

**CLASS - UKG**

<b>CLASSES REQUIRED</b>	16 (35 Minutes each)
<b>TOPIC</b>	<ol style="list-style-type: none"> <li>1. Safety &amp; Comfort in water</li> <li>2. Swimming rules</li> <li>3. Swimming</li> </ol>
<b>CONCEPT &amp; SKILLS</b>	<ol style="list-style-type: none"> <li>1. Changing clothes</li> <li>2. Use of swimwear &amp; bath towel</li> <li>3. Enter and exit water safely</li> <li>4. Blow bubbles through mouth and nose</li> <li>5. Be at ease with water showered from overhead</li> <li>6. Scoop the water and wash face</li> <li>7. Learn how to stay safe, including recognizing an emergency and knowing how to call for help</li> <li>8. Move forwards for a distance of 1 metres</li> </ol>
<b>LEARNING OUTCOMES</b>	<ol style="list-style-type: none"> <li>1. Wearing swimsuit properly &amp; use of towel.</li> <li>2. Overcome aquaphobia.</li> <li>3. Learn basic pool safety rules.</li> <li>4. Enter unassisted, move 1 metres and exit safely.</li> </ol>
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	<ol style="list-style-type: none"> <li>1. Pool safety signs</li> <li>2. "How to Swim" video</li> <li>3. Whistle</li> <li>4. Swimming pool</li> </ol>
<b>PEDAGOGY</b>	<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>
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	<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>
<b>ASSESSMENT</b>	Daily observation to monitor – obedience of pool rules, following safety signs, wearing of swimwear and towel. Observing basic forward movement
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	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.

<b>CLASSES REQUIRED</b>	16 (35 Minutes each)
<b>TOPIC</b>	Dribbling
<b>CONCEPT &amp; SKILLS</b>	1.Commands 2.Whole-part Whole methods 3.Warm up exercises
<b>LEARNING OUTCOMES</b>	1. Wrists of students will be strong. 2.Spinal cord exercises will be done through this skill.
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	1.Commands 2.Basketball court 3.Basketball
<b>PEDAGOGY</b>	Practical demonstration
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	1.Specific warm-ups like wrist rotation. 2.Ball gripping 3. Dribbling of basketball with one hand.
<b>ASSESSMENT</b>	Daily observation to monitor – skills of basketball.
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	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 – UKG (SEPTEMBER)

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

<b>CLASSES REQUIRED</b>	16 (35 Minutes each)
<b>TOPIC</b>	Cricket and Dribbling
<b>CONCEPT &amp; SKILLS</b>	1. Whole-part Whole method 2. Warm-up exercise
<b>LEARNING OUTCOMES</b>	1. Improvement in standing position. 2. Concentration with bat to ball. 3. Knowledge about effects of good exercise on body parts.
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	1. Basket Ball 2. Cricket kit
<b>PEDAGOGY</b>	Practical demonstration
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	1. Students will follow commands properly. 2. Demonstration will be given by teacher (coach)
<b>ASSESSMENT</b>	Daily observation to monitor – skills of cricket, Dribbling
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	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 UKG (OCTOBER)**

<b>CLASSES REQUIRED</b>	16 (35 Minutes each)
<b>TOPIC</b>	Intra class events(Sack race and musical chair)
<b>CONCEPT &amp; SKILLS</b>	1. Commands 2. Whole-part Whole methods
<b>LEARNING OUTCOMES</b>	1. Improvement in standing position.
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	1. Commands 2. Whistle 3. Sack 4. Music System
<b>PEDAGOGY</b>	Practical demonstration
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	1.Students will follow commands properly 2. Demonstration will be given by teacher(coach).
<b>ASSESSMENT</b>	Daily observation to monitor .
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	On the basis of daily observation and student participation, the child will be assessed for discipline, motivation and coordination with class mates.

DETAILED PLANNER OF  
**SPORTS**  
(NOVEMBER)

**CLASS – U.K.G**

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

## CLASS – U. K. G (NOVEMBER)

<b>CLASSES REQUIRED</b>	12 (40 minutes period class)
<b>TOPIC</b> Games being introduced	<ul style="list-style-type: none"> <li>a. Body movements and co-ordination</li> <li>b. Jumping over the rope</li> <li>c. Walking on the given shape like triangle, circle, square.</li> <li>d. Backward walking, forward walking</li> <li>e. Hopping</li> </ul>
<b>CONCEPT &amp; SKILLS</b>	<ul style="list-style-type: none"> <li>a. Commands</li> <li>b. Body parts rotation</li> <li>c. Responding to commands head, heel and toes</li> <li>d. Skills related commands as grip</li> <li>e. Length of skipping rope</li> <li>f. Circle row</li> <li>g. Forward stop and backward stop</li> <li>h. Hopping on both legs.</li> </ul>
<b>LEARNING OUTCOMES</b>	<p>Students will learn:</p> <ul style="list-style-type: none"> <li>a. Basics of various games and try to master the techniques being taught</li> <li>b. Self discipline and correct response to commands.</li> <li>c. Sportsmanship</li> <li>d. Teamwork</li> <li>e. Knowledge about effects of good exercise on body parts.</li> <li>f. Basics of how to be healthy person.</li> </ul>
<b>INSTRUCTIONAL TOOLS &amp; REFERENCES</b>	<ul style="list-style-type: none"> <li>a. Ground, indoor stadium and teacher</li> <li>b. Skipping Rope</li> <li>c. Soft surface</li> <li>d. Chalk powder</li> <li>e. Whistle or musical instrument</li> </ul>
<b>PEDAGOGY</b>	Practical demonstration about the position of body parts i.e. position of foot, hands, legs etc.
<b>ACTIVITY / ASSIGNMENT / RESEARCH</b>	<ul style="list-style-type: none"> <li>a. Warm upon spot running, on spot jumping</li> <li>b. Body movement head to toe</li> <li>c. Stretching, skipping (forward and backward)</li> <li>d. Stretching exercises related with legs</li> <li>e. Students will walk on the shape drawn integrating maths concept with games.</li> </ul>

<b>ASSESSMENT</b>	On daily basis to see the gradual improvement in the skill being taught Daily observations during class to see team work co-operation etc.
<b>SYLLABUS FOR FORMATIVE &amp; SUMMATIVE ASSESSMENT</b>	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.