

KLE ENGLISH MEDIUM SCHOOL

JULE SOLAPUR

Sports

Grade: IX

Group: All Groups

MONTH	EVENTS
April	<ul style="list-style-type: none">• Revision of basics of maintaining discipline.• Difference between general and specific worm up.• Tone-up student's physical fitness by recreational games.
June	<ul style="list-style-type: none">• Health Education• Fitness Testing (Cardio vascular Endurance)• Safety Measures on the Ground
July	<ul style="list-style-type: none">• Basic Stretching (Hand, Lower back, Legs.)• Table tennis Competition- All Groups.• Volley ball skill practice• Athletics event activity selection
August	<ul style="list-style-type: none">• Volley ball match practice house wise• Kabaddi skill and match practice• PT Demonstration Practice• March past• Chess competition- All Groups• Table tennis Competition – All Groups.
September	<ul style="list-style-type: none">• General warm up• Football Skill and Match practice• General motor fitness Testing (Boys & Girls)• Rural games (Marble play, vittidandu, bhavara , ligori)• Shot Put Competition- All Groups.
October	<ul style="list-style-type: none">• General warm up• Basic Endurance Games Activity• Cricket Skill and Match Practice• Throw ball advance skills
November	<ul style="list-style-type: none">• Basic Endurance Games Activity• Annual Sports Meet Practice• Long Jump Competition – All Groups.
December	<ul style="list-style-type: none">• Annual Sports Meet• Training Methods Information• Strengthen training activity• 200mtr Running Race Competition – All Groups.

January	<ul style="list-style-type: none"> • General warm up & Basic body movement • Stretching Exercises of Sitting Position • Rural games (Marble play, vittidandu, bhavara , ligori)
February	<ul style="list-style-type: none"> • General warm up • Cool down Activity • Recreational fitness Games

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Yoga

Grade: IX

Group : All Groups

MONTH	Content	Values	Activity
June	Basic Description About Yoga <ul style="list-style-type: none"> • Omkar chanting • Normal session of Breathing techniques 	<ul style="list-style-type: none"> • Discipline • Knowledge improvement 	<ul style="list-style-type: none"> • Prayer & Om Chanting
July	Warm up Exercise & Standing Asanas <ul style="list-style-type: none"> • Ardhvirbhadrasana • Virabhadrasana • Purna-virbhadrasana 	<ul style="list-style-type: none"> • Self Knowledge 	<ul style="list-style-type: none"> • Asanans
August	Introduction of Suryanamaskara <ul style="list-style-type: none"> • With soft music 	<ul style="list-style-type: none"> • Improve Health & Peace of mind 	<ul style="list-style-type: none"> • Demonstration & Explanation
September	Suryanamaskar Practice & Demonstration <ul style="list-style-type: none"> • Group and Individual 	<ul style="list-style-type: none"> • Peace of harmony 	<ul style="list-style-type: none"> • Skill Practice
October	Asanas <ul style="list-style-type: none"> • Virangasana • Shavasana • Purna-Bhujangasana 	<ul style="list-style-type: none"> • Acceptance & Kindness 	<ul style="list-style-type: none"> • Skill Practice
November	Importance of Asanas& Practical's <ul style="list-style-type: none"> • Theory 	<ul style="list-style-type: none"> • Peace of mind • Activeness 	<ul style="list-style-type: none"> • Body posture Holding techniques
December	Importance of Meditation <ul style="list-style-type: none"> • Prayer & Meditation • Methods Of Constriction • Suryanamaskara 	<ul style="list-style-type: none"> • Self Management • Relaxed & Focused mind 	<ul style="list-style-type: none"> • Asanas& Breathing Steps

January	Importance of Breathing	<ul style="list-style-type: none">• Self Mind Control	<ul style="list-style-type: none">• Breathing steps
February	Asanas Practice	<ul style="list-style-type: none">• Improve Activeness	<ul style="list-style-type: none">• Skill Practice• Individual & Groups