



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:- IV

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up exercises, jogging in straight line or groups.
- Specific exercises and free hand exercise.
- Introduction of basic rules.
- Develop strength, speed & flexibility through variety of passing like chest pass, bounce pass.
- Develop bouncing like low and high bounce through the basketball match.

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop motor skill like speed and endurance through variation methods.
- Develop dribbling technique.
- Basic individual and group tactical skills like Give and Go and Man –to man defiance etc.
- Improving teamwork.
- Game.

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop base for sports performance.
- Develop different type of shooting technique like lay up shot and jump shot through the game.
- Develop team spirit.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop type of changing direction like crossed, rotation etc.
- Develop tactical technique like defensive block.
- Through game improving team spirit.