

Gopi Birla Memorial School (Primary Section)

Year Plan 2023 - 24

Subject : Physical Education

GRADE : 3

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