

Class VI

SYLLABUS OVERVIEW SUBJECT: HEALTH PHYSICAL EDUCATION

Teacher: Miss NS

MONTH	NAME OF THE ACTIVITY	OBJECTIVES	CRITERIA OF ASSESSMENT	No. OF PERIOD	PROCEDURE	LEARNING OUTCOMES
April & May	BMI (Body Mass Index)	- Assess body weight status. - To monitor growth and development. - To identify health risks. - To encourage healthy lifestyle changes. - To aid in physical fitness planning. - assess body weight	- Participation - Honest effort - Commitment	3	- Measure the person's height. - Measure the person's weight. - Using the BMI formula, calculate the BMI. - Interpret the BMI result. - Give remark to to the BMI results and steps to be taken	- Understanding body composition. - Awareness of health status. - Critical thinking and self-reflection. - Application in daily life.
May June July & August	Group activity: - Up and down pair - Jumping over handlocks - Penguin knot race - Worm race - Relay race	- To develop social skills - To encourage leadership and responsibility - To reinforce cognitive and strategic thinking - To promote teamwork and cooperation - To promote inclusion and equity	- Participation - Honest effort - Teamwork / Team spirit - Commitment	12	- Dividing into groups - Appointing leaders - Assigning them to name the group - Instructions and demonstration - Planning and preparation - Reflection and feedback	- Physical development (Improved agility, cardiovascular endurance) - Social and emotional learning (Teamwork, sportsmanship, problem-solving) - Cognitive skills (Apply strategic thinking to develop offensive and defensive dynamics) - Personal responsibility (Understanding roles, contributing positively, and identifying areas for improvement)

August & September & October	Upper body exercise	• Build muscle strength and endurance • Improve posture and balance • Enhance functional fitness • Develop stronger core and abdominal muscle • Track personal progress and set fitness goals	• Participation • Honest effort • Commitment	10	• Warm up, choose exercise • Perform each exercise with full commitment and dedication • Repetition of exercise • Listen to your body, rest, refuel and stay hydrated • Set realistic goals	• Understand the importance of upper body strength in daily activities and sports • Increase muscular strength and endurance in the upper body. • Understand the importance of stability of the abdominal core muscle for better posture and balance • Improve overall body posture and core alignment • Visible development and achievements in one's life
October & November	BMI (Body Mass Index) Test	• To assess body weight status. • To monitor growth and development. • To identify health risks. • To encourage healthy lifestyle changes. • To aid in physical fitness planning.	• Participation • Honest effort • Commitment	3	• Measure the person's height. • Measure the person's weight. • Using the BMI formula, calculate the BMI. • Interpret the BMI result • Give remark to the BMI results and steps to be taken.	• Understanding body composition. • Awareness of health status. • Critical thinking and self-reflection. • Application in daily life.

January & February	Body stretching exercise	• Improved flexibility to prevent muscles injury • To relieve muscle tension and soreness, improved posture • Increase blood circulation. • Enhance muscle coordination and balance	• Participation • Honest effort • Commitment	5	• Light warm up, breath normally • Maintain proper posture and balance • Stretch major muscle groups. • Hold each stretch • Stretch both sides evenly • Avoid jerky movement • Cool down and relax	• Increased flexibility in muscles and joints. • Improved coordination, balance and stability in movement while doing exercise and daily activity • Improved posture and alignment • Benefits in blood circulation through stretching and enhance relaxation.
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