



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (ATHLETICS)

CLASS:- II

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, running in variation and body movement like zigzag and balancing activity.
- Mass drill exercises.
- Free play (informal games and sports)

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop challenge tasks like, Jumping exercise, throw and catch etc.
- Develop sprinting like, sprint distances of 20 to 30 mts and practice standing start.
- Developing strength, flexibility and coordination through physical activity.
- Mass drill exercises.
- Flat races
- Free play (informal games and sports)

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop games and various races with a partner or with groups.
- Developing Increasing speed and running different techniques.
- Mass drill exercises.
- Developing endurance through physical activity.
- Free play (informal games and sports)
- Sports Day practice.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Explore the various ways of jumping.
- Build a fun obstacle activity.
- Mass drill exercises.
- Free play (informal games and sports)