

KHEL YOGA

S.No.	Month	No. of working days	Name of the chapter/topic to be covered	Teaching Aids: / E-Content Link / Innovative Practices to be Adopted	Assessment / Test / Examination to be Conducted
1.	April/May	24	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 1: Throwing and Catching-</p> <ol style="list-style-type: none"> 1. Throwing 2. Catching 3. Catch and Throw 4. Pick Up and Throw 5. Hit and Target 6. Relay Catching <p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life</p> <ol style="list-style-type: none"> 1. Being Happy 2. Being Healthy 	<p style="text-align: center;">Unit 1.</p> <p>Video: https://youtu.be/Zge0zsk7FOs?si=LI3_aTpzKR5XdzN7</p> <p style="text-align: center;">Chapter 1- Throwing and Catching</p> <p>Teaching Aids: Soft balls, buckets/targets, chalk for circles, cones/markers, whistle.</p> <p>Innovative Practices Adopted: Pair throw–catch, target throw game, pick and throw, hit the target, relay catching race. https://ncert.nic.in/textbook/pdf/ceky101.pdf</p> <p>Audio: https://www.youtube.com/watch?v=mlnkiPdafa4</p> <p style="text-align: center;">Chapter 6 – Yoga for Daily Life</p> <p>Teaching Aids: Yoga mats, yoga pose charts/flashcards, healthy habit picture cards, calm music.</p> <p>Innovative Practices Adopted: Deep breathing and smiling meditation; simple poses like Tadasana and stretching; pair activity to help others and share positive words. https://ncert.nic.in/textbook/pdf/ceky106.pdf</p> <p>Audio: https://www.youtube.com/watch?v=T4fTyOn3ebo</p>	<ul style="list-style-type: none"> ● Observation during activities ● Practical / skill demonstration ● Participation in games and yoga ● Yoga posture assessment

			3. Being kind		
2	June	7	<p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p> <p>1. Seven Stones 2. Golaap Togor</p>	<p>Chapter 5: Local and Traditional Games- Teaching Aids: Flat stones/wooden blocks, soft ball, chalk for markings, cones/markers.</p> <p>Innovative Practices Adopted: Seven Stones stacking and hitting game; Golaap Togor circle game; small group participation; student leader explains rules and leads the game.</p> <p>https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p>	<ul style="list-style-type: none"> ● Participation in games and yoga ● Peer assessment ● Game performance assessment
3	July	26	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 2: Kicking and Receiving</p> <p>1. Kicking 2. Receiving 3. Pass the Ball 4. Shadow Ball</p> <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games-</p>	<p>Chapter 2: Kicking and Receiving https://ncert.nic.in/textbook/pdf/ceky102.pdf</p> <p>Teaching Aids: Soft football/rubber ball, cones or bottles, chalk markings, whistle.</p> <p>Innovative Practices Adopted: Kick towards target or partner; receive and control the ball; circle pass game using feet.</p> <p>https://ncert.nic.in/textbook/pdf/ceky102.pdf</p> <p>Audio: https://www.youtube.com/watch?v=axTJeDAvc1E</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids: Chalk for markings, cones/markers, whistle.</p> <p>Innovative Practices Adopted:</p>	<p>PT-1</p> <ul style="list-style-type: none"> ● Oral questioning / discussion ● Teacher checklist / rubric ● Anecdotal records ● Portfolio of student activities ● Project / activity-based assessment

			<p>1.Pakdam-Pakdai 2.Chain(Sankali)</p> <p>Unit 3— Yoga Chapter 6: Yoga for Daily Life</p> <ol style="list-style-type: none"> Ashtanga Yoga Yama 	<p>Pakdam-Pakdai tag game; Chain (Sankali) catching game; rotate chaser for participation; encourage fair play and teamwork. https://ncert.nic.in/textbook/pdf/ceky105.pdf Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 6: Yoga for Daily Life</p> <p>Teaching Aids: Yoga mats, chart of Ashtanga Yoga and Yama values, value flashcards.</p> <p>Innovative Practices Adopted: Value-based storytelling; discussion on good habits; role play on kindness and non-violence; short mindfulness breathing practice. https://ncert.nic.in/textbook/pdf/ceky106.pdf Audio: https://www.youtube.com/watch?v=T4fTyOn3ebo</p>	<ul style="list-style-type: none"> Game performance assessment Yoga posture assessment
4	August	23	<p>Unit 1— Basic Motor Movements Chapter 2: Kicking and Receiving</p> <ol style="list-style-type: none"> Flick the Ball Flick the Box Monkey in the Middle Sit and Rise <p>Unit 2— Our Games</p>	<p>Chapter 2: Kicking and Receiving</p> <p>Teaching Aids: Soft football/rubber ball, boxes or cones (target), chalk markings, whistle.</p> <p>Innovative Practices Adopted: Flick the ball to target; flick to hit box/cone; Monkey in the Middle passing game; sit and rise to kick/receive for balance and coordination. https://ncert.nic.in/textbook/pdf/ceky102.pdf Audio: https://www.youtube.com/watch?v=axTJeDAvc1E</p> <p>Chapter 5: Local and Traditional Games- Teaching Aids:</p>	<ul style="list-style-type: none"> Game performance assessment Health and fitness observation Yoga posture assessment

			<p>Chapter 5: Local and Traditional Games-</p> <ol style="list-style-type: none"> 1. Aankh Micholi 2. Bitta Kud <p>Unit 3— Yoga</p> <p>Chapter 6: Yoga for Daily Life</p> <p>1.Niyama(Good Habits)</p>	<p>Cloth/scarf for blindfold, chalk markings, cones/markers, whistle.</p> <p>Innovative Practices Adopted: Aankh Micholi blindfold catching game; Bitta Kud jumping activity; rotate roles for participation; follow safety rules while playing.</p> <p>https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 6: Yoga for Daily Life</p> <p>Teaching Aids: Yoga mats, chart of good habits, habit flashcards.</p> <p>Innovative Practices Adopted: Discussion on good habits; habit chart activity; role play of helping/cleanliness; short mindfulness breathing practice.</p> <p>https://ncert.nic.in/textbook/pdf/ceky106.pdf</p> <p>Audio: https://www.youtube.com/watch?v=T4fTyOn3ebo</p>	
5	September	24	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 3: Strike the Ball-</p> <ol style="list-style-type: none"> 1. Striking the ball with a bat 2. Receiving the ball with a stick 3. Strike the Balloon 4. Body and Balloon <p>Unit 2— Our Games</p>	<p>Chapter 3: Strike the Ball-</p> <p>Teaching Aids: Plastic bat/wooden stick, soft balls, balloons, cones or chalk markings.</p> <p>Innovative Practices Adopted: Hit soft ball with bat; control ball with stick; strike balloon; keep balloon in air using different body parts.</p> <p>https://ncert.nic.in/textbook/pdf/ceky103.pdf</p> <p>Audio: https://www.youtube.com/watch?v=I2gzzAXw2J8</p> <p>Chapter 5: Local and Traditional Games –</p> <p>Teaching Aids: Chalk hopscotch boxes, small stone/marker, cones/markers, whistle.</p>	<ul style="list-style-type: none"> ● Health and fitness observation ● Reflective feedback from students ● Participation in games and yoga ● Yoga posture assessment

			<p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> 1. Hopscotch 2. Cockfighting <p>Unit 3— Yoga</p> <p>Chapter 7: Yogic Practices (Yoga Sadhana)</p> <ol style="list-style-type: none"> 1. Introduction 2. Preparatory Practices 	<p>Innovative Practices Adopted: Hopscotch hopping game; cockfighting one-leg balance game; turn-taking participation; follow fair play rules. https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 7: Yogic Practices (Yoga Sadhana)</p> <p>Teaching Aids: Yoga mats, yoga step charts, warm-up flashcards, calm music.</p> <p>Innovative Practices Adopted: Explain importance of yoga; simple stretching and breathing; follow-the-teacher yoga practice; end with relaxation/meditation. https://ncert.nic.in/textbook/pdf/ceky107.pdf</p>	
				Half Yearly Examination	
6	October	16	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 3: Strike the Ball-</p> <ol style="list-style-type: none"> 1. Soft Ball Control 2. Playing Pass 3. Scoop in the Square 4. Receiving with Stick 	<p>Chapter 3: Strike the Ball-</p> <p>Teaching Aids: Soft balls, plastic/hockey sticks, chalk for squares, cones/markers.</p> <p>Innovative Practices Adopted: Control soft ball with stick; pass the ball to teammates; scoop and pass in square; receive and stop ball with stick. https://ncert.nic.in/textbook/pdf/ceky103.pdf</p> <p>Audio: https://www.youtube.com/watch?v=I2gzzAXw2J8</p>	<ul style="list-style-type: none"> ● Oral questioning / discussion ● Teacher checklist / rubric ● Anecdotal records

			<p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> 1. Kumir Denga 2. Hum Phoolon Ki Sadak Par Chalte Hain <p>Unit 3— Yoga</p> <p>Chapter 7: Yogic Practices</p> <ol style="list-style-type: none"> 1. Basic Postures 2. Asana Practice 	<p>Chapter 5: Local and Traditional Games –</p> <p>Teaching Aids: Chalk for safe areas/lines, cones/markers, whistle.</p> <p>Innovative Practices Adopted:</p> <p>Kumir Denga crocodile game; walk on line activity; turn-wise participation; follow safety and fair play rules. https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 7: Yogic Practices</p> <p>Teaching Aids: <i>Yoga mats, charts of basic asanas, asana flashcards.</i></p> <p>Innovative Practices Adopted: <i>Teacher demonstration of asanas; follow-the-teacher practice; balance poses like Tree Pose; relaxation with deep breathing.</i> https://ncert.nic.in/textbook/pdf/ceky107.pdf</p>	<ul style="list-style-type: none"> ● Portfolio of student activities ● Project / activity-based assessment ● Game performance assessment ● Yoga posture assessment
7	November	23	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 4: Little Steps-</p> <ol style="list-style-type: none"> 1. Balancing the stick 2. Keep on Moving <p>Unit 2— Our Games</p>	<p>Chapter 4: Little Steps-</p> <p>Teaching Aids: Wooden/plastic sticks, chalk walking lines, cones/markers.</p> <p>Innovative Practices Adopted: Balance stick on palm/finger while walking; move on teacher’s commands (walk, slow run, stop, turn). https://ncert.nic.in/textbook/pdf/ceky104.pdf</p> <p>Audio: https://www.youtube.com/watch?v=xUA77H2_pnM</p> <p>Chapter 5: Local and Traditional Games –</p> <p>Teaching Aids:</p>	<ul style="list-style-type: none"> ● Peer assessment ● Self-assessment ● Group activity performance ● Oral questioning / discussion ● Yoga posture assessment

			<p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> 1. Dodge Ball 2. Spoon Race <p>Unit 3— Yoga</p> <p>Chapter 7: Yogic Practices</p> <ol style="list-style-type: none"> 1. Breathing Practices 2. “Om” Chanting 3. Eye Exercises 	<p>Soft balls, spoon with lemon/small ball, chalk markings, whistle.</p> <p>Innovative Practices Adopted: Dodge Ball tagging and dodging game; Spoon Race balancing lemon/ball on spoon. https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 7: Yogic Practices</p> <p>Teaching Aids: <i>Yoga mats, breathing/eye exercise charts, calm music.</i></p> <p>Innovative Practices Adopted: <i>Slow breathing practice; Om chanting for focus; eye movement exercises.</i> https://ncert.nic.in/textbook/pdf/ceky107.pdf</p>	<ul style="list-style-type: none"> ● Participation in games and yoga
8	December	18	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 4: Little Steps-</p> <ol style="list-style-type: none"> 1. Hold your Ground 2. Planks <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> 1. Gadda Maar 	<p>Chapter 4: Little Steps-</p> <p>Teaching Aids: Yoga mats, chalk activity area, whistle.</p> <p>Innovative Practices Adopted: Hold Your Ground balance activity; plank hold for strength and balance. https://ncert.nic.in/textbook/pdf/ceky104.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 5: Local and Traditional Games–</p> <p>Teaching Aids: Rope, chalk boundary line, cones/markers.</p> <p>Innovative Practices Adopted: Gadda Maar target throwing game; Tug of War teamwork strength game.</p>	<ul style="list-style-type: none"> ● Yoga posture assessment ● Practical / skill demonstration ● Participation in games and yoga

			<p>2. Tug of War</p> <p>Unit 3— Yoga Chapter 7: Yogic Practices(Krida Yoga)</p> <ol style="list-style-type: none"> Mind Game Japa-Tapa Power of Breath 	<p>https://ncert.nic.in/textbook/pdf/ceky105.pdf Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 7: Yogic Practices(Krida Yoga) Teaching Aids: <i>Yoga mats, breathing flashcards, calm music/bell.</i> Innovative Practices Adopted: <i>Mind game for concentration; Japa–Tapa mantra repetition; deep breathing for relaxation.</i> https://ncert.nic.in/textbook/pdf/ceky107.pdf</p>	
9	January	22	<p>Unit 1— Basic Motor Movements Chapter 4: Little Steps-</p> <ol style="list-style-type: none"> Find the House Chor-Police <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> Three-legged Race In and Out 	<p>Chapter 4: Little Steps- Teaching Aids: Chalk circles/houses, cones/markers, whistle. Innovative Practices Adopted: Find the House running game; Chor–Police chasing game for speed and coordination. https://ncert.nic.in/textbook/pdf/ceky104.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 5: Local and Traditional Games – Teaching Aids: Rope/cloth strips, chalk markings, cones/markers. Innovative Practices Adopted: Three-legged race team running; In and Out circle movement game. https://ncert.nic.in/textbook/pdf/ceky105.pdf Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p>	<ul style="list-style-type: none"> Oral questioning / discussion Teacher checklist / rubric Anecdotal records Portfolio of student activities Project / activity-based assessment Game performance assessment Yoga posture assessment

			<p>Unit 3— Yoga</p> <p>Chapter 7: Yogic Practices</p> <ol style="list-style-type: none"> Rishi Patanjali Says Shabda Grahi Sundar-Uttam 	<p>Chapter 7: Yogic Practices</p> <p>Teaching Aids: Yoga mats, bell/soft sound instrument, yoga instruction flashcards.</p> <p>Innovative Practices Adopted: Rishi Patanjali Says instruction game; Shabda Grahi sound-identification activity; Sundar–Uttam positive sharing. https://ncert.nic.in/textbook/pdf/ceky107.pdf</p>	<p>PT 2</p>
10	February	23	<p>Unit 1— Basic Motor Movements</p> <p>Chapter 4: Little Steps-</p> <ol style="list-style-type: none"> Shuttle Run Dodging Move to Safety Vaccine Vijate <p>Unit 2— Our Games</p> <p>Chapter 5: Local and Traditional Games –</p> <ol style="list-style-type: none"> Light and Shade 	<p>Chapter 4: Little Steps-</p> <p>Teaching Aids: Cones/markers, chalk running lines, whistle.</p> <p>Innovative Practices Adopted: Shuttle run agility drill; dodging to safe zone; Vaccine Vijate tag game. https://ncert.nic.in/textbook/pdf/ceky104.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p> <p>Chapter 5: Local and Traditional Games –</p> <p>Teaching Aids: Chalk to mark light and shade areas Cones or markers Whistle for instructions</p> <p>Innovative Practices Adopted: Light and Shade: Students move quickly to the “shade” or “light” area according to the teacher’s command, improving reaction time and coordination. https://ncert.nic.in/textbook/pdf/ceky105.pdf</p> <p>Audio: https://www.youtube.com/watch?v=bqSMpKUx98c</p>	<ul style="list-style-type: none"> Project / activity-based assessment Game performance assessment
11	March			<p>Session Ending Examination</p>	