



**SYLLABUS YEAR 2018-2019**

**SUBJECT: PHYSICAL EDUCATION (FOOTBALL)**

**CLASS: FOUNDATION**

**MONTHS:-APRIL, MAY, JUNE**

- ❖ Formation of class(standing position)
- ❖ General warm up exercises
- ❖ Awareness about basic free hand exercises(General & specific)
- ❖ Develop basic kicking & passing technique
- ❖ Fun game with ball
- ❖ Game

**JULY, AUGUST, SEPTEMBER**

- ❖ Physical activity balance, Co-ordination Agility
- ❖ Running exercises(slow,medium,fast)
- ❖ Basic kicking & passing technique along the ground & in the air
- ❖ Fun game with ball
- ❖ Game

**OCTOBER, NOVEMBER, DECEMBER**

- ❖ Develop endurance aerobic
- ❖ Develop jumping & running ability
- ❖ Basic knowledge technique
- ❖ Basic ball controlling technique & passing
- ❖ Sports day practice
- ❖ Fun game with ball
- ❖ Game

**JANUARY, FEBRUARY, MARCH**

- ❖ Basic kicking, passing and heading technique
- ❖ Develop participation attitude through the game
- ❖ Improving rhythm start & stop with the ball & others variation movement.
- ❖ Fun game
- ❖ Game