



SYLLABUS YEAR 2018-19

SUBJECT:- PHYSICAL EDUCATION (CRICKET)

CLASS:-III

MONTHS: - APRIL, MAY, JUNE

.CLASS FORMATION (STANDING POSITION)

. GENERAL WARM-UP EXERCISES, JOGGING IN STRAIGHT LINE OR GROUPS.

.SPECIFIC EXERCISE AND FREE HAND EXERCISE

. INTRODUCTION OF BASIC RULES

.DEVELOP STRENGTH , SPEED , CO-ORDINATION AND FLEXIBLY THROUGH VARIETY OF ACTIVIES RELATED WITH CRICKET TECHNIQUES

MONTH:- JULY , AUGUST , SEPTEMBER

. DEVELOP MOTOR SKILL

.DEVELOP STRENGTH , SPEED , CO-ORDINATION AND FLEXIBLY THROUGH VARIETY OF ACTIVIES RELATED WITH CRICKET TECHNIQUES

. IMPROVING TEAMWORK

MONTHS:- OCTOBER , NOVEMBER , DECEMBER

. DEVELOP MOTOR SKILL

. DEVELOP TEAM SPIRIT

. GAME

MONTHS:- JANUARY , FEBRUARY , MARCH

.DEVELOP CATCHING TECHNIQUES