

SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:- III

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.**
- **Game.**

MONTHS: - JULY, AUGUST, SEPTEMBER

- **Develop motor skill like endurance through variation methods.**
- **Develop different type of bouncing, speed & flexibility through the match.**
- **Improving teamwork.**

MONTHS: - OCTOBER, NOVEMBER, DECEMBER

- **Develop motor skill like endurance through variation methods.**
- **Develop different type of shooting technique.**

MONTHS: - JANUARY, FEBRUARY, MARCH

- **Develop all type of bouncing, passing and shooting through the match.**
- **Develop co-ordination technique with team.**
- **Through game improving team spirit.**