Name of the Teacher: Disignation :			Name of the School: HARIGOPAL Class: 3
S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
		Health Education	Food sources
1	JUNE	YOGA	Tadasana
		Phy Edn	Warming up activities
		Health Education	Water borne diseases
2	JULY	YOGA	Vrikshasana
		Phy Edn	Fundamental movement skills
		Health Education	Awarness on our environment
3	AUGUST	YOGA	Arthakati chakrasana
		Phy Edn	Fundamental motor skills
		Health Education	Food hygiene
4	SEPTEMBE R	YOGA	Vajrasana
	Ň	Phy Edn	Rhythemic activities
		Health Education	Food disesses
5	OCTOBER	YOGA	Padahasthasana
		Phy Edn	Agility aalance co ordination skills
		Health Education	Water borne diseases
6	NOVEMBE R	YOGA	Sasankasana
		Phy Edn	Agility aalance co ordination skills
		Health Education	Food -nutritional
7	DECEMBER	YOGA	Paschimottasana
		Phy Edn	Recreation games
		Health Education	Seasonal diseases
8	JANUARY	YOGA	Padmasana
		Phy Edn	Recreation games
		Health Education	Mal nutrition
9	FEBRUARY	YOGA	Bhujangasana
		Phy Edn	Co ordination abilities
		Health Education	Nutritional deficiency
10	MARCH	YOGA	Makarasana
		Phy Edn	Catching & throwing skills
		Health Education	Revision
11	APRIL	YOGA	Revision
		Phy Edn	Revision

Name of the Teacher:

Disignation :

Name of the School: Class: 4 HARIGOPA

Disigna <b>S.No</b>	Name of the	Subject	Class: 4 Class: 4 Details of Health Education and Physical Education Activities
5.110	Month		
		Health Education	School cleanness
1	JUNE	YOGA	Tadasana
		Phy Edn	Warming up activities
		Health Education	Food hygiene
2	JULY	YOGA	Vrikshasana
		Phy Edn	Fundamental movement skills
		Health Education	Different types of foods
3	AUGUST	YOGA	Arthakati chakrasana
		Phy Edn	Fundamental motor skills
		Health Education	Mental health
4	SEPTEMBER	YOGA	Vajrasana
		Phy Edn	Rhythemic activities
		Health Education	Air, ventilation & water
5	OCTOBER	YOGA	Padahasthasana
		Phy Edn	Agility aalance co ordination skills
		Health Education	Heridity & environment
6	NOVEMBER	YOGA	Sasankasana
		Phy Edn	Agility aalance co ordination skills
		Health Education	values Good food & bad food
7	DECEMBER	YOGA	Paschimottasana
		Phy Edn	Recreation games
		Health Education	Storage of food
8	JANUARY	YOGA	Padmasana
		Phy Edn	Recreation games
		Health Education	Role of food in body growth
9	FEBRUARY	YOGA	Bhujangasana
		Phy Edn	Co ordination abilities
		Health Education	Nutritional deficiency Road accidents & prevention
10	MARCH	YOGA	Makarasana
		Phy Edn	Catching & throwing skills
		Health Education	Revision
11	APRIL	YOGA	Revision
		Phy Edn	Revision

	of the Teacher: ation :		Name of the School: Class: 5		
S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities		
		Health Education	First aid awarness		
1	JUNE	YOGA	Tadasana		
		Phy Edn	Warming up activities		
		Health Education	Awarness on our environment		
2	JULY	YOGA	Vrikshasana		
		Phy Edn	Fundamental movement skills		
		Health Education	Environmental hygiene		
3	AUGUST	YOGA	Arthakati chakrasana		
		Phy Edn	Fundamental motor skills		
		Health Education	Our daily food		
4	SEPTEMBER	YOGA	Vajrasana		
		Phy Edn	Rhythemic activities		
		Health Education	Burns		
5	OCTOBER	YOGA	Padahasthasana		
		Phy Edn	Agility aalance co ordination skills		
		Health Education	Accidental places in daily life		
6	NOVEMBER	YOGA	Sasankasana		
		Phy Edn	Agility, balance ,co ordination skills		
		Health Education	Accidents and prevensions		
7	DECEMBER	YOGA	Paschimottasana		
		Phy Edn	Recreation games		
		Health Education	Ill health through water		
8	JANUARY	YOGA	Padmasana		
		Phy Edn	Recreation games		
		Health Education	Sunstroke - first aid		
9	FEBRUARY	YOGA	Bhujangasana		
		Phy Edn	Co ordination abilities		
		Health Education	Road accidents & prevention		
10	MARCH	YOGA	Makarasana		
		Phy Edn	Catching & throwing skills		
		Health Education	Revision		
11	APRIL	YOGA	Revision		
		Phy Edn	Revision		

Name of the Teacher:

Name of the School:

	ation :		
S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
1		Health Education	Knowing your body
	JUNE	YOGA	Surya namaskara
		Phy Edn	Attention, stand at ease left,right,& about truns
		Health Education	Bones are important
2	JULY	YOGA	Tadasana, Vrikshasana
		Phy Edn	Kabaddi
		Health Education	How to remain physically fit
3	AUGUST	YOGA	Utkatasana , vajrasana,  swastikasana
		Phy Edn	Softball
		Health Education	Leaders and followers Sports
4	SEPTEMBER	YOGA	Ardhapadmasana, nirlamba bhujangasana
		Phy Edn	Tenni koit
		Health Education	Games and sports are important and sports i & ii
5	OCTOBER	YOGA	Ardhasalabhasana makarasana Paschimottanasana makarasana Makarasana matyasana Makarasana matyasana Makarasana matyasana
		Phy Edn	Throw ball
		Health Education	Yoga for health
6	NOVEMBER	YOGA	Uttanapadasana, dvi-pada uttanasana, Dhanurasana, supta vajrasana
		Phy Edn	Athletics
		Health Education	Our environment and health
7	DECEMBER	YOGA	Pawanamuktasana
		Phy Edn	Athletics
		Health Education	Nutrion for healthy living
8	JANUARY	YOGA	Shavasana
		Phy Edn	Hand ball / foot ball /basket ball/cricket
	FEBRUARY	Health Education	Safety out side school
9		YOGA	Trataka (concentrated gazing), meditation
		Phy Edn	Any other specialisation game of phy.edn teacher
	MARCH	Health Education	Gender sensitivity
10		YOGA	Meditation
		Phy Edn	Any other individual game
		Health Education	Revision
11	APRIL	YOGA	Revision
			Revision

Name Disigna	of the Teacher: ation :		Name of the School: Class: 7 HARIGOPAL
S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
		Health Education	We are growing
1	JUNE	YOGA	Surya namaskara
		Phy Edn	Attention, stand at ease left,right,& about truns -marching
		Health Education	Fundamental skills (individual sports)
2	JULY	YOGA	Tadasana, Vrikshasana
		Phy Edn	Kabaddi
		Health Education	Fundamental skills (team games)
3	AUGUST	YOGA	Trikonasana, katichakrasana
		Phy Edn	Athletics
		Health Education	scholarships and awards
4	SEPTEMBER	YOGA	Padmasna yogamudrasana
		Phy Edn	Softball
		Health Education	Callisthenics, mass fitness and rhythemic activities
5	OCTOBER	YOGA	Paschimottanasana, makarasana, Makarasana, matyasana
		Phy Edn	Throw ball
	NOVEMBER	Health Education	Yoga for physical fitness
6		YOGA	Dhanurasana, supta vajrasana
		Phy Edn	Softball
	DECEMBER	Health Education	Environmental pollution
7		YOGA	Chakrasana, ardhahalasana
		Phy Edn	Athletics
		Health Education	Food and nutrion
8	JANUARY	YOGA	Anuloma-viloma pranayama
		Phy Edn	Athletics
		Health Education	Common injuries
9	FEBRUARY	YOGA	Bhastrika pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
	MARCH	Health Education	Social health consumer health service
10		YOGA	Meditation
		Phy Edn	Any other individual game
		Health Education	Revision
11	APRIL	YOGA	Revision
			Revision

Name of the Teacher: Disignation :			Name of the School: Class: 8 HARIGOPAL
S.No	Name of the Month	Subject	Details of Health Education and Physical Education Activities
		Health Education	Knowing mental changes
1	JUNE	YOGA	Concentration yama (restraint) niyama (observance)
		Phy Edn	Attention, stand at ease left,right,& about truns - marching
		Health Education	Food and nutrition
2	JULY	YOGA	Garudasana, Baddhapadmasana
		Phy Edn	Kabaddi
		Health Education	Water conservation
3	AUGUST	YOGA	Gomukhasana, ardhamatsyendrasana
		Phy Edn	Softball
		Health Education	Fundamental skills (individual sports)
4	SEPTEMBER	YOGA	Bhujangasana shalabhasana
		Phy Edn	Tenni koit
		Health Education	Fundamental skills (team games)
5	OCTOBER	YOGA	🖉 Makarasana, matyasana
		Phy Edn	Throw ball
	NOVEMBER	Health Education	Yoga for concentration
6		YOGA 🖉	Naukasana , sethubandasana
		Phy Edn	Athletics
	DECEMBER	Health Education	Recreational and out door activities
7		YOGA	Halasana , shavasana
		Phy Edn	Athletics
	JANUARY	Health Education	Safety, security and first aid
8		YOGA	Agnisara
		Phy Edn	Athletics
		Health Education	Safety, security and first aid
9	FEBRUARY	YOGA	Pranayama, anuloma-viloma, seetkari pranayama, bhramari pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
	MARCH	Health Education	Social health
10		YOGA	Pratyahara meditation
		Phy Edn	Any other individual game
		Health Education	Revision
11	APRIL	YOGA	Revision
		Phy Edn	Revision

Name of the Teacher:

Name of the School:

S.NoNome of the MonthSubjectDetails of Health Education and Physical Education Activities1JUNEHealth EducationHealth and diseases1JUNEYOGASurya namaskara, yama (restraint), niyama (observance)2Phy EdnFancy marching guard of honour3Health EducationGrowing up with confidence4YOGATadasana, Katichakrasana3Health EducationPhytedn4AuGUSTYOGA7Health EducationPhysical education physical fitness4YOGASimhasana, mandukasan, uttana-mandukasana7Health EducationSports training individual sports7YOGAKukkutasana, akarna dhanurasana7PhytednSoftball7PhytednMakarasana, matyasana7Health EducationPrersonality devolepment through yoga8PhytednMakarasana, salabasana, Sarvangasana, matyasana7PhytednMaste management diet for healthy living7Health EducationFirst aid and safety7Health EducationFirst aid and safety8JANUARYYOGAShavasana, salabasana, salabasana, salabasana9FebruaryYOGAShavasana, salabasana, halasana9Health EducationFirst aid and safety9YOGAShavasana, kapalabathi, agnisara9Health EducationFranayama, anuloma-viloma pranamaya, bhastrika pranayama9Health EducationPranayama, anuloma-viloma	Disign	ation :		Class: 9
1         JUNE         Real frequencies           1         YOGA         Surya namaskara, yama (restraint), niyama (observance)           2         Phy Edn         Fancy marching guard of honour           2         Health Education         Growing up with confidence           3         Health Education         Ordowing up with confidence           3         Health Education         Physical education physical fitness           3         Health Education         Physical education physical fitness           4         September         YOGA           70 GA         Simhasana, mandukasan, uttana-mandukasana           70 Hy Edn         Simhasana, mandukasan, uttana-mandukasana           70 Hy Edn         Sports training individual sports           70 Hy Edn         Sports training individual sports           70 Hy Edn         Makarasana, matyasana           70 Hy Edn         Makarasana, matyasana           70 Hy Edn         Makarasana, sarayagasana, matyasana           70 Hy Edn         Makarasana, sarayagasana, halasana           70 Hy Edn         Mathetics           70 Hy Edn         Mathetics           70 Hy Edn         Mathetics           70 Hy Edn         Mathetics           70 Hy Edn         Mathetics      <	S.No		Subject	Details of Health Education and Physical Education Activities
1JUNEYOGA(observance)Phy EdnFancy marching guard of honourPhy EdnFancy marching guard of honourPhy EdnGrowing up with confidenceYOGATadasana, KatichakrasanaPhy EdnAthleticsAugustPhy EdnPhy EdnPhysical education physical fitnessYOGASimhasana, mandukasan, uttana-mandukasanaPhy EdnKukkutasana, akarna dhanurasanaPhy EdnSports training individual sportsYOGAMakarasana, akarna dhanurasanaPhy EdnOGAYOGAMakarasana, matyasanaPhy EdnTeam games ethics in sportsYOGAMakarasana, matyasanaPhy EdnTennikoitHealth EducationPersonality devolepment through yogaPhy EdnOffactYOGADhanurasana, sarvangasana, matyasanaPhy EdnOhnurasana, sarvangasana, halasanaPhy EdnOhnurasana, sarvangasana, halasanaPhy EdnThrow ballPhy EdnFirst aid and safetyYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayamaPhy EdnAny other specialisation game of phy.edn teacherPhy EdnAny other specialisation game of phy.edn	1	JUNE	Health Education	Health and diseases
11112JULYHealth EducationGrowing up with confidence3JULYYOGATadasana, Katichakrasana3AuGUSTHealth EducationPhysical education physical fitness3AUGUSTYOGASimhasana, mandukasan, uttana-mandukasana4JULYYOGASimhasana, mandukasan, uttana-mandukasana4SEPTEMBERYOGAKukkutasana, akarna dhanurasana7Health EducationSports training individual sports5OCTOBERYOGAMakarasana, matyasana9Phy EdnTeam games ethics in sports7DCTOBERYOGAMakarasana, salabasana, Sarvangasana, matyasana9Phy EdnPersonality devolepment through yoga7DECEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana9Phy EdnOhanurasana, sarvangasana, halasana9PA EdnThrow ball9PA EdnShavasana, kapalabathi, agnisara9PA EdnShavasana, kapalabathi, agnisara9PA EdnAthletics9PA EdnAny other specialisation game of phy.edn teacher10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGABandha-uddiyana bandha, meditation12YOGABandha-uddiyana bandha, meditation13APRILYOGARevision			YOGA	(observance)
2JULYNote the function of the section of the se			Phy Edn	Fancy marching guard of honour
1Not.Not.Phy EdnAthleticsAUGUSTPhy EdnPhysical education physical fitness3AUGUSTYOGASimhasana, mandukasan, uttana-mandukasana4SeptemBerPhy EdnSoftball4SeptemBerYOGAKukkutasana, akarna dhanurasana5Phy EdnSoftball7Pot CorberYOGAMakarasana, matyasana6NOVEMBERYOGAMakarasana, matyasana6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7Phy EdnPersonality devolepment through yoga6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7DECEMBERYOGADhanurasana, salabasana, Sarvangasana, matyasana7DECEMBERYOGADhanurasana, sarvangasana, matyasana9FEBRUARYYOGADhanurasana, sarvangasana, halasana9FEBRUARYYOGAShavasana, kapalabathi, agnisara9FEBRUARYYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama9MARCHYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHYOGAAny other specialisation game of phy.edn teacher11APRILYOGARevision12YOGAPinterPinter			Health Education	Growing up with confidence
AUGUST Phy EdnHealth Education Physical education physical fitness3AUGUST Phy EdnSimhasana, mandukasan, uttana-mandukasana4FeyremBerg Phy EdnSports training individual sports5Phy EdnSoftball7Phy EdnSoftball7Phy EdnTeant games ethics in sports6Phy EdnPersonality devolepment through yoga6Phy EdnPersonality devolepment through yoga7Phy EdnPersonality devolepment through yoga7Phy EdnPersonality devolepment through yoga7Phy EdnWaste management diet for healthy living7Phy EdnOthanurasana, salvasana, salvasana, salvasana7Phy EdnWaste management diet for healthy living7Phy EdnFirst aid and safety7YOGAShavasana, kapalabathi, agnisara9Phy EdnFirst aid and safety9Phy EdnSocial health9Phy EdnAthletics9Phy EdnAthletics<	2	JULY	YOGA	Tadasana, Katichakrasana
3AUGUSTYOGASimhasana, mandukasan, uttana-mandukasana4SeptemberPhy EdnKabaddi / chess4SeptemberYOGASports training individual sports5Phy EdnSoftball5OCTOBERYOGAMakarasana, matyasana7Phy EdnTeam games ethics in sports6NOVEMBERYOGAMakarasana, matyasana7Phy EdnTennikoit7Phy EdnPersonality devolepment through yoga7Phy EdnMaste management diet for healthy living7Phy EdnAthletics7Phy EdnThrow ball7Phy EdnFirst aid and safety8JANUARYYOGA9FEBRUARYYOGA9FEBRUARYYOGA9MARCHYOGA9Health Education9MARCHYOGA9Phy Edn10MARCH11APRIL14APRIL15APRIL16APRIL16MARCH17YOGA18APRIL19FEBRUARY10APRIL11APRIL12YOGA13APRIL14APRIL15GA16App other individual game17YOGA18APRIL19APRIL19APRIL10MARCH10App other individual game <t< th=""><th></th><th></th><td>Phy Edn</td><td>Athletics</td></t<>			Phy Edn	Athletics
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AFind CanSports training individual sports4SEPTEMBERHealth EducationSports training individual sports5Phy EdnKukkutasana, akarna dhanurasana6Phy EdnTeam games ethics in sports6OCTOBERYOGAMakarasana, matyasana7Phy EdnTennikoit7Phy EdnPhy Edn7Phy EdnPhy Edn7Phy EdnPhy Edn7Phy EdnPhy Edn7Phy EdnPhy Edn7Phy EdnAthletics7Phy EdnMaste management diet for healthy living7Phy EdnDhanurasana, sarvangasana, halasana7Phy EdnThrow ball8Phy EdnFirst aid and safety8Phy EdnShavasana, kapalabathi, agnisara9FEBRUARYYOGA9Phy EdnSocial health9Phy EdnAny other specialisation game of phy.edn teacher10MARCHYOGA11APRILYOGA12Phy Edn13APRIL14Phy Edn15YOGA16Revision17Phy Edn18Phy Edn19MARCH10YOGA11APRIL12YOGA13Phy Edn14Phy Edn15YOGA16Revision17YOGA18Phy Edn19YOGA<	3	AUGUST	YOGA	Simhasana, mandukasan, uttana-mandukasana
4SEPTEMBERInclusionInclusion4SEPTEMBERVOGAKukkutasana, akarna dhanurasanaPhy EdnSoftball5OCTOBERHealth EducationTeam games ethics in sports5OCTOBERVOGAMakarasana, matyasanaPhy EdnTennikoit6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7DECEMBERYOGADhanurasana, sarvangasana, halasana7Phy EdnThrow ball7PereMBERYOGAShavasana, kapalabathi, agnisara7Phy EdnFirst aid and safety8JANUARYYOGAShavasana, kapalabathi, agnisara9FEBRUARYYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama9FEBRUARYYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGARevision12APRILYOGARevision13APRILYOGARevision			Phy Edn	Kabaddi / chess
Image: Constant of the section of t			Health Education	Sports training individual sports
NVEXHealth EducationTeam games ethics in sports5OCTOBERYOGAMakarasana, matyasanaPhy EdnTennikoit6NOVEMBERYOGAPersonality devolepment through yoga6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7Phy EdnVOGABhujangasana, salabasana, Sarvangasana, matyasana7PerementYOGADhanurasana, sarvangasana , halasana7Phy EdnOthanurasana, sarvangasana , halasana9YOGAPhy EdnThrow ball9FEBRUARYYOGAShavasana, kapalabathi, agnisara9FEBRUARYYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama9MARCHYOGAAny other specialisation game of phy.edn teacher10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGARevision	4	SEPTEMBER	YOGA	Kukkutasana, akarna dhanurasana
5OCTOBER YOGAYOGAMakarasana, matyasana6YOGAMakarasana, matyasana7NOVEMBERHealth EducationPersonality devolepment through yoga7NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7DECEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7DECEMBERHealth EducationWaste management diet for healthy living7DECEMBERYOGADhanurasana, sarvangasana , halasana7Phy EdnThrow ball8JANUARYYOGAShavasana, kapalabathi, agnisara9FEBRUARYYOGAShavasana, kapalabathi, agnisara9FEBRUARYHealth EducationSocial health9FEBRUARYYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGARevision12APRILYOGARevision			Phy Edn	Softball
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A B A PAPELIAHealth Education Personality devolepment through yoga Personality devolepment through yoga6NOVEMBER PAGAPorsonality devolepment through yoga Bhujangasana, salabasana, Sarvangasana, matyasana7Porsonality devolepment through yogaPhy Edn7DECEMBER PAy EdnWaste management diet for healthy living Dhanurasana, sarvangasana , halasana7DECEMBER Phy EdnMaste management diet for healthy living Dhanurasana, sarvangasana , halasana8JANUARY Phy EdnHealth Education9JANUARY Phy EdnFirst aid and safety9FEBRUARY Phy EdnPranayama, anuloma-viloma pranamaya, bhastrika pranayama9MARCHYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGARevision	5	OCTOBER	YOGA	Makarasana, matyasana
6NOVEMBERYOGABhujangasana, salabasana, Sarvangasana, matyasana7YOGABhujangasana, salabasana, Sarvangasana, matyasana7Phy EdnAthletics7PecemberYOGADhanurasana, sarvangasana , halasana7YOGADhanurasana, sarvangasana , halasana8JANUARYYOGAFirst aid and safety8JANUARYYOGAShavasana, kapalabathi, agnisara9Phy EdnFirst aid and safety9FeBRUARYYOGAShavasana, anuloma-viloma pranamaya, bhastrika pranayama9MARCHYOGAPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHYOGABandha-uddiyana bandha, meditation11APRILYOGARevision			Phy Edn	Tennikoit
<ul> <li>NOVENDER YOGA matyasana Phy Edn Athletics Phy Edn Athletics</li> <li>DECEMBER Health Education Waste management diet for healthy living YOGA Dhanurasana, sarvangasana , halasana Phy Edn Dhanurasana, sarvangasana , halasana Phy Edn First aid and safety YOGA Shavasana, kapalabathi, agnisara Phy Edn Athletics</li> <li>YOGA Pranayama, anuloma-viloma pranamaya, bhastrika pranayama</li> <li>Phy Edn Athletics</li> <li>Phy Edn Pranayama, anuloma-viloma pranamaya, bhastrika pranayama</li> <li>Phy Edn Athletics</li> <li>Phy Edn Athletics</li></ul>		NOVEMBER	Health Education	Personality devolepment through yoga
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8JANUARYNote the docution9JANUARYYOGAShavasana, kapalabathi, agnisara9Phy EdnAthletics9FEBRUARYHealth EducationSocial health10PreprintPhy EdnPranayama, anuloma-viloma pranamaya, bhastrika pranayama10MARCHHealth EducationAny other specialisation game of phy.edn teacher11APRILPhy EdnAny other individual game			Phy Edn	Throw ball
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9FEBRUARYNealth Education9FEBRUARYPranayama, anuloma-viloma pranamaya, bhastrika pranayama10Phy EdnAny other specialisation game of phy.edn teacher10MARCHHealth Education11Any CharBandha-uddiyana bandha, meditation11APRILYOGARevision11APRILYOGARevision			Phy Edn	Athletics
<ul> <li>FEBRUARY FOGA pranayama</li> <li>Phy Edn</li> <li>Any other specialisation game of phy.edn teacher</li> <li>Health Education</li> <li>YOGA Adolesent friendly health services</li> <li>YOGA Bandha-uddiyana bandha, meditation</li> <li>Phy Edn</li> <li>Any other individual game</li> <li>Health Education</li> <li>Health Education</li> <li>Phy Edn</li> <li>Any other individual game</li> <li>YOGA Revision</li> </ul>		FEBRUARY	Health Education	Social health
Image: Phy EdnPhy EdnAdolesent friendly health servicesImage: Image: Phy EdnAdolesent friendly health servicesImage: Image: Im	9		YOGA	
10     MARCH     YOGA     Bandha-uddiyana bandha, meditation       11     APRIL     Health Education     Revision			Phy Edn	Any other specialisation game of phy.edn teacher
Invite     Note       Phy Edn     Any other individual game       Health Education     Revision       YOGA     Revision		MARCH	Health Education	Adolesent friendly health services
Image: Approximation of the second	10		YOGA	Bandha-uddiyana bandha, meditation
11     APRIL     YOGA     Revision			Phy Edn	Any other individual game
II AFRIL TOGA			Health Education	Revision
Phy Edn Revision	11	APRIL	YOGA	Revision
			Phy Edn	Revision

Name of the Teacher:

Name of the School:

Disignation :			Class: 10
S.No	Name of the Subject Month		HARIGOPAL Details of Health Education and Physical Education Activities
		Health Education	Physical education relation with other subjects
1	JUNE	YOGA	Yama (restraint), niyama (observance)
		Phy Edn	Fancy marching, guard of honour
		Health Education	Effects of physical activities on human body
2	JULY	YOGA	Hastottanasana, Padahastasana
		Phy Edn	Kabaddi
		Health Education	Growth and devolepment during adolesence
3	AUGUST	YOGA	Trikonasana , shasankasana
		Phy Edn	Athletics
		Health Education	Individual games and sports i & ii
4	SEPTEMBER	YOGA	Ushtrasana ardamatsyendrasana
		Phy Edn	Softball
		Health Education	Team games and sports i & ii
5	OCTOBER	YOGA	Makarasana, matyasana
		Phy Edn	Tenni koit
	NOVEMBER	Health Education	Yoga for healthy living
6		YOGA	Sarvangasana, matyasana
		Phy Edn	Athletics
	DECEMBER	Health Education	Dietry considerations and food quality
7		YOGA	Shirshasana , bakasana
		Phy Edn	Throw ball
	JANUARY	Health Education	Safety measures for healthy living, healthy community living
8		YOGA	Hamsasana maryurasana
		Phy Edn	Softball
	FEBRUARY	Health Education	Social health & agencies and awards promoting health,sports and yoga
9		YOGA	Kapalabhathi, anuloma-viloma pranamaya, bhastrika pranayama, bhramari pranayama
		Phy Edn	Any other specialisation game of phy.edn teacher
	MARCH	Health Education	Revision
10		YOGA	Revision
		Phy Edn	Any other individual game
		Health Education	Revision
11	APRIL	YOGA	Revision
		Phy Edn	Revision