

Gopi Birla Memorial School (Primary Section)

Year Plan 2023 - 24

Subject : Physical Education

GRADE : 5

Sr. No.	Month	Activity	Venue	Equipment
1	April	Recreation Game Langadi Selection	Terrace Hall, Terrace	As per the requirement None
2	June	Hopping (Langadi) Circle Dodge Ball Ping, Pang, Pong (Recreation Game)	Hall, Terrace Terrace Class Room	None Small Ball (Volleyball) None
3	July	Chess Carrom Snakes & Ladder, Ludo	Class Room, Hall Hall Class Room, Hall	Chess Board & Chess Pieces Carrom Board, Carrom Stand, Chair, Pieces Snakes & Ladder, Ludo Board & Pieces
4	August	Circle Dodge Ball Kho - Kho Suryanamaskar	Terrace Terrace Hall, Terrace	Small Ball (Volleyball) Chalk None
5	September	Mass P.T. Exercise Basketball March Past (Attention, Stand At - ease, Right Turn, Left Turn, About Turn & Forward march)	Hall, Terrace Terrace Terrace	None Basketball None
6	October	P.E. Practical Exam (First Term)	Class Room, Hall Terrace	None
7	November	Hopping (Langadi) Ball Passing Game	Hall, Terrace Terrace	None Any Ball (Volleyball, Handball)
8	December	Kabaddi Kho - Kho	Terrace Terrace	Chalk Chalk
9	January	Throw Ball, Handball Sports Day Race Practice	Terrace Terrace	Throwball, Net, Handball As per the requirement
10	February	Kho - Kho, Circle Dodge Ball, Langadi, Cricket Mass P.T. Exercise, Suryanamaskar Practice P.E. Practical Exam (Second Term)	Terrace Class Room, Hall Terrace	As per the requirement None
11	March	PA4		