

Academic Session 2026-27

Class-6

Subject- Physical Education & Well Being

Name of the Book- Khel Yatra

Month	Content
April 2026	Unit 1: Importance of Physical Education and Well-being Chapter-1 Ice Water Chapter-2 Seven Stones Chapter-3 Aerobic Exercises Chapter-4 Follow Me
May2026	Unit 1: Importance of Physical Education and Well-being Chapter-5 Number Game Chapter-5 Hula Hoop Jump Unit 2: Motor Fitness Chapter-1 Obstacle Race Chapter-2 Balancing Act Chapter-3 Shivam Says Chapter-4 Collaborate and Conquer Chapter-5 Grab the Ball Chapter-6 Push-up Position and Pass the Ball
June 2026	Summer Vacation from 1st June 2026 to 30th June, 2026
July 2026	Unit 2: Motor Fitness Chapter-7 Tic-Tac-Toe Dribble Relay Chapter-8 Crocodile Race Chapter-9 Head, Shoulder, Knee and Ball Unit 3: Fundamental Skills of Kho-Kho Chapter-1 Sitting Chapter-2 Chasing

	Chapter-3 Giving Kho Chapter-4 Running on a Straight Line Chapter-5 Dodging Chapter-6 Zig-Zag Running Chapter-7 Pole Turn
August 2026	Unit 3: Fundamental Skills of Kho-Kho Chapter-8 Covering Chase Chapter-9 Chain Chapter-10 Fake Kho Chapter-11 Pole Dive Chapter-12 Toe Tapping Chapter-13 3-2-3 Chain
September 2026	Revision (Unit-1 to Unit-3)
Half yearly Assessment (April to September Syllabus)	
October 2026	Unit 4: Fundamental Skills of Handball Chapter-1 Passing Chapter-2 Catching Chapter-3 10-pass Chapter-4 Dribbling Chapter-5 Obstacle Dribbling Chapter-6 Shoot the Ball Chapter-7 Dodge Ball

November 2026	Unit 4: Fundamental Skills of Handball Chapter-8 Dribble and Shoot Chapter-9 Pass and Shoot Chapter-10 Shootout Tournament Chapter-11 Goalkeeper's Defensive Skills Chapter-12 Blocking Chapter-13 Assimilation
December 2026	Unit 5: Yoga Chapter-1 Yoga for Daily Life Chapter-2 Preparing for Yogic Practices Chapter-3 Asanas Chapter-4 Pranayama
Winter Vacation from 1st January 2027 to 15th January 2027	
January 2027	Unit 5: Yoga Chapter-5 Dharana, Dhyana and Samadhi Chapter-6 Krida Yoga
February 2027	Revision Unit-1 to Unit-5
March 2027	Revision Annual Assessment (AA-1) Complete Syllabus