



SYLLABUS YEAR 2018-19

SUBJECT:- PHYSICAL EDUCATION (CRICKET)

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 CATCHING TECHNIQUE THROUGH DRILLS**
- . FUN GAME**

MONTH:- JULY , AUGUST , SEPTEMBER

- .DEVELOP BATTING TECHNIQUE**
- DEVELOP FLEXIBILITY & BALANCE WITH THE FUN GAMES**
- . DEVELOPING SPEED AND ENDURANCE ACTIVITIES SUCH AS RUNNING AND JUMPING ETC**

MONTHS:- OCTOBER , NOVEMBER , DECEMBER

- . SPORTS DAY PRACTICE (DECEMBER)**
- . DEVELOP GAMES WITH A PARTNER OR WITH SMALL GROUPS**
- . DEVELOP AGILITY, ALERTNESS CONTROL THROUGH FUN GAMES AND VARIETY OF ACTIVITY**
- . FUN GAMES**

MONTHS:- JANUARY , FEBRUARY , MARCH

. SPORTS DAY PRACTICE(JANUARY)

. DEVELOP CATCHING TECHNIQUE THROUGH THE GAME