

			from Bidar to Bengaluru immediately children named Bidar and Bengaluru change their place while the leader runs and stand in the vacant places. The player who does not get the empty place becomes the leader and tells the names of other places. In this way the game continuous everyone should get a chance to be the leader.
Day -2		Practical	
	*Fisherman's net	"Fisherman's net	* Draw a circle among the players one should be a fisherman. Remaining should be inside the circle when teacher blows the whistle the fisherman tries to catch the fishes inside the circle. The fishes tries to escape anyone is caught by the fisherman he/she should hold the hand of fisherman the both will tries to capture the other fishes the captured one becomes the fisherman net. The last two of the net should be the fisherman the fishes can escape below the net but should not cut the net. The one goes out of the circle will join the net. The one who remains till the end is the strongest fish and he has to be rewarded.
Day -3		Practical	
Learning the Attacking skills Cant	1 Attacking skills 1.1 Cant	1.1 Cant. 1.2 Toe touch	*1.1 Teacher demonstrate to students the skill cant, the raider raids starting cant continuously from within one's court into opponents court. This is followed by the students.

Day -5			Practical
Learning the defensive skills in kabbaddi Wrist catch Ankle catch Thigh catch Stance of players.	2.1 Wrist catch 2.2 Ankle catch	2.1 Wrist catch. 2.2 Ankle catch	2.1 When raider exchange his hand while raiding to attack, the defender can use this skill by holding his forehand. this skill is demonstrated by the teacher and facilitate students learning. 2. When raider tries to touch the toes of the defender, defender can use this skill by holding the attackers ankle, this skill is demonstrated by the teacher and facilitate students learning.
Day -6			Practical
	2.3 Thigh catch 2.4 Stance of players	2.3 Thigh catch 2.4 Stance of players	2.3 When the raider is standing with legs apart or trying to touch the defender, the defender can use this skill thigh hold, teacher demonstrate the skill and facilitate students learning. 2.4 This is the system when all 7 players are active in the court, the defended either stand 2-3-2 or 2-1-2-2 method. This is demonstrated by the teacher followed by the students.

Day -12			Theory
*Learning football court and its measurements	*Structure of football court *Football court measurements	*Structure of football court *Football court measurements	Teacher draw a football court on the black board and ask the student in their books.
Day -13			Theory
*Learning rules of football and equipments	*Foot ball rules *equipments used in football	*Foot ball rules * list out the equipments used in football	Teacher explains the rules followed in football and ask the students to list out. Teacher collect the pictures of equipments related to football game, to display in the class to the students to teach. And ask the students to list out.
Day -14			Practical
Foot ball skills Dribbling Pass Stopping the ball	*Ball Bribbling.	* Ball dribbling	Teacher demonstrate the skill, ball dribbling to the students and make them to follow as taught and do necessary correction. 

Day -15			Practical
	*Passing ball	*Passing ball	Demonstrating the skill, passing the ball by the teacher to facilitate students learning.
Day -16			Practical
	*Stopping the ball.	*Stopping the ball.	Demonstrating the skill, passing the ball by the teacher to facilitate students learning.
Day -17			Practical
Yogasanas Tadasana Uthkatasana Ardhachakrasana parashvachakrasana	Tadasana.	*Tadasana	* Teacher demonstrate the suggested asanas and make the students to follow and practice

Day -18		Practical	
	Uthkatasana	Uthkatasana 	By a help of a student teacher demonstrate the asana and ask the rest of the students to observe him doing and follow to practice.
Day -19		Practical	
	ardhachakrasana	*ardhachakrasana	*Teacher demonstrate the asana to facilitate students learning. 

Day -20			Practical
	Parshvachakrasana	Parahvachakrasana 	By a help of a student teacher demonstrate the asana and ask the rest of the students to observe him doing and follow to practice.
Day -21			Theory
Students learning personnel safety on road, school and play ground.	*Safety rules	* Safety rules	Learning rules followed for safety on road by the students and listing them.
Day - 22			Theory
	*Safety in school	*Safety in school *Safety in	Teacher teach the students about the safety measurements that has to be followed by students in school and playground and make students list out

	*Safety in playground	playground	and follow in there daily routine.
Day - 23			Theory
	*Safety at home	* Safety at home	Teacher teach the students about the safety measurements that has to be followed by students at home and make students list out and follow
Day -24			Practical
Initial positions and steps of Suryanamaskara	*Namaskarasana *Urdhwasana *Hastha padasana	Doing suryanamaskara	Teacher demonstrate suryanamaskarasana followed by the students.
Day -25			Practical
Initial positions and steps of Suryanamaskara	*Eka pada prasaranasana * Dwi pada prasaranasana * bhudharasana		Teacher demonstrate the asanas of suryanamaskara followed by the students.

Day -26		Practical	
	*Sashatanga pranipatasana *Bhujangasana *Bhudarasana	Asanas of suryanamaskara	Teacher demonstrate the asanas of suryanamaskara followed by the students.
Day -27		Practical	
	*Eka pada prasranasana *hasthapadasan a * Namaksarasana	Surya namaskara	Teacher demonstrate the asanas of suryanamaskara followed by the students.
Day -28		Theory	
Importance of health and personnel hygiene	Importance of health	List out importance of health	Teacher facilitate the students with important components to follow in life to gain good health.

Day -29			Theory
	Personnel hygiene *cleanliness of nail *cleanliness of teeth	Personnel hygiene *cleanliness of nail *cleanliness of teeth	Teacher teach how to safe guard nails and teeth through personnel hygiene and inform if not done the dirt collected in nails may get in contact with food we eaten and and bacteria in teeth may by swallowed and cause illness and also clean teeth twice a day to avoid bad smell and maintain cleanliness to stay away from diseases and ask the students to follow in their daily routine.
Day 30			Theory
	Care of sense organs	*Enlightening the sense organs	Teacher teach about the sense organs, skin, eye, ear, nose and tongue if not cleaned regularly may lead to illness and ask them to write about sense organs. 