

SPORTS CLUB

MONTH			
	Nursery/ UKG	I	II
April/ May	<ul style="list-style-type: none"> • Passing the ball on music • Yoga and standing exercises 	<ul style="list-style-type: none"> • Passing the ball on music • Yoga and standing exercises 	<ul style="list-style-type: none"> • Catching the ball • Yoga and standing exercises
July/ August	<ul style="list-style-type: none"> • Lemon race • Free hand exercises • Pick the objects 	<ul style="list-style-type: none"> • Lemon Race • Fill the bottle game • Pack your bag 	<ul style="list-style-type: none"> • Lemon Race • Fill the bottle game • Pack your bag
October/ November	<ul style="list-style-type: none"> • Musical chair • Balloon bursting • Balance on line with books 	<ul style="list-style-type: none"> • Musical chair • Balloon bursting • Balance on line with notebooks 	<ul style="list-style-type: none"> • Musical chair • Balloon bursting • Balance on line with notebooks
December / January/ February	<ul style="list-style-type: none"> • In and out game • Kamzor kadi kaun • Zumba • Aerobics 	<ul style="list-style-type: none"> • In and out game • Kamzor kadi kaun • Zumba • Aerobics 	<ul style="list-style-type: none"> • In and out game • Kamzor kadi kaun • Zumba • Aerobics

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MONTH			
	III	IV	V
April/ May	<ul style="list-style-type: none"> • Yoga - Surya Namaskar • Relay Race • Balancing the cone 	<ul style="list-style-type: none"> • Yoga - Surya Namaskar • Relay Race • Balancing the cone • Sack race 	<ul style="list-style-type: none"> • Yoga - Surya Namaskar • Relay Race • Balancing the cone • Sack race
July/ August	<ul style="list-style-type: none"> • Zig zag race • Hurdle race • Pick and drop the ball in bucket 	<ul style="list-style-type: none"> • Zig zag race • Hurdle race • Pick and drop the ball in bucket 	<ul style="list-style-type: none"> • 100 m race • Kabaddi • Basket ball • Somersault
October/ November	<ul style="list-style-type: none"> • Dart game • Balancing the cones or glasses to make a pyramid 	<ul style="list-style-type: none"> • Dart game • Balancing the cones or glasses to make a pyramid • Treasure hunt 	<ul style="list-style-type: none"> • Kho-kho • Table tennis • Long jump, high jump • Treasure hunt
December / January/ February	<ul style="list-style-type: none"> • Aerobics • Zumba • One-leg race 	<ul style="list-style-type: none"> • Badminton • Tug of war • Musical chair 	<ul style="list-style-type: none"> • Badminton • Tug of war • Musical chair

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MONTHS	VI-VIII	IX-XIII
April/May	Sprint Race	Sprint Race
	Kho-Kho	Kho-Kho
	Relay Race	Relay Race
	Volley Ball	Volley Ball
	Surya Namaskar	Surya Namaskar
July	Physical Exercises	Physical Exercises
	Foot Ball	Foot Ball
	Aerobics	Aerobics
	Carrom	Carrom
August	Table Tennis	Table Tennis
	Basket Ball	Basket Ball
	Dumbbell Exercise	Dumbbell Exercise
	Badminton	Badminton
October	Kabaddi	Kabaddi
	Inter-House (Volleyball)	Inter-House (Volleyball)
	Aahper Test (Physical Fitness Test)	Aahper Test (Physical Fitness Test)
	Cricket	Cricket
November	Tug of war	Tug of war
	Inter- House (Kho -Kho)	Inter- House (Kho -Kho)
	Skipping Race (Rope)	Skipping Race (Rope)
	Yoga (Asanas)	Yoga (Asanas)
	Inter- House (Football)	Inter- House (Football)
January /February	Inter- House (Cricket)	Inter- House (Cricket)
	Chess	Chess
	Inter- House (Cricket)	Inter- House (Cricket)
	Dodge ball	Dodge ball
	Headleg Pass Activity	Headleg Pass Activity
	Inter-House (Kabaddi)	Inter-House (Kabaddi)
	Musical Chair	Musical Chair