



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION(ATHLETICS)

CLASS: - I

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up.
- Jogging in straight line or group.
- Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises
- Develop running over distance.
- Mass drill exercises.
- Free play (games and sports)

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop sprinting like, sprint distances of 20 to 30 mts and practice standing start.
- Improve control in movement skills relevant to games like running, jumping changing speed etc and improving teamwork.
- Development of running in variation and body movement like zigzag and balancing activity.
- Developing endurance activities such as running and jumping etc.
- Mass drill exercises.
- Flat races
- Free play (games and sports)

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop games and various races with a partner or with groups like Flat races & Relay race.
- Developing strength, flexibility and coordination through physical activity.
- Increasing speed and running different techniques.
- Mass drill exercises.
- Free play (games and sports)
- Sports Day practice

MONTHS: - JANUARY, FEBRUARY, MARCH

- Developing endurance through physical activity
- Improving rhythm and agility like start reacting and run games.
- Free play (games and sports)