

**KAMLA NEHRU PUBLIC SCHOOL, PHAGWARA**  
**SYLLABUS SESSION 2023-24**  
**GRADE: I**  
**SUBJECT: PHYSICAL EDUCATION**

Month	No. Of working days	Chapter/Topic Covered	SDG Linked	Assessment
April	20	Mission Possible Circuit	Goal No.3	Picture Assessment
May	25	Exercise March	Goal No.16	Demo
June		Summer Vacation 01.06.23 to 30.06.23		
July	26	S for Sports	Goal No.3	Quiz
August	14	Jogging, ZigZag running	Goal No.3	Demo
September	20	Walking on heels and parachutes	Goal No.16	Demo
October	23	Strength and flexibility	Goal No.3	Demo
November	19	Flat rings , soft ball	Goal No.3	Demo
December	24	Muscles Strength and Speed	Goal No.3	Demo
January	20	Crawl on yoga	Goal No.3	Demo
February	18	Micro events and Running on the cone	Goal No. 16	Demo

 *Parrajit Kumar*  
Head