



SYLLABUS YEAR 20178- 2019

SUBJECT:- PHYSICAL EDUCATION(KARATE)

CLASS:- V

MONTHS :-APRIL , MAY, JUNE

- Basics free hand exercises
- Standing Kiba-dachi Middle punch
- Standing Kiba-dachi Face punch
- Standing Kiba-dachi Lower punch
- Standing Kiba-dachi Upper block,Middle block
- Standing Kiba-dachi Lower block
- Standing Kiba-dachi Outside block,

MONTHS :-JULY, AUGUST, SEPTEMBER

- Basics free hand standing exercises
- Zenkutsu-dachi Front kick
- Zenkutsu-dachi Front snap kick
- By staping all block and punch.

MONTHS :- OCTOBER, NOVEMBER, DECEMBER

- Basics free hand standing exercises
- By staping Front kick
- By staping Front snap kick
- Kata-Taikoyku Shodan.(first level)
- Sports day Pracitce.

MONTHS :- JANUARY, FEBRUARY, MARCH

- Basics free hand standing exercises
- By staping side snap kick
- By staping side thrust kick
- Kata- Heian Shodan(second level)