



SYLLABUS YEAR 2018-2019

SUBJECT: PHYSICAL EDUCATION (FOOTBALL)

CLASS: II

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 and instep of the foot
- ❖ Fun game with the ball
- ❖ Game

JULY, AUGUST, SEPTEMBER

- ❖ Endurance Aerobic
- ❖ Agility,balance,flexibility & Co-ordination
- ❖ Jumping,training,short distance run(slow,medium,fast)
- ❖ Kicking and passing inside of the foot
- ❖ Basic controlling technique with inside & sole of the foot
- ❖ Fun game with ball
- ❖ Game

OCTOBER, NOVEMBER, DECEMBER

- ❖ Endurance-Aerobic & Anaerobic
- ❖ Co-ordination,agility,balance.speed
- ❖ Kicking technique instep of the foot
- ❖ Heading technique
- ❖ Passing technique
- ❖ Small group game
- ❖ Sports day Practice

JANUARY, FEBRUARY, MARCH

- ❖ Develop physical fitness & game sense

- ❖ **Participation attitude through the game**
- ❖ **Receiving technique & passing**
- ❖ **Small sided game**
- ❖ **Game.**