

2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:- I

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 basic basketball passing technique.**
- **Game**

MONTHS: - JULY, AUGUST, SEPTEMBER

- **Improve motor skill of bouncing technique.**
- **Improve control in movement skills relevant to games like running, jumping and changing speed etc.**
- **Improving teamwork.**
- **Game.**

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- **Develop motor skill like agility and co-ordination of bouncing technique.**
- **Develop variation of passing technique.**
- **Develop games with a partner, with groups and teams.**
- **Through games improving team spirit.**

MONTHS: - JANUARY, FEBRUARY, MARCH

- **Develop physical fitness and game sense.**
- **Develop co-ordination technique with team.**
- **Through game improving team spirit.**