

SCHOOL : ASPIRE RESIDENTIAL PUBLIC

CLASS : 4 to 8

P.E TEACHER : SUBITH O.S

YEARLY PLAN 2021-2022

| MONTH | GENERAL QUALITIES | MOTOR | ACTIVITIES | AIM AND OBJECTIVES |
|-------|-------------------|-------|---|---|
| June | Cardio vascular | | Jumping Jogging Stair climbing Walking Hiking | To develop breathing capacity Stress free |
| July | Flexibility | | Standing Quad Stretch, Standing Side Stretch, Seated Hamstring | Improved posture and balance, less injury pron, positive state of mind, Improving muscles & joints range of motion Muscle relaxation |

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| | | Stretch, Standing Calf Stretch | Refreshing muscle stiffness |
| August | Endurance | Brisk walking or jogging Yard work (mowing, raking) Dancing Swimming Biking Climbing stairs or hills Playing tennis or basketball | It will help to improving endurance capacity & cardiovascular capacity Fat loss Also called aerobic exercise, endurance exercise includes activities that increase your breathing and heart rate such as walking, jogging, swimming, biking and jumping rope. Endurance activity keeps your heart, lungs and circulatory system healthy and improves your overall fitness |
| September | Rotation | Different types of rotation exercises | Improving muscle & joints range of motion |
| October | Co-ordination & balancing | Walk on pillows or couch cushions Crab walk Jump from square to square on floor tiles Floor scooter | It will help to improve neuromuscular co-ordination skill & improving body balancing Prevent falls/injury Improve posture Improve strength Improve standing balance and locomotor performance in older adults |

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| | | <p>exercises Stand on one foot</p> <p>Jump rope Play Simon says (i.e., stand on one foot and touch your nose)</p> <p>Handstand contest</p> <p>Hop on one foot</p> <p>Dribbling Bunny hop</p> <p>Obstacle course</p> <p>Gallop like a horse</p> | <p>Strengthen self-efficacy in balance control leading to improved fall-related self-efficacy, reduced fear of falling, increased walking speed, and improved physical function</p> |
| November | Agility | <p>Lateral Plyometric Jumps, Forward Running, High-Knee Drills, Lateral Running, Side-to-Side Drills etc.</p> | <p>Helps to develop quick changes of direction with movements & quick reaction</p> <p>Injury Prevention</p> <p>Increasing Cognitive Function</p> <p>Etc.</p> |

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| December | Movements | Lateral Lunge, Body Weight Lateral Speed Slide, Body Weight Lateral Crossover Step etc. | Improving body balancing Improving fast and quick movements Developing endurance and co-ordination |
| January | Combination of strength & endurance | Compensation of strength & endurance | Helps to increase muscle strength & endurance capacity Develop the capacity for long duration activity to make the children with very simple |
| February | Jumping | Vertical jump to broad jump Broad Jump to Vertical Jump Double Broad Jump | To increase the strength & muscle tone |
| March | Circuit | Body conditioning exercises | Improve muscle tone & cardiovascular fitness |

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