



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (ATHLETICS)

CLASS:- PREPARATORY

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up exercises.
- Slow jogging in straight line.
- Awareness about free hand exercises.
- Learn the appropriate basic rules like Toe-to-head or Head-to-Toe exercises ,ball catching and passing
- Free play (informal games and sports)

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop challenge tasks like, Jumping exercise, throw and catch etc.
- Improve control in movement skills relevant to games like running, jumping changing speed etc
- Development of running in variation
- Improving teamwork
- Developing speed and endurance activities such as running and jumping etc.
- Flat races
- Free play (games and sports)

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Sports day Practice
- Develop games with a partner or with small groups.
- Growth and development like basic understanding of hearing like whistle and drum.
- Free play (games and sports)
- Developing flexibility and improve coordination through physical activity.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Improving rhythm and agility like start reacting and run games.
- Free play (informal games and sports)
- Locomotors Skill .Jumping & running etc

