



SYLLABUS YEAR 2018-2019

SUBJECT: PHYSICAL EDUCATION (FOOTBALL)

CLASS: IV

APRIL, MAY, JUNE

- ❖ General & Specific warm up exercise
- ❖ Introduction of rules and laws of game
- ❖ Develop endurance, strength, speed
- ❖ Passing & shooting technique
- ❖ Heading technique
- ❖ Receiving technique in the air
- ❖ Game

JULY, AUGUST, SEPTEMBER

- ❖ Physical training related with football
- ❖ Dribbling & shooting technique
- ❖ Tackling technique
- ❖ Attacking technique 1V1 & 2V2
- ❖ Defensive tactics 1V1 & 2V2
- ❖ Game

OCTOBER, NOVEMBER, DECEMBER

- ❖ Physical fitness training
- ❖ Fencing technique
- ❖ Dribbling & Shooting
- ❖ Group tactics (combination play to maintain possession)
- ❖ Game
- ❖ Sports day practice

JANUARY, FEBRUARY, MARCH

- ❖ Conditioning training
- ❖ Group tactics with attacking & defensive principals
- ❖ Combination play to score
- ❖ Match practice
- ❖ Game