



SYLLABUS YEAR 2018- 2019

SUBJECT:- PHYSICAL EDUCATION(BASKETBALL)

CLASS:- TINY TOTS

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up exercises.
- Walk in straight line, slow jogging in straight line.
- Awareness about Basic free hand exercise.
- Walk with the ball and develop throwing and catching technique.

MONTHS: - JULY, AUGUST, SEPTEMBER

- Development of passing technique.
- Development, flexibility through physical activity.
- Fun game.
- Developing speed and agility activities such as running and jumping etc.
- Improving teamwork.

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Developing co-ordination through physical activity.
- Growth and development like body parts are involved in different movements.
- Fun game

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop passing co-ordination.
- Improving rhythm like start reacting with the ball.
- Fun game
- Improving teamwork.