

LORD MAHAVIRA SCHOOL

SECTOR-29, NOIDA

CLASS IX- XII YEARLY PLANNER SESSION

SPORTS

Name of the months	Name of the Activities	Classes
April	Free Hand exercise/ Rope skipping/ Yoga etc	9 th & 12 th
May	Basketball skills and game practice	9 th & 12 th
July	Kabaddi, Badminton & Football	9 th & 12 th
August	Yoga Asana Pranayama/ Meditation & physical education practical practice for 11 th & 12 th classes	9 th & 12 th
October	Inter House matches (Basket ball, Kabaddi)	9 th & 12 th
November	Revise all games and physical fitness exercise/ Yoga etc.	9 th & 12 th
December	Basket ball, Badminton & football, yoga etc.	9 th & 12 th
January	Practice of different games and recreational actives for classes 9 th & 11 th .	9 th & 11 th