

<b>CLASS – III</b>		<b>SUBJECT: Physical Education and Well-being (KHEL YOGA)</b>
<b>SN</b>	<b>Month</b>	<b>Name of the chapter/topic to be covered</b>
1	APRIL/MAY/ JUNE	Unit 1— Basic Motor Movements Chapter 1: Throwing and Catching– Unit 2— Our Games Chapter 5: Local and Traditional Games– Unit 3— Yoga Chapter 6: Yoga for Daily Life
2	JULY	Unit 1— Basic Motor Movements Chapter 2: Kicking and Receiving Unit 2— Our Games Chapter 5: Local and Traditional Games– Unit 3— Yoga Chapter 6: Yoga for Daily Life
3	AUGUST	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball– Unit 2— Our Games Chapter 5: Local and Traditional Games– Unit 3— Yoga Chapter 6: Yoga for Daily Life–
4	SEPTEMBER	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices (Yoga Sadhana)
5	OCTOBER	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices–
6	NOVEMBER	Unit 1— Basic Motor Movements Chapter 4: Little Steps– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices–
7	DECEMBER	Unit 1— Basic Motor Movements Chapter 4: Little Steps– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices–
8	JANUARY	Unit 1— Basic Motor Movements Chapter 4: Little Steps– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices–
9	FEBRUARY	Unit 1— Basic Motor Movements Chapter 4: Little Steps– Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices–

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