



SYLLAYBUS, YEAR 2018-2019
SUBJECT: PHYSICAL EDUCATION (KHO KHO)
CLASS: V

APRIL, MAY, JUNE

- ❖ Formation of the class
- ❖ General & specific warming up exercises
- ❖ Free hand exercises
- ❖ Practice setting and running
- ❖ Game

JULY, AUGUST, SEPTEMBER

- ❖ Stretching before and after activity
- ❖ Warm down exercise
- ❖ Physical training
- ❖ Basic chain & combination chain
- ❖ Pole turning
- ❖ Game

OCTOBER, NOVEMBER, DECERMBER

- ❖ Physical training co- ordination, balance, flexibility, agility
- ❖ Reaching, setting, turning and pushing the post
- ❖ Ring practice
- ❖ With and without fake
- ❖ Playing ring game
- ❖ Sports day practice

JANUARY, FEBRUARY, MARCH

- ❖ Kho Kho game related physical training
- ❖ Pole turning and pole drive
- ❖ Judgment Kho
- ❖ Tapping shoulder, heel
- ❖ Improving competition attitude through match practice