

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

<b>MONTH/NOOF DAYS</b>	<b>TOPIC:SUBTOPIC</b>	<b>OBJECTIVES</b>	<b>AIDS/ACTIVITIES</b>	<b>MULTIPLE INTELLIGENCE SKILLS</b>	<b>LEARNING OUTCOME</b>
<p style="text-align: center;">APRIL NoofDays:18</p>	<ul style="list-style-type: none"> <li>• WARMING EXERCISES</li> <li>• L.A.PTEXERCISES</li> <li>• RECEPTIONAL ACTIVITIES</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 Spor</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 of 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 NoofDays:14</p>	<ul style="list-style-type: none"> <li>• 50mts.Zig-Zag</li> <li>• Frogjump</li> <li>• L.A.PTEXERCISES</li> <li>• MEDIDATION</li> </ul>	<p>Studentswillbe able to: Studentswillbe able to:</p> <ul style="list-style-type: none"> <li>• Toimproveteam technical, tactical,physical, and psycho-social skills</li> <li>• To enable the studenttohave good health</li> </ul> <p>To provide opportunity to every student to participate in Games and Spor</p>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite activity</li> <li>• Identifytheskills</li> </ul> <p><b>SKILLS:</b></p> <ul style="list-style-type: none"> <li>• CreativeSkill</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>• Analysistheskills.</li> <li>• Fit,active,fresh and social.</li> </ul> <p><b>UNDERSTANDING:</b></p> <ul style="list-style-type: none"> <li>• Identifying various type ofminor games &amp; sports skills.</li> <li>• Applyingdifferent 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>Studentswill be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinkingand reasoning skills.</li> <li>• demonstrate adequate knowledge</li> <li>• effectively apply knowledgeand skills</li> </ul>
<p><b>REVISION:PT-1</b></p>					
<p><b>CONDUCTIONOFPT-1ASSESSMENT</b></p>					
<p>JULY NoofDays:27</p>	<ul style="list-style-type: none"> <li>• Warmingup Exercises.</li> <li>• Skipping,Shuttle Run.</li> <li>• L.A.PTEXERCISES</li> <li>• MEDIDATION</li> </ul>	<p>Studentswillbe able to: Studentswillbe able to:</p> <ul style="list-style-type: none"> <li>• Toimproveteam technical, tactical,</li> </ul>	<p><b>KNOWLEDGE:</b></p> <ul style="list-style-type: none"> <li>• List the favourite activity</li> <li>• Identifytheskills</li> </ul> <p><b>SKILLS:</b></p>	<ul style="list-style-type: none"> <li>• Linguistic</li> <li>• Interpersonal</li> <li>• Intrapersonal</li> <li>• Naturalistic</li> <li>• Physical experience</li> </ul>	<p>Studentswill be able to:</p> <ul style="list-style-type: none"> <li>• Critical thinkingand reasoning skills.</li> </ul>

		<p>physical, and psycho-social 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 Spor</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>• demonstrate adequate knowledge</li> <li>• effectively apply knowledge and skills</li> </ul>
<p>AUGUST Noof Days: 23</p>	<ul style="list-style-type: none"> <li>• Skipping, Shuttle Run.</li> <li>• L.A.P TEXERCISES 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>	<ul style="list-style-type: none"> <li>• <b>KNOWLEDGE:</b></li> <li>• List the favourite activity</li> <li>• Identify the skills</li> <li>• <b>SKILLS:</b></li> <li>• Creative Skill</li> <li>• Confidence</li> <li>• Adaptability</li> <li>• <b>APPLICATION:</b></li> <li>• Practice of the relative skills.</li> <li>• Analysis the skills.</li> <li>• Fit, active, fresh and social.</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>

			<ul style="list-style-type: none"> <li>● <b>UNDERSTANDING:</b></li> <li>● Identifying various type of minor games &amp; sports skills.</li> <li>● Applying different determiners</li> </ul>		
<p>SEPTEMBER No of Days: 05</p>	<b>REVISION: PT-2</b>				
<b>CONDUCTION OF PT-2 ASSESSMENT</b>					
<p>OCTOBER No of Days: 22</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. PT EXERCISES</li> <li>● MEDITATION</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>	<ul style="list-style-type: none"> <li>● <b>KNOWLEDGE:</b></li> <li>● List the favourite activity</li> <li>● Identify the skills</li> <li>● <b>SKILLS:</b></li> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> <li>● <b>APPLICATION:</b></li> <li>● Practice of the relative skills.</li> <li>● Analysis of the skills.</li> <li>● Fit, active, fresh and social.</li> <li>● <b>UNDERSTANDING:</b></li> <li>● Identifying various type of minor games &amp;</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>

			sportsskills. ● Applyingdifferent determiners		
NOVEMBER NoofDays:23	● DogandThe Bone. ● Race with pasing the Ball. ● L.A.PTEXERCISES ● MEDIDATION	● Studentswill be able to: ● To improve teamtechnical, tactical, physical, and psycho-social skills ● Toenablethe student to have good health ● To provide opportunityto every student to participate in Games and Sports	● <b>KNOWLEDGE:</b> ● List the favourite activity ● Identifytheskills ● <b>SKILLS:</b> ● CreativeSkill ● Confidence ● Adaptability ● <b>APPLICATION:</b> ● Practice of the relative skills. ● Analysisithe skills. ● Fit,active,fresh and social. ● <b>UNDERSTANDIN G:</b> ● Identifying various type of minor games & sports skills. ● Applyingdifferent determiners	● Linguistic ● Interpersonal ● Intrapersonal ● Naturalistic ● Physical experience	● Students willbeable to: ● Critical thinkingand reasoning skills. ● demonstrate adequate knowledge ● effectively apply knowledge and skills
<b>REVISION:PT-3</b>					
<b>CONDUCTIONOFPT-3ASSESSMENT</b>					

<p>DECEMBER NoofDays:11</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 to participate in Games and Sports</li> </ul>	<ul style="list-style-type: none"> <li>● <b>KNOWLEDGE:</b></li> <li>● List the favourite activity</li> <li>● Identify the skills</li> <li>● <b>SKILLS:</b></li> <li>● Creative Skill</li> <li>● Confidence</li> <li>● Adaptability</li> <li>● <b>APPLICATION:</b></li> <li>● Practice of the relative skills.</li> <li>● Analyse the skills.</li> <li>● Fit, active, fresh and social.</li> <li>● <b>UNDERSTANDING:</b></li> <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>
<p>JANUARY NoofDays:21</p>	<ul style="list-style-type: none"> <li>● 50mts.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> </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> <li>● effectively apply knowledge and</li> </ul>

		<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>APPLICATION:</b></p> <ul style="list-style-type: none"> <li>Practice of the relative skills.</li> <li>Analysis of 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>		skills
<p>FEBRUARY</p> <p>No of Days: 22</p>	<ul style="list-style-type: none"> <li>Dog and The Bone.</li> <li>Race with passing the Ball.</li> <li>L.A. PTEXERCISES</li> <li>MEDITATION</li> </ul>	<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> <li>To provide opportunity to every student to participate in Games and Sports</li> </ul>	<ul style="list-style-type: none"> <li><b>KNOWLEDGE:</b></li> <li>List the favourite activity</li> <li>Identify the skills</li> <li><b>SKILLS:</b></li> <li>Creative Skill</li> <li>Confidence</li> <li>Adaptability</li> <li><b>APPLICATION:</b></li> <li>Practice of the relative skills.</li> <li>Analysis of the skills.</li> <li>Fit, active, fresh and social.</li> <li><b>UNDERSTANDING:</b></li> <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>

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MARCH	<b>ANNUALEXAMS</b>				