

## 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><b>Warm-up and Cool-down</b></p> <p><b>Unit 1— Basic Motor Movements</b></p> <p><b>Chapter 1: Throwing and Catching-</b></p> <ol style="list-style-type: none"> <li>1. Throwing</li> <li>2. Catching</li> <li>3. Overhead Reverse Toss</li> <li>4. Throw it Back</li> <li>5. Bucket it up</li> <li>6. Run and Catch</li> <li>7. Coordinate and Conquer</li> </ol>	<p><b>Warm-up and Cool-down</b> <b>Teaching Aids:</b> Whistle, open ground, yoga mats <b>Innovative Practices Adopted:</b> Light jogging, stretching, arm rotation (warm-up); slow walking and deep breathing (cool-down). <b>Audio:</b> <a href="https://youtu.be/zh6PqW0HwRk?si=Rh0yyHaHnXu07L_y">https://youtu.be/zh6PqW0HwRk?si=Rh0yyHaHnXu07L_y</a></p> <p><b>Chapter 1: Throwing and Catching-</b> <b>Teaching Aids:</b> Soft balls, bucket/target, chalk circles, cones <b>Innovative Practices Adopted:</b> Pair throw-catch, overhead toss, throw-back game, bucket target throw, run-and-catch activity. <a href="https://ncert.nic.in/textbook/pdf/deky101.pdf">https://ncert.nic.in/textbook/pdf/deky101.pdf</a> <b>Audio:</b> <a href="https://youtu.be/nS0UCpCanrM?si=Mqbrk73rkKEBSMYD">https://youtu.be/nS0UCpCanrM?si=Mqbrk73rkKEBSMYD</a></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>

			<p>8. Meethe Angoor</p> <p><b>Unit 2— Our Games</b></p> <p><b>Chapter 5: Local and Traditional Games-</b></p> <ol style="list-style-type: none"> <li>1. Anti Pil</li> <li>2. Majhya Mamcha Patra Haravla, Tech Mala Sapatla</li> </ol>	<p><b>Chapter 5: Local and Traditional Games- Teaching Aids:</b> Chalk for boundary, cones, whistle</p> <p><b>Innovative Practices Adopted:</b> Group chasing games, circle running activity, quick position change games for teamwork and alertness.</p> <p><b>https://ncert.nic.in/textbook/pdf/deky105.pdf</b></p> <p><b>Audio:</b> <b>https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</b></p>	
2	June	7	<p><b>Unit 3— Yoga</b></p> <p><b>Chapter 6: Yoga for Daily Life</b></p> <ol style="list-style-type: none"> <li>1. Ahara, Vihara, Achara, Vichara and Nidra</li> </ol>	<p><b>Chapter 6: Yoga for Daily Life Teaching Aids:</b> Yoga mats, charts of yoga principles</p> <p><b>Innovative Practices Adopted:</b> Discussion on healthy habits (Ahara, Vihara), value-based activities on Yama, Niyama, Satya and Santosha.</p> <p><b>https://ncert.nic.in/textbook/pdf/deky106.pdf</b></p> <p><b>Audio:</b> <b>https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ</b></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>

3	July	26	<p><b>Unit 1— Basic Motor Movements</b>  <b>Chapter 2: Kicking and Receiving-</b></p> <ol style="list-style-type: none"> <li>1. Kicking</li> <li>2. Receiving</li> <li>3. Dribble and Pass</li> <li>4. Drop it to Kick it</li> <li>5. Between the Door</li> <li>6. Kick Through</li> <li>7. Zig-zag Kicking</li> <li>8. Foot Baseball</li> </ol> <p><b>Unit 2— Our Games</b>  <b>Chapter 5: Local and Traditional Games-</b></p> <ol style="list-style-type: none"> <li>1. Indur Beral</li> <li>2. Tekeli Bhonga</li> </ol> <p><b>Unit 3— Yoga</b></p>	<p><b>Chapter 2: Kicking and Receiving- Teaching Aids:</b>  Football/soft ball, cones, chalk lines, whistle</p> <p><b>Innovative Practices Adopted:</b>  Kick–receive practice, dribble and pass game, zig-zag kicking drill, goal target kick, foot baseball team game.  <a href="https://ncert.nic.in/textbook/pdf/deky102.pdf">https://ncert.nic.in/textbook/pdf/deky102.pdf</a></p> <p><b>Audio:</b>  <a href="https://youtu.be/y4xI07iEJ5g?si=HmgcenoGO7e1XEg2">https://youtu.be/y4xI07iEJ5g?si=HmgcenoGO7e1XEg2</a></p> <p><b>Chapter 5: Local and Traditional Games- Teaching Aids:</b>  Chalk for boundary, cones, whistle</p> <p><b>Innovative Practices Adopted:</b>  Circle running games, chasing/tag activity, quick position-change games for teamwork.  <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a></p> <p><b>Audio:</b>  <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</a></p> <p><b>Chapter 6: Yoga for Daily Life</b>  <b>Teaching Aids:</b>  Yoga mats, yoga value charts</p>	<p><b>PT-1</b></p> <ul style="list-style-type: none"> <li>● Oral questioning / discussion</li> <li>● Teacher checklist / rubric</li> <li>● Anecdotal records</li> <li>● Portfolio of student activities</li> <li>● Project / activity-based assessment</li> <li>● Game performance assessment</li> <li>● Health and fitness observation</li> <li>● Reflective feedback from students</li> </ul>
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4	August	23	<p><b>Unit 1— Basic Motor Movements</b></p> <p><b>Chapter 3: Strike the Shuttlecock-</b></p> <ol style="list-style-type: none"> <li>Striking the Shuttlecock with a racket</li> <li>Balloon Race</li> </ol> <p><b>Unit 2— Our Games</b></p> <p><b>Chapter 5: Local and Traditional Games-</b></p> <ol style="list-style-type: none"> <li>Rinky Pinky</li> <li>Ponk</li> </ol> <p><b>Unit 3— Yoga</b></p> <p><b>Chapter 6: Yoga for Daily Life-</b></p> <ol style="list-style-type: none"> <li>Niyama</li> </ol>	<p><b>Chapter 3: Strike the Shuttlecock- Teaching Aids:</b> Badminton rackets, shuttlecock, balloons, cones</p> <p><b>Innovative Practices Adopted:</b> Racket strike practice, balloon race game, pair rally activity. <a href="https://ncert.nic.in/textbook/pdf/deky103.pdf">https://ncert.nic.in/textbook/pdf/deky103.pdf</a></p> <p><b>Audio:</b> <a href="https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH">https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</a></p> <p><b>Chapter 5: Local and Traditional Games- Teaching Aids:</b> Chalk for circle, cones, whistle</p> <p><b>Innovative Practices Adopted:</b> Circle passing game, quick reaction running game, teamwork activity. <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a></p> <p><b>Audio:</b> <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</a></p> <p><b>Chapter 6: Yoga for Daily Life- Teaching Aids:</b> Yoga mats, value charts</p> <p><b>Innovative Practices Adopted:</b> Discussion on Niyama, role-play on Satya (truth), gratitude activity for Santosha (contentment).</p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>

			<p>5. Santosha 6. Satya</p>	<p><a href="https://ncert.nic.in/textbook/pdf/deky106.pdf">https://ncert.nic.in/textbook/pdf/deky106.pdf</a> <b>Audio:</b> <a href="https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ">https://youtu.be/k2OHPA5zPUM?si=EPA2iZvubJruBebJ</a></p>	
5	September	24	<p><b>Unit 1— Basic Motor Movements</b> <b>Chapter 3: Strike the Shuttlecock-</b> 1. Bowling 2. Tap the Ball</p> <p><b>Unit 2— Our Games</b> 3. Gaiind Tora 4. Sundarikku Abhusuman Kuthal</p> <p><b>Unit 3— Yoga</b> <b>Chapter 7: Yoga Sadhana-</b> 5. Preparatory practices</p>	<p><b>Chapter 3: Strike the Shuttlecock- Teaching Aids:</b> Rackets, soft balls/shuttlecock, cones <b>Innovative Practices Adopted:</b> Bowling target activity, tap-the-ball control drill, partner practice game. <a href="https://ncert.nic.in/textbook/pdf/deky103.pdf">https://ncert.nic.in/textbook/pdf/deky103.pdf</a> <b>Audio:</b> <a href="https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH">https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</a></p> <p><b>Chapter 3: Strike the Shuttlecock- Teaching Aids:</b> Chalk for boundary, cones, whistle <b>Innovative Practices Adopted:</b> Team chasing game, circle running activity, cooperative group play. <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a> <b>Audio:</b> <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</a></p> <p><b>Chapter 7: Yoga Sadhana- Teaching Aids:</b> Yoga mats, yoga posture charts <b>Innovative Practices Adopted:</b> Simple stretching warm-up, breathing practice, follow-the-teacher yoga preparation. <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a> <b>Audio:</b> <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>

REVISION HALF YEARLY EXAM					
6	October	16	<p><b>Unit 1— Basic Motor Movements</b></p> <ol style="list-style-type: none"> <li>1. Sky Shuttlecock</li> <li>2. Place the Shuttlecock</li> <li>3. Play it Together</li> </ol> <p><b>Unit 2— Our Games</b> <b>Chapter 5: Local and Traditional Games –</b></p> <ol style="list-style-type: none"> <li>4. Chho Chho</li> </ol> <p><b>Unit 3— Yoga</b> <b>Chapter 7: Yoga Sadhana-</b></p> <ol style="list-style-type: none"> <li>5. Asana</li> </ol>	<p><b>Chapter 3: Strike the Shuttlecock-</b> <b>Teaching Aids:</b> Badminton rackets, shuttlecock, cones/targets <b>Innovative Practices Adopted:</b> High hit practice (Sky Shuttlecock), target placement game, pair rally activity (Play it Together). <a href="https://ncert.nic.in/textbook/pdf/deky103.pdf">https://ncert.nic.in/textbook/pdf/deky103.pdf</a> <b>Audio:</b> <a href="https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH">https://youtu.be/fml6s3qGXak?si=rrrRd9beKmIN0uBH</a></p> <p><b>Chapter 5: Local and Traditional Games –</b> <b>Teaching Aids:</b> Chalk for boundary, cones, whistle <b>Innovative Practices Adopted:</b> Running and chasing activity, teamwork tag game, quick reaction movement game. <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a> <b>Audio:</b> <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</a></p> <p><b>Chapter 7: Yoga Sadhana-</b> <b>Teaching Aids:</b> Yoga mats, asana charts <b>Innovative Practices Adopted:</b> Teacher demonstration of asanas, follow-the-teacher yoga practice, balance posture activity. <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a></p>	<ul style="list-style-type: none"> <li>● Oral questioning / discussion</li> <li>● Teacher checklist / rubric</li> <li>● Anecdotal records</li> <li>● Portfolio of student activities</li> <li>● Project / activity-based assessment</li> <li>● Game performance assessment</li> <li>● Health and fitness observation</li> </ul>

				<p><b>Audio:</b>  <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Reflective feedback from students</li> </ul>
7	November	23	<p><b>Unit 1— Basic Motor Movements</b>  <b>Chapter 4: Little Steps-</b>  1. Roll Around  2. Cross Together</p> <p><b>Unit 2— Our Games</b>  <b>Chapter 5: Local and Traditional Games –</b>  1. Puchi Khela  2. Silent Kabaddi</p> <p><b>Unit 3— Yoga</b>  <b>Chapter 7: Yoga Sadhana</b>  1. Relaxation Technique</p>	<p><b>Chapter 4: Little Steps- Teaching Aids:</b>  Mats, chalk markings, cones  <b>Innovative Practices Adopted:</b>  Rolling movement activity, cross-step coordination drill, balance practice.  <a href="https://ncert.nic.in/textbook/pdf/deky104.pdf">https://ncert.nic.in/textbook/pdf/deky104.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4">https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</a></p> <p><b>Chapter 5: Local and Traditional Games – Teaching Aids:</b>  Chalk for boundary, cones, whistle  <b>Innovative Practices Adopted:</b>  Puchi Khela chasing game, Silent Kabaddi teamwork activity.  <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</a></p> <p><b>Chapter 7: Yoga Sadhana</b>  Yoga mats, calm music  <b>Innovative Practices Adopted:</b>  Deep breathing relaxation, guided body relaxation exercise.  <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>

8	December	18	<p><b>Unit 1— Basic Motor Movements</b>  <b>Chapter 4: Little Steps-</b>  1. Movement Circuit</p> <p><b>Unit 2— Our Games</b></p> <p><b>Chapter 5: Local and Traditional Games –</b>  1. Dhop Khela</p> <p><b>Unit 3— Yoga</b>  <b>Chapter 7: Yoga Sadhana-</b>  1. Pranayama</p>	<p><b>Chapter 4: Little Steps- Teaching Aids:</b>  Cones, hula hoops, chalk markings, mats  <b>Innovative Practices Adopted:</b>  Station-based movement circuit with running, jumping, and balance activities.  <a href="https://ncert.nic.in/textbook/pdf/deky104.pdf">https://ncert.nic.in/textbook/pdf/deky104.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4">https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</a></p> <p><b>Chapter 5: Local and Traditional Games – Teaching Aids:</b>  Chalk boundary lines, cones, whistle  <b>Innovative Practices Adopted:</b>  Running and chasing activity to improve speed, alertness, and teamwork.  <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</a></p> <p><b>Chapter 7: Yoga Sadhana- Teaching Aids:</b>  Yoga mats, breathing exercise charts  <b>Innovative Practices Adopted:</b>  Slow inhaling–exhaling practice, guided breathing with counting for relaxation and focus.  <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>
9	January	22	<p><b>Unit 1— Basic Motor Movements</b>  <b>Chapter 4: Little Steps-</b>  1. Push Circuit</p>	<p><b>Chapter 4: Little Steps- Teaching Aids:</b>  Mats, cones, chalk markings  <b>Innovative Practices Adopted:</b></p>	<p style="text-align: center;"><b>PT-2</b></p>

			<p>2. Leg Circuit</p> <p><b>Unit 2— Our Games</b>  <b>Chapter 5: Local and Traditional Games –</b>  1. Anding Oka</p> <p><b>Unit 3— Yoga</b>  <b>Chapter 7: Yoga Sadhana-</b>  1. Hasta Mudras</p>	<p>Push circuit for arm strength (push-ups, crawling), leg circuit for jumps and squats.  <a href="https://ncert.nic.in/textbook/pdf/deky104.pdf">https://ncert.nic.in/textbook/pdf/deky104.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4">https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</a></p> <p><b>Chapter 5: Local and Traditional Games –</b>  <b>Teaching Aids:</b>  Chalk for boundary lines, cones, whistle  <b>Innovative Practices Adopted:</b>  Running and chasing teamwork game improving speed and coordination.  <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdL2</a></p> <p><b>Chapter 7: Yoga Sadhana-</b>  <b>Teaching Aids:</b>  Yoga mats, mudra charts  <b>Innovative Practices Adopted:</b>  Demonstration of different hand mudras, follow-the-teacher practice with breathing.  <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Oral questioning / discussion</li> <li>● Teacher checklist / rubric</li> <li>● Anecdotal records</li> <li>● Portfolio of student activities</li> <li>● Project / activity-based assessment</li> <li>● Game performance assessment</li> <li>● Health and fitness observation</li> <li>● Reflective feedback from students</li> </ul>
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10	February	23	<p><b>Unit 1— Basic Motor Movements</b>  <b>Chapter 4: Little Steps-</b>  1. Run into Hula Hoops  2. Balancing on the Lines</p> <p><b>Unit 2— Our Games</b>  <b>Chapter 5: Local and Traditional Games –</b>  1. Turai Kar</p> <p><b>Unit 3— Yoga</b>  <b>Chapter 7: Yoga Sadhana-</b>  1. Krida Yoga  2. Yoga for Daily Life</p>	<p><b>Chapter 4: Little Steps- Teaching Aids:</b>  Hula hoops, chalk lines, cones  <b>Innovative Practices Adopted:</b>  Run into hula hoops coordination game; balance walking on lines.  <a href="https://ncert.nic.in/textbook/pdf/deky104.pdf">https://ncert.nic.in/textbook/pdf/deky104.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4">https://youtu.be/As__JPB7Rfk?si=xMM1-iSURvOcxbb4</a></p> <p><b>Chapter 5: Local and Traditional Games – Teaching Aids:</b>  Chalk for boundary, cones, whistle  <b>Innovative Practices Adopted:</b>  Group chasing game improving speed, teamwork, and alertness.  <a href="https://ncert.nic.in/textbook/pdf/deky105.pdf">https://ncert.nic.in/textbook/pdf/deky105.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2">https://youtu.be/jNY14sFKtQQ?si=zO-hrsGmrHzvMdl2</a></p> <p><b>Chapter 7: Yoga Sadhana- Teaching Aids:</b>  Yoga mats, yoga charts  <b>Innovative Practices Adopted:</b>  Krida Yoga activity-based yoga practice and discussion on healthy daily yoga habits.  <a href="https://ncert.nic.in/textbook/pdf/deky107.pdf">https://ncert.nic.in/textbook/pdf/deky107.pdf</a>  <b>Audio:</b>  <a href="https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk">https://youtu.be/neIEfXPx2EA?si=wym2fXp1Yguk6iwk</a></p>	<ul style="list-style-type: none"> <li>● Participation in games and yoga</li> <li>● Yoga posture assessment</li> <li>● Health and fitness observation</li> <li>● Peer assessment</li> <li>● Self-assessment</li> <li>● Observation during activities</li> </ul>
11	March		<b>Session Ending Examination</b>		