

**KIDS WORLD SCHOOL, NAGPUR**  
**SESSION – 2026-27**  
**CLASS - I**  
**SUBJECT – PHYSICAL EDUCATION AND WELL BEING**

UNIT		Topic	Sub-Topic	Month		Suggested Ice-Breaking Activity	Teaching Pedagogy	Curricular Goals	Competency	Expected Learning Outcomes	Assessment
No.	Name			Starting	Closing						
1	Body Awareness & Basic Movements	Knowing My Body & Spacing	Body parts identification, Personal space vs General space	July Day 1	July	Simon Says (Body Edition): Touch toes, stretch hands, point to knees.	Command & Practice Method: Direct instruction followed by joyful imitation.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Developing a fit, flexible body.	C-3.1: Shows coordination between perceptions & body movements.	Learner identifies basic body parts and moves within personal boundaries without bumping.	
		Locomotor Skills	Walking, Running, Marching in a straight line	Day 2		Animal Walks: Mimic a frog jump, bear crawl, and duck waddle.	Play-Based Learning: Storytelling mixed with structural physical imitation.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Enhancing gross motor skills.	C-3.4: Shows strength and endurance in walking & running.	Learner demonstrates variation in running speeds and clean marching steps.	
		Non-Locomotor Skills	Bending, Stretching, Twisting while stationary	Day 3		The Tree Breeze: Swelling and swaying like trees in a storm without moving feet.	Experiential Pedagogy: Exploring body boundaries through structured play.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Cultivating flexibility.	C-3.2: Shows balance, coordination, and flexibility.	Learner safely bends and twists the torso while keeping a firm, balanced stance.	
		Rhythmic Movement	Moving to beats, clapping patterns	Day 4		Freeze Dance: Move vigorously to a drumbeat, freeze instantly when it stops.	Rhythmic & Movement Pedagogy: Listening and synchronized response.	CG-2: Sharpness in Sensorial Perceptions ( <i>Pranamaya &amp; Vijnanamaya Kosha</i> )	C-2.3: Differentiates sounds & patterns by volume/tempo.	Learner coordinates physical foot movements smoothly with changing audio beats.	
2	Balance & Postural Stability	Static Balance	Single-leg balance, Stork stance	August Day 1	August	Statue Challenge: Balancing on one foot while holding a funny pose.	Guided Exploration: Progression from easy to challenging balance holds.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Developing core stability.	C-3.2: Shows balance, coordination, and flexibility.	Learner holds a steady single-leg balance position for up to 5-10 seconds.	
		Dynamic Balance	Walking on a straight line/low balance beam	Day 2		Tightrope Walker: Walking imaginary lines over a "river of crocodiles."	Task-Oriented Circuits: Playful physical challenges using floor markings.	CG-3: Physical Development ( <i>Annamaya &amp; Pranamaya Kosha</i> )	C-3.1: Maintains balance across various physical activities.	Learner walks steadily from heel-to-toe across a 10-foot straight floor line.	
		Posture & Core alignment	Sitting upright, correct standing alignments	Day 3		The King/Queen Walk: Walking with an imaginary crown on the head.	Demonstration & Mimicry: Visual comparison of slouched vs. erect posture.	CG-1: Healthy Habits ( <i>Annamaya Kosha</i> ): Maintaining physical structure safety.	C-1.5: Shows awareness of physical safety and structural alignment.	Learner sits and stands displaying a straight, natural spinal alignment.	
		Basic Yoga Postures	Tadasana, Vrikshasana (Tree pose), Balasana	Day 4		Nature Mimics: Transforming bodies into mountains and baby seeds.	Yoga Integrated Pedagogy: Holistic mind-body connection exercises.	CG-3: Physical Development ( <i>Pranamaya &amp; Manomaya Kosha</i> )	C-3.2: Exhibits coordination, calmness, and posture mastery.	Learner demonstrates basic foundational yoga asanas with steady breathing.	
3	Manipulative Skills & Coordination	Eye-Hand Coordination	Throwing and catching light objects/balls	September Day 1	September	Balloon Keepy-Uppy: Keep a balloon in the air using only hands.	Sports-Integrated Learning: Individualized progression handling lightweight props.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Fine-tuning motor control.	C-3.1: Coordinates sensorial perceptions with arm movements.	Learner catches a soft, large ball from an underhand throw of 4 feet away.	
		Eye-Foot Coordination	Tapping, soft kicking, stopping a ball	Day 2		Pass the Melon: Gently tap a soft ball to a partner using your feet.	Cooperative Group Pedagogy: Shared activity handling low-impact objects.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Spatial limb coordination.	C-3.1: Tracks moving targets and applies accurate physical contact.	Learner successfully tracks, intercepts, and kicks a slow rolling ball.	
		Fine Motor Skill Agility	Gripping, squeezing, handling small equipment	Day 3		Beanbag Transfer: Pick up beanbags quickly using a tight fist or scoop.	Experiential Play: Object manipulation drills focusing on manual dexterity.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Finger-hand dexterity.	C-3.3: Shows precision and control working with hands & fingers.	Learner securely grips, holds, and stacks small sports props precisely.	

		Tracking Objects	Tracking trajectories of rolling/flying targets	Day 4		Roll and Catch: Sit in pairs and track/catch a ball rolled across the floor.	Sensorial Pedagogy: Direct focus on tracking speed and visual paths.	CG-2: Sharpness in Sensorial Perceptions ( <i>Vijnanamaya Kosha</i> )	C-2.6: Integrates sensorial perceptions into overall physical awareness.	Learner accurately judges and catches a floor-rolled ball into open hands.	
4	Fun Games & Cooperation	Minor Traditional Games	Local low-organization games (e.g., <i>Chupa Chupai</i> , <i>Dog and the Bone</i> )	October Day 1	October	What's the Time, Mr. Wolf?: Simple responsive running game.	Game-Based & Collaborative Pedagogy: Shared group play with basic rule sets.	CG-4: Socio-Emotional Development ( <i>Manomaya Kosha</i> ): Emotional regulation.	C-4.4: Shows cooperative behavior with other children.	Learner actively plays within basic rule guidelines without disputes.	
		Teamwork & Cooperation	Group relays, passing items in a line	Day 2		Tunnel Ball: Pass a ball backwards through legs down a team line.	Cooperative Learning: Working towards a shared goal.	CG-4: Socio-Emotional Development ( <i>Manomaya Kosha</i> ): Building healthy team skills.	C-4.3: Interacts comfortably and works cohesively with peers.	Learner steps up to cheer on teammates and handles group roles nicely.	
		Handling Emotions in Play	Dealing with winning and losing graciously	Day 3		High-Five Circle: High-five everyone after a game, chanting "Good Game!".	Reflective Discussions: Brief post-game discussions on sportsmanship.	CG-4: Socio-Emotional Development ( <i>Manomaya &amp; Anandamaya Kosha</i> )	C-4.2: Recognizes and regulates emotional responses in peer settings.	Learner handles a game loss with composure and smiles when congratulated.	
		Spatial Strategy	Moving away from opponents into open spaces	Day 4		Cat and Mouse: Evading a designated catcher inside an open circle area.	Tactical Play Pedagogy: Teaching basic spatial awareness during tag games.	CG-1: Cognitive Development ( <i>Vijnanamaya Kosha</i> ): Basic logical choice.	C-1.5: Exhibits high motion safety awareness and dodges cleanly.	Learner spots open floor zones and avoids collisions while sprinting.	
5	Health, Hygiene & Nutrition	Nutritious Choices	Identifying fresh fruits, veggies vs junk food	November Day 1	November	Healthy Basket: Clap for fresh fruits, sit down silently for processed junk foods.	Interactive Sorting: Visually classifying items into health groups.	CG-1: Healthy Habits ( <i>Annamaya Kosha</i> ): Building healthy routines.	C-1.1: Appreciates nutritious food and avoids creating food waste.	Learner labels at least 5 healthy foods and discusses why they make us strong.	
		Basic Personal Hygiene	Handwashing steps, dental care, short nails	Day 2		Germ Attack: Mimic scrubbing away "invisible germs" on hands with song steps.	Experiential Demonstration: Practicing exact multi-step hand hygiene routines.	CG-1: Healthy Habits ( <i>Annamaya Kosha</i> ): Personal hygiene practices.	C-1.2: Practices consistent, proper self-care and everyday hygiene.	Learner demonstrates the correct 6-step hand washing technique independently.	
		Post-Exercise Hydration	Clean drinking habits, resting when tired	Day 3		Sip & Breathe: Slow breathing exercises paired with structured water breaks.	Reflective Wellness Pedagogy: Tuning into inner body signals (thirst/fatigue).	CG-1: Healthy Habits ( <i>Pranamaya Kosha</i> ): Learning body energy preservation.	C-1.2: Acts correctly upon noticing basic physical wellness needs.	Learner automatically identifies dehydration indicators and rehydrates safely.	
		Keeping Surroundings Clean	Clean sports areas, putting props away	Day 4		Toy Soldier Clean-up: Race to return all cones and balls to bags under 1 minute.	Activity-Based Duty (Seva): Group responsibility for keeping areas clean.	CG-1: Healthy Habits & Seva ( <i>Manomaya &amp; Ethical Stage</i> )	C-1.3: Keeps learning and play zones clean and organized.	Learner proactively gathers and neatly stores equipment when training ends.	
6	Mind-Body Wellness & Safety	Breathing Awareness	Deep abdominal inhalation and slow exhalation	December Day 1	December	Feather Breath: Blow gently on a tissue or feather to keep it hovering.	Experiential Breathwork: Rhythmic, calming breathing practices.	CG-3: Physical Development ( <i>Pranamaya Kosha</i> ): Regulating basic energy pathways.	C-3.2: Achieves inner calm and bodily control via steady breathing.	Learner can slow down their breathing rate purposefully after active sports.	
		Basic Safety Signs	Safe play rules, listening to whistles	Day 2		Red Light, Green Light: Run on Green, stop completely on Red/Whistle blast.	Command & Response Pedagogy: Training quick responses to safety cues.	CG-1: Healthy Habits ( <i>Annamaya Kosha</i> ): Keeping safe in motion spaces.	C-1.5: Displays movement safety awareness and responds to danger cues.	Learner instantly stops moving when a whistle blows, preserving a safe space.	
		Identifying Unsafe Play	Avoiding sharp objects, keeping to boundaries	Day 3		Safe or Oops?: Give a thumbs-up for safe acts; cross arms for unsafe actions.	Scenario Discussions: Analyzing basic cartoon safety prompts.	CG-1: Healthy Habits ( <i>Vijnanamaya Kosha</i> ): Hazard recognition.	C-1.6: Identifies unsafe environments and speaks up or asks for help.	Learner reports unsafe objects on the ground to the teacher before playing.	

		Expressive Free Movement	Creative dance and animal storytelling	Day 4		Jungle Safari: Act out trekking through a wild jungle using free physical movements.	Aesthetic & Creative Pedagogy: Integrating performance art with fitness.	CG-1: Aesthetic/Aesthetic Development ( <i>Anandamaya Kosha</i> )	C-1.4 : Integrates imaginative ideas into physical expressions.	Learner uses fluid, unique movements to express various emotional themes.	
7	Agility & Spatial Drills	Directional Agility	Zig-zag running, shifting left, right, forward	January DAY 1	January	Traffic Controller: Step quickly left or right matching the teacher's flags.	Play-Based Agility Circuits: Navigating fun obstacle patterns on the field.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Agile movement adjustments.	C-3.4: Displays control, agility, and speed during active runs.	Learner transitions smoothly from a forward run to a lateral slide step.	
		Jumping & Landing Safely	Two-foot jumps, soft knee-bend landings	Day 2		Frog over Logs: Jumping over flat floor markers and dropping into a soft squat.	Biomechanical Demonstration: Emphasizing cushioned impact during landings.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Joint safety during plyometrics.	C-3.2: Exhibits coordination, balance, and impact control.	Learner jumps cleanly forward and lands softly on both feet without falling over.	
		Obstacle Navigation	Crawling under nets, stepping inside hoops	Day 3		Adventure Course: Complete a mini 3-stage playground obstacle path.	Experiential Task Circuits: Multi-movement sequence courses.	CG-3: Physical Development ( <i>Vijnanamaya &amp; Annamaya Kosha</i> )	C-3.1: Matches environmental observations with dynamic footwork adjustments.	Learner navigates mixed obstacle courses smoothly using diverse motor skills.	
		Group Relay Coordination	Baton/ball hand-off relays in straight lanes	Day 4		Pass the Torch: Run up, tap your teammate's palm, and send them off.	Collaborative Sports Pedagogy: Structured, low-pressure team competitive steps.	CG-4: Socio-Emotional Development ( <i>Manomaya Kosha</i> ): Team cohesion.	C-4.4: Works harmoniously alongside team peers toward shared goals.	Learner waits patiently inside their zone and performs clean baton hand-offs.	
8	Fitness Evaluation & Fun Finale	Basic Fitness Review	Assessing flexibility, speed, and simple balance	February Day 1	February	My Personal Best: Fun self-check tracking jumps and stretches.	Formative Assessment Pedagogy: Tracking individual progress and growth.	CG-3: Physical Development ( <i>Annamaya Kosha</i> ): Personal body growth reflection.	C-3.4: Measures physical stamina, agility, and balance capacities.	Learner executes tested movements with better form than early-year marks.	
		Inclusive Group Play	Adapted games ensuring all peers can participate	Day 2		Buddy Tag: Running hand-in-hand with a peer to tag other duos.	Inclusive Pedagogy: Modifying game criteria to accommodate everyone.	CG-4: Socio-Emotional Development ( <i>Ethical &amp; Anandamaya Kosha</i> ): Empathy	C-4.6: Shows kindness, patience, and supportive actions toward peers.	Learner modifies their speed naturally to assist and include a slower partner.	