

GOPIBIRLA MEMORIALSCHOOL 2025-26

GRADE : 7TH Physical Education

Nishant Kolhe / Sonali Sangare

ANNUALPLAN

MONTH	MAIN CONTENT/CHAPTERS	ACTIVITIES
April	Fitness activity	
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 shot)
NOVEMBER	Dodgeball	Recreation Games
DECEMBER	Athletics	Recreation Games (catch the dragaon tail)
JANUARY	Sports Day	Sports day
FEBRUARY	Fitness And Fun games (Practical Exam)	Exam

GBMS_ Annual Plan_G7_Physical Education_2025-2026