

YEARLY PLANNING

JUNE-JULY:-

- **HEIGHT & WEIGHT TO BE CHECKED.**
- **HEALTH RELATED PHYSICAL FITNESS.**
- **HEIGHT, WEIGHT TO BE NOTED.**
- **MUSCULAR STRNGTH.**
- **MUSCLE ENDURANCE.**
- **FLEXIBILITY.**
- **STRUCTURE OF BODY.**

AUGUST-SEPTEMBER:-

- **STUDENTS SHOULD BE MADE STAND ACCORDING TO THEIR HEIGHT.**
- **SPORTS LIKE LANGDI, KABBADI, KHO-KHO TO BE ORGANISED.**
- **TYPES OF YOGA-TRIKANASANA AND THIS BENEFITS AND DISADVANTAGE.**

OCTOBER AND NOVEMBER:-

- **TO IMPROVE THE BODY STRENGHT, PROPER BODY STRENGTH, DIET SHOULD BE HELD.**

- **GAMES LIKE LANGDI AND RUBBER BALL SHOULD BE HELD.YOGA LIKE VRIKSHASON SHOULD BE HELD.**

DECEMBER:-

- **SUBJECT EXPERT SHOULD BE INVITED FOR GUIDANCE LECTURE ESPECIALLY FOR MATHS, SCIENCE AND ENGLISH.**
- **1ST PRELIUM EXAM WILL BE CONDUCTED.**

JANUARY:-

- **RESULT OF 1STPRELIUM.**
- **MEETING OF POOR STUDENTS PARENTS.**
- **2NDPRELIUM EXAM.**

FEBRUARY:-

- **FULL DAY STUDY CAMP, REVISION, BOARD PRACTICAL EXAM.**
- **ISSUING HALL TICKETS.**

- **GUIDANCE AND INSTRUCTIONS
BEFORE APPEARING BOARD EXAM
S.S.C.**
- **FAREWELL PARTY.**

MARCH- BOARD EXAM