JINDAL VIDYA MANDIR ,VIDYANAGAR Physical Education Annual Plan for Sports :2023-24							
							SL.NO
1	JUNE	Introduction of body Parts	Fitness Exercises	Sprint Running	Jumps	Throws	
	CCA sports	50 mts Running & Hoops passing	200mtr RUNNIING 4X100MTR Relay	200mtr RUNNIING 4X100MTR Relay	200mtr RUNNIING 4X100MTR Relay	200mtr RUNNIING 4X100MTR Relay	
		International yoga day Celebreation					
	Inter School sports		100,200&4X100 Relay				
2	JULY	Jumping Skills	Кһо-Кһо	Kabaddi	Kho-Kho	Football	
	CCA sports	Shuttle Run & Throw ball Passing	Chess and cricket	Chess and carom	Chess and Football	Chess and Football	
	Inter School sports			Kho-Kho & Hand ball			
3	August & September	Ball catching skills	Kabaddi	Кһо-Кһо	Handball	Volley ball	
	CCA sports	Zig-Zag race & Save the water	100mtr running race & Circle Kho- Kho	Long Jump & Kho-KHo	Long Jump & Kho-KHo	Long Jump & Kho-KHo	
	Inter School sports				Football & Volley ball		
4	October	Ball throwing skills	Foot ball	Hand ball	Throw ball	Jumps	
	CCA Sports	Collecting the Dumbells & Dodge ball	Jump rope & Throw ball	400mtr Running Race & Kabaddi	Dicuss Throw & Kabaddi	Jvelin Throw & Volley Ball	
5	November & December	50mtr Running race	100mtr race	100mtr Running race	100mtr Running race	100mtr Running race	
		Medicine ball throw	Chess	200mtr Running race	200mtr Running race	200mtr Running race	
		Lemon and Spoon	Long jump	Long Jump	400mtr Running race	Long Jump	
		Dodge ball	Circle Kho-Kho	4X100mtr Realy	Long Jump	Discus Throw	
		4X50 mtr Relay	4X100 mtr Relay	Kabaddi	4X100mtr Realy	4X100mtr Realy	
				Кһо-Кһо	Kabaddi	Hand Ball	
				Cricket	Hand Ball	Kabaddi	
						Throw ball	