



# YASH VIDYA NIKETAN

## (C.B.S.E.)

**Grade :-IV**

**ACADEMIC YEAR : 2021-22**

**Subject :HPE**

Sr. No.	Month	Chapter No.	Chapter's Name	No of periods	Subject Enrichment Activities
<b>Summative I</b>					
1	June	1	Running 50 meter 100 meter	1	Running Games for Children <ul style="list-style-type: none"> <li>• Capture the Flag. ...</li> <li>• Where to Run Next? ...</li> <li>• Candy Hunting Game</li> </ul>
2	July	2	Tug of War	1	Activity :- Rope Less Tug of War!
3	August	3	Hopscotch	1	-
4	September	4	Basic Football	1	Activity :- <u>Football Downs</u>

<b>Summative II</b>					
5	October	5	Jumping Jack	1	Activity - run on foot or be mounted on horseback, depending on the style of race.
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. team is off the field.
10	March	10	Dodgeball	1	Activity:- Star Wars dodgeball