



SYLLABUS YEAR 2018 - 2019

SUBJECT: - PHYSICAL EDUCATION (ATHLETICS)

CLASS: - V

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up, jogging in straight line or group and specific warm-up.
- Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
- Coupling motor ability developing flexibility and balance leg split and cartwheel etc.
- Mass drill exercises Explore the various ways of jumping like standing board jump.
- Free play (games and sports)

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop neuromuscular Co-ordination like hopping and leaping etc.
- Develop sprinting like, sprint distances of 40 to 70 mts and practice standing start.
- Developing endurance, strength through physical activity and measuring of pulse rate.
- Mass drill exercises.
- Free play (games and sports) Improving team spirit

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Improve control in movement skills relevant to games jumping changing speed etc.
- Develop reaction sprint and shuttle sprint over a distance of 30 m.
- Develop base for sports performances and increasing speed running different techniques.
- Develop games and various races with a partner or with groups.
- Mass drill exercises Rhythm activity like marching on command etc.
- Free play (games and sports) Improving teamwork.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop an understanding of physical body movement, balance and control.
- Develop muscle endurance through various activities.
- Strength training
- Mass drill exercises.
- Free play (games and sports) Improving team spirit.