



**SYLLABUS YEAR 2018 - 2019**

**SUBJECT:- PHYSICAL EDUCATION(KARATE)**

**CLASS:- III**

**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
- Standing Kiba-dachi Middle block

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

- Basics free hand standing exercises
- Standing Kiba-dachi Lower block
- Standing Kiba-dachi Outside block,
- Zenkutsu-dachi Front kick.

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

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

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

- Basics free hand standing exercises
- By staping Front snap kick
- Kata-TaikoykuShodan.(first leve)