

Syllabus for academic session 2026-27

Class: IV

Subject : Physical education and Well being

Book : Khel Yoga

S. No	Month	Unit	Name Of The Chapter	Target competencies	Targeted learning outcomes/ learning objectives	Suggested activities
TERM: I						
1.	April-May	Unit:1 Basic Motor Movements	Chapter : 1 Throwing and catching	C.1.1 Developing a combination of movements, motor skills and manipulative skills. C.4.1 Sets Simple personal goals and targets. C.4.2 Records progress against targets.	1.Exhibit the skills involved in throwing and catching. 2.Learn how throwing and catching affects their body (eg. Breathing gets faster) 3.Able to throw a ball far. ( eg. at least 20m long)	1.Overhead Reverse Toss. 2.Throw it Back 3.Bucket it up 4.Run and catch 5.Coordinate and conquer 6.Meethe Angoor (The teacher can modify activities as per the availability of resources and space in the school)
2.	July-September		Chapter : 2 Kicking and receiving	C.1.3 Demonstrates coordination abilities with a partner and objects. C.1.4 Demonstrates and describes some critical features of movement form like techniques of catching, throwing, kicking the ball or transferring the body weight for lifting the object safely.	1.Apply a proper technique for hitting a ball with the foot. 2.Improve overall body coordination, balance and foot control. 3.Adjust the force of the kick to reach a partner at varying distances.	Teachers should ensure that every child—regardless of their physical ability feels empowered and supported to participate meaningfully in these activities.” 1. Dribble and pass 2. Zig Zag kicking 3. Foot Baseball 4. Drop it to kick 5. Between the door 6. Kick through

			<p>Chapter : 3</p> <p>Strike the shuttlecock</p>	<p>C.3.1 Understanding concept of game, its rules, playing positions and basic moves.</p> <p>C.2.4 Practices sensitivity and responsibility towards the physical activity material, playground and facilities.</p>	<p>1.Explain the fundamental rules of the game.</p> <p>2.Value the importance of badminton as a form of physical exercise.</p> <p>3 Respecting opponents and equipment 4.Develop hand-eye coordination.</p>	<p>1.Balloon Race</p> <p>2.Bowling</p> <p>3.Tap the ball</p> <p>4.Sky shuttlecock</p> <p>5.Play the shuttlecock</p> <p>6.Play it together</p> <p>Goal: Adapt the rules so every child, including CWSN, can participate.</p>
			<p>Chapter : 4</p> <p>Little Steps</p>	<p>C.1.4 Demonstrates basic warm up exercises and stretching to develop strength and flexibility in the body.</p> <p>C.2.1 Demonstrates the ability to play games and activities which require teamwork, Cooperation and Communication of ideas.</p>	<p>1.Understand the importance of taking little steps to build bigger skills and maintain fitness.</p> <p>2.Set simple personal fitness goals ( holding a pose longer )</p> <p>3. Learn Cooperation and show positive attitude towards peers during group physical activities.</p> <p>4.Develop basic motor skills through varied movements.</p>	<p>1.Roll around</p> <p>2 Cross together</p> <p>3.Movement circuit</p> <p>4.Push circuit</p> <p>5. Leg circuit</p> <p>6.Run into Hula hoops</p> <p>7. Balancing on the line.</p> <p>Note - Involve children with special needs (CWSN) in these activities and the focus should be on creating a supportive environment, using adapted equipment, and breaking down skills into simple steps with clear, concise cues.</p>

THE ABOVE-MENTIONED SYLLABUS ALONG WITH REVISION MUST BE COMPLETED BEFORE MID TERM EXAMINATION.

3.	October-December	Unit: 2 Our Games	Chapter: 5 Local and traditional games	<p>C.3.1 Understanding concept of some games, their rules, Playing. positions and basic moves.</p> <p>C.3.2 Design a basic strategy and play the game accordingly</p>	<p>1.Foster creativity and quick thinking</p> <p>2.Increase alertness and awareness of surroundings.</p> <p>3. Build empathy by understanding other's feelings and Roles.</p> <p>4. Learn to follow rules and understand fair play.</p>	<p>1.Anti Pil</p> <p>2.Majhya mamcha patra Haravla, Tech Mala saptla</p> <p>3.Indur Beral</p> <p>4.Tekeli Bhonga</p> <p>5.Rinky Pinky Ponk, What colour you want?</p> <p>6.Sundarikku Abhusuman kuthal</p> <p>7.Gaind Tora</p>
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				C.2.2 Creates group norms and rules of the game before playing and reviews these regularly.		8.Chho Chho 9.Puchi Khela 10.Silent kabaddi 11.Dhop khela 12.Anding oka 13.Turai Kar (Teacher can incorporate other local games that students play)
4.	January -March	Unit: 3 Yoga	Yoga for Daily Life	C.3.1 Expresses one's own emotions and thinking process during the game	1.Explain the meaning of yoga and its importance for a healthy body and mind.  2.Recognize yoga as a way to live healthy, happy and strong	1.Encourage students to talk about their eating habits, daily activities, hobbies and sleep schedule. 2.Introduction of simple yoga postures practice-camel walk, Toe walk, crab walk etc.
			Yogic Practices (Yoga Sadhana)	C-1.2 Move purposefully your body to a beat rhythm/music.  C-3.2 Listen attentively & follow instruction.	1.Identify and demonstrate simple and age appropriate yoga postures. 2. Learn basic exercises and simple hand gestures. 3. Learn to manage stress and improve emotional regulation using yogic techniques .	Provide opportunities for practicing asans, pranayama, kriya etc. to the students. Ensure that the safety guidelines for physical activities are not overloaded during classroom implementation.

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