

CLASS-VII			SUBJECT- Physical Education and Well being
Sl. No	Month	No. of working days	Name of the chapter/topic to be covered
1	April - May	23	Unit 1: Foundational Basis of Physical Education and Well-being <ul style="list-style-type: none"> • The Ball Progression Game • Ghorpadiche Shepoot • Nalugu Rallu Ata • Gidhada Gudkavan • Stand Up, Speak Out • Harassment Prevention Skit
2	June	8	Unit 2: Physical and Motor Fitness <ul style="list-style-type: none"> • Set It Up, Knock It Down • Dhaan Ki Bori • Caterpillar Race
3	July	25	Unit 2: Physical and Motor Fitness <ul style="list-style-type: none"> • Count and Connect Game • Skipping Race • Atya-patya • Food for Health • Dapo Nyarka Sunam • Madhu and Manu • Skipping Song
4	August	25	Unit 3: Fundamental Skills – Badminton <ul style="list-style-type: none"> • Forehand Grip and Air Toss 56 • Backhand Grip and Air Toss 58 • Footwork Skills • Backhand Low Serve • Backhand Lift • Forehand Lift
5	September	24	Unit 3: Fundamental Skills – Badminton <ul style="list-style-type: none"> • Forehand High Serve • Forehand Low Serve • Forehand Drive • Backhand Drive • Forehand Clear • Forehand Drop • Badminton Match

6	October	20	Unit 4: Fundamental Skills of Sports — Football <ul style="list-style-type: none"> • Kicking the Ball with the Inside of the Foot <ul style="list-style-type: none"> • Receiving the Ball by Inside of the Foot • Passing the Rolling Ball • Step Trapping • Dribble • Feinting • Kicking the Ball for Accuracy • Passing the Ball in the Air • Pass and Move Relay Drill • Interception • Front Block Tackling • Goal Keeping • 5-a-side Match
7	November	20	Unit 5: Fundamental Skills – Kabaddi <ul style="list-style-type: none"> • Raiding Foot Work • Hand Touch • Toe Touch • Kick • Ankle-hold • Thigh-hold • Knee-hold • Wrist-hold • Waist-hold • Chain-hold
8	December	18	Unit 6: Yoga (Intro) Chapter 1 <ul style="list-style-type: none"> • Yoga for Daily Life Chapter 2 <ul style="list-style-type: none"> • Yoga Sadhana
9	January	24	Unit 6: Yoga (Intro) Chapter 3 <ul style="list-style-type: none"> • Āsana Chapter 4 <ul style="list-style-type: none"> • Prānāyāma
10	February	23	Unit 6: Yoga for Physical Fitness (Contd.)
11	March	23	Revision + Final Evaluation