



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:- V

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 over hand pass, one hand pass through the match.

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop different type of bouncing like legs bouncing ,back bouncing, turn and bounce.
- Develop different type of passing like 2 man passing, 3 man passing and 3 man weaving through the match.
- Improving team work.

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop base for sports performance.
- Develop different type of shooting technique like back bouncing & shot bouncing shot, turn & shot through the match.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop all type of passing, bouncing, shooting technique through the basketball match.
- Develop team spirit and positive attitude to participation the match.