



SYLLABUS YEAR 2018-2019

SUBJECT: PHYSICAL EDUCATION (FOOTBALL)

CLASS: I

APRIL, MAY, JUNE

- ❖ Formation of the class(standing position)
- ❖ General & specific warm up exercises
- ❖ Introduction of basic rules of football game
- ❖ Basic kicking technique inside & in step of the feet
- ❖ Fun game with the ball
- ❖ Game

JULY, AUGUST, SEPTEMBER

- ❖ Endurance & aerobic capacity
- ❖ Flexibility,agility,balance & co-ordination
- ❖ Kicking inside of the foot
- ❖ Passing inside of the foot
- ❖ Fun game with the ball
- ❖ Game

OCTOBER, NOVEMBER, DECEMBER

- ❖ Endurance & aerobic
- ❖ Co-ordination, agility balance,strength,speed
- ❖ Kicking instep of the foot
- ❖ Heading technique
- ❖ Passing technique
- ❖ Game
- ❖ Sports day practice

JANUARY, FEBRUARY, MARCH

- ❖ Development physical fitness and game sense
- ❖ Endurance(aerobic and anaerobic)
- ❖ Co-ordination,agility,flexibility,balancing speed
- ❖ Participation attitude through the game
- ❖ Receiving technique & passing.
- ❖ Small sided game
- ❖ Game