

CLASS - LKG

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	<ol style="list-style-type: none"> 1. Safety & Comfort in water 2. Swimming rules 3. Swimming
CONCEPT & SKILLS	<ol style="list-style-type: none"> 1. Changing clothes 2. Use of swimwear & bath towel 3. Enter and exit water safely 4. Blow bubbles through mouth and nose 5. Be at ease with water showered from overhead 6. Scoop the water and wash face 7. Learn how to stay safe, including recognizing an emergency and knowing how to call for help 8. Move forwards for a distance of 1 metres
LEARNING OUTCOMES	<ol style="list-style-type: none"> 1. Wearing swimsuit properly & use of towel. 2. Overcome aquaphobia. 3. Learn basic pool safety rules. 4. Enter unassisted, move 1 metres and exit safely.
INSTRUCTIONAL TOOLS & REFERENCES	<ol style="list-style-type: none"> 1. Pool safety signs 2. "How to Swim" video 3. Whistle 4. Swimming pool
PEDAGOGY	<p>Practical demonstration for wearing swimwear. Use of bath towels. Display pool safety signs around swimming pool. Showering of water to overcome aquaphobia (if any). Demonstrate – pool entry, moving forwards, exit pool</p>
ACTIVITY / ASSIGNMENT / RESEARCH	<p>Changing uniform and putting on swimwear. Keeping uniform neatly at a proper place. Entering water safely. Front glides and floats. Use of basic slides.</p>
ASSESSMENT	Daily observation to monitor – obedience of pool rules, following safety signs, wearing of swimwear and towel. Observing basic forward movement
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic swimming floats & glides; and cooperation / coordination with class mates.

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	Dribbling
CONCEPT & SKILLS	1.Commands 2.Whole-part Whole methods 3.Warm up exercises
LEARNING OUTCOMES	1. Wrists of students will be strong. 2.Spinal cord exercises will be done through this skill.
INSTRUCTIONAL TOOLS & REFERENCES	1.Commands 2.Basketball court 3.Basketball
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	1.Specific warm-ups like wrist rotation. 2.Ball gripping 3. Dribbling of basketball with one hand.
ASSESSMENT	Daily observation to monitor – skills of basketball.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic skills of basket ball and cooperation / coordination with class mates.

CLASS – LKG (SEPTEMBER)

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	<ul style="list-style-type: none"> 4. Safety & Comfort in water 5. Swimming rules 6. Swimming
CONCEPT & SKILLS	<ul style="list-style-type: none"> 9. Changing clothes 10. Use of swimwear & bath towel 11. Enter and exit water safely 12. Blow bubbles through mouth and nose 13. Be at ease with water showered from overhead 14. Scoop the water and wash face 15. Learn how to stay safe, including recognizing an emergency and knowing how to call for help 16. Move forwards for a distance of 1 metres
LEARNING OUTCOMES	<ul style="list-style-type: none"> 5. Wearing swimsuit properly & use of towel. 6. Overcome aquaphobia. 7. Learn basic pool safety rules. 8. Enter unassisted, move 1 metres and exit safely.
INSTRUCTIONAL TOOLS & REFERENCES	<ul style="list-style-type: none"> 5. Pool safety signs 6. "How to Swim" video 7. Whistle 8. Swimming pool
PEDAGOGY	<p>Practical demonstration for wearing swimwear. Use of bath towels. Display pool safety signs around swimming pool. Showering of water to overcome aquaphobia (if any). Demonstrate – pool entry, moving forwards, exit pool</p>
ACTIVITY / ASSIGNMENT / RESEARCH	<p>Changing uniform and putting on swimwear. Keeping uniform neatly at a proper place. Entering water safely. Front glides and floats. Use of basic slides.</p>
ASSESSMENT	<p>Daily observation to monitor – obedience of pool rules, following safety signs, wearing of swimwear and towel. Observing basic forward movement</p>
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	<p>On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic swimming floats & glides; and cooperation / coordination with class mates.</p>

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	Cricket and Dribbling
CONCEPT & SKILLS	1. Whole-part Whole method 2. Warm-up exercise
LEARNING OUTCOMES	1. Improvement in standing position. 2. Concentration with bat to ball. 3. Knowledge about effects of good exercise on body parts.
INSTRUCTIONAL TOOLS & REFERENCES	1. Basket Ball 2. Cricket kit
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	1. Students will follow commands properly. 2. Demonstration will be given by teacher (coach)
ASSESSMENT	Daily observation to monitor – skills of cricket, Dribbling
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation, basic skills of cricket, and cooperation / coordination with class mates.

Class:- L.K.G (OCTOBER)

CLASSES REQUIRED	16 (35 Minutes each)
TOPIC	Intra class events(hopping and empty the bucket)
CONCEPT & SKILLS	1. Commands 2. Whole-part Whole methods
LEARNING OUTCOMES	1. Improvement in standing position.
INSTRUCTIONAL TOOLS & REFERENCES	1. Commands 2. Whistle 3. Buckets and Mugs
PEDAGOGY	Practical demonstration
ACTIVITY / ASSIGNMENT / RESEARCH	1.Students will follow commands properly 2. Demonstration will be given by teacher (coach).
ASSESSMENT	Daily observation to monitor.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation and coordination with class mates.

CLASSES REQUIRED	16 (40 minutes period class)
TOPIC Games being introduced	<ul style="list-style-type: none"> a. Jumping over the rope b. Dribbling c. Backward walking, forward walking d. Hopping
CONCEPT & SKILLS	<ul style="list-style-type: none"> a. Body parts rotation b. Skills related commands as grip c. Length of skipping rope d. Forward stop and backward stop e. Hopping on both legs.
LEARNING OUTCOMES	<p>Students will learn:</p> <ul style="list-style-type: none"> a. Basics of various games and try to master the techniques being taught b. Sportsmanship c. Teamwork d. Basics of how to be healthy person.
INSTRUCTIONAL TOOLS & REFERENCES	<ul style="list-style-type: none"> a. Ground, indoor stadium and teacher b. Skipping Rope c. Soft surface d. Whistle or musical instrument
PEDAGOGY	Practical demonstration about the position of body parts i.e. position of foot,hands,legs etc.
ACTIVITY / ASSIGNMENT / RESEARCH	<ul style="list-style-type: none"> a. Warm up on spot running, on spot jumping b. Body movement head to toe c. Stretching,skipping (forward and backward) d. Stretching exercises related with legs
ASSESSMENT	<ul style="list-style-type: none"> a. On daily basis to see the gradual improvement in the skill being taught b. Daily observations during class to see team work co-operation etc.
SYLLABUS FOR FORMATIVE & SUMMATIVE ASSESSMENT	On the basis of students participation in activities done in the sports class, the students will be assessed for the motivation, expertise and sportsmanship throughout the session.

