

KLE ENGLISH MEDIUM SCHOOL**JULE SOLAPUR****Sports****Grade : V****Group : All Groups**

MONTH	EVENTS	Values
April	<ul style="list-style-type: none">• Usual discipline of school (Uniform, Hair cut, Body cleanliness)• Sequence of warm up (Stretching, Running, General exercise, Specific Exercise)• Physical training minor games	<ul style="list-style-type: none">• Discipline• Body Movements
June	<ul style="list-style-type: none">• General warm up & Basic body movement• Minor games (Funny Short Distance Races)	<ul style="list-style-type: none">• Ωαρμ-υπ• Body Balance• Health Awareness
July	<ul style="list-style-type: none">• Table Tennis Competition-All Groups• Basic Stretching (Hand, Lower back, Legs.)• Rules and Regulation of the Sports & Games	<ul style="list-style-type: none">• Self-Knowledge• Muscle Strength• Team Building
August	<ul style="list-style-type: none">• March past practice & selection.• General warm up & Basic body movement• Χηεσσ Χομπετιτιον-Αλλ γρουπσ• Throwball information & practice.	<ul style="list-style-type: none">• Fitness• Endurance Building• Activeness

September	<ul style="list-style-type: none"> • General warm up • Indoor Sports Activity information • Safety measures on the Ground • Kho-Kho Information & practice. • Σηοτ πυτ Competition-All Groups 	<ul style="list-style-type: none"> • Discipline • Sportsmanship • Muscle Building Greater Multi-tasking Ability
October	<ul style="list-style-type: none"> • 100 μτρ Ρυρννινγ Ραχε Χομπειτιιον-Αλλ γρουπσ. • Basic Endurance Games Activity • Rural Games (VittiDandu, Bhavara, Marbles play) • Kabaddi Basic information & practice. 	<ul style="list-style-type: none"> • Activeness • Regularity of Habits • Cognitive ability
November	<ul style="list-style-type: none"> • Basic Endurance Games Activity • Long-Jump Competition-All Groups 	<ul style="list-style-type: none"> • Endurance Building • Perseverance • Decision Making
December	<ul style="list-style-type: none"> • Cool Down Activity 	<ul style="list-style-type: none"> • Prosocial Behaviours
January	<ul style="list-style-type: none"> • General warm up & Basic body movement • Shot-put Competition-All Groups 	<ul style="list-style-type: none"> • Maintaining Bosity Balance • Activeness
	<ul style="list-style-type: none"> • Minor games (Recreational Games) • Stretching Exercises of Sitting Position 	
February	<ul style="list-style-type: none"> • Rural Games (VittiDandu, Bhavara, Marbles play) • Minor games (Funny Short Distance Races) • Stretching Exercises of Standing Position • 100mtr Running Race Competition- All Groups 	<ul style="list-style-type: none"> • Body Balance • Dedication • Fitness