



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

**APRIL, MAY, JUNE**

- ❖ Formation of the class
- ❖ General & specific warming up exercises
- ❖ Free hand exercises
- ❖ Introduction of basic rules
- ❖ Introduction about running technique
- ❖ Introduction setting and running
- ❖ Game

**JULY, AUGUST, SEPTEMBER**

- ❖ Stretching before and after activity
- ❖ Warm down exercise
- ❖ Physical training
- ❖ Basic chain
- ❖ Game

**OCTOBER, NOVEMBER, DECERMBER**

- ❖ Physical training co- ordination, balance, flexibility, agility
- ❖ Combination chain
- ❖ Setting & running practice
- ❖ Game
- ❖ Sports day practice

**JANUARY, FEBRUARY, MARCH**

- ❖ Kho kho game related physical training
- ❖ Pole turning and their variation
- ❖ Improving competition attitude through match practice
- ❖ Game