

CLASS:	1	SUBJECT:	PT

FIRST TERM

Month	T O P I C
April	<ul style="list-style-type: none">• Class formation (standing position)• General warm-up, jogging
May	<ul style="list-style-type: none">• Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
June	<ul style="list-style-type: none">• Indoor games.
July	<ul style="list-style-type: none">• Class formation (standing position)• General warm-up, jogging
August,	<ul style="list-style-type: none">• Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
September	<ul style="list-style-type: none">• Outdoor game

SECOND TERM

MONTH	T O P I C
October	<ul style="list-style-type: none">• Class formation (standing position)
November	<ul style="list-style-type: none">• General warm-up, jogging
December	<ul style="list-style-type: none">• Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
January,	<ul style="list-style-type: none">• Outdoor game
February,	<ul style="list-style-type: none">• Class formation (standing position)• General warm-up, jogging
March	<ul style="list-style-type: none">• Exercises.• Outdoor game.