

LORD MAHAVIRA SCHOOL

SECTOR-29, NOIDA

CLASS VI TO VIII – YEARLY PLANNER SESSION

SPORTS

Name of the months	Name of the Activities	Classes
April	Different warm-up exercises and free hand exercises	VI-VII
May	Yoga Asanas and different exercises for fitness	VI-VII
July	Basket Ball/Kabaddi game fundamental skills practice	VI-VII
August	Football game skills practice and game playing	VI-VII
September	Rope skipping/Badminton game (Half yearly exam)	VI-VII
October	Re-creational activities, Gilli danda, Mini football & cricket with Cosco ball.	VI-VII
November	Interclass and Inter House matches for different games	VI-VII
December	Dumbbell exercises/ Free hand exercises and simple basket ball game	VI-VII
January	Re-vision of all activities	VI-VIII