

NEW ERA SENIOR SECONDARY SCHOOL

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

CLASS 5

Month	Activity	Objective	Outcome
April	Dodge ball	Strategy	Team coordination
June	Advanced catching	Coordination	Accuracy
July	Volleyball underhand pass	Control ,Accuracy	Maintain stable balance,improve Reaction time
August	Dribbling drills	Maintain stable balance,improve Reaction time	High control,Maintain possession
September	Basketball shooting	Technique	Accuracy
October	Athletics	Speed	Agility
November	Skipping	Rhythm	Balance
December	Football passing	Control	Accuracy
January	Recreational games	Teamwork	Cooperation
February	Table tennis	Reaction	Precision
March	Zig-zag football	Skill	Control