

NEW ERA SENIOR SECONDARY SCHOOL

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

CLASS 4

Month	Activity	Objective	Outcome
April	Jumping movement	Strength	Balance
June	Toss the Ball and Catch	Hand- eye Coordination,Concentration	Better focus and Reaction time
July	Passing drills	Accuracy	Skill
August	Dribbling	Focus	Control
September	Shooting basketball	Accuracy,concentration,upperbody strength	Shooting accuracy,better coordination
October	Shuttle race	Speed	Agility
November	Skipping	Endurance	Rhythm
December	Football push pass	Basic foot control	High control,Maintain possession
January	Recreational	Teamwork	Cooperation
February	Dodge ball	Strategy	Teamwork
March	Zig-zag dribble	Technique	Coordination