

**INFANT JESUS CONVENT SCHOOL**  
**ANNUAL PLAN**  
**PHYSICAL EDUCATION**  
**CLASS: III**

<b>MONTH/NO OF DAYS</b>	<b>TOPIC: SUB TOPIC</b>	<b>OBJECTIVES</b>	<b>AIDS/ACTIVITIES</b>	<b>MULTIPLE INTELLIGENCE SKILLS</b>	<b>LEARNING OUTCOME</b>
<p style="text-align: center;">APRIL No of Days: 17</p>	<ul style="list-style-type: none"> <li>• WARMING EXERCISES</li> <li>• L.A.PTEXERCISES</li> <li>• RECEATIONAL ACTIVITIES</li> </ul>	<p>Students will be able to:  Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>

<p>MAY No of Days: 12</p>	<ul style="list-style-type: none"> <li>• 50 mts. Zig-Zag</li> <li>• Frog jump</li> <li>• L.A.PTEXERCISES</li> <li>• MEDIDATION</li> </ul>	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social skills</li> <li>• To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type of minor games &amp; sports skills.</li> <li>• Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p><b>CONDUCTION OF E-1/ PT-1</b></p>					
<p>JULY No of Days: 23</p>	<ul style="list-style-type: none"> <li>• Warming up Exercises.</li> <li>• Skipping, Shuttle Run.</li> <li>• L.A.PTEXERCISES</li> <li>• MEDIDATION</li> </ul>	<p>Students will be able to: Students will be able to:</p> <ul style="list-style-type: none"> <li>• To improve team technical, tactical, physical, and psycho-social</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite activity</li> <li>• Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> </ul>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinking and reasoning skills.</li> <li>• demonstrate adequate knowledge</li> </ul>

		<p>skills</p> <ul style="list-style-type: none"> <li>To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various type of minor games &amp; sports skills.</li> <li>Applying different determiners</li> </ul>		<ul style="list-style-type: none"> <li>effectively apply knowledge and skills</li> </ul>
<p>AUGUST No of Days: 23</p>	<ul style="list-style-type: none"> <li>Skipping, Shuttle Run.</li> <li>L.A.PTEXERCISES MEDIDATION</li> </ul>	<ul style="list-style-type: none"> <li>Students will be able to:</li> <li>To improve team technical, tactical, physical, and psycho-social skills</li> <li>To enable the student to have good health</li> <li>To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>List the favourite activity</li> <li>Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis the skills.</li> <li>Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>Identifying various type of</li> </ul>	<ul style="list-style-type: none"> <li>Linguistic</li> <li>Interpersonal</li> <li>Intrapersonal</li> <li>Naturalistic</li> <li>Physical experience</li> </ul>	<ul style="list-style-type: none"> <li>Students will be able to:</li> <li>Critical thinking and reasoning skills.</li> <li>demonstrate adequate knowledge</li> <li>effectively apply knowledge and skills</li> </ul>

			minor games & sports skills. <ul style="list-style-type: none"> <li>● Applying different determiners</li> </ul>		
SEPTEMBER No of Days: 05	<b>CONDUCTION OF E-2/ TERM-1</b>				
OCTOBER No of Days: 22	<ul style="list-style-type: none"> <li>● Standing Kho Kho.</li> <li>● Passing the ball.</li> <li>● Skipping, Shuttle Run.</li> <li>● L.A.PTEXERCISES</li> <li>● MEDIDATION</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favourite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>
NOVEMBER No of Days: 22	<ul style="list-style-type: none"> <li>● Dog and the Bone.</li> <li>● Race with</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● To improve team technical,</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favourite activity</li> <li>● Identify the skills</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● Critical</li> </ul>

	<p>passing the Ball.</p> <ul style="list-style-type: none"> <li>● L.A.PT EXERCISES</li> <li>● MEDIDATION</li> </ul>	<p>tactical, physical, and psycho-social skills</p> <ul style="list-style-type: none"> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>● Physical experience</li> </ul>	<p>thinking and reasoning skills.</p> <ul style="list-style-type: none"> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>
<p>DECEMBER No of Days: 12</p>	<ul style="list-style-type: none"> <li>● Standing Kho Kho.</li> <li>● Passing the ball.</li> <li>● Skipping, Shuttle Run.</li> <li>● L.A.PTEXERCISES MEDIDATION</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favourite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>

		to participate in Games and Sports	<ul style="list-style-type: none"> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>		
<b>CONDUCTION OF E-3/PT-2/PT-3</b>					
JANUARY No of Days: 18	<ul style="list-style-type: none"> <li>● 50 mts. Zig-Zag</li> <li>● Frog jump</li> <li>● L.A.PTEXERCISES</li> <li>● MEDIDATION</li> </ul>	<p>Students will be able to:</p> <p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Sports</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favourite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<p>Students will be able to:</p> <ul style="list-style-type: none"> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>

			determiners		
FEBRUARY No of Days: 23	<ul style="list-style-type: none"> <li>● Dog and the Bone.</li> <li>● Race with passing the Ball.</li> <li>● L.A.PT EXERCISES</li> <li>● MEDIDATION</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● To improve team technical, tactical, physical, and psycho-social skills</li> <li>● To enable the student to have good health</li> <li>● To provide opportunity to every student to participate in Games and Sports</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>● List the favourite activity</li> <li>● Identify the skills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> </ul> <p><b>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>● Practice of the relative skills.</li> <li>● Analysis the skills.</li> <li>● Fit, active, fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>	<ul style="list-style-type: none"> <li>● Linguistic</li> <li>● Interpersonal</li> <li>● Intrapersonal</li> <li>● Naturalistic</li> <li>● Physical experience</li> </ul>	<ul style="list-style-type: none"> <li>● Students will be able to:</li> <li>● Critical thinking and reasoning skills.</li> <li>● demonstrate adequate knowledge</li> <li>● effectively apply knowledge and skills</li> </ul>
MARCH	<b>FINAL ASSESSMENT</b>				