

TERM – 1
SYLLABUS OVERVIEW
SUBJECT -HPE
CLASS - 4

GROUP ACTIVITY:

OBJECTIVES

1. To develop social skills
2. To encourage leadership and responsibility
3. To reinforce cognitive and strategic thinking
4. To promote teamwork and cooperation
5. To promote inclusion and equity

CRITERIA OF ASSESSMENT:

- Participation
- Honest effort
- Teamwork / Team spirit
- Commitment

PROCEDURE:

1. Dividing into groups
2. Appointing leaders
3. Assigning them to name the group
4. Instructions and demonstration
5. Planning and preparation
6. Reflection and feedback

LEARNING OUTCOMES:

1. Physical development (Improved agility, cardiovascular endurance)
2. Social and emotional learning (Teamwork, sportsmanship, problem-solving)
3. Cognitive skills (Apply strategic thinking to develop offensive and defensive dynamics)
4. Personal responsibility (Understanding roles, contributing positively, and identifying areas for improvement.

Name of the Activity:

1. Holding one another
2. Up and down pair
3. Jumping over handlocks(2 rounds)
4. Penguin knots(2 rounds)
5. Worm race(2 rounds)
6. Relay race(2 rounds)
7. Horse race