

Gopi Birla Memorial School (Primary Section)

Year Plan 2023 - 24

Subject : Physical Education

GRADE : 4

Sr. No.	Month	Activity	Venue	Equipment
1	April	Recreation Game Langadi Selection	Terrace Hall, Terrace	As per the requirement None
2	June	Hopping (Langadi) Circle Dodge Ball Ping, Pang, Pong (Recreation Game)	Hall, Terrace Terrace Class Room	None Small Ball (Volleyball) None
3	July	Chess Carrom Snakes & Ladder, Ludo	Class Room, Hall Hall Class Room, Hall	Chess Board & Chess Pieces Carrom Board, Carrom Stand, Chair, Pieces Snakes & Ladder, Ludo Board & Pieces
4	August	Circle Dodge Ball Kho - Kho Suryanamaskar	Terrace Terrace Hall, Terrace	Small Ball (Volleyball) Chalk None
5	September	Mass P.T. Exercise Pass the Ball March Past (Attention, Stand At - ease, Right Turn, Left Turn & About Turn)	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) Roads and lanes	Hall, Terrace Terrace	None None
8	December	Kabaddi Kho - Kho	Terrace Terrace	Chalk Chalk
9	January	Throw Ball, Handball Sports Day Race Practice	Terrace Terrace	Throwball, Net, Handball As per the requirement
10	February	Kho - Kho, Circle Dodge Ball, Langadi	Terrace	As per the requirement
		Mass P.T. Exercise, Suryanamaskar Practice P.E. Practical Exam (Second Term)	Class Room, Hall, Terrace	None
11	March	PA4		