

# **S.D. PUBLIC SCHOOL, PITAMPURA**

## **Annual Sports Planner (2026–2027)**

### ***Classes VI to VIII***

#### **Objectives:**

Develop physical fitness and endurance  
Improve game skills and techniques  
Promote teamwork, discipline, and sportsmanship  
Prepare students for inter-school competitions

### ***April – Fitness & Conditioning***

Warm-up exercises & stretching  
Running (short & long distance)  
Basic endurance drills  
Fitness assessment

### ***May – Athletics (Track Events)***

100m, 200m race practice  
Relay race (4x100m)  
Sprint techniques  
Start and finish practice

### ***July – Ball Games (Basic Skills)***

Football (dribbling, passing)  
Basketball (dribbling, shooting)  
Volleyball (underarm pass)  
Handball basics

### ***August – Team Games***

Football matches  
Basketball mini matches  
Kho-Kho practice  
Kabaddi practice

### ***September – Skill Development***

Agility drills (ladder, cones)  
Strength exercises  
Coordination drills

Reaction time activities

### ***October – Traditional Games***

Kho-Kho (advanced rules)  
Kabaddi (skills & tactics)  
Tug of war  
Group games

### ***November – Athletics (Field Events)***

Long jump  
Shot put  
Discus throw  
Relay practice

### ***December – Yoga & Indoor Activities***

Yoga asanas  
Meditation & breathing  
Indoor games  
Flexibility exercises

### ***January – Sports Day Preparation***

March past  
House competitions  
Rehearsals  
Final selections

### ***February – Annual Sports Day***

Track events  
Field events  
Team finals  
Prize distribution

### ***March – Evaluation & Recreation***

Fitness evaluation  
Friendly matches  
Recreational games  
Feedback

#### **Weekly Structure:**

2–3 periods per week  
Day 1: Warm-up + Skill practice

Day 2: Game practice  
Day 3: Match / fitness