

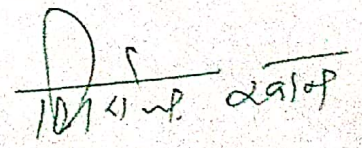
KENDRIYA VIDYALAYA KIMIN

PHYSICAL EDUCATION AND SPORTS CLENDAR 2022-23

S.NO.	MONTH	EVENTS
1	APRIL	General Fitness Exercises, Warm Up, Colling Down, Formation of Student Council, Calisthenic Exercises, Types of Starts in Running. Preparation For Cluster and Regional Sports Meet. Basic Techniques of Football and Volleyball, Types of Starts in Running.
2	MAY	Mass Display, Basic Techniques of Badminton, Indoor Sports and Recreation Games.
3	JUNE	Specific Fitness Exercise, Indoor Sports, Specific Training for The Students Selected for National Sports Meet.
4	JULY	Basic Techniques of Majorly Played Sports at Vidyalaya- Athletics, Football and March Past, Command and March Past. Inter House of Football.
5	AUGUST	March Past, Advance Skills of Football, Basic Techniques of Kabaddi, Inter House Competition of Kabaddi.
6	SEPTEMBER	Basic Techniques of Throwing Events of Athletics, Inter House Competition of Athletics.
7	OCTOBER	Aerobic Exercises, Basic Techniques of Kho-Kho.
8	NOVEMBER	Techniques Of Cricket. Practice Of Major Sports. Inter House Competition of Cricket.
9	DECEMBER	Medical Checkup, Annual Sports Meet and Player Identification for Upcoming Cluster/Regional. Prize Distribution of Annual Sports Meet.
10	JANUARY	Team Formation as Per Performance of Students Throughout the Year, Discipline and Punctuality. Practice Matches for Cluster/Regional Meet.
11	FEBRUARY	Specific training and practice for Team/Individual on different Level for upcoming Cluster/Regional.
12	MARCH	Recreation games.



TGT-PHE



PRINCIPAL