

LORD MAHAVIRA SCHOOL

SECTOR-29, NOIDA

CLASS 1ST TO V – YEARLY PLANNER SESSION: 2020-21

SPORTS

Name of the months	Name of the Activities	Classes
April, 2020	Different body movement activities, Ball rolling- Practice and skills, simple exercise for body warm up.	1 st to Vth
May, 2020	Free hand exercises Rhythmic exercises Recreational jumping activities Different balls catching & throwing with different balls like cosco ball & small basket ball etc.	1 st to Vth
July, 2020	Recreational activities (Running with partner, throwing with different balls and catching. and small recreational games with activities	1 st to Vth
August, 2020	Yoga, Practice for flexibility, Mini basket ball practice, Skills and games.	
September, 2020	Kho_Kho game teaching/practice (Half yearly exam)	
October, 2020	Rope skipping/Recreational activities	
November, 2020	Football kicking (Teaching & Practice) and Simple Fitness exercises.	
December, 2020	Re-practice of all activities	
January, 2020	Inter Class games competition b/w boys & girls.	

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CLASS VI TO VIII – YEARLY PLANNER SESSION: 2020-21

SPORTS

Name of the months	Name of the Activities	Classes
April, 2020	Different warm-up exercises and free hand exercises	
May, 2020	Yoga Asanas and different exercises for fitness	
July, 2020	Basket Ball/Kabaddi game fundamental skills practice	
August, 2020	Football game skills practice and game playing	
September, 2020	Rope skipping/Badminton game (Half yearly exam)	
October, 2020	Re-recreational activities, Gilli danda, Mini football & cricket with Cosco ball.	
November, 2020	Interclass and Inter House matches for different games	
December, 2020	Dumbbell exercises/ Free hand exercises and simple basket ball game	
January, 2020	Re-vision of all activities	

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CLASS IX- XII YEARLY PLANNER SESSION: 2020-21

SPORTS

Name of the months	Name of the Activities	Classes
April, 2020	Free Hand exercise/ Rope skipping/ Yoga etc	9 th & 12 th
May, 2020	Basketball skills and game practice	9 th & 12 th
July, 2020	Kabaddi, Badminton & Football	9 th & 12 th
August, 2020	Yoga Asana Pranayama/ Meditation & physical education practical practice for 11 th & 12 th classes	9 th & 12 th
October, 2020	Inter House matches (Basket ball, Kabaddi)	9 th & 12 th
November, 2020	Revise all games and physical fitness exercise/ Yoga etc.	9 th & 12 th
December 2020	Basket ball, Badminton & football, yoga etc.	9 th & 12 th
Jan, 2020	Practice of different games and recreational actives for classes 9 th & 11 th .	9 th & 11 th