

CLASS:	4	SUBJECT:	PT
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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) • General warm-up, jogging
November	<ul style="list-style-type: none"> • Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
December	<ul style="list-style-type: none"> • Outdoor game
January	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging
February	<ul style="list-style-type: none"> • Exercises. • Outdoor game.
March	