

GOPI BIRLA MEMORIAL SCHOOL 2025-26

GRADE: 10 - Physical Education

Nishant Kolhe / Sonali Sangare

ANNUAL PLAN

MONTH	MAIN CONTENT	ACTIVITIES
APRIL	Fitness Activity	Fun Games
JUNE	Chess	Indoor Games
JULY	Carrom	Indoor Games
AUGUST	Touch Rugby	Recreation Games (Tag the person)
SEPTEMBER	Football	Recreation Games (ten passing between teams)
OCTOBER	Handball	Recreation Games (3 men passing and shoot)
NOVEMBER	Basketball	Recreation Games (10 basket in 1 min)
DECEMBER	Athletics	Recreation Games (catch the dragon tail)
JANUARY	Sports Day (Athletics)	Drill and March
FEBRUARY	Fitness And Fun games (Practical Exam)	Exam