



YASH VIDYA NIKETAN

(C.B.S.E.)

Grade :-II

ACADEMIC YEAR : 2020-21

Subject :HPE

Sr. No.	Month	Chapter No.	Chapter's Name	No of periods	Subject Enrichment Activities
Periodic Test I					
1	June	1	Running 50 meter 100 meter	1	Running Games for Children } Capture the Flag. ... } Where to Run Next? ... } Candy Hunting Game
2	July	2	Jumping	1	Activity - to center an obstacle course around! Create different variations: jump with two feet, hop through with only one foot, alternate feet, etc.
Summative I					
3	August	3	Hopscotch	1	Activity - Take basic hopscotch one step further but adding in other fun activities and movements along the way.
4	September	4	Basic Football	1	Activity :- <u>Football Downs</u>

Periodic Test II					
5	October	5	Jumping Jack	1	Activity - run on foot or be mounted on horseback, depending on the style of race.
Summative II					
6	November	6	Sack Race	1	-
7	December	7	Lagori	1	-
8	January	8	Skipping Jump Rope	1	Jump Rope Rhymes.
9	February	9	Langdi	1	Activity:-Divide students into two teams with an equal number of players. Set off a small area as a playing field.

10	March	10	Dodgeball	1	Activity:- Star Wars dodgeball
----	-------	----	-----------	---	--------------------------------