

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

PHYSICAL EDUCATION CURRICULUM

CLASS: I TO V YEAR: 2025-26

MONTH	CONTENT	LEARNING OBJECTIVES	ACTIVITY IN THE FIELD	TEACHING AID	INTEGRATED VALUES(CVP)	SUBJECT INTEGRATION
JUNE	Preparation for activity warming exercise, march past, & indoor games. Khelo India Fitness Assessment	Neuromuscular coordination	Formation of line, walking action with movement, jogging, running, chess, Bomb in the city. Compass cross	Stop watch, Whistle, Cone& chess board	Neuromuscular coordination, Abstract thinking, Analytical ability	Ist STD-Maths (shapes and special concepts) IInd STD-maths (measurements)

	1st term(June to October)					
JULY	Preparation for activity calisthenics, Warming exercise, march past indoor games.	To develop Neuromuscular coordination	Jogging, running, march past- march techniques, plucking the tail chess & ring pass,dog&bone Rhythmic Jump Relay	Stop watch, Whistle, Cone& chess board,rings.	Neuromuscular coordination, Analytical ability coordination	Vth STD-Maths (PERIMETER AREA) Chapter 9. IIIrd STD-maths (measurements) Chapter 4.

AUGUST	Running, minor games, calisthenics & March past, National sports day	Physical fitness	Running-action with movement, free hand exercises, formation of line, march past-with leg and hand coordination with sense of rhythm, standing khokho, ten pass & ball pass. Hoop Throw	Stop watch, Whistle, Cone, marking powder & ball.	Neuromuscular Coordination, Muscular strength, Endurance Arm Strength	Ist STD-English (FOOD), (OUR NIGHBOURHOOD) IIInd STD-English (HOW OUR BODY) Ist STD-English (MY BODY) Ist&IIInd STD-EVS OUR MY SCHOOL)
SEPTEMBER	Preparation for activity athletics, games &	Physical fitness	Standing broad jump, long jump, football, cricket, shuttle, upper	Marking powder, Tape, stopwatch,	Neuromuscular coordination, Physical fitness, Abstract thinking	IIIrd STD-Maths (LENGTH) Chapter11 IIIrd STD-Maths (WEIGHT) Chapter12

	minor games, Annual Sports Day (school specific)		passing, ten pass, rajarani, ring pass & ball pass Precision Javelin	Whistle, Cone, Ball, cricket bat & football	Aiming and Arm Strength	
OCTOBER	Minor games & Major games Khelo India fitness assessment 2nd term (November to March). Fit India freedom run, Annual Sports	Independent thinking & intellectual assessment	Standing khokho, Rajarani,Ball games Decorate a tree relay	Ball,Whistle, Marking powder, Stop watch	Intellectual development, Concentration, Team spirit Endurance, Speed and Creativity	IIIrd STD-Maths (DIVISION) Chapter 4 Vth STD-Evs (GAMES AND SPORTS) Chapter 3

	Day (school specific)					
NOVEMBER	Preparation for House competition Fit India week celebration	practicing for House competition	Team spirit coordination, Fun games,running jumping,throwing Duck Tails	Marking powder, tape,stop watch whistle & cones	Physical development discipline necessary to achieve it Agility	IIIrd STD-EVS (LETS PLAY) Chapter 9 IVth STD Evs (WOMEN ACHIVERS) Chapter 5
DECEMBER	Minor games	Independent thinking & intellectual assessment	Standing khokho, Rajarani,Ball games, ten pass, upper passing & pyramid formation	Ball, whistle,Marking-powder, Stop watch, Cone	Mental development, Concentration, Team spirit Speed. Team & Co-ordination	Vth STD-English (DON'T GIVE UP) IVth STD-Maths (PERIMETER AREA) Chapter11 Ist STD-English(TRUE FRIEND) Chapter 3

			Matching Game (SOS)			
JANUARY	Skipping & Minor games	physical fitness	various movement for skipping, dodge ball & ten pass	Skipping rope, Stop watch & Whistle	Neuromuscular coordination, Muscular strength, Concentration	VthSTD-Maths (DIVISION) CHAPTER7 IVth STD-Evs (IT TIMES TO RELAX) Chapter 4
FEBRUARY	Exam					
MARCH	Exam					

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

PHYSICAL EDUCATION CURRICULUM

CLASS: VI TO VIII

YEAR: 2025-26

MONTH	CONTENT	LEARNING OBJECTIVES	ACTIVITY IN THE FIELD	TEACHING AID	INTEGRATED VALUES(CVP)	SUBJECT INTEGRATION
JUNE	Preparation for Calisthenics march past practice, fitness training & minor games Investiture ceremony, Indo or games (House match) International Yoga Day	Physical developments	Formation of line-freehand exercises, march past-with leg & hand coordination with sense of rhythm, ball passing, dodge ball & grouping Compass Cross	Whistle, cone, marking powder, ball & stop watch, Fitness equipments.	Team spirit, Coordination, physical fitness development & concentration	VIIth STD-Physics (MOTION)

	Khelo India fitness assessment test(June to October 1st term) (November to March 2nd term)					
JULY	Preparation for Aerobics, March past, & minor games Indoor games (House match)	Neuromuscular coordination with rhythm, Leg & hand coordination with sense of rhythm	Formation of line- neuromuscular coordination with rhythm, march past- leg and hand coordination with sense of rhythm, standing khokho & grouping	Whistle, Band set	Team spirit, Coordination & neuromuscular coordination	VI th STD-Science (BODY MOVEMENTS) Chapter8

			Rhythmic Jump Relay			
AUGUST	Preparation for march past, games &athletics, Outdoor Games (House Match), National sports day (SEWA Activity) [HPE TEST]	March past with leg & hand coordination with sense of rhythm	Formation of line, march past leg & hand coordination with sense of rhythm, skills for games football, cricket, kho kho, shuttle & pyramid formation Hoop Throw	Band set, football, shuttle, ball & stop watch	Team spirit, Coordination, Concentration Arm Strength	VIIth STD-Maths (PERIMETER AND AREA) Chapter1 XIth STD-Biology (SKELITAL SYSTEM) Chapter 20
SEPTEMBER	Training for competitions and Inter House	physical developments	Athletics 50mtr, 100mtr, 200mtr, 400mtr, 800mtr,	Whistle, Marking powder,	Team spirit, Coordination, Concentration, Assessment	VIth STD- Maths (PLAYING WITH NUMBERS) Chapter3

	match(Outdoor Games) , [CBSE Athletics] Annual Sports Day (school specific)		relay, shot-put, javelin, football Precision Javelin	Stop watch, shot-put, javelin, football & cone	Aiming and Arm strength	
OCTOBER	Athletics, minor games, jumping exercises & inter house match Fit India Freedom Run (SEWA Activity) [CBSE MEET] Annual Sports	practicing for students	Athletics, Team spirit co ordination, 50mtr, 100mtr, 200mtr, 400mtr, relay, shotput &javelin volleyball and basketball Decorate a tree relay	Marking powder, Tape, Stopwatch, Whistle, volleyball, Cone, shot put, javelin	Physical develops discipline necessary to achieve it endurance, speed & Creativity	VIth STD-Physics - MOTION (DISTANCE AND MEASSUREMENT)

	Day (school specific)					
NOVEMBER	Preparation for Sahodaya Meet (Fit India week celebration 1st & 2nd week of November) [CBSE MEET]	practicing for students inter house competition	Athletics, 50mtr, 100mtr, shot put, discus throw ,javelin, Khokho, football, cricket, throw ball, basketball, pyramid formation, Kabaddi& volleyball. Duck Tails	Whistle, Marking powder, Stop watch, discus, shot put, javelin, football & cone,balls	Teams spirit, Coordination& concentration Agility	Xth STD-Biology (LIFE PROCESS) Chapter 6
DECEMBER	Preparation for Sahodaya& CBSE Meet(SEWA Activity)	practicing for students	Football, kho-kho, basket ball, throw ball. Field Events	Whistle, Marking powder, Stop watch, shot-put,	To develop leadership quality	VIth STD-Maths (PLAYING WITH NUMBERS) Chapter 3

			Matching game (SOS)	javelin & discus	Speed, Team & Co-ordination	
JANUARY	Minor games & Games [HPE TEST]	physical developments	Standing kho-kho, Rajarani, Ball games, ten pass, dodge ball	Whistle, Marking powder, Stopwatch	To develop leadership quality	VIth STD-Maths (MENSURATION) Chapter 10
FEBRUARY	Exam					
MARCH	Exam					

CHINMAYA VIDYALAYA PALAKKAD CLUSTER

PHYSICAL EDUCATION CURRICULUM

CLASS: IX TO XII

YEAR: 2025-26

MONTH	CONTENT	LEARNING OBJECTS	ACTIVITY IN THE FIELD	TEACHING AID	INTEGRATED VALUES(CVP)	SUBJECT INTEGRATION
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JUNE	Rules for Athletics, warming up exercise, games, Indoor games (House match)& march past practice Investiture ceremony International Yoga Day Khelo India fitness assessment(June to October 1st term) (November to March 2nd term)	To learn rules and Regulations	Theory & Practical's (jogging, running ABCD), skills for games kho-kho, volleyball, football, cricket, march past- formation of line leg & hand coordination	Marking powder, whistle, cone, stopwatch & books	Mental development, Physical development, Concentration, Leadership quality, Neuromuscular coordination	IXth STD-Physics (MOTION) Chapter 1 IX th STD-Maths (CO-ORDINATE GEOMETRY) Chapter 3
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JULY	Indoor games Rules & Skill (Shuttle badminton, fitness training ,table tennis &carom board, Chess) Indoor games (House match)	Personal hygiene	Theory & Practical's (warming exercise, skills for games kho-kho, football, cricket, hand ball, march-past-formation of line	Marking powder, whistle, cone, stop watch & books	Mental development, Physical development, Concentration, Leadership quality, Neuromuscular coordination	Xth STD-Biology (LIFE PROCESS) Chapter 6
AUGUST	March past, Aerobics, athletics, Outdoor Games (House Match), National sports day (SEWA Activity) [HPE TEST]	To learn ensure good health, To improve blood circulation	Formation of line with rhythm	Band set, Stop watch, Marking powder, Cone	Mental development, Physical development, Concentration, Leadership quality, Neuromuscular coordination	Xth STD-Economics (DEVELOPMENT-BMI) Chapter 1 XI thSTD-Biology (BREATHING AND EXCHANGE OF GAS) Chapter 17

		To practice breathing exercise				
SEPTEMBER	Practical for individual events & Inter House match (Outdoor Games), [CBSE Athletics] Annual Sports Day (school specific)	To gain physical fitness	practical & training skills for games kho-kho, hand ball, & throw ball, volleyball and Kabaddi	Whistle, Stop watch, Marking powder, Cone, Tape & ball	Competitions spirit, Coordination, Leadership quality, Concentration, Analytical ability, Physical fitness	IXth STD-Physics (WORK AND ENERGY) Chapter 4
OCTOBER	Training for competitions, individual events, Inter house (Outdoor games)	Physical development	Athletics, Team spirit coordination, 50mtr, 100mtr,	Marking powder, Tape, Stopwatch, Whistle,	Physical develops discipline necessary to achieve it	VIIIth STD-Physics (FORCE AND PRESSURE) Chapter 1

	Fit India Freedom Run (SEWA Activity) [CBSE MEET] Annual Sports Day (school specific)		200mtr, 400mtr etc.	Cone, shot put, javelin		
NOVEMBER	Preparation for Sahodaya Meet (Fit India week celebration 1st & 2nd week of November) [CBSE MEET]	practicing for students inter house competition	Athletics, 50mtr, 100mtr, 200mtr, 400mtr, 600mtr, 800mtr, 100mtr & relay	Stop watch, Whistle, Marking powder, Cones.	Team spirit, coordination, concentration, assessment	IXth STD-Physics (FORCE AND LAWS OF MOTION) Chapter 2 XIth STD-Physics (MOTION IN A PLANE) Chapter 4
DECEMBER	Preparation for Sahodaya & CBSE Meet (SEWA Activity)	Training and practical's	Training and practical's ground activity Football, Kho-Kho,	Stop watch, Tape, Whistle, Marking powder, Cone	To leadership quality, Emotional - development, Sportsman spirit	

			volleyball ,handball, Cricket.			
JANUARY	Games(Indoor & Outdoor games) [HPE TEST]	To gain physical fitness	Football, Kho- Kho, Badminton, chess & carrom.	Stopwatch, Whistle, Marking powder, Cones, Balls	To develop leadership quality and orderly behavior	
FEBURARY	Exam					
MARCH	Exam					

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CHINMAYA VIDYALAYA PALAKKAD CLUSTER

PHYSICAL EDUCATION CURRICULUM

CLASS: VI to XII

THEORY

YEAR: 2025-26

MONTH	CONTENT	LEARNING OBJECTS	ACTIVITY IN THE FIELD	TRACHING AID	INTEGRATED VALUES (CVP)
JUNE	Physical education, theory, importance of physical education, history of physical education Introduction and measurement of badminton, , table tennis	Mental development	Theory	Book	Concentration
JULY	Famous personality (Dhyan chand, Sachin, P V Sindhu, Michael Phelipse, Sunil chhetri, Milkha singh Introduction and measurement of carrom, chess, First Aid.	Mental ability	Theory	Book	Mental development
AUGUST	Introduction and measurement of volleyball, basketball. & Kho-Kho	Mental ability& learning ability	Theory	Book	Concentration

	Nutrition class				
SEPTEMBER	Introduction and measurement of Football & Kabaddi Physical fitness and wellness & lifestyle.	Mental development & concentration	Theory	Book	Learning ability
OCTOBER	Introduction and measurement of athletics track (100,200,400) Fire and safety class	Tactical decision in the games	Theory	Book	To develop leadership quality and orderly behaviour
NOVEMBER	Introduction and measurement of Athletics track (800,1500,marathon) Fire and safety class	concentration & stress free	Theory	Book	concentration & stress free
DECEMBER	Introduction and measurement of Athletics field (High Jump, Long Jump,) Importance of Physical fitness and wellness & lifestyle.	coordination development	Theory	Book	Mental development
JANUARY & FEBRUARY	Introduction and measurement of Athletics field (Shot Put, Discus Throw, Javelin Throw) Introduction sports injuries	Learning ability	Theory	Book	Learning ability

	Introduction and measurement of Career options in physical education	Concentration	Theory	Book	To develop leadership quality and orderly behaviour
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