



SYLLABUS YEAR 2017 - 2018

SUBJECT:- PHYSICAL EDUCATION (BASKETBALL)

CLASS:- XI

MONTHS: - APRIL, MAY, JUNE

- Special endurance training (with and without ball).**
- Technique of fake and change of direction.**
- Technique of fake and drive shot with defense.**
- Technique of different type of passing with movement.**
- Basketball match.**

MONTHS: - JULY, AUGUST, SEPTEMBER

- Warm up(Conditioning training).**
- Technique of one vs one (with and without ball).**
- Technique of zone defense.**
- Technique of man to man defense.**
- Basketball match.**

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Specific fitness training.**
- Technique of give the ball and go take own position.**
- Technique of pivot play.**
- Technique of man to man defense.**
- Technique of under hand shot and jump shot.**
- Basketball match.**
- Sports day practice.**

MONTHS: - JANUARY, FEBRUARY, MARCH

- Body balance and footwork.**
- Man to man defense.**
- Zone defense.**
- Technique of pivot play.**
- Basketball match**