

CLASS – III			SUBJECT: Physical Education and Well-being (KHEL YOGA)
SN	Month	Working days	Name of the chapter/topic to be covered
1	APRIL/MAY/ JUNE	23+8	Unit 1— Basic Motor Movements Chapter 1: Throwing and Catching- Unit 2— Our Games Chapter 5: Local and Traditional Games- Unit 3— Yoga Chapter 6: Yoga for Daily Life
2	JULY	25	Unit 1— Basic Motor Movements Chapter 2: Kicking and Receiving Unit 2— Our Games Chapter 5: Local and Traditional Games- Unit 3— Yoga Chapter 6: Yoga for Daily Life
3	AUGUST	25	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- Unit 2— Our Games Chapter 5: Local and Traditional Games- Unit 3— Yoga Chapter 6: Yoga for Daily Life-
4	SEPTEMBER	24	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- Unit 2— Our Games Chapter 5: Local and Traditional Games - Unit 3— Yoga Chapter 7: Yogic Practices (Yoga Sadhana)
5	OCTOBER	17	Unit 1— Basic Motor Movements Chapter 3: Strike the Ball- Unit 2— Our Games Chapter 5: Local and Traditional Games - Unit 3— Yoga Chapter 7: Yogic Practices-
6	NOVEMBER	23	Unit 1— Basic Motor Movements Chapter 4: Little Steps- Unit 2— Our Games Chapter 5: Local and Traditional Games - Unit 3— Yoga Chapter 7: Yogic Practices-
7	DECEMBER	18	Unit 1— Basic Motor Movements Chapter 4: Little Steps- Unit 2— Our Games Chapter 5: Local and Traditional Games - Unit 3— Yoga Chapter 7: Yogic Practices-
8	JANUARY	24	Unit 1— Basic Motor Movements Chapter 4: Little Steps- Unit 2— Our Games Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices-
9	FEBRUARY	23	Unit 1— Basic Motor Movements Chapter 4: Little Steps- Unit 2— Our Games

			Chapter 5: Local and Traditional Games – Unit 3— Yoga Chapter 7: Yogic Practices-
10	MARCH	23	SEE

