

CLASS-VI			Physical Education and Well being
S NO	Month	No. of Working Days (Approx.)	Unit / Topic
1	April, May	23	Unit 1: Importance of Physical Education and Well-being <ul style="list-style-type: none"> • Ice Water • Seven Stones • Aerobic Exercises • Follow Me
2	June	8	Unit 1: Importance of Physical Education and Well-being <ul style="list-style-type: none"> • Number Game • Hula Hoop Jump
3	July	25	Unit 2: Motor Fitness Introduction to Motor Fitness <ul style="list-style-type: none"> • Obstacle Race • Balancing Act • Shivam Says • Collaborate and Conquer • Grab the Ball • Push-up Position and Pass the Ball 33 • Tic-Tac-Toe Dribble Relay • Crocodile Race • Head, Shoulder, Knee and Ball
4	August	23	Unit 3: Kho-Kho <ul style="list-style-type: none"> • Sitting • Chasing • Giving Kho • Running on a Straight Line • Dodging • Zig-Zag Running
5	September	24	Unit 3: Kho-Kho <ul style="list-style-type: none"> • Pole Turn • Covering Chase • Chain • Fake Kho • Pole Dive • Toe Tapping • 3-2-3 Chain

6	October	20	Unit 4: Fundamental Skills – Handball <ul style="list-style-type: none"> • Passing • Catching • 10-pass • Dribbling • Obstacle Dribbling • Shoot the Ball • Dodge Ball • Dribble and Shoot • Pass and Shoot • Shootout Tournament • Goalkeeper’s Defensive Skills 101 • Blocking • Assimilation
7	November	23	Unit 5: Yoga (Intro + Daily Life) Yoga Session Structure Chapter 1 <ul style="list-style-type: none"> • Yoga for Daily Life Chapter 2 <ul style="list-style-type: none"> • Preparing for Yogic Practices Chapter 3 <ul style="list-style-type: none"> • Āsanas Chapter 4 <ul style="list-style-type: none"> • Prānāyāma Chapter 5 <ul style="list-style-type: none"> • Dhāraṇa , Dhyāna, and Samādhi Chapter 6 <ul style="list-style-type: none"> • Krīdā Yoga
8	December	18	Unit 5: Yoga (Āsanas to Prānāyāma)
9	January	24	Unit 5 (Advanced Yoga: Dhāraṇa to Krīdā Yoga)
10	February	23	Revision + Final Evaluation
11	March	23	SESSION ENDING EXAM

