

CLASS – IV	TEXTBOOK: KHEL YATRA	SUBJECT: PHYSICAL EDUCATION AND WELL BEING
Month	Name of the chapter/topic to be covered	No. and Name of Lesson
APRIL	1. BASIC MOTOR MOVEMENTS	1. THROWING AND CATCHING
MAY	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
JUNE	3. YOGA	YOGA PRACTICES
JULY	1. BASIC MOTOR MOVEMENTS	2. KICKING AND RECEIVING
	3. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	4. YOGA	YOGA PRACTICIES
AUGUST	1. BASIC MOTOR MOVEMENTS	3. STRIKE THE SHUTTLECOCK
SEPTEMBER	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	3. YOGA	YOGA PRACTICIES
OCTOBER	1. BASIC MOTOR MOVEMENTS	4. LITTLE STEPS
	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	3. YOGA	YOGA PRACTICIES
NOVEMBER	1. BASIC MOTOR MOVEMENTS	4. LITTLE STEPS
	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	3. YOGA	YOGA PRACTICIES
DECEMBER	1. BASIC MOTOR MOVEMENTS	3. STRIKE THE SHUTTLE COCK 4. LITTLE STEPS
	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	3. YOGA	YOGA PRACTICIES
JANUARY	1. BASIC MOTOR MOVEMENTS	2. KICKING AND RECEIVING 3. STRIKE THE SHUTTLE COCK 4. LITTLE STEPS
	2. OUR GAMES	5. LOCAL AND TRADITIONAL GAMES
	3. YOGA	YOGA PRACTICES
FEBRUARY	REVISION	

