

# LORD MAHAVIRA SCHOOL

## SECTOR-29, NOIDA

### CLASS 1<sup>ST</sup> TO V – YEARLY PLANNER SESSION

#### SPORTS

Name of the months	Name of the Activities	Classes
April	Different body movement activities, Ball rolling- Practice and skills, simple exercise for body warm up.	1 <sup>st</sup> to Vth
May	Free hand exercises Rhythmic exercises Recreational jumping activities Different balls catching & throwing with different balls like cosco ball & small basket ball etc.	1 <sup>st</sup> to Vth
July	Recreational activities (Running with partner, throwing with different balls and catching. and small recreational games with activities	1 <sup>st</sup> to Vth
August	Yoga, Practice for flexibility, Mini basket ball practice, Skills and games.	I-V
September	Kho_Kho game teaching/practice (Half yearly exam)	I-V
October	Rope skipping/Recreational activities	I-V
November	Football kicking (Teaching & Practice) and Simple Fitness exercises.	I-V
December	Re-practice of all activities	I-V
January	Inter Class games competition b/w boys & girls.	I-V