



Grade K-2 Athletics & Fitness circuit

Month 2	GRADE K-2	Week	Week - 1		Week - 2		Week - 3		Week - 4		Week - 5		Week - 6		Week - 7		Week - 8		Week - 9	
		Day No	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 2	Day 1	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2	Day 1	Day 2
		<b>Core Skills</b>	Spatial awareness	Start For Running events	Start For Running events	Fitness circuit	Fitness circuit	Javelin throw technique	Javelin throw technique	Relay Baton	Fitness circuit	Fitness circuit	Relay Baton	Throwing	Throwing	Fitness circuit	Throwing event	Relay Baton race	Assessment	Assessment
		<b>Lesson Focus</b>	Orientation	START	START	Focus on Fitness	Focus on Fitness	Javelin throwing skills	Javelin throwing skills	Baton pass	Focus on Fitness	Focus on Fitness	Baton pass	Shot put throw	Shot put throw	Focus on Fitness	Shot put throw	Baton pass	Assessment	Assessment
		<b>Lesson</b>	1	2	3	4	5	6	7	8	4	5	9	10	11	12	13	14		
		<b>Activity Name</b>	1. Orientation & personal space General space	Different start How to take start Short distance run strides	Different start How to take start Short distance run strides	1.Circuit play 2. Circuit challenge	1. Circuit play 2. Pole drill	1. Grip, Hold, carry 2. Practice	1. Grip, Hold, carry 2. Javelin throw / follow through 3. Practice	1. Hold 2. Carry 3. Partner pass(Coordination) 4. Exchange zone 5. Practice	1.Circuit play 2. Circuit challenge	1. Circuit play 2. Pole drill	1. Hold 2. Carry 3. Partner pass- Practice for baton exchange	1. Stance 2. Hold 3. Carry 4. Placement 5. Practice	1. Stance 2. Hold 3. Carry 4. Placement 5. Release 6. Follow through	1.Circuit play	1. Throwing event	1. Relay race	Assessment	Assessment
		<b>Warm-up</b>	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Integrated into lesson	Assessment	Assessment