

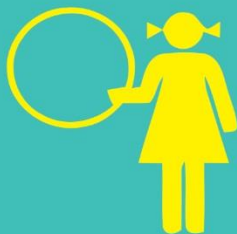


# KID-FIT



*Play • Learn • Stay Fit*

# CALENDAR



# WHAT IS KID-FIT?

KID-FIT curriculum provides age progressive learning to kids from the age of 2 to 8. The skills are imparted by a team of highly trained coaches adept at child engagement.

The ultimate goal of KID-FIT programme is to emphasize the importance of good health and inculcate healthy habits. Sound eating, regular exercise, rest and personal safety are all part of a healthy lifestyle. Through physical education children learn, in a fun way, how to take care of their bodies for life.



## PLAYGROUP

age group: 1.8 to 2.5 years

Kids in this age group have just started walking or learning to balance while standing. The focus for this age group would be on developing key milestones of:



**Motor Skills:** Motor Skills include Gross & Locomotor, basics of Walking, Movement, Running, Jumping, Balancing etc



**Hand-Eye Coordination:** Throwing, Catching, Shooting, Aiming, Reaction, Timing, etc.



**Space Awareness:** Understanding of Body Space, General Space & Other Peoples Space



Our playgroup curriculum has been designed to help kids achieve their key milestones. Repetition is the key in ensuring that kids learn & remember the skills imparted to them.



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Athletics : Walking	Locomotor Skills	Gross & Locomotor Skills
	2	Carpet Space Sit	Space Awareness	Space Awareness
	3	Backwards and forwards	Locomotor Skills	Gross & Locomotor Skills
2	1	Animal Walk	Locomotor Skills	Gross & Locomotor Skills
	2	Hot and cold	Travelling and Locomotor Skills	Gross & Locomotor Skills
	3	Body Part Awareness	Body Awareness	Space Awareness
3	1	Basic Stop and go	Travelling and Locomotor Skills	Gross & Locomotor Skills
	2	Simon Says	Listening / Gross motor skills	Gross & Locomotor Skills
	3	Pathway Movement	Pathways&Directions	Gross & Locomotor Skills
4	1	Like a monkey	Gross Motor Skills	Gross & Locomotor Skills
	2	Freeze dance	Rhythm / Dance	Gross & Locomotor Skills
	3	Don't fall in the sea	Balancing and spatial awareness	Space Awareness
5	1	So Many Animals	Gross Motor Skills	Gross & Locomotor Skills
	2	Step Climbing	Locomotor Skills / Climbing	Gross & Locomotor Skills
	3	Rope Jump	Jumping & Landing	Gross & Locomotor Skills
6	1	Brush Brush	Cardio/Gross Motor Skills	Gross & Locomotor Skills
	2	Musical Hoops	Space Awareness	Space Awareness
	3	Body Part Follow the leader	Body Awareness	Gross & Locomotor Skills
7	1	Dinosaur Egg	Cardio / Rhythm	Gross & Locomotor Skills
	2	Body Part Awareness	Body Awareness	Space Awareness
	3	Barnyard Dance	Cardio / Gross Motor	Gross & Locomotor Skills
8	1	Tightrope walk	Balancing	Gross & Locomotor Skills
	2	Musical Hoops	Space Awareness	Space Awareness
	3	Cross Hopping	Jumping and Landing / Balancing	Gross & Locomotor Skills



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Athletics : Walking	Locomotor Skills	Gross & Locomotor Skills
	2	Carpet Space Sit	Space Awareness	Space Awareness
	3	Backwards and forwards	Locomotor Skills	Gross & Locomotor Skills
2	1	Animal Walk	Locomotor Skills	Gross & Locomotor Skills
	2	Hot and cold	Travelling and Locomotor Skills	Gross & Locomotor Skills
	3	Body Part Awareness	Body Awareness	Space Awareness
3	1	Basic Stop and go	Travelling and Locomotor Skills	Gross & Locomotor Skills
	2	Simon Says	Listening / Gross motor skills	Gross & Locomotor Skills
	3	Pathway Movement	Pathways&Directions	Gross & Locomotor Skills
4	1	Like a monkey	Gross Motor Skills	Gross & Locomotor Skills
	2	Freeze dance	Rhythm / Dance	Gross & Locomotor Skills
	3	Don't fall in the sea	Balancing and spatial awareness	Space Awareness
5	1	So Many Animals	Gross Motor Skills	Gross & Locomotor Skills
	2	Step Climbing	Locomotor Skills / Climbing	Gross & Locomotor Skills
	3	Rope Jump	Jumping & Landing	Gross & Locomotor Skills
6	1	Brush Brush	Cardio/Gross Motor Skills	Gross & Locomotor Skills
	2	Musical Hoops	Space Awareness	Space Awareness
	3	Body Part Follow the leader	Body Awareness	Gross & Locomotor Skills
7	1	Dinosaur Egg	Cardio / Rhythm	Gross & Locomotor Skills
	2	Body Part Awareness	Body Awareness	Space Awareness
	3	Barnyard Dance	Cardio / Gross Motor	Gross & Locomotor Skills
8	1	Tightrope walk	Balancing	Gross & Locomotor Skills
	2	Musical Hoops	Space Awareness	Space Awareness
	3	Cross Hopping	Jumping and Landing / Balancing	Gross & Locomotor Skills



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	One for you, one for me	Gripping / Sharing	Hand Eye-Coordination
	2	Indoor Basketball	Throwing / Aiming	Hand Eye-Coordination
	3	Farm	Basic Sports Skills	Hand Eye-Coordination
2	1	Balloon Bop	Hand-eye coordination	Hand Eye-Coordination
	2	Balloon Fight	Tossing / Aiming	Hand Eye-Coordination
	3	Squeeze me	Gripping, passing	Hand Eye-Coordination
3	1	Kick Far	Kicking and punting	Hand Eye-Coordination
	2	Throw Hard	Throwing	Hand Eye-Coordination
	3	I live to see you smile	Basic Sports Skills	Hand Eye-Coordination
4	1	Falling Leaves and Coconuts	Throwing and Catching	Hand Eye-Coordination
	2	If only I had a heart	Basic Sports Skills	Hand Eye-Coordination
	3	Rolling a ball to a target	Rolling / Aiming	Hand Eye-Coordination
5	1	Balloon Toss	Throwing and Catching	Hand Eye-Coordination
	2	Take A Deep Breath	Basic Sports Skills	Hand Eye-Coordination
	3	Balloon Bop	Hand-eye coordination	Hand Eye-Coordination
6	1	Farm	Basic Sports Skills	Hand Eye-Coordination
	2	Kick Far	Kicking and punting	Hand Eye-Coordination
	3	Throw Hard	Throwing	Hand Eye-Coordination
7	1	I live to see you smile	Basic Sports Skills	Hand Eye-Coordination
	2	Falling Leaves and Coconuts	Throwing and Catching	Hand Eye-Coordination
	3	If only I had a heart	Basic Sports Skills	Hand Eye-Coordination
8	1	Rolling a ball to a target	Rolling / Aiming	Hand Eye-Coordination
	2	Balloon Toss	Throwing and Catching	Hand Eye-Coordination
	3	Take A Deep Breath	Basic Sports Skills	Hand Eye-Coordination

# NURSERY

age group: 2.5 to 3.5 years

When kids reach this age they have developed basic skills of gross motor, space awareness & hand eye co-ordination. At this age kids have also learnt a new skill i.e. talking and are developing their hearing abilities. Now they are able to understand instructions clearly & are able to confirm their learning's by talking.

At this age in addition to physical activity we add education to our curriculum. Introducing the kids to different body parts is the progression of curriculum followed for this age group. Sessions in this age group would initiate education based activities. The focus will still be on fun & physical activity.

The curriculum for this age group is based on themes related to different body parts that they would be learning:



**Lungs**



**Heart**



**Bones**



**Muscles**



**Mouth**



**Body Parts**





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Leprechaun	Cardio/Gross Motor Skills	Muscles
	2	Hippo hippo	Abs	Muscles
	3	The Peanut Butter Jam	Cardio	Muscles
2	1	If I had the Arms	Basic Sports Skills	Muscles
	2	A Horse Of Course	Cardio/Gross Motor	Muscles
	3	Mr. Mouse	Cooldown	Muscles
3	1	Getting Strong	Cardio/Gross Motor Skills	Muscles
	2	Football For Everyone	Sports Skills	Muscles
	3	Barefoot Sports Song	Balance	Muscles
4	1	Post Class - Muscle Information	Relaxation	Muscles
	2	Fat Is Not Where It's At	Warm Up	Muscles
	3	Sweet Dreamin'	Balance	Muscles
5	1	Chasing Leprechauns	Cardio/Lower Body	Muscles
	2	Rowing With The Pirates	Abs	Muscles
	3	Muscles	Space Awareness	Muscles
6	1	I'm Strong	Cardio/Upper body	Muscles
	2	Leprechaun	Cardio/Gross Motor Skills	Muscles
	3	Hippo hippo	Abs	Muscles
7	1	The Peanut Butter Jam	Cardio	Muscles
	2	If I had the Arms	Basic Sports Skills	Muscles
	3	A Horse Of Course	Cardio/Gross Motor	Muscles
8	1	Mr. Mouse	Cooldown	Muscles
	2	Getting Strong	Cardio/Gross Motor Skills	Muscles
	3	Football For Everyone	Sports Skills	Muscles



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Barefoot Sports Song	Balance	Muscles
	2	I'm Strong	Cardio/Upper body	Muscles
	3	Post Class - Muscle Information	Relaxation	Muscles
2	1	My Feelings	Gross Motor Skills	Brain
	2	Not In My Mouth	Cardio	Brain
	3	Alphabet	Basic Sports Skills	Brain
3	1	Keep Your Brain Protected	Balance	Brain
	2	When I'm happy, I smile	Locomotor Skills	Brain
	3	Airy Sound	Relaxation	Brain
4	1	I Love Hockey	Sports Skills	Brain
	2	Food Power	Cardio	Brain
	3	Chicken Walk	Balance	Brain
5	1	Ride My Bike	Cardio/Lower Body	Brain
	2	Pickle Juice	Locomotor Skills	Brain
	3	In My Imagination	Cooldown	Brain
6	1	Kids just wanna have fun	Gross Motor Skills	Brain
	2	Brain Freeze	Gross Motor/Cardio	Brain
	3	Going to the moon	Cardio	Brain
7	1	I wish I was magic	Stretching	Brain
	2	My Feelings	Gross Motor Skills	Brain
	3	Not In My Mouth	Cardio	Brain
8	1	Alphabet	Basic Sports Skills	Brain
	2	Keep Your Brain Protected	Balance	Brain
	3	When I'm happy, I smile	Locomotor Skills	Brain





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Airy Sound	Relaxation	Brain
	2	I Love Hockey	Sports Skills	Brain
	3	Food Power	Cardio	Brain
2	1	Chicken Walk	Balance	Brain
	2	Ride My Bike	Cardio/Lower Body	Brain
	3	Pickle Juice	Locomotor Skills	Brain
3	1	In My Imagination	Cooldown	Brain
	2	Kids just wanna have fun	Gross Motor Skills	Brain
	3	Brain Freeze	Gross Motor/Cardio	Brain
4	1	Going to the moon	Cardio	Brain
	2	I wish I was magic	Stretching	Brain
	3	I Love Hockey	Sports Skills	Brain
5	1	Cover Your Mouth	Balance	Mouth
	2	I live to see you smile	Basic Sports Skills	Mouth
	3	Exercise Is So Much Fun	Cardio/ Gross Motor	Mouth
6	1	Animal Walk	Locomotor Skills	Mouth
	2	Brush Brush	Cardio/Gross Motor Skills	Mouth
	3	Catch	Basic Sports Skills	Mouth
7	1	We Want To Be Healthy	Cardio/ Gross Motor	Mouth
	2	Don't Stop It	Upper Body Strength	Mouth
	3	Wash Your Hands	Lower Body Strength	Mouth
8	1	Bernie the bacteria	Balance	Mouth
	2	Tooth Fairy	Cooldown	Mouth
	3	Sing With Me	Cardio/Rhythm	Mouth

# JUNIOR & SENIOR KINDERGARTEN

age group: 3.5 to 5.5 years

At this age the basic motor skills are well developed, further their ability to talk & hear is also developed. What they learn at this age is crucial because now brain is developing at fast pace. Hence in addition to physical development, educational/ knowledge development also becomes crucial.

In this age group the focus of the activities is not only on physical component however education & learning is equally involved. At the end of each month (or theme) the kid stands to learn some details of his/ her body part like what are lungs, where is the heart, how do you keep your mouth clean, how to build muscles etc.

Nutrition would also be one of the key learning's as part of the curriculum. Nutrition will be linked to body parts hence at the end of the month the kid will also be able to tell what they should eat to develop that body part. Following are the list of learning's that kids will have during the year:



lungs



bones



mouth



heart



muscles



brain



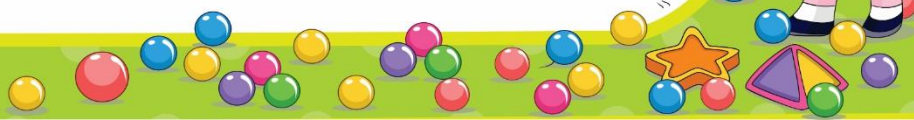
body parts



skin



eyes and ears





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Summertime Fun	Gross Motor Skills	Skin
	2	Sunburn	Basic Sports Skills	Skin
	3	Skin	Balance	Skin
	4	Restful Day	Relaxation	Skin
2	1	I can run as fast as you	Locomotor Skills	Skin
	2	Wags the dog	Cardio/Upper body Strength	Skin
	3	People Around The World	Balance	Skin
	4	9 - 1 - 1'	Cool Down	Skin
3	1	What Protects Us?	Cardio	Skin
	2	Hot Things Burn	Gross Motor Skills	Skin
	3	Sun Safety	Cardio/Strength	Skin
	4	My cat has fleas	Leg strength	Skin
4	1	Water Safety	Ab/Leg Strength	Skin
	2	Firehouse Rock	Cardio/Strength	Skin
	3	Danny Dalmatian	Sports Skills	Skin
	4	Alphabet Soup	Cardio/Upper body Strength	Skin
5	1	Summertime Fun	Gross Motor Skills	Skin
	2	Sunburn	Basic Sports Skills	Skin
	3	Skin	Balance	Skin
	4	Restful Day	Relaxation	Skin
6	1	I can run as fast as you	Locomotor Skills	Skin
	2	Wags the dog	Cardio/Upper body Strength	Skin
	3	People Around The World	Balance	Skin
	4	9 - 1 - 1'	Cool Down	Skin



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	What Protects Us?	Cardio	Skin
	2	Hot Things Burn	Gross Motor Skills	Skin
	3	Sun Safety	Cardio/Strength	Skin
	4	My cat has fleas	Leg strength	Skin
8	1	Water Safety	Ab/Leg Strength	Skin
	2	Firehouse Rock	Cardio/Strength	Skin
	3	Danny Dalmatian	Sports Skills	Skin
	4	Alphabet Soup	Cardio/Upper body Strength	Skin



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Fat Is Not Where It's At	Warm Up	Muscles
	2	Sweet Dreamin'	Balance	Muscles
	3	Chasing Leprechauns	Cardio/Lower Body	Muscles
	4	Rowing With The Pirates	Abs	Muscles
2	1	Muscles	Space Awareness	Muscles
	2	I'm Strong	Cardio/Upper body	Muscles
	3	Leprechaun	Cardio/Gross Motor Skills	Muscles
	4	Hippo hippo	Abs	Muscles
3	1	The Peanut Butter Jam	Cardio	Muscles
	2	If I had the Arms	Basic Sports Skills	Muscles
	3	A Horse Of Course	Cardio/Gross Motor	Muscles
	4	Mr. Mouse	Cooldown	Muscles
4	1	Getting Strong	Cardio/Gross Motor Skills	Muscles
	2	Football For Everyone	Sports Skills	Muscles
	3	Barefoot Sports Song	Balance	Muscles
	4	Post Class - Muscle Information	Relaxation	Muscles
5	1	Fat Is Not Where It's At	Warm Up	Muscles
	2	Sweet Dreamin'	Balance	Muscles
	3	Chasing Leprechauns	Cardio/Lower Body	Muscles
	4	Rowing With The Pirates	Abs	Muscles
6	1	Muscles	Space Awareness	Muscles
	2	I'm Strong	Cardio/Upper body	Muscles
	3	Leprechaun	Cardio/Gross Motor Skills	Muscles
	4	Hippo hippo	Abs	Muscles



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	The Peanut Butter Jam	Cardio	Muscles
	2	If I had the Arms	Basic Sports Skills	Muscles
	3	A Horse Of Course	Cardio/Gross Motor	Muscles
	4	Mr. Mouse	Cooldown	Muscles
8	1	Getting Strong	Cardio/Gross Motor Skills	Muscles
	2	Football For Everyone	Sports Skills	Muscles
	3	Barefoot Sports Song	Balance	Muscles
	4	Post Class - Muscle Information	Relaxation	Muscles



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Celebrate	Music / Rhythm	Heart
	2	How Does Blood Circulate	Balance	Heart
	3	If only I had a heart	Basic Sports Skills	Heart
	4	We are going to bake it	Strength	Heart
2	1	Skip Together	Cardio/ Traveling (March, Gallop, Skip)	Heart
	2	Turn It Around	Sports Skills /Roll, Catch, Dribble, Kick, Punt	Heart
	3	Hopscotch	Locomotor Skills / Jumping / Rolling	Heart
	4	Thank You My Heart	Strength (Abs)	Heart
3	1	H.E.A.R.T	Warm Up/ Music/Rhythm	Heart
	2	The Bloodmobile	Locomotor Skills / Jumping / Rolling	Heart
	3	Dinosaur Ball Game	Cardio / Throwing and striking	Heart
	4	Love	Cooldown	Heart
4	1	Shalala	Cardio/ Music/Rhythm	Heart
	2	Let's Do Some Exercise	Cardio, Strength (Push Ups)	Heart
	3	Take Care Of Your Heart	Cardio/ Balance, Roll, Jumping/Patterned Jumps	Heart
	4	Music Therapy	Relaxation	Heart
5	1	Celebrate	Music / Rhythm	Heart
	2	How Does Blood Circulate	Balance	Heart
	3	If only I had a heart	Basic Sports Skills	Heart
	4	We are going to bake it	Strength	Heart
6	1	Skip Together	Cardio/ Traveling (March, Gallop, Skip)	Heart
	2	Turn It Around	Sports Skills /Roll, Catch, Dribble, Kick, Punt	Heart
	3	Hopscotch	Locomotor Skills / Jumping / Rolling	Heart
	4	Thank You My Heart	Strength (Abs)	Heart



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	H.E.A.R.T	Warm Up/ Music/Rhythm	Heart
	2	The Bloodmobile	Locomotor Skills / Jumping / Rolling	Heart
	3	Dinosaur Ball Game	Cardio / Throwing and striking	Heart
	4	Love	Cooldown	Heart
8	1	Shalala	Cardio/ Music/Rhythm	Heart
	2	Let's Do Some Exercise	Cardio, Strength (Push Ups)	Heart
	3	Take Care Of Your Heart	Cardio/ Balance, Roll, Jumping/Patterned Jumps	Heart
	4	Post Class - Heart Information	Relaxation	Heart





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	My Feelings	Gross Motor Skills	Brain
	2	Not In My Mouth	Cardio	Brain
	3	Alphabet	Basic Sports Skills	Brain
	4	Keep Your Brain Protected	Balance	Brain
2	1	When I'm happy, I smile	Locomotor Skills	Brain
	2	I Love Hockey	Sports Skills	Brain
	3	Food Power	Cardio	Brain
	4	Airy Sound	Relaxation	Brain
3	1	Chicken Walk	Balance	Brain
	2	Ride My Bike	Cardio/Lower Body	Brain
	3	Pickle Juice	Locomotor Skills	Brain
	4	In My Imagination	Cooldown	Brain
4	1	Kids just wanna have fun	Gross Motor Skills	Brain
	2	Brain Freeze	Gross Motor/Cardio	Brain
	3	Going to the moon	Cardio	Brain
	4	I wish I was magic	Stretching	Brain
5	1	My Feelings	Gross Motor Skills	Brain
	2	Not In My Mouth	Cardio	Brain
	3	Alphabet	Basic Sports Skills	Brain
	4	Keep Your Brain Protected	Balance	Brain
6	1	When I'm happy, I smile	Locomotor Skills	Brain
	2	I Love Hockey	Sports Skills	Brain
	3	Food Power	Cardio	Brain
	4	Airy Sound	Relaxation	Brain



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Chicken Walk	Balance	Brain
	2	Ride My Bike	Cardio/Lower Body	Brain
	3	Pickle Juice	Locomotor Skills	Brain
	4	In My Imagination	Cooldown	Brain
8	1	Kids just wanna have fun	Gross Motor Skills	Brain
	2	Brain Freeze	Gross Motor/Cardio	Brain
	3	Going to the moon	Cardio	Brain
	4	I wish I was magic	Stretching	Brain



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Signs, Signs Everywhere	Gross Motor Skills	Eyes & Ears
	2	Learning To Play Golf	Basic Sports Skills	Eyes & Ears
	3	Watch Me Now	Balance	Eyes & Ears
	4	Ears, Ears	Cooldown	Eyes & Ears
2	1	Stop Look Listen	Cardio	Eyes & Ears
	2	Where Are My Glasses	Upper Body Strength	Eyes & Ears
	3	Fun Day	Basic Sports Skills	Eyes & Ears
	4	Relaxation Music	Education	Eyes & Ears
3	1	Sneaking	Balance / Locomotor Skills	Eyes & Ears
	2	Buckle Up Your Seatbelt	Cardio/Lower Body	Eyes & Ears
	3	Colors Everywhere	Rhythm/ Cardio	Eyes & Ears
	4	Tap tap tap	Cardio / Rhythm	Eyes & Ears
4	1	Monkey See monkey Do	Cardio / Locomotor Skills	Eyes & Ears
	2	Taking off my training wheels	Cardio / Rhythm	Eyes & Ears
	3	Stop, Look And Listen	Abs	Eyes & Ears
	4	Bashful Bunny	Cardio/Gross Motor	Eyes & Ears
5	1	Signs, Signs Everywhere	Gross Motor Skills	Eyes & Ears
	2	Learning To Play Golf	Basic Sports Skills	Eyes & Ears
	3	Watch Me Now	Balance	Eyes & Ears
	4	Ears, Ears	Cooldown	Eyes & Ears
6	1	Stop Look Listen	Cardio	Eyes & Ears
	2	Where Are My Glasses	Upper Body Strength	Eyes & Ears
	3	Fun Day	Basic Sports Skills	Eyes & Ears
	4	Relaxation Music	Education	Eyes & Ears



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Sneaking	Balance / Locomotor Skills	Eyes & Ears
	2	Buckle Up Your Seatbelt	Cardio/Lower Body	Eyes & Ears
	3	Colors Everywhere	Rhythm/ Cardio	Eyes & Ears
	4	Tap tap tap	Cardio / Rhythm	Eyes & Ears
8	1	Monkey See monkey Do	Cardio / Locomotor Skills	Eyes & Ears
	2	Taking off my training wheels	Cardio / Rhythm	Eyes & Ears
	3	Stop, Look And Listen	Abs	Eyes & Ears
	4	Bashful Bunny	Cardio/Gross Motor	Eyes & Ears



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Mouth And Germs	Gross Motor Skills	Mouth
	2	Cover Your Mouth	Balance	Mouth
	3	I live to see you smile	Basic Sports Skills	Mouth
	4	Exercise Is So Much Fun	Cardio/ Gross Motor	Mouth
2	1	Animal Walk	Locomotor Skills	Mouth
	2	Brush Brush	Cardio/Gross Motor Skills	Mouth
	3	Catch	Basic Sports Skills	Mouth
	4	We Want To Be Healthy	Cardio/ Gross Motor	Mouth
3	1	Don't Stop It	Upper Body Strength	Mouth
	2	Wash Your Hands	Lower Body Strength	Mouth
	3	Bernie the bacteria	Balance	Mouth
	4	Tooth Fairy	Cooldown	Mouth
4	1	Sing With Me	Cardio/Rhythm	Mouth
	2	Take A Bath	Abs/Lower Body	Mouth
	3	Singin' in the shower	Upper Body	Mouth
	4	The Quiet Morning	Relaxation/ Education	Mouth
5	1	Mouth And Germs	Gross Motor Skills	Mouth
	2	Cover Your Mouth	Balance	Mouth
	3	I live to see you smile	Basic Sports Skills	Mouth
	4	Exercise Is So Much Fun	Cardio/ Gross Motor	Mouth
6	1	Animal Walk	Locomotor Skills	Mouth
	2	Brush Brush	Cardio/Gross Motor Skills	Mouth
	3	Catch	Basic Sports Skills	Mouth
	4	We Want To Be Healthy	Cardio/ Gross Motor	Mouth



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Don't Stop It	Upper Body Strength	Mouth
	2	Wash Your Hands	Lower Body Strength	Mouth
	3	Bernie the bacteria	Balance	Mouth
	4	Tooth Fairy	Cooldown	Mouth
8	1	Sing With Me	Cardio/Rhythm	Mouth
	2	Take A Bath	Abs/Lower Body	Mouth
	3	Singin' in the shower	Upper Body	Mouth
	4	The Quiet Morning	Relaxation/ Education	Mouth

# GRADE 1 & GRADE 2

age group: 6 . 7 years



At this age the focus is on the **ABC's** (agility, balance & co-ordination). The kids start understanding different sports and hence the fundamental sports skills of **Running, Jumping & Throwing** are stressed upon. These skills form the basis for developing mastery in any sport. And from Grade 3 the kids can decide which sport they want to specialize based on their liking.

Following are the list of learning's that kids will have during the year:



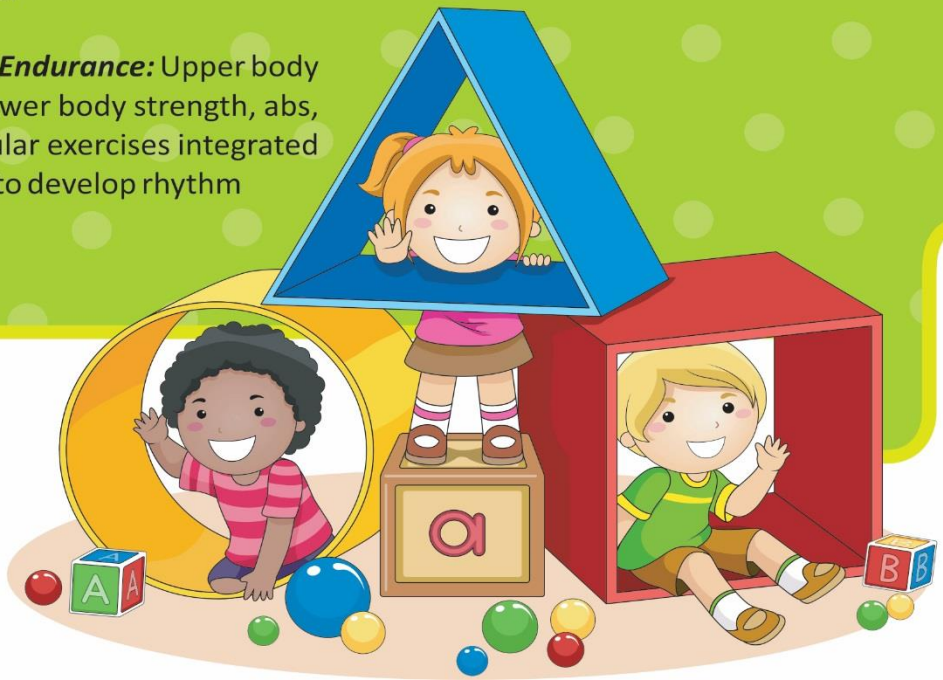
**Athletic:** Focus on motor skills which include gross & locomotor skills like running, jumping, landing, traveling, chasing, dodging, etc.



**Strength & Endurance:** Upper body strength, lower body strength, abs, cardiovascular exercises integrated with music to develop rhythm



**Basic Sports Skills:** Domain sports skills like throwing, catching, kicking, striking, dribbling, shooting, hand-eye co-ordination, aiming, reaction, space awareness, movement, teamwork, timing, etc.





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Hula Hoop Warmup	Gross Motor Skills	Athletic
	2	Tanks and Commanders	Locomotor and listening skills	Athletic
	3	Robot Master	Travelling and locomotor skills	Athletic
	4	Lock and Key	Locomotor Skills, Dodging	Athletic
2	1	Stand like a statue	Balance / Locomotor Skills	Athletic
	2	Police and robbers Tag	Travelling and Locomotor Skills	Athletic
	3	Walking down the street	Locomotor and chasing	Athletic
	4	The Bloodmobile	Locomotor Skills	Athletic
3	1	Hopscotch	Locomotor Skills / Jumping / Rolling	Athletic
	2	Ribbons Rhythmic	Locomotor Skills / Jumping / Rolling	Athletic
	3	Jumping Jacks	Locomotor Skills	Athletic
	4	Sing Away the blues	Travelling and Locomotor Skills	Athletic
4	1	Tickle Time	Gross Motor Skills	Athletic
	2	Parachute (General)	Gross Motor Skills / Balance	Athletic
	3	Hula Hoop Warm Ups	Locomotor Skills / Balance	Athletic
	4	Rolling Ring Tag	Gross Motor Skills	Athletic
5	1	Hula Hoop Warmup	Gross Motor Skills	Athletic
	2	Tanks and Commanders	Locomotor and listening skills	Athletic
	3	Robot Master	Travelling and locomotor skills	Athletic
	4	Lock and Key	Locomotor Skills, Dodging	Athletic
6	1	Stand like a statue	Balance / Locomotor Skills	Athletic
	2	Police and robbers Tag	Travelling and Locomotor Skills	Athletic
	3	Walking down the street	Locomotor and chasing	Athletic
	4	The Bloodmobile	Locomotor Skills	Athletic





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Hopscotch	Locomotor Skills / Jumping / Rolling	Athletic
	2	Ribbons Rhythmic	Locomotor Skills / Jumping / Rolling	Athletic
	3	Jumping Jacks	Locomotor Skills	Athletic
	4	Sing Away the blues	Travelling and Locomotor Skills	Athletic
8	1	Tickle Time	Gross Motor Skills	Athletic
	2	Parachute (General)	Gross Motor Skills / Balance	Athletic
	3	Hula Hoop Warm Ups	Locomotor Skills / Balance	Athletic
	4	Rolling Ring Tag	Gross Motor Skills	Athletic



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	911	Strength / Rhythms	Strength & Endurance
	2	Alphabet Soup	Cardio/Upper body Strength	Strength & Endurance
	3	Big Red Truck	Strength	Strength & Endurance
	4	Celebrate	Music / Rhythm	Strength & Endurance
2	1	We are going to bake it	Strength	Strength & Endurance
	2	Parachute Jaws	Strength Upper Body	Strength & Endurance
	3	Mommy	Cardio	Strength & Endurance
	4	I was born to blow this	Cardio / Upper Body	Strength & Endurance
3	1	Blow Me Down	Cardio / Locomotor Skills	Strength & Endurance
	2	It's your birthday	Cardio / Upper Body	Strength & Endurance
	3	Your Nose	Lower Body / Abs	Strength & Endurance
	4	Barnyard Dance	Cardio / Gross Motor	Strength & Endurance
4	1	Dinosaur Egg	Cardio / Rhythm	Strength & Endurance
	2	Fly Fly Foodman	Strength Upper Body	Strength & Endurance
	3	Maybe The Monster	Strength Lower Body	Strength & Endurance
	4	Going to the moon	Cardio	Strength & Endurance
5	1	911	Strength / Rhythms	Strength & Endurance
	2	Alphabet Soup	Cardio/Upper body Strength	Strength & Endurance
	3	Big Red Truck	Strength	Strength & Endurance
	4	Celebrate	Music / Rhythm	Strength & Endurance
6	1	We are going to bake it	Strength	Strength & Endurance
	2	Parachute Jaws	Strength Upper Body	Strength & Endurance
	3	Mommy	Cardio	Strength & Endurance
	4	I was born to blow this	Cardio / Upper Body	Strength & Endurance



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Blow Me Down	Cardio / Locomotor Skills	Strength & Endurance
	2	It's your birthday	Cardio / Upper Body	Strength & Endurance
	3	Your Nose	Lower Body / Abs	Strength & Endurance
	4	Barnyard Dance	Cardio / Gross Motor	Strength & Endurance
8	1	Dinosaur Egg	Cardio / Rhythm	Strength & Endurance
	2	Fly Fly Foodman	Strength Upper Body	Strength & Endurance
	3	Maybe The Monster	Strength Lower Body	Strength & Endurance
	4	Going to the moon	Cardio	Strength & Endurance



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Pin Down	Basic Sports Skills	Basic Sports Skills
	2	Chest Pass With Partner	Basic Sports Skills	Basic Sports Skills
	3	Kicking and trapping a ball with a partner	Basic Sports Skills	Basic Sports Skills
	4	Sunburn	Basic Sports Skills	Basic Sports Skills
2	1	Crazy Football	Throwing / Catching, Dodging	Basic Sports Skills
	2	Doctor Doctor	Throwing Catching Dodging	Basic Sports Skills
	3	Bean Bag Bowling	Throwing & Catching	Basic Sports Skills
	4	Four Corner Dogde Ball	Throwing / Catching, Dodging	Basic Sports Skills
3	1	Fly Swatter	Hand-Eye Coordination / Striking	Basic Sports Skills
	2	If only I had a heart	Basic Sports Skills	Basic Sports Skills
	3	Dinosaur Ball Game	Cardio / Throwing and striking	Basic Sports Skills
	4	Lollipop Paddles	Basic Sports Skills	Basic Sports Skills
4	1	Mass Pass	Locomotor skills, throwing and catching	Basic Sports Skills
	2	Farm	Basic Sports Skills	Basic Sports Skills
	3	Hula Hoop Gathering	Throwing / Aiming	Basic Sports Skills
	4	Move the Mountain with Big Ball	Throwing / Aiming	Basic Sports Skills
5	1	Pin Down	Basic Sports Skills	Basic Sports Skills
	2	Chest Pass With Partner	Basic Sports Skills	Basic Sports Skills
	3	Kicking and trapping a ball with a partner	Basic Sports Skills	Basic Sports Skills
	4	Sunburn	Basic Sports Skills	Basic Sports Skills
6	1	Crazy Football	Throwing / Catching, Dodging	Basic Sports Skills
	2	Doctor Doctor	Throwing Catching Dodging	Basic Sports Skills
	3	Bean Bag Bowling	Throwing & Catching	Basic Sports Skills
	4	Four Corner Dogde Ball	Throwing / Catching, Dodging	Basic Sports Skills



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Fly Swatter	Hand-Eye Coordination / Striking	Basic Sports Skills
	2	If only I had a heart	Basic Sports Skills	Basic Sports Skills
	3	Dinosaur Ball Game	Cardio / Throwing and striking	Basic Sports Skills
	4	Lollipop Paddles	Basic Sports Skills	Basic Sports Skills
8	1	Mass Pass	Locomotor skills, throwing and catching	Basic Sports Skills
	2	Farm	Basic Sports Skills	Basic Sports Skills
	3	Hula Hoop Gathering	Throwing / Aiming	Basic Sports Skills
	4	Move the Mountain with Big Ball	Throwing / Aiming	Basic Sports Skills



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Educational Gymnastics	Balancing / Spatial Awareness	Athletic
	2	Sprint/Hurdles Shuttle Relay	Gross Motor Skills	Athletic
	3	Forward Squat Jump	Jumping and Landing	Athletic
	4	Partner Balancing	Balancing	Athletic
2	1	Up, Up, Up	Throwing, catching, locomotor skills, movement, basic sports skills	Athletic
	2	Sliding Markers	Gross Motor Skills / Balancing	Athletic
	3	Musical Hoops	Locomotor Skills	Athletic
	4	Balance the beans	Balancing Skills	Athletic
3	1	True False Tag	Locomotor and Listening Skills	Athletic
	2	Line Tag	Balance and Locomotion	Athletic
	3	Teacher Teacher	Travelling and Locomotor Skills	Athletic
	4	Balance stations	Balancing Skills	Athletic
4	1	Bean Bag Shuffle	Travelling and Locomotor Skills	Athletic
	2	Round up	Travelling and Locomotor Skills	Athletic
	3	Agility Ladder Challenge	Locomotor and Travelling Skills, Balancing	Athletic
	4	Steal the Bean Bag	Travelling and Locomotor Skills	Athletic
5	1	Educational Gymnastics	Balancing / Spatial Awareness	Athletic
	2	Sprint/Hurdles Shuttle Relay	Gross Motor Skills	Athletic
	3	Forward Squat Jump	Jumping and Landing	Athletic
	4	Partner Balancing	Balancing	Athletic
6	1	Up, Up, Up	Throwing, catching, locomotor skills, movement, basic sports skills	Athletic
	2	Sliding Markers	Gross Motor Skills / Balancing	Athletic
	3	Musical Hoops	Locomotor Skills	Athletic
	4	Balance the beans	Balancing Skills	Athletic



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	True False Tag	Locomotor and Listening Skills	Athletic
	2	Line Tag	Balance and Locomotion	Athletic
	3	Teacher Teacher	Travelling and Locomotor Skills	Athletic
	4	Balance stations	Balancing Skills	Athletic
8	1	Bean Bag Shuffle	Travelling and Locomotor Skills	Athletic
	2	Round up	Travelling and Locomotor Skills	Athletic
	3	Agility Ladder Challenge	Locomotor and Travelling Skills, Balancing	Athletic
	4	Steal the Bean Bag	Travelling and Locomotor Skills	Athletic



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Diamond Tag	Cardio, Travelling and Locomotor Skills	Strength & Endurance
	2	Parachute Push - Ups	Strength	Strength & Endurance
	3	Welcome to the Jungle	Cardio, Travelling and Locomotor Skills	Strength & Endurance
	4	Frogs and Ladybugs	Memory and Locomotor Skills	Strength & Endurance
2	1	Parachute Tug - of War	Strength	Strength & Endurance
	2	All "IT" Dodge Ball	Cardio, Running & Dodging	Strength & Endurance
	3	Magic Carpet Ride	Strength, Movement skills	Strength & Endurance
	4	Parachute Inflation	Movement, Teamwork, Upper body strength	Strength & Endurance
3	1	Body Simon Says	Integration	Strength & Endurance
	2	Name That Level	Integration / Multiple Skills	Strength & Endurance
	3	100th Day of School	Integration / Multiple Skills	Strength & Endurance
	4	Diamond Tag	Cardio, Travelling and Locomotor Skills	Strength & Endurance
4	1	Parachute Push - Ups	Strength	Strength & Endurance
	2	Welcome to the Jungle	Cardio, Travelling and Locomotor Skills	Strength & Endurance
	3	Frogs and Ladybugs	Memory and Locomotor Skills	Strength & Endurance
	4	Parachute Tug - of War	Strength	Strength & Endurance
5	1	All "IT" Dodge Ball	Cardio, Running & Dodging	Strength & Endurance
	2	Magic Carpet Ride	Strength, Movement skills	Strength & Endurance
	3	Parachute Inflation	Movement, Teamwork, Upper body strength	Strength & Endurance
	4	Body Simon Says	Integration	Strength & Endurance
6	1	Name That Level	Integration / Multiple Skills	Strength & Endurance
	2	100th Day of School	Integration / Multiple Skills	Strength & Endurance
	3	Diamond Tag	Cardio, Travelling and Locomotor Skills	Strength & Endurance
	4	Parachute Push - Ups	Strength	Strength & Endurance





Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	Welcome to the Jungle	Cardio, Travelling and Locomotor Skills	Strength & Endurance
	2	Frogs and Ladybugs	Memory and Locomotor Skills	Strength & Endurance
	3	Parachute Tug - of War	Strength	Strength & Endurance
	4	All "IT" Dodge Ball	Cardio, Running & Dodging	Strength & Endurance
8	1	Magic Carpet Ride	Strength, Movement skills	Strength & Endurance
	2	Parachute Inflation	Movement, Teamwork, Upper body strength	Strength & Endurance
	3	Body Simon Says	Integration	Strength & Endurance
	4	Name That Level	Integration / Multiple Skills	Strength & Endurance



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
1	1	Striking a ball with a partner	Striking/Timing	Basic Sports Skills
	2	Pins & Bean Bags	Striking/Timing, Blocking, Hand-Eye Coordination	Basic Sports Skills
	3	Kickball Soccer	Kicking / Striking / Trapping	Basic Sports Skills
	4	3 on 1 Pin Guard	Kicking / Blocking	Basic Sports Skills
2	1	Red Light / Green Light Dribbling (Basketball Style)	Basic Sports Skills	Basic Sports Skills
	2	Hula Hoop Dribbling	Basic Sports Skills	Basic Sports Skills
	3	Bumper Ball (Soccer)	Basic Sports Skills	Basic Sports Skills
	4	Monster in the forest	Basic Sports Skills	Basic Sports Skills
3	1	All - Ball Kickball	Basic Sports Skills	Basic Sports Skills
	2	Parachute : Basketball	Basic Sports Skills	Basic Sports Skills
	3	Bassocet	Basic Sports Skills	Basic Sports Skills
	4	Football hoop tag	Throwing / Catching, Running/Dogding	Basic Sports Skills
4	1	Ghostbusters	Throwing	Basic Sports Skills
	2	Spot Jumping	Jumping and Landing	Basic Sports Skills
	3	Jump Jump Jump	Jumping and Landing	Basic Sports Skills
	4	Hoop Fun	TRavelling and Locomotor Skills, Jumping and Landing, Manipulation	Basic Sports Skills
5	1	Striking a ball with a partner	Striking/Timing	Basic Sports Skills
	2	Pins & Bean Bags	Striking/Timing, Blocking, Hand-Eye Coordination	Basic Sports Skills
	3	Kickball Soccer	Kicking / Striking / Trapping	Basic Sports Skills
	4	3 on 1 Pin Guard	Kicking / Blocking	Basic Sports Skills
6	1	Red Light / Green Light Dribbling (Basketball Style)	Basic Sports Skills	Basic Sports Skills
	2	Hula Hoop Dribbling	Basic Sports Skills	Basic Sports Skills
	3	Bumper Ball (Soccer)	Basic Sports Skills	Basic Sports Skills
	4	Monster in the forest	Basic Sports Skills	Basic Sports Skills



Session #	Activity #	ACTIVITY	PURPOSE	THEMES
7	1	All - Ball Kickball	Basic Sports Skills	Basic Sports Skills
	2	Parachute : Basketball	Basic Sports Skills	Basic Sports Skills
	3	Bassocet	Basic Sports Skills	Basic Sports Skills
	4	Football hoop tag	Throwing / Catching, Running/Dogding	Basic Sports Skills
8	1	Ghostbusters	Throwing	Basic Sports Skills
	2	Spot Jumping	Jumping and Landing	Basic Sports Skills
	3	Jump Jump Jump	Jumping and Landing	Basic Sports Skills
	4	Hoop Fun	TRavelling and Locomotor Skills, Jumping and Landing, Manipulation	Basic Sports Skills

# ABOUT KOOH SPORTS

KOOH Sports is India's leading Sports Education, Training & Technology company set up with a passion to get kids of today to embrace sport and more importantly a healthier life style. KOOH Sports aims to be present throughout the journey of a kid from early stage movement to being active for life and for a persistent few even turning professional at a sport of their choice. "Early stage movement to active for life" or "early stage movement to podium" is the central theme to what KOOH Sports has to offer. Our belief is that if one has to make a difference, one has to start at the grass root level and be present through the entire value chain to follow through the seeds you plant at the early stage.

## **KOOH Sports delivers grass root programmes at schools to:**

- Initiate interest in playing,
- Nurture talent through its Sports Development Centres and
- Promote talent with best in class sports properties

Having steadily grown since its inception, KOOH Sports through a multitude of products and programmes has worked with more than 2,00,000 kids across India.

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