

EXPLORE OUR SPORTS & SKILLS DEVELOPMENT PROGRAM

(GRADES I-XII)

Month	I & II		III - V		VI - VIII		IX & X		XI & XII	
	Game	Skill Set	Game	Skill Set	Game	Skill Set	Game	Skill Set	Game	Skill Set
June	 Free Hand Exercises Strengthens muscle tone	 Free Hand Exercises (Dumble, Lezim, Strengthens muscle tone)	 Kho-Kho, Football Dodging & Intense Agility	 Volley Ball & Throwball Defensive	 Volley Ball & Kho-Kho Teamwork, Diving					
July	 Cone & Ball Games Speed & Stamina	 Jumping, Hoping & Hoops relay Take off & Landing	 Throwball Rapid Agility	 Football Cognitive Ability	 Cricket Bowling & Fielding					
Aug	 Hoops & Wands Balance & Coordination	 Lezim and drill Squatting & Jumping	 Cricket Fielding & Bowling	 Cricket Fielding & Bowling	 Football Ball Control, Agility Speed					
Oct	 Partner colour cones Coordination, Motor skills	 Shuttle run & Hurdles relay Strength & Endurance	 Throwing, Badminton Aiming, Agility	 Carrom & Chess Focussed Strategy	 Badminton Splitting & Shuffling Agility					
Nov	 Hurdles relay, Bottle race Quick Decision	 Carrom, Chess & Ludo Focussed Strategy	 Kabaddi Agility & Lung Capacity	 Kho-Kho Intense Agility & Dodging	 Throwball Rapid agility, Overhead thinking					
Dec	 Pull the ring race & Flamingo walk Endurance & Balance	 Ball passing Relay Speed Passing	 Volley Ball Diving & Setting	 Kabaddi Agility & Lung capacity	 Traditional Games Coordination & Strength, Social & Emotion					
Jan	 Pickup & Drop Drive & Follows Balance strategy	 Traditional Games Coordination & strength	 Traditional Games Coordination & strength	 Traditional Games Coordination & strength, Social & Emotion	 Hockey Receiving & Control speed					
Feb	 Obstacle race Agility & Speed	 Touch ball & Throw ball Passing & Rapid Agility	 Carrom & Chess Focussed Strategy	 Badminton Splitting & Shuffling agility	 Kabaddi Agility & Lung capacity					