



## **PHYSICAL EDUCATION**

### **CLASS- I**

#### **APRIL-AUGUST**

- I. Yoga
  - Tadasana And Vajrasana

- II. **Ball Game**

- III. **Hit The Target**

- Take Aim
- Throwing At Target

- IV. Jump In Hoopla

- V. Chasing Game

#### **SEPTEMBER-DECEMBER**

- I. Athletics

- Standing Stance-
  - Race (Practice)
- II. Rhythmic Activities
    - Running, Jumping & Twisting)

- III. Collecting The Ball

- IV. Dog And Bone

#### **(Pec Activity)**

- Follow The Leader
- Responding Commands And Signal
- Hitting And Kicking
- Balancing On One Leg

#### **JANUARY-MARCH**

1. Yoga

- Balloon Breathing
  - Laughter Exercise
- II. Bean Bag Balance Race
  - III. Place Bean Bag In Hoopla

(Pec Activity)

- Running And Jumping
- Jumping And Hopping
- Chasing Game
- Skipping (Single Hop)

# PHYSICAL EDUCATION

## CLASS- II

### APRIL-AUGUST

- I. Yoga
  - Tadasana And Vajrasana
- II. Ball Game
- III. Tunnel Race
- IV. Overhead Relay

### SEPTEMBER-DECEMBER

#### V. Athletics

- Standing Stance-
- Race (Practice)
- VI. Rhythmic Activities

(Running, Jumping & Hopping)

#### III. Collecting The Bean Bag

### (Pec Activity)

- Follow The Leader
- Tag Games
- Hitting And Kicking
- Throwing And Catching

### JANUARY-MARCH

#### 1. Yoga

- Balloon Breathing
- Laughter Exercise
- II. Dog And Bone

### (Pec Activity)

- | Send A Letter
- Kicking A Ball
- Running, Jumping And Hopping
- Skipping (Single Hop)

# PHYSICAL EDUCATION

## CLASS- III

### APRIL-AUGUST

- I. Yoga
  - Tadasana And Vajrasana
- II. Ball Game
- III. Hurdle Race
- IV. Standing Kho-Kho-
  - Circle Chase

### SEPTEMBER-DECEMBER

- I. Athletics
  - Standing Stance
  - Races (Practice)
- II. Rhythmic Activities
  - Running. Jumping. Twisting & Hopping
- III. Obstacle Race

### (Pec Activity)

- Follow The Leader
- Rhythmic Activities
- Hitting And Kicking
- Shuttle Run

### JANUARY-MARCH

- I. Yoga
  - Sukshma Vyayam
  - Trikonasana
  - Circle Dodge Ball

### (Pec Activity)

- Jump Over Hurdles
- Dribble And Shoot
- Running, Jumping And Throwing
- Skipping (Single Hop)

# PHYSICAL EDUCATION

## CLASS- IV

### APRIL-AUGUST

- I. Yoga
  - Tadasana And Vajrasana
- II. Ball Game
- III. Basketball Dribble
- IV. Kho-Kho-
- V. Relay (Barton Exchange)

### SEPTEMBER-DECEMBER

- IV. Athletics
  - Standing Stance
  - Race (Practice)
- V. Throwing Ball
- VI. Leg Cricket

### (Pec Activity)

- Intercepting The Ball
- Playing to Against
- Net Games
- Lung Jump/Medicine Ball Throw

### JANUARY-MARCH

- II. Yoga
  - Vrikshasana
  - Trikonasana
  - Natarajasana
- III. Kabadi
- IV. Tennis(Point Game)
- V. Hockey Dribble(Tapping And Rolling)

### (Pec Activity)

- Quick Run/Hurdle Run
- Skipping(Alternate House)
- Chasing Game
- Shuttle Run

# PHYSICAL EDUCATION

## CLASS- V

### APRIL-AUGUST

- I. Yoga
  - Tadasana And Vajrasana
- II. Ball Game
- III. Basketball Dribble
- IV. Kho-Kho-
- V. Relay (Baton Exchange)

### SEPTEMBER-DECEMBER

- VII. Athletics
  - Standing Stance
  - Race (Practice)
- VIII. Mini Football
- IX. Leg Cricket

### (Pec Activity)

- Fast forward
- Playing to Against
- Net Games
- Lung Jump/Medicine Ball Throw

### JANUARY-MARCH

- VI. Yoga
  - Vrikshasana
  - Trikonasana
  - Natarajasana
- VII. Kabadi
- VIII. Tennis(Point Game)
- IX. Hockey Dribble(Tapping And Rolling)

### (Pec Activity)

- Throwing Relay
- Skipping(Alternate House)
- Chasing Game
- Shuttle Run

# **PHYSICAL EDUCATION**

## **CLASS- VI**

- 1. Physical Education & Recreation**
- 2. Meaning of Health**
- 3. Basic Rules of Games & Sports**

- **Any one game out of following**

### **ATHLETICS**

- 1. Short Distance Races-a) 100 mts, b) 200 mts..**
- 2. Relay Race 4x100 mts.**
- 3. Jumps -1) High Jump, 2) Long Jump**

### **VOLLEY BALL**

- 1. Basic Rules & Regulations**
- 2. Under Hand Pass**
- 3. Under Hand Service**
- 4. Round Arm Service**

### **CRICKET**

- 1. Basic Rules & Regulations**
- 2. Batting-Grip, Hold, Stance & Follow Through**
- 3. Field Placement**
- 4. Fielding-receiving, return**
- 5. Bowling- Grip, Hold, Stance& Follow Through TENNIS**

- 1. Grip, Stance, Fore Hand Drive, Under Arm Service**
- 2. Rules & regulations of the Game.**
- 3. Measurement of the court.**

### **FOOTBALL**

- 1. Rules & regulations of the Game.**
- 2. Measurement of the Ground.**
- 3. Kicking, One & Two touch pass, sole tapping.**

## **BASKETBALL**

- 1. Rules & regulations of the Game.**
- 2. Measurement of the Court.**
- 3. Dribbling, One hand push, Individual Defence & layup shot.**
- 4. Chest pass & bounce pass.**



# **PHYSICAL EDUCATION**

## **CLASS- VII**

### **1. Physical Education & Recreation**

**Definition of Physical Education**

**Need & Importance of Recreation**

### **2. Basic Rules of Games and Sports**

### **3. Sports Personalities.**

- Sachin Tendulkar, P. T. Usha, Saina Nehwal and Abhinav Bindra.
- Any one game out of following.

### **Athletics**

- 1. Short Distance Races - a) 100 mts, b) 200 mts., c) 400mts**
- 2. Middle Distance Race- a) 800 mts**
- 3. Relay Race - a) 4x100 mts., b) 4x400 mts.**
- 4. Jumps-1) High Jump, 2) Long Jump**
- 5. Throw- 1) Shot Put**

### **Volley Ball**

- 1. Basic Rules & Regulations**
- 2. Under Hand Pass, Over Head Pass**
- 3. Under Hand Service, Round Arm Service, Tennis Service**

### **Cricket**

- 1. Basic Rules & Regulations**
- 2. Batting Grip, Hold, Stance& Follow Through**
- 3. Field Placement**
- 4. Fielding-receiving, Return.**
- 5. Bowling-Grip, Hold, Stance& Follow Through**

### **Football**

- 1. Rules & regulations of the Game.**
- 2. Measurement of the Ground.**
- 3. Kicking. One & Two touch pass, sole Trapping, Heading.**

## **Basketball**

- 1. Rules & regulations of the Game.**
- 2. Measurement of the Court.**
- 3. Dribbling, Feinting, One hand push & layupshot..**
- 4. Chest pass & bounce pass, Hook pass.**
- 5. Shooting, Free throw.**

# PHYSICAL EDUCATION

## CLASS- VIII

1. Physical Education  
Scope of Physical Education
  2. Misconceptions about Physical Education-
  3. Posture and Nutrition  
Type of Posture Standing, sitting and Lying
  4. Significance of nutrition.  
Balance Diet
  5. First Aid & Safety Education
  6. Sports Personalities and Awards
- Any one game out of following.

### Athletics

1. Short Distance Races - a) 100 mts, b) 200 mts., c) 400 mts
2. Middle Distance Race- a) 800 mts
3. Hurdles 100 mts.
4. Relay Race - a) 4x100 mts., b) 4x400 mts.
5. Jumps-1).High Jump, 2) Long Jump
6. Throw- 1) Shot Put

### CRICKET

1. Basic Rules & Regulations
2. Batting-Grip, Hold, Stance& Follow Through
  - Field Placement
  - Fielding-receiving, return
  - Bowling-Grip, Hold, Stance& Follow Through

### VOLLEY BALL

1. Basic Rules & Regulations
2. Under Hand Pass, Over Head Pass
3. Under Hand Service, Round Arm Service, Tennis Service
4. Smash, Boosting, Blocking

## **FOOTBALL**

- 1. Rules & Regulations Of The Game.**
- 2. Measurement Of The Ground.**
- 3. Kicking, One & Two Touch Pass, Sole Trapping, Heading, Advance Pass, Thigh Trapping.**

## **BASKETBALL**

- 1. Rules & Regulations Of The Game.**
- 2. Measurement Of The Court.**
- 3. Dribbling, Feinting, One Hand Push & Layup**
- 4. Chest Pass & Bounce**
- 5. Shooting, Free Throw.**
- 6. Pass, Hook Pass.**
- 7. Holding, Pushing, Man To Man Defense.**

## PHYSICAL EDUCATION - 2022-23

### Class -IX

#### APRIL to JUNE -2022

- Yoga - Asana (Standing, Sitting and laying)
- Fundamental Skills of Games / Sports (Any one games/Sports)
- Athletics, Badminton, Football, Basketball, Volleyball, and Indoor Games.
- Theory - Introduction of Physical Education, Misconception about Physical Education Introduction of Sports Training and Yoga its Life.

#### JULY to SEPTEMBER- 2022

- Yoga - Aasan, Pranayama
- Fundamental Skills of Traditional Game (Kabaddi, Kho-Kho)
- Sports Training and it's type
- Theory - Scope of Physical Education, Body Measurements, Health and Nutrition, and Miscommunication about Physical Education.

#### OCTOBER to DECEMBER - 2022

- Yoga - Basic Yogic Practice with Rhythm
- Fundamental Skills of Indigenous Sports ( Lattu, Marbles and Seven Stones)
- Fundamental rules and regulations of Games / Sports (Athletics and Badminton)
- Theory - Children and Sports and SEWA (Social Empowerment through work Education and Action).
- Health Assessment
- SEWA PROGRAM (School Cleanness drive)
- Physical Fitness Test Assignment

#### JANUARY to MARCH - 2023

- Any One Games / Sports Practices
- Physical Education & Games / Sports Topic Students Presentation
- Theory - First Aid & Safety Education
- SEWA PROGRAM (First Aid Awareness)

## **PHYSICAL EDUCATION - 2022-23**

### **Class -X**

#### **APRIL to JUNE -2022**

- Yoga - Asana ( Standing, Sitting and laying)
- Fundamental Skills of Games / Sports ( Any one games/Sports)  
Athletics, Badminton, Football, Basketball, Volleyball, and Indoor Games.
- Theory - Introduction of Physical Education, Introduction of Physical Fitness,  
Introduction of Sports Training and Yoga its Life.

#### **JULY to SEPTEMBER- 2022**

- Yoga - Aasan, Pranayama
- Fundamental Skills of Traditional Game (Kabaddi, Kho-Kho)
- Sports Training - Physical Training and Psychological Training.
- Theory - Scope of Physical Education, Body Measurements, Health and Nutrition, and  
Miscommunication about Physical Education.

#### **OCTOBER to DECEMBER - 2022**

- Yoga - Basic Yogic Practices
- Fundamental Skills of Indigenous Sports ( Lattu, Marbles and Seven Stones)
- Fundamental rules and regulations of Games / Sports (Athletics and Badminton)
- Theory - First Aid and Emergency Handling, Tournaments, Test and Measurement in  
Sports and SEWA ( Social Empowerment through work Education and Action).
- Health Assessment
- SEWA PROGRAM (School Cleanness drive)
- Physical Fitness Test Assignment

#### **JANUARY to MARCH - 2023**

- Any One Games / Sports Practices
- Physical Education & Games / Sports Topic Students Presentation
- Theory - Growth and Development,
- SEWA PROGRAM (First Aid)