

CLASS:	5	SUBJECT:	P.T.

FIRST TERM

MONTH	T O P I C
April	<ul style="list-style-type: none"> • Class formation (standing position)
May	<ul style="list-style-type: none"> • General warm-up, jogging • 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. • Outdoor game
December	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging
January	<ul style="list-style-type: none"> • Exercises.
February	<ul style="list-style-type: none"> • Outdoor game.
March	