



SPORTS ACTIVITY PLANNER

MONTH	PRE.PRIM ARY GROUP	PRIMARY GROUP		MIDDLE GROUP	SENIOR GROUP
	Kids	I & II	III TO V	VITO VIII	IX
April & June	Sprint & Speed Walk	Sprint Dog & the bone Dodge ball	Chess Karate Mini Footbal, Throw	Chess Koh-Kho Football	Chess Football Table Tennis Chess
July	Frog race Balloon race	3 legged race Musical chair	Mini Basketball, Tug of war Mass PT	Tennicoit Tug of war Karate, Mass PT	Kabaddi Arm wrestling Karate
Aug.	Back running, Relay race	Back running, Balloon Race	Dodge ball Tennicoit Mass PT	Dodge ball Basket ball Mass PT	Volleyball Tennis ball throw
Oct.	Shuttle race, Ready for school race	Sac race Speed walk	Athletics (Sprint, Balanc- ingrace Relay Mass PT	Throw Ball Shoot Ball Mass PT	Badminton Basketball
	Annual Sports				
Nov.	Passing the ball, One legged race	Spoon marble race Passing Ball race	Rope Skipping, Athletics (Back race & Spoon marble race	Kho-Kho Mass PT	Throwball Athletics (Shot-put, long jump, 100 m sprint Relay Races