

KIDS WORLD SCHOOL
SESSION – 2025-26
ANNUAL CURRICULUM PLANNER
CLASS – IX
SUBJECT – HEALTH AND PHYSICAL EDUCATION

MONTH	NAME OF THE SPORTS/GAMES/ACTIVITY	LEARNING OBJECTIVE	PRACTICE SKILLS	LEARNING OUTCOMES (KEY TERMS)
JULY	STAND 1: Games/Sports Athletics Swimming STAND 2: Health / Fitness Aerobics	1.To take it as an opportunity to be successful in life. 2.To use the physical talent up to the maximum potential. 3.To accept success and defeat like a true sportsman.	A. Running Events B. Jumping Event C. Throwing Event: Shot Put	Running events boost speed, stamina, and strategy, building resilience and competitive spirit.
AUGUST	STAND 1 Games/Sports 1. Kabaddi STAND 2 Health / Fitness 1. Yoga	1.To develop physical skills such as strength, stamina, speed, agility, accuracy, etc. 2.To develop emotional skills such as managing emotional stress, anxiety, tension and depression.	1 Raider's Skill: <ul style="list-style-type: none"> • Hand Touch • Toe Touch • Back kick/ side kick Jump (frog or Lion jump) Defender's Skill <ul style="list-style-type: none"> • Ankle / Thig • Waist Hold 	1. Skill Development 2. Physical Fitness 3. Strategic Thinking 4. Team Coordination 5. Rules and Safety Awareness 6. Fair Play

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SEPTEMBER	STAND 1 Games/Sports 1. Cricket STAND 2 Health / Fitness 1. Dance	1.To understand the importance of physical fitness individually and is social life. 2.To make oneself physically, mentally and emotionally it and healthy.	Batting: Proper grip, stance, and footwork Bowling: Smooth action and line / length Fielding: Catching and quick ground fielding Wicketkeeping: Glove work and foot movement Physical & Mental Fitness & Focus	1. Skill Execution 2. Game Understanding 3. Physical Development 4. Strategic Thinking 5. Teamwork and Communication 6. Fair Play and Safety
NOVEMBER	STAND 1 Games/Sports 1.Skating 2.Camping	1. To promote physical fitness and improve cardiovascular health 2. To provide stress relief and improve mental well-being. 3. To encourage creativity and self-expression	A. Balancing on skates B. Forward skating C. Stopping techniques D. Falling safely A. Tent pitching B. Site selection C. sleeping arrangement	Participation in school sports supports the healthy growth of the heart, Lungs, muscles and bones.

MONTH	NAME OF THE SPORTS/GAMES/ACTIVITY	LEARNING OBJECTIVE	PRACTICE SKILLS	LEARNING OUTCOMES (KEY TERMS)
DECEMBER	STAND 1 Games/Sports 1.Kho-Kho	<ol style="list-style-type: none"> 1. Understand the history and importance of Kho-Kho 2. Learn the basic rules and techniques of the game. 3. Develop physical fitness, agility and teamwork skills. 	<ol style="list-style-type: none"> A. Sitting position B. Zigzag movement C. Running dodging <p>Touch tag</p>	It also improves agility, coordination and balance,
JANUARY	STAND 1 Games/Sports 1.Badmintion	<ol style="list-style-type: none"> 1) play individually or with a partner, beat your opponents and win the game 2) To develop self-esteem and self-confidence through positive sporting experiences 3) If interested, to graph a career in this game <p>graph a career in this game.</p>	<ol style="list-style-type: none"> A. Footwork patters B. Blance speed C. Serve D. Smash E. Drive 	You work together, share time and other resources, take turns to play and learn to cope with success and failure as a team.