



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 IV	.HUMAN BODY PRACTICAL CLASSES. MARCHING COMMANDS.MAJOR GAME.INTRODUCTION OF THE GAME HOCKEY.HISTORY,SKILLS.HEALTHY HABITS. Activity: Cricket Ball Throw	MOVEMENT AWARENESS,INTRODUCTION TO MOVEMENTS.MARCHING COMMANDS,HOCKEY - how to hold hockey stick/Dribbling, passing, receiving, conduct intra class, Activity: Balancing cone	SUMMER VACATION	SUMMER VACATION, specialized game of choice: skills and rules Activity: Balancing cone HOCKEY- dribbling /passing/receiving	HEALTH STATUS AND ASSESMENT. HOCKEY INTRA CLASS /INTERHOUSE MAJOR GAME: Introduction of the KHO-KHO History, skills, Activity: standing Broad Jump	Marching commands SPORTS DAY DRILL PRACTICE , * ASSESSMENT /GRADES	INTRODUCTION OF THE GAME KHO-KHO,SKILLS. Safety in the school and class room , specialized game of choice, Skills and rules, ACTIVITY: 50 mtr /75 mtr race	Cleanliness of Surroundings, MARCHING COMMAND, Sports Day Practices,ACTIVITY: STEP UPS / Selection for sports day event	KHO-KHO RULES AND REGULATIONS, DEMONSTRATE KHO-KHO SITTING BLOCK, CHASER ATTACK,MARCHING COMMAND, SPORTS DAY DRILL PRACTICES. ACTIVITY: SIT UPS	SOCIAL HEALTH, REVISE BASIC SKILL,KHO-KHO , SPORTS DAY REHESEL AND PRACTICES	*KEHLO INDIA FITNESS TEST *Minor games * Free Play HEALTH STATUS AND ASSESMENT	FINAL ASSESSMENT

