



SYLLABUS YEAR 2018- 2019

SUBJECT:- PHYSICAL EDUCATION (ATHLETICS)

CLASS:- TINY TOTS

MONTHS: - APRIL, MAY, JUNE

- **Class formation (standing position)**
- **General warm-up exercises.**
- **Walk in straight line, slow jogging in straight line.**
- **Awareness about Basic free hand exercises.**
- **Free play (informal games and sports)**

MONTHS: - JULY, AUGUST, SEPTEMBER

- **Development of running in variation.**
- **Developing flexibility and balancing through physical exercises.**
- **Free play (games and sports)**
- **Flat races**
- **Walking in circle**

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- **Developing speed and coordination through physical activity.**
- **Growth and development like body parts are involved in different movements.**
- **Free play (games and sports)**
- **Flat races**
- **Sports day Practice**

MONTHS: - JANUARY, FEBRUARY, MARCH

- **Developing movements like balancing activity etc.**
- **Improving rhythm and agility like start reacting and run games.**
- **Improving teamwork.**
- **Locomotor Skills Like Jogging, running & jumping**
- **Free play (games and sports)**

