

# Primary Classes (Grade 1–5) Sports Planner (2026–27)

## Objectives

- Develop basic motor skills (running, jumping, throwing)
- Encourage teamwork and discipline
- Promote physical fitness and healthy habits
- Build interest in sports through fun activities

## Monthly Activity Plan

April – Fun & Fitness Basics  
May – Coordination & Balance  
July – Athletics Introduction  
August – Team Spirit Games  
September – Indoor Games (Carrom, Chess)  
October – Skill Development  
November – Mini Sports Events  
December – Yoga & Fitness  
January – Sports Day Preparation  
February – Annual Sports Day  
March – Assessment & Fun Games

## Weekly Plan

2–3 periods per week:  
Warm-up (5–10 min)  
Main activity (20–25 min)  
Cool down (5 min)

## Assessment Criteria

- Participation
- Coordination
- Teamwork
- Discipline
- Improvement over time

## Tips for Teachers

- Focus on fun, not competition
- Ensure safety and supervision
- Use simple equipment (balls, cones, ropes)

- Encourage equal participation