



Gopi Birla Memorial School (Primary Section)

Year Plan 2023 - 24

Subject : Physical Education

GRADE : 1

Sr. No.	Month	Activity	Venue	Equipment
1	April	Recreation Game	Terrace	As per the requirement
2	June	Target Game In & Out	Class Room, Hall Hall, Terrace	Bean Bag, Target Board, etc. Chalk or Plastic Ring
3	July	Chess Snakes & Ladder, Ludo	Class Room, Hall Class Room, Hall	Chess Board & Chess Pieces Snakes & Ladder, Ludo Board & Pieces
4	August	Body Control Awareness Toe Walk, Heel Walk March Past (Attention & Stand At - ease)	Hall, Terrace Hall, Terrace Hall, Terrace	Bean Bag, Chalk, Marker etc. Bean Bag, Chalk, Marker etc. None
5	September	Mass P.T. Exercise, Suryanamaskar P.E. Practical Exam (First Term)	Hall, Terrace Class Room, Hall, Terrace	None None
6	October	P.E. Practical Exam (First Term)	Class Room, Hall, Terrace	None
7	November	Hopping (Langadi) Domes and Dishes / Treasure hunt game	Hall, Terrace Hall, Terrace	None Plastic Cones, Plastic Dish, etc.
8	December	Ram Ram Bhaiya (Recreation Game) Sports Day Race Practice	Terrace Terrace	None As per the requirement
9	January	"Fire on the mountain, run, run, run." Sports Day Race Practice Circle Kho - Kho, Circle Dodge Ball, Langadi	Hall, Terrace Terrace Terrace	None As per the requirement As per the requirement
10	February	Mass P.T. Exercise, Suryanamaskar Practice & Practical Exam (Second Term)	Terrace / Hall Terrace / Hall	 As per the requirement
11	March	PA4		