

KLE ENGLISH MEDIUM SCHOOL

JULE SOLAPUR

Sports

Grade: VIII

Group: All Groups

MONTH	EVENTS
April	<ul style="list-style-type: none">• Teaching of general school deceptline (proper uniform, haircut, nail's treaming)• General worm up and Specific worm up,it's sequence.• Information about hydrating the body during physical activity.• Importance of physical activity at all edge.
June	<ul style="list-style-type: none">• Health education & safty majors on the ground.• Information of first-aid.• Construction of the Group of Games
July	<ul style="list-style-type: none">• Selection of the Event Group.• Kabaddi &Kho-Kho information and Practice.•
August	<ul style="list-style-type: none">• General warm up & Basic body movement• Table Tennis Competition – All Groups• Selection for Sports Individual & group games.
September	<ul style="list-style-type: none">• General warm up• Chess Competition – All Groups• Badminton Information & Practice.• Kabaddi Match practice House wise• Shot put competition.
October	<ul style="list-style-type: none">• General warm up• Basic Endurance Games Activity• Foot ballBasic &advance skill Practice• Selection of the Activity
November	<ul style="list-style-type: none">• Football,Kabaddi,Kho-Kho Practice.• Annual Sports Meet Practice• 100 mtr. running race – All Groups.
December	<ul style="list-style-type: none">• Selection of the activity.• Annual Sports Meet• Throwball Basic &advance skill Practice
January	<ul style="list-style-type: none">• Recreational funny games

	<ul style="list-style-type: none">• Cardio vascular fitness Activity• Rural Games
February	<ul style="list-style-type: none">• Rural Games (VittiDandu, Marbles play)• Circuit Training Methods• Cool down Activity

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Yoga

Class : VIII

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	Asanas Practice <ul style="list-style-type: none">• Child pose• Cat pose• Down Dog	<ul style="list-style-type: none">• Self Knowledge	<ul style="list-style-type: none">• Asanans
August	Asanas Practice <ul style="list-style-type: none">• Cat flow• Halasana• Gomukhasana	<ul style="list-style-type: none">• Improve Health & Peace of mind	<ul style="list-style-type: none">• Demonstrati on & Explanation
September	Asanas practice and Demonstration	<ul style="list-style-type: none">• Peace of harmony	<ul style="list-style-type: none">• Skill Practice
October	Meditation practice and omkar chanting	<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">• Suryanamaskara	<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">• With slow music• Omkara and gayatri mantra chanting	<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	<ul style="list-style-type: none">• Breathing

		Control	steps
February	Asanas Practice	<ul style="list-style-type: none">• Improve Activeness	<ul style="list-style-type: none">• Skill Practice• Individual & Groups