



**SYLLABUS YEAR 2018-2019**

**SUBJECT:- PHYSICAL EDUCATION( BASKETBALL)**

**CLASS:- PREPARATORY**

**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 and catching co-ordination.
- Development, flexibility & balance with the fun game.
- Developing speed and endurance activities such as running and jumping etc.

**MONTHS: - OCTOBER, NOVEMBER, DECEMBER.**

- Develop games with a partner or with small groups.
- Develop agility, alertness control through fun game and variety of activity.
- Developing bouncing, throwing and catching in pairs and in groups.

**MONTHS: - JANUARY, FEBRUARY, MARCH**

- Develop an understanding of physical body movement like zigzag and balancing activity etc.
- Develop bouncing technique and fun game.