



**SYLLABUS YEAR 2018-2019**

**SUBJECT: PHYSICAL EDUCATION (FOOTBALL)**

**CLASS: TINY TOTS**

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

- ❖ Formation of class (standing position)
- ❖ General warm up exercises
- ❖ Awareness about basic free hand exercises
- ❖ Running exercises(slow,medium,fast)
- ❖ Football fun game

**MONTHS:-JULY, AUGUST, SEPTEMBER**

- ❖ General warm up
- ❖ Basic Kicking technique
- ❖ Physical activity balance, flexibility
- ❖ Running and jumping exercises(slow,medium,fast)
- ❖ Fun game
- ❖ Game

**MONTHS:-OCTOBER, NOVEMBER, DECEMBER**

- ❖ Basic kicking technique with various part of the feet
- ❖ Development co-ordination skill
- ❖ Development endurance(general)
- ❖ Fun game
- ❖ Game
- ❖ Sports day practice

**MONTHS:-JANUARY, FEBRUARY, MARCH**

- ❖ Basic heading technique
- ❖ Basic kicking & passing technique
- ❖ Develop participation attitude through the game
- ❖ Improving rhythm start & stop with the ball
- ❖ Game

