



YASH VIDYA NIKETAN

(C.B.S.E.)

Grade :-VII

ACADEMIC YEAR : 2021-22

Subject :HPE

Sr. No.	Month	Chapter No.	Chapter's Name	No of periods	Subject Enrichment Activities
Periodic Test I					
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	Football and Handball	1	Activity: - Basic passing skill passing game in two groups of boys and girls.
3	August	3	Carrom	1	Activity :- Make a video explaining the different shots in order to pocket the strikes in the game of Carrom.
S.A I					
4	September	4	Chess	1	Activity :- Researching about the origin and evolution of the game
5	October	5	Volleyball and Basketball	1	Activity :- Basic passing skill passing game in two groups of boys and girls.
Periodic Test II					
6	November	6	Throwing Events Shot-put, Discus and Javelin	1	Activity: - Throwing shot-put and discus as much far as possible long.
7	December	7	Cricket	1	Activity: - 5 over match between 4 groups of boys and girls.
8	January	8	Skipping and Jump Rope	1	Activity: - 30 second skipping & jump rope competition between boys and girls.
S.A II					
9	February	9	Relay Race	1	Activity: - relay race 4×100 in four groups of boys and girls.
10	March	10	Kabbadi and Kho-Kho	1	Activity :-20 minutes Kho-Kho match between girls and boys