

NEW ERA SENIOR SECONDARY SCHOOL

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

CLASS 3

Month	Activity	Objective	Outcome
April	Running drills	Endurance	Fitness
May	Dodge ball advanced	Speed	Reflex
June	Clap & catch	Coordination	Control
July	Chest pass(Basketball)	Team work,Coordination	Passing accuracy,maintain game flow
August	Dribbling(Football)	Motor skills	Control & focus
September	Basketball shooting	Aim	Accuracy
October	Athletics basics	Speed	Agility
November	Skipping	Rhythm	Balance
December	Football passing	Accuracy	Team play
January	Recreational games	Teamwork	Cooperation
February	Under hand(Volleyball)	Control ,Accuracy	Maintain stable balance,improve Reaction time
March	Zig-zag football	Speed,Maintain balance,control	Agility,coordination,Reaction time