

KIDS WORLD SCHOOL
SESSION – 2025-26
ANNUAL CURRICULUM PLANNER
CLASS – X

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 / Thigh / Waist Hold • Block and Dash Chain Tackle	1. Skill Development 2. Physical Fitness 3. Strategic Thinking 4. Team Coordination 5. Rules and Safety Awareness 6. Fair Play and Dis

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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 Wicket keeping: 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. Lawn Tennis	1.To develop an understanding of the importance of sports in general and tennis as particular. In the pursuit of a healthy and active lifestyle. 2.To play individually or with a partner, beat your opponents and win the game.	Serve Forehand & Backhand Strokes Volley & Half-volley Overhead Smash Return of serve Footwork & Court Movement Game Awareness	<ul style="list-style-type: none"> • Technical Proficiency • Footwork and Movement • Game Understanding • Strategic Play • Physical Fitness • Teamwork and Sportsmanship

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DECEMBER	STAND 1 Games/Sports 1.Table Tennis	1.To understand the importance of being physically fit in social and personal life 2. To keep oneself physically, mentally and emotionally fit and healthy	<ul style="list-style-type: none"> • Grip • Stance & footwork • Serve • Push • Drive • Block • Loop • Smash 	1. Grip mastery 2. Stroke development 3. Spin recognition 4. Footwork patterns 5. Serve & rueturn skill
DECEMBER	STAND 1 Games/Sports 1.Trekking	1. Promotes the spirit of adventure 2. Channelises the energy in the most constructive direction. 3. Brings the youth in direct contact with hardships. 4.Increases the awareness of the means to overcome the hardships provided by a life	1. Route planning 2. Navigation 3. Packing essentials 4. Pacing & balance	Physical fitness & enddurance Navigation & orientation skill Risk assessment & safety awarness Envioronmental stewardship