

# NEW ERA SENIOR SECONDARY SCHOOL

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

### CLASS 6 (Advanced Level)

| Month     | Activity                     | Objective                                     | Outcome                               |
|-----------|------------------------------|---|---------------------------------------|
| April     | Dodge ball                   | Strategy                                      | Team coordination                     |
| June      | Ball control drills          | Precision                                     | Skill                                 |
| July      | Volleyball passing           | Technique                                     | Accuracy                              |
| August    | Advanced dribbling(Football) | Maintain stable balance,improve Reaction time | High control,Maintain possession      |
| September | Basketball shooting          | Accuracy,concentration,upperbody strength     | Shooting accuracy,better coordination |
| October   | Athletics training           | Speed   | Performance                           |
| November  | Skipping endurance           | Rhythm  | Stamina                               |
| December  | Football push pass           | Basic foot control                            | High control,Maintain possession      |
| January   | Recreational games           | Leadership                                    | Teamwork                              |
| February  | Table tennis                 | Coordination                                  | Control,consistency                   |
| March     | Zig-zag dribbling            | Speed,Maintain balance,control                | Agility,coordination,Reaction time    |