

KLE ENGLISH MEDIUM SCHOOL

JULE SOLAPUR

Sports

Grade: VII

Group: All Groups

MONTH	EVENTS
June	<ul style="list-style-type: none">• General warm up & Basic body movement• Health Education• Safety Measures on the Ground• Information about First Aid
July	<ul style="list-style-type: none">• Minor games (Recreational Games)• Chess Competition – All Groups• Track event Specific rules and Practice• Selection of the Event Groups• March Past Practice
August	<ul style="list-style-type: none">• March Past Selection.• General warm up & Basic body movement• Carrom Competition – All Groups• PT Demonstration Practice
September	<ul style="list-style-type: none">• General warm up• Track Event selection of the Activity• Throwing and Jumping Event difference• Information about Football & Practice.• Table Tennis Competition – All Groups
October	<ul style="list-style-type: none">• General warm up• Cardiovascular Endurance exercise Importance• Activity to improve Fitness• Rural Games (Vitti-Dandu, Bhavara, Marbles play)
November	<ul style="list-style-type: none">• Basic Endurance Games Activity• Annual Sports Meet Practice• Selection of the Group and Individual activity• Throwing Events• Long Jump Competition – All Groups
December	<ul style="list-style-type: none">• Jumping Events Practice• Annual Sports Meet• Cool Down activity
January	<ul style="list-style-type: none">• General warm up & Basic body movement• Volleyball, Throwball information & practice.• Shot Put Competition – All Groups
February	<ul style="list-style-type: none">• General warm up• Rural Games (Vitti-Dandu, Bhavara, Marbles play)• Stretching Exercises of Standing Position• 100 mtr Running Race Competition- All Groups

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Yoga

Grade : VII

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"> • Sage pose • Twisting Sage Pose • Head to Knee Sage 	<ul style="list-style-type: none"> • Self Knowledge 	<ul style="list-style-type: none"> • Asanans
August	Asanas <ul style="list-style-type: none"> • Camel pose • Wind Relieving Pose • Turtle pose 	<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 Demo & Individual Demo • Use mantra & Om Chanting 	<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"> • Parvatasan • Virbhadrasan • Breathing Exercise 	<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"> • Memory Games • Importance of Meditation 	<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 • 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