANUARY | Subject:PE | | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| | SOCIAL HEALTH | | • Oral instruction | | | |
| | parents, neighbours and teachers | • Development of overall health | | | | kho-kho court |

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| Week-1 | REVISE BASIC SKILL,KHO-KHO . | • Development of self awareness | • Part method | 2 | • Pictures | |
| | CONDUCT ATHLETIC EVENTS | | | | • Charts | |
| | | | | | • Records | |
| Week-2 | SOCIAL HEALTH parents, neighbours and teachers | • Development of overall health | | | • Observation | |
| | conDUCT MODIFIED GAMES | • Development of self awareness | • At will method | 2 | • Regular practice | |
| | REVISE BASIC SKILLS KHO-KHO , | | | | | |
| Week-3 | SOCIAL HEALTH Family | • Development of overall health | • Whole part whole method | | • Observation | |
| | Social relations Communication with grand parents, | • Development of self awareness | | 2 | • Regular practice | |
| | sports day | | | | | |
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| Week-4 | SOCIAL HEALTH | | • Set drill method | | • Pictures | |
| | REVISE BASIC SKILLS KHO-KHO | | | 2 | | |
| | sports day | | • Demonstration | | • Records | |
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| | Syllabus for class: IV | | Month: FEBRAURY | | Subject:PE | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | HEALTH SATUS AND GRADE RECREATIONAL GAMES | | • Oral instruction | | | kho-kho court |
| | REVIEW OF WHOLE TOPICS | • Development of skill | • Part method | 2 | • Pictures | |
| | HOCKEY MATCHES | | | | | • Charts |
| | KHO-KHO MATCHES | | | | • Records | |
| | | | | | | |
| Week-2 | C0-ORDINATION RECREATIONAL | | | | • Observation | |
| | REVIEW OF WHOLE TOPICS | Identification of the | • At will method | 2 | • Regular practice | • Pictures, PPT |
| | HOCKEY MATCHES , KHO-KHO MATCHES | natural sports man | | | | • Charts |
| | | | | | • Observation | |
| Week-3 | HEALTH SATUS AND GRADE KHO-KHO MATCHES | • Development of healthy habits | • Whole part whole method | 2 | • Regular practice | HOCKEY STICK, Balls |
| | HOCKEY MATCHES | Development of physical fitness | | | | Measuring tape |
| | | | | | | |
| Week-4 | HEALTH SATUS AND GRADE HOCKEY MATCHES | TO DEVELOPE SKILLS | • Set drill method | | • Pictures | |
| | KHO-KHO MATCHES | | • Demonstration | 2 | • Records | kho-kho court |
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| | Syllabus for class: IV | | Month:MARCH | | Subject:PE | School:PRIMARY |
| WEEK | Syllabus/Topic | Learning Objectives | Teaching Strategies | Periods Alloted | Assignments | Teaching materials Required |
| Week-1 | | | | | | |
| | FINAL EXAMS | | FINAL EXAMS | | | FINAL EXAMS |
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| Week-2 | | | | | | |
| | FINAL EXAMS | | FINAL EXAMS | | | FINAL EXAMS |
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| Week-3 | | | | | | |
| | FINAL EXAMS | | FINAL EXAMS | | | FINAL EXAMS |
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| Week-4 | | | | | | |
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