



**SYLLABUS YEAR 2018-2019**  
**SUBJECT: PHYSICAL EDUCATION (FOOTBALL)**

**CLASS: III**

**APRIL, MAY, JUNE**

- ❖ Formation of the class
- ❖ General & specific warming up exercises
- ❖ Free hand exercises
- ❖ Introduction of basic rules
- ❖ With ball running technique
- ❖ Kicking & passing technique
- ❖ Game

**JULY, AUGUST, SEPTEMBER**

- ❖ Physical training related with football game
- ❖ Heading and receiving technique
- ❖ Small sided game
- ❖ Special Goal keeping training
- ❖ Game

**OCTOBER, NOVEMBER, DECEMBER**

- ❖ Physical training co-ordination, balance, flexibility, agility
- ❖ Dribbling & shooting technique
- ❖ Technique of throwing a ball
- ❖ Technique of kicking a ball to clear it
- ❖ Game
- ❖ Sports day practice

**JANUARY, FEBRUARY, MARCH**

- ❖ Physical training related with football game
- ❖ Basic attacking & defensive principle
- ❖ Improving competition attitude through match practice
- ❖ Shooting and finishing into the goal
- ❖ Game