

**SCHOOL : ASPIRE RESIDENTIAL PUBLIC SCHOOL**

**CLASS : KG -1 TO 3**

**P.E TEACHER : SUBITH O S**

**YEARLY PLAN 2021-2022**

<b>MONTH</b>	<b>THEME</b>	<b>ACTIVITIES</b>	<b>AIM AND OBJECTIVES</b>
June	General motor qualities	Basic exercises	Develop strength & endurance
July	Balance & Co-ordination	One leg balancing Side walk Back walk Toe walk , high knee co-ordination	Balancing and co-ordination & exploring without equipment and play round activities
August	Stretching & rotation exercises	Full body stretch, full body rotations	Keeps the muscles flexible&healthy
September	Jumping exercises	Jumping jacks, burpee, split jump , galloping jump	Exploring jumping skills & locomotors

October	Flexibilities	Over head arm stretch, calf stretch , side lunge , cat -cow	Improving flexibilities & stability
November	Co-ordination & balance	Walk on the mark Jump on the target	Improving balance, strength & stability
December	Jumping skills	Single leg jumping Sideward jumping Backward jumping	Balance , motor skill, agility & jumping skill
January	Locomotors skill	Mixed drills	Co-ordination skills, pulling, twisting, turning.
February	endurance	Shuttle relay	Agility & cardio-vascular endurance.
March	speed	Types of running exercises	Make to Run together on the spot to practice fast running

Period will be scheduled as follows:

1st 5-10 minutes – Warming up

10-25 minutes – Main part as scheduled on the yearly plan

25-35 minutes – Recreation game helping according to the main part

35-40 minutes – Cooling down