



**SYLLABUS YEAR 2018 - 2019**

**SUBJECT:- PHYSICAL EDUCATION( ATHLETICS)**

**CLASS:- III**

**MONTHS: - APRIL, MAY, JUNE**

- **Class formation (standing position)**
- **General warm-up, jogging in straight line or group.**
- **Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.**
- **Develop running in variation and Improve control in movement skills relevant to games like jumping changing speed etc.**
- **Mass drill exercises.**
- **Free play (games and sports)**

**MONTHS: - JULY, AUGUST, SEPTEMBER**

- **Develop neuromuscular Co-ordination like hopping and leaping etc.**
- **Develop sprinting like, sprint distances of 20 to 30 mts and practice standing start.**
- **Developing endurance, strength and flexibility through physical activity.**
- **Mass drill exercises.**
- **Flat races**
- **Free play (games and sports) Improving teamwork.**

**MONTHS: - OCTOBER, NOVEMBER, DECEMBER.**

- **Develop reaction sprint practice.**
- **Develop base for sports performances.**
- **Develop games and various races with a partner or with groups.**
- **Develop increasing speed and running different techniques.**
- **Mass drill exercises.**
- **Free play (games and sports) Improving teamwork.**
- **Sports Day practice.**

**MONTHS: - JANUARY, FEBRUARY, MARCH**

- **Explore the various ways of jumping like standing board jump.**
- **Strength training.**
- **Mass drill exercises.**
- **Free play (games and sports) Improving teamwork.**