



YEAR PLAN FOR THE ACADEMIC YEAR 2026-2027 DEPARTMENT OF PHYSICAL EDUCATION GRADE -1 – 12

Grade	April-2026	May-2026	June-2026	July & August	September-2026	October-2026	November-2026	December-2026	January-2027	February-2027	March 2027
Grade 1 & 2	Fundamental Movement Skills - Coordination & balance	Fundamental Movement Skills - Speed & agility	Ball Handling Skills - Throwing, catching and bouncing		Speed & strength exercises	Rhythmic & Calisthenics Athletics Practice & Trials	Rhythmic & calisthenics Athletics Practice & Trials	Sports Day Practice	Team Game Basketball basic skills	Skill evaluation & fun games	
Grade 3	Motor Skill Development - Agility drills, fun games	Hand-eye coordination - Throwing, catching, bouncing	Juggling, Bouncing, Dribbling and catching activities		Methods to develop Flexibility & rhythm	Rhythmic & Calisthenics Athletics Practice & Trials	Rhythmic & calisthenics Athletics Practice & Trials	Sports Day Practice	Basketball dribbling	Skill evaluation & fun games	
Grade 4	Fitness Development - Speed & strength exercises	Volleyball catching practice Basketball catching practice	Indoor Game Chess & TT		Methods to develop Physical endurance	Rhythmic & Calisthenics Athletics Practice & Trials	Rhythmic & calisthenics Athletics Practice & Trials	Sports Day Practice	Basketball dribbling	Skill evaluation & fun games	
Grade 5	Fitness Training - Strength & endurance drills	Basketball dribbling skills	Indoor Game Chess & TT		Badminton Basic strokes & footwork	Rhythmic & calisthenics Athletics Practice & Trials	Rhythmic & calisthenics Athletics Practice & Trials	Sports Day Practice	Basketball	Skill evaluation & fun games	
Grade 6 to 12	Game fundamentals - Basketball	Game fundamentals - Volleyball	Game fundamentals Chess & TT		Badminton	Athletics Practice & Trials	Athletics Practice & Trials	Sports Day Practice	Cricket	Skill evaluation & fun games	