

ANNUAL SYLLABUS**SESSION: 2026-2027****SUBJECT: PHYSICAL EDUCATION AND WELLBEING****CLASS-VI (Middle Stage)****TEXTBOOK- KHEL YATRA**

Chapter Number and Name	Curricular Goal (CG) as per NCF –SE-2023	Competency (C) as per NCF–SE-2023	Learning Outcome	Activities
Chapter 1: Importance of Physical Education and Well-being	• CG-2: Exhibits sensitivity in their personal and social behaviour towards themselves and others. • CG-5: Learns the connection between physical activity with health, enjoyment, challenge, expression and social interaction. • CG-1: Demonstrates intermediate body movements and motor skills to participate in different physical activities/games/sports and develop their understanding.	C-2.1: Demonstrates cooperation, empathy, inclusion and respect during physical activities. C-2.2: Practises safe and responsible behaviour during physical activities. C-5.1: Explains the relationship between physical activity and health. C-5.2: Participates in physical activity for enjoyment, challenge, expression and social interaction. C-1.1: Demonstrates intermediate locomotor, non-locomotor and manipulative skills.	• Explains the importance of Physical Education and Well-being in daily life. • Demonstrates cooperation, empathy and teamwork during physical activities. • Identifies safe and unsafe practices during games and activities. • Demonstrates responsible behaviour during participation in group tasks. • Appreciates inclusion, respect and fair play among peers. • Explains the role of physical activity in maintaining health and well-being. • Participates enthusiastically in recreational and group activities.	• Ice Water Game • Seven Stones • Number Game • Aerobic Activities • Follow Me • Number Game • Hula Hoop Jump

Chapter 3: Fundamental Skills of Kho- Kho	• CG-1: Demonstrates intermediate body movements and motor skills to participate in different physical activities/games/sports and develop their understanding. • CG-3: Demonstrates and practises physical movements, motor skills, social sensitivity, and mental engagement in physical activity/game situations. • CG-2: Exhibits sensitivity in their personal and social behaviour towards themselves and others.	• C-1.1: Demonstrates intermediate locomotor, non-locomotor and manipulative skills. • C-1.2: Performs combined movements with balance, direction, speed, tempo and flow. • C-3.1: Designs and executes simple strategies for a game. • C-3.2: Demonstrates calmness and courage in difficult situations. • C-2.1: Reflects on personal reactions and demonstrates cooperation during physical activity.	• Demonstrates sitting, chasing and giving Kho techniques. • Performs pole turn and dodging techniques with control. • Applies speed and agility during game situations. • Demonstrates teamwork and sportsmanship while playing. • Understands basic rules, turns, positions and movement patterns of Kho-Kho. • Participates in lead-up games and mini Kho-Kho matches with fair play.	• Sitting Practice • Chasing Drill • Giving Kho Drill • Running on a Straight Line • Dodging Practice • Zig-Zag Running • Pole Turn Practice • Covering Chase • Chain • Fake Kho • Pole Dive • Toe Tapping • 3-2-3 Chain • Mini Kho-Kho Matches
Chapter 5 Part-I: Yoga for Daily Life Part-III: Asana	• CG-2: Exhibits sensitivity in their personal and social behaviour towards themselves and others. • CG-5: Learns the connection between physical activity with health, enjoyment,	• C-2.1: Demonstrates self-management, calmness, cooperation and respect during yogic practices. • C-2.2: Practises safe and responsible behaviour during physical activity. • C-4.1: Sets simple personal goals for regular practice and records progress.	• Explains the meaning and importance of Yoga. • Explains and practises Yama and Niyama in daily life. • Performs Sukshma Vyayama and joint mobility movements. • Demonstrates correct posture in basic Asanas.	• Rabbit Breathing • Dog Breathing • Sukshma Vyayama • Padmasana • Bhujangasana • Shalabhasana • Uttanapadasana

	challenge, expression and social interaction. • CG-4: Plans and achieves personal physical fitness goals with little help from Teachers.	• C-5.1: Explains the relationship between physical activity, yoga and health. • C-5.2: Participates in physical activity for enjoyment, challenge, expression and social interaction.	• Develops awareness of breathing and body movement. • Maintains a simple yoga diary or practice record.	
--	---	---	---	--

Note:

- The prescribed syllabus should be completed by 5th September 2026, ensuring adequate time for revision and consolidation of learning.
- Teachers are encouraged to promote experiential and inclusive learning.
- All teaching–learning processes, assessment practices, and classroom transactions should be aligned with the Curricular Goals (CGs) and Competencies (Cs) as outlined in NCF-SE 2023.

Mid Term Examination-2026

Chapter Number and Name	Curricular Goal	Curricular Competency	Learning Outcome	Suggestive activities
Chapter 2: Motor Fitness	• CG-1: Demonstrates intermediate body movements and motor skills to participate in different physical activities/games/sports and develop their understanding. • CG-4: Plans and achieves personal physical fitness goals with little help from Teachers.	• C-1.1: Demonstrates intermediate locomotor, non-locomotor and manipulative skills. • C-4.1: Sets personal fitness goals. • C-4.2: Monitors physical fitness progress. • C-5.1: Explains the relationship between physical activity and health.	• Demonstrates agility, balance, coordination and reaction ability. • Performs warm-up and cool-down activities correctly. • Participates in fitness assessment activities. • Records and evaluates personal fitness performance. • Appreciates the role of fitness in healthy living.	• Obstacle Race • Balancing Act • Shivam Says • Collaborate and Conquer • Grab the Ball • Push-up Position and Pass the Ball • Tic-Tac-Toe Dribble Relay • Crocodile Race • Head, Shoulder, Knee and Ball

	• CG-5: Learns the connection between physical activity with health, enjoyment, challenge, expression and social interaction.			
Chapter 4: Fundamental Skills of Handball	• CG-1: Demonstrates intermediate body movements and motor skills to participate in different physical activities/games/sports and develop their understanding. • CG-3: Demonstrates and practises physical movements, motor skills, social sensitivity, and mental engagement in physical activity/game situations. • CG-2: Exhibits sensitivity in their personal and social behaviour towards themselves and others.	• C-1.1: Demonstrates intermediate locomotor, non-locomotor and manipulative skills. • C-1.2: Performs combined movements while receiving, passing, dribbling, throwing and shooting. • C-3.1: Designs and executes simple strategies for a game. • C-3.2: Demonstrates calmness and courage in difficult situations. • C-2.1: Demonstrates teamwork, cooperation, personal responsibility and communication. • C-2.2: Practises safe and responsible behaviour during physical activities.	• Demonstrates passing, catching, dribbling, throwing and shooting skills. • Demonstrates eye-hand coordination during ball-handling tasks. • Applies offensive and defensive strategies in game situations. • Demonstrates teamwork and communication with teammates. • Participates in lead-up games and mini Handball matches with fair play. • Maintains safety while using space, ball and equipment.	• Passing • Catching • 10-Pass • Dribbling • Obstacle Dribbling • Shoot the Ball • Dodgeball • Dribble and Shoot • Pass and Shoot • Shootout Tournament • Goalkeeper's Defensive Skills • Blocking • Assimilation
Chapter 5 Part-II: Preparing for Yoga Practices	• CG-3: Demonstrates and practises physical movements, motor skills, social sensitivity, and mental engagement in	• C-3.2: Demonstrates calmness, courage and self-awareness in physical activity situations. • C-4.1: Sets personal practice goals for yoga, breathing and meditation.	• Demonstrates breathing practices with correct technique. • Performs Anulom-Vilom and Bhramari Pranayama.	• Ekapada Pavanamuktasana • Dvi Pada Pavanamuktasana • Surya Namaskara • Relaxation • Sectional Breathing • Nadisuddhi Pranayama

Part-IV: Pranayama	physical activity/game situations.	• C-4.2: Monitors personal progress in regular yogic practice.	• Practises Dharana and meditation for short durations.	• Bhramari Pranayama
Part-V: Dharana, Dhyana and Samadhi	• CG-4: Plans and achieves personal physical fitness goals with little help from Teachers.	• C-5.1: Explains the relationship between physical activity, yoga, health and well-being.	• Performs relaxation activities with awareness.	• Padartha Grahi Mindful Eating
Part-VI: Krida Yoga	• CG-5: Learns the connection between physical activity with health, enjoyment, challenge, expression and social interaction.	• C-5.2: Participates in physical activity for enjoyment, expression, challenge and social interaction.	• Participates in Krida Yoga activities with enthusiasm.	• Pancabhuta
			• Develops self-awareness, emotional balance and regular practice habits.	

Note:

- The prescribed syllabus should be completed by 30th January 2027, ensuring adequate time for revision and consolidation of learning.
- Whole Syllabus will be evaluated in Annual Examination.
- Teachers are encouraged to promote experiential and inclusive learning.
- Sufficient time should be allocated for systematic revision prior to the Annual Examination to support learner preparedness.
- All teaching–learning processes, assessment practices, and classroom transactions should be aligned with the Curricular Goals (CGs) and Competencies (Cs) as outlined in NCF-SE 2023.
- <https://ncert.nic.in/textbook.php?heky1=0-6> NCERT Book link.

Annual Examination 2027