

KIDS WORLD SCHOOL, NAGPUR
SESSION – 2026-27
CLASS - II
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 & Balance	Postural Control	Static Balance on Single Leg	July Day 1	July	The Statue Game: Freeze and balance on one foot when the music stops.	Play-based learning & guided exploration.	CG-1: Children develop habits that keep them healthy and safe.	C-1.1: Shows stability, balance, and coordination in gross motor movements.	Students balance on one foot steadily for 5 to 10 seconds.	
	Loco motor Capacities	Agility & Speed	Zigzag Obstacle Sprinting	Day 2		Catch the Tail: Try to pull ribbons from peers' waistbands.	Game-based pedagogy & active demonstration.	CG-3: Children develop a fit and flexible body.	C-3.2: Controls body movements smoothly while changing directions.	Students run through a zig-zag cone course without stumbling.	
	Loco motor Capacities	Rhythmic Jumping	Two-Foot Hopping Variations	Day 3		Leap Frog Race: Hop over crouching partners down a line.	Peer-modelled practice & progression drills.	CG-3: Children develop a fit and flexible body.	C-3.1: Coordinates lower limbs safely across varying tempos.	Students leap over 5 small floor foam hurdles in succession.	
	Sensory & Motor Sync	Spatial Mapping	Navigating Shared Bounds	Day 4		Traffic Control: Move only when "Green Light" is called; freeze on "Red".	Space-boundary exploration games.	CG-2: Children develop sharpness in sensorial perceptions.	C-2.1: Understands boundaries and safely moves within shared spaces.	Students switch corners on signal without any physical bumps.	
2	Object Regulation	Ball Handling	Underhand Throw & Soft Catching	August Day 1	August	Hot Potato: Pass a soft ball quickly around a circle.	Pair-based experiential drills.	CG-1: Children develop gross & fine motor eye-hand coordination.	C-1.3: Demonstrates precision and coordination in object handling.	Students toss and catch a soft ball with a partner from 4 feet away.	
	Object Regulation	Aim & Launch	Overhand Target Throwing	Day 2		Knock the Castle: Throw soft balls to topple plastic cups.	Practice-style pedagogical feedback loops.	CG-1: Children develop motor skill-accuracy integration.	C-1.3: Aligns shoulder and arm thrust for direct object targeting.	Students strike an 8-inch wall target from a distance of 5 feet.	
	Rhythmic Movements	Creative Expression	Animal Gait Synchronicity	Day 3		Follow the Drum: Jump fast like frogs or stomp like heavy elephants.	Story-play and audio-visual integration.	CG-3: Children express emotions through performing arts/movement.	C-3.2: Expresses patterns and paces via synchronized movements.	Students match their physical movement pace to direct musical cues.	
	Rhythmic Movements	Body Flexibility	Basic Stretching Formations	Day 4		Slinky Springs: Stretch arms up tall, then drop loose like rubber.	Guided imitative command method.	CG-3: Children express emotions through performing arts/movement.	C-3.1: Demonstrates safe core muscle extension and reach.	Students perform overhead and hamstring stretches with straight knees.	
3	Self-Care & Hygiene	Daily Health	Structured Hand Sanitation	September Day 1	September	Glitter Germs: Coat hands in washable glitter; rub clean with soap.	Step-by-step physical modelling.	CG-1: Children develop habits that keep them healthy and safe.	C-1.2: Practices basic self-care and hygiene routines independently.	Students display all 6 standard steps of hand washing for 20 seconds.	

	Self-Care & Hygiene	Dental Maintenance	Correct Tooth brushing Mechanics	Day 2		Mirror Me: Mimic the teacher brushing up, down, and inside circles.	Demonstration with oversized teeth models.	CG-1: Children develop habits that keep them healthy and safe.	C-1.2: Understands personal health care objects and use profiles.	Students demonstrate the correct circular and vertical brushing actions.	
	Spatial & Core Focus	Ground Control	Forward Tumble Rolling	Day 3		Log Roll Derby: Roll sideways flat across soft safety mats.	Direct commands & spotter assisted safety.	CG-3: Children develop bodily agility and foundational core safety.	C-3.1: Shows axial control, balance, and core stability on mats.	Students execute a continuous straight log roll across a 6-foot floor mat.	
	Spatial & Core Focus	Posture Hold	Structural Core Bracing	Day 4		The Bridge Builders: Hold a 4-point table top crawl pose securely.	Interactive challenge-based play.	CG-3: Children develop a fit and flexible body.	C-3.3: Exhibits basic weight-bearing arm/leg physical endurance.	Students hold an elevated plank or table top posture for 10 seconds.	
4	Well-being & Emotion	Mood Management	Calming Deep Exhalations	October Day 1	October	Melting Snowman: Stand rigid, then slowly exhale and sink down.	Mindfulness and somatic visualization.	CG-4: Children develop emotional resilience and self-regulation.	C-4.1: Recognizes emotional states and uses simple calming actions.	Students employ deep slow breathing to systematically lower pulse after tag.	
	Well-being & Emotion	Muscle Ease	Progressive Relaxation	Day 2		Robot to Ragdoll: Tense up like iron, then relax completely loose.	Guided imagery narrative scripts.	CG-4: Children develop emotional resilience and self-regulation.	C-4.1: Intentionally switches between high exertion and recovery.	Students consciously relax their limbs on command while lying down flat.	
	Nutritious Choices	Diet Selection	Whole Food Sorting	Day 3		Traffic Light Diet: Run for greens/veggies, stop for sodas/candies.	Interactive visual categorization.	CG-1: Children show liking for and understanding of nutritious food.	C-1.1: Identifies healthy food and distinguishes low-nutrition items.	Students accurately group 8 out of 10 card mockups into a daily healthy bin.	
	Nutritious Choices	Hydration Habits	Daily Pure Water Goals	Day 4		Fill the Bucket: Carry water drops safely to a glass without spilling.	Scenario-driven play prompts.	CG-1: Children develop habits that keep them healthy and safe.	C-1.1: Recognizes hydration requirements during physical play fatigue.	Students explain why clean water is superior to sugary packaged drinks.	
5	Social Interaction	Peer Collaboration	Partner Coordination Runs	November Day 1	November	Human Knot: Untangle a ring of hand-holding peers without breaks.	Collaborative small group challenges.	CG-4: Building positive social relationships and team empathy.	C-4.3: Cooperates smoothly with peers and shares game gear willingly.	Students work in pairs to carry a balloon between their backs across a room.	
	Social Interaction	Rule Adherence	Fair Play & Sportsmanship	Day 2		Ref's Whistle: Instantly stop or change direction when a whistle sounds.	Explicit rule modelling & field application.	CG-4: Children develop habits that let them act smoothly in groups.	C-4.3: Accepts game rules, follows turns, and respects peer spaces.	Students gracefully accept getting "tagged out" without showing anger.	
	Heritage & Identity	Indigenous Sports	Traditional Balance Tag	Day 3		The Crane Hop: Race on one foot across a 15-meter stretch.	Play-based heritage pedagogy.	CG-5: Connects physical dexterity with local games and cultural roots.	C-5.2: Maintains dynamic hopping while following rules.	Students successfully play a round of <i>Langdi</i> (One-legged tag).	
	Heritage & Identity	Indigenous Sports	Structured Hopscotch	Day 4		Gilli Danda Jump: Jump over grid lines	Peer-guided step progression play.	CG-5: Connects physical dexterity with	C-5.1: Coordinates spatial target jumps	Students navigate a standard <i>Kith-Kith</i>	

						without hitting edges.		traditional rule patterns.	with precision leg landings.	(Hopscotch) grid independently.	
5	Group Athletics	Complex Tracking	Group Evasion Play	December Day 1	December	Shadow Tag: Try to step directly onto your partner's floor shadow.	Tactical discovery play format.	CG-1: Development of defensive awareness and rapid locomotion.	C-1.2: Modulates run speeds dynamically to dodge incoming objects.	Students successfully change direction instantly to evade a tagger.	
	Group Athletics	Complex Tracking	Defensive Tracking Control	Day 2		Chain Tag: Once tagged, join hands with the tagger to form a net.	Team problem-solving format.	CG-4: Development of active engagement habits in dynamic groups.	C-4.3: Aligns tracking speed with peers to meet a shared sport goal.	Students operate as a unified line block to contain opposing players.	
	Athletics & Gymnastics	Lower Body Agility	Basic Rhythmic Jumping Lines	Day 3		Grid Hurdlers: Hop down a straight ladder grid without making mistakes.	Demonstration & drill mechanics.	CG-3: Children develop coordinated lower limb control.	C-3.2: Coordinates lower limbs smoothly while matching jumping paces.	Students jump across a sequences of hoops safely on balanced footprints.	
	Athletics & Gymnastics	Functional Balance	Dynamic Turning Controls	Day 4		Tiptoe Tightrope: Walk across chalk lines on tip-toes with arms out.	Balance feedback loop games.	CG-1: Children exhibit balance adjustments safely.	C-1.1: Adjusts body weight dynamically to maintain straight pathways.	Students walk a narrow baseline edge for 10 feet without stepping off.	
6	Group Minor Games	Quick Reflexes	Boundary Chasing Games	January DAY 1	January	Kho-Kho Touch: Run fast and tap a sitting partner's shoulder to release them.	Active play demonstration & whistle command drills.	CG-3: Children develop physical endurance, stamina, and agility.	C-3.3: Responds instantly to physical and verbal auditory cues.	Students rapidly alternate between sprinting and chasing modes.	
	Group Minor Games	Speed & Strategy	Interception Tactics	Day 2		Steal the Treasure: Dash to the center to grab a beanbag without being tagged.	Competitive team-game pedagogy.	CG-4: Children develop cooperative habits and sportsmanship.	C-4.3: Executes basic offensive and defensive team strategies.	Students successfully slide past a guard to secure the objective.	
	Coordination Games	Target Concentration	Group Passing Formations	Day 3		Tunnel Ball: Pass a medicine ball backward overhead through a line of legs.	Team timing and coordination drills.	CG-1: Children develop gross motor object passing control.	C-1.3: Tracks moving large elements and delivers targeted feedback.	Students pass an object rapidly across a line without fumbles.	
	Coordination Games	Response Agility	Defensive Reaction Lines	Day 4		Defend the Castle: Stand in a ring to protect a central pin from balls.	Active feedback defense models.	CG-2: Children build quick sensory-to-movement reflexes.	C-2.1: Moves the core interceptively to intercept slow-rolling paths.	Students shift sideways dynamically to block balls rolling inward.	
7	Injury Prevention	Environmental Safety	Hazard Identification	February Day 1	February	Safety Inspector: Spot hidden obstacles (like cones or stray balls) on field.	Direct guided inspection walk.	CG-1: Children develop habits that keep them healthy and safe.	C-1.4: Practices safe use of physical play materials and fields.	Students clean up their respective play zones by returning gear to boxes.	

	Year-End Synthesis	Motor Consolidation	Fun Fitness Circuit	Day 2		The Grand Circuit: Complete 3 star jumps, 2 hops, and a short sprint.	Cross-functional circuit PlayStation tracks.	CG-1 : Holistic execution of bodily balance and fit structures.	C-1.1 & C-1.2: Blends varied loco-motor and static skills smoothly.	Students finish a 4-part fitness circuit cleanly without losing balance.	
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