



ICON GLOBAL SCHOOL

TEACH BEYOND ACADEMICS

Year Plan for Grade I (2024-25) Subject: Taekwondo

Months	Punches	Kicks
June	Middle Punch, Upper & Lower Punch	Taekwondo Workout
July	Punch Practice	Site situps
August	Upper Block	Front Kick (Ahp Chagi)
September		Term 1 Assessment
October	Upper & Middle Block	Round Kick (Dollyo chagi)
November	Upper, Middle & Lower Block Practice	Practice of kicks
December	Block & Punch Practice	Practice of kicks
January	All punch and block	Practice of kicks
February		
March		

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