

# NEW ERA SENIOR SECONDARY SCHOOL

## PHYSICAL EDUCATION YEAR PLAN (CLASS-WISE & MONTH-WISE)

### CLASS 1 (Beginner Level)

Month	Activity	Objective	Outcome
April	Basic movements, walking, jumping	Develop motor skills	Balance & coordination
June	Ball rolling & catching	Hand-eye coordination	Basic control
July	Throw & catch	Improve coordination	Develop Confidence to catch and hold the ball
August	Simple dribbling(Football & Basketball)	Motor skills	Control & focus
September	Shooting Basketball	Aim & direction	Accuracy
October	Shuttle run	Speed	Agility
November	Skipping	Rhythm	Coordination
December	Push-pass (Football)	Basic foot control	High control,Maintain possession
January	Fun games	Social skills	Teamwork
February	Dodge ball	Agility,speed,strategy	Teamwork,Physical fitness,Quick reflexes
March	Zig-zag run	Speed,Maintain balance,control	Agility,coordination,Reaction time

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