



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION(BASKETBALL)

CLASS:- FOUNDATION

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up exercises, jogging in straight line or groups.
- Awareness about specific exercises and free hand exercises.
- Develop various type of passing technique.
- Fun game.

MONTHS: - JULY, AUGUST, SEPTEMBER

- Development passing co-ordination.
- Development, flexibility through physical activity.
- Fun game.
- Developing speed and endurance activities such as running and jumping etc.
- Improving teamwork.
- Developing speed and balancing through physical activity.

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop agility, alertness control through fun game and variety of activity.
- Developing strength and judgment like, throwing and catching in pairs and in groups.
- Growth and development like body parts are involved in different movements.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop passing technique.
- Improving rhythm and agility like start reacting and run games.
- Fun game.