

BBPSNN 2024-25

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



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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)



Bal Bharati
PUBLIC SCHOOL
NSTPS-NTPC, Nabinagar

BBPSNN 2024-25

PHYSICAL EDUCATION

CLASS- I

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)



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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

- I. Yoga
 - Vrikshasana
 - Trikonasana
 - Natarajasana
- II. Kabadi

III. Tennis(Point Game)

IV. Hockey Dribble(Tapping And Rolling)

(Pec Activity)

- Quick Run/Hurdle Run
- Skipping(Alternate House)



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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)



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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

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 Deffence & layup shot.**
- 4. Chest pass & bounce pass.**

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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

6. 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 & lay upshot.**
- 4. Chest pass & bounce pass, Hook pass.**
- 5. Shooting, Free throw.**

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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 – 2024-25

Class -IX

APRIL to JUNE -2024

- 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- 2024

- 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 - 2024

- 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 - 2025

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



PHYSICAL EDUCATION - 2024-25

Class -X

APRIL to JUNE -2024

- 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- 2024

- 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 - 2024

- 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 - 2025

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