

# SPORTS ACTIVITY CALENDAR

2018-19

(for Junior Section)

Classes	April	May	July	August	Sept.	Oct.	Nov.	Dec.
Nursery	Enhancing Coordinative Abilities Free hand Exercises	With Ball Exercises	Balancing Exercises	Examination	Yoga	Exercises with Ring	2 months fitness programme	
K.G.	Do	Do	Do		Do	Do	Do	
First	Enhancing Coordinative Abilities & Equipements	Dumb Bell Exercises	Yoga		Balancing Exercises	Exercises with Ring	Do	
Second	Balancing Exercises	Fitness Exercises	Callisthenic Exercises		Sprint Races Skill Development	Yoga	Throwball	Flexibility Programmes
Third	Sprint Races Finishing Technique	Fitness Programme	Yoga	Athletic Event-Jumping	Examination	March Past	Dumb bell	Speed Programme
Fourth	Athletic Event Jumping Technique	Yoga	Athletic Events Races	March Past		Dumb Bell	Strength Programme	Kho-Kho
Fifth	Football Skill learning	Kho-Kho	March Past	Athletic Event-Races		Yoga	Callisthenic Exercises	Strength Programme