

CLASS -VII			
SUBJECT :PHYSICAL EDUCATION (2020-21)			
MONTH	SUBJECT	ACTIVITY	LEARNING OUTCOME
APRIL	PHY. EDU.	WARMING UP EXERCISE	REGULAR EXERCISE MAKES STUDENT FEEL MORE
		STRECHING EXERCISE	ENERGETIC,AND ALLOW THEM TO BE MORE ACTIVE
	S.ST	STATE GOVERNMENT	Health Care And Equality Health Care In India Public Health Care Services With Help Of Sports
MAY	PHY. EDU.	RUNNING	
		JOGGING	TO KEEP STUDENTS PHYSICALLY FIT
		BALANCING EXERCISE	TO MAKE BODY FLEXIBLE
	HINDI	रक्त और हमारा शरीर	BENEFITS OF BALANCED DIET.
JULY	PHY. EDU.	FUNDAMENTAL SKILL OF ANY GAME	TO TAKE PART IN THE COMPETITION,PLAYERS MAKE
		VOLLEY BALL	PREPARATION IN ADVACE
		BASKETBALL	
		KHO-KHO	
AUGUST	PHY. EDU.	MARCH PAST	TO PREPARE STUDENT FOR MARCHING
		MARCH PAST FORMATION	
	PUNJABI	OLYMPIAN PLAYER JARNAIL SINGH	LEARN HOW TO PLAY FOOTBALL
SEPTEMBER	<b>MID TERM EXAM</b>		
OCTOBER	PHY. EDU.	ATHLETIC{ TRACK EVENT }	TO INCREASE THE KNOWLEDGE ABOUT ATHLETIC
		200MTR	TO PREPARE STUDENT FOR UP COMING COMPETITION
		400MTR	
		RELAY RACE	
NOVEMBER	PHY. EDU.	ATHLETIC{ FIELD EVENT }	PREPERATION FOR ATHLETIC MEET
		SHORTPUT	TO INCREASE THE KNOELEDGE ABOUT FIELD EVENT
		LONG JUMP	
DECEMBER	PHY. EDU.	SLOW AND PACE RUN	TO DEVELOP ENDURANCE ABILITY
		GERMAN DRIL	TO INCREASE STRENGTHENING ABOUT FIELD EVENT
	HINDI	संघर्ष के कारन में तुनक मिज़ाज़ हो गया	MOTIVATION & STRUGGLE STORY OF DHANRAJ PILLEY{ HOCKEY PLAYER }
JANUARY		RECREATIONAL ACTIVITIES	TO REDUCE STRESS AND REVISION
FEBURARY	<b>FINAL EXAM</b>		

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