



# YASH VIDYA NIKETAN

(C.B.S.E.)

Grade :V

ACADEMIC YEAR : 2021-22

Subject :HPE

Sr. No.	Month	Chapter No.	Chapter's Name	No of periods	Subject Enrichment Activities
<b>Periodic Test I</b>					
1	June	1	Running Events 100 meter , 200 meter, 400 meter	1	Activity :- 100 meter running 200 meter running & 400 meter running competitions in P.E. periods.
2	July	2	Chess	1	Researching about the origin and evolution of the game
3	August	3	Table Tennis	1	Demonstration of the rules and etiquette of the game.
<b>S.A.I</b>					
4	September	4	Carrom	1	Make a video explaining the different shots in order to pocket the strikes in the game of Carrom
5	October	5	Football and Handball	1	Activity :- Basic passing skill Passing the ball.
<b>Periodic Test II</b>					
6	November	6	Long jump	1	Activity: - Long jump competition in boys and girls.
7	December	7	Kabbadi and Kho-Kho	1	Activity :-20 minutes Kho-Kho match between girls and boys
8	January	8	Volleyball and Basketball	1	Activity: - Basic passing skill passing the ball in two groups.
<b>S.A.II</b>					
9	February	9	Throwing Events Shot-put Discuss	1	Activity: - Throwing shot-put and discuss as much as possible long.
10	March	10	Cricket	1	Activity :- 5 over cricket match between two groups