



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION (ATHLETICS)

CLASS:- FOUNDATION

MONTHS: - APRIL, MAY, JUNE

- **Class formation (standing position)**
- **General warm-up exercises**
- **Slow jogging in straight line.**
- **Awareness about Basic free hand exercises.**
- **Free play (games and sports)**

MONTHS: - JULY, AUGUST, SEPTEMBER

- **Improve control in movement skills relevant to games like running, jumping changing speed etc**
- **Development of running in variation.**
- **Improving teamwork.**
- **Developing speed and balancing through physical exercises.**
- **Flat races**
- **Free play (games and sports)**

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- **Sports day Practice**
- **Develop games with a partner or with small groups.**
- **Developing flexibility and coordination through physical activity.**
- **Growth and development like body parts are involved in different movements.**
- **Walking in circle**
- **Free play (games and sports)**

MONTHS: - JANUARY, FEBRUARY, MARCH

- **Developing endurance & strength through physical activity.**
- **Improving rhythm and agility like start reacting and run games.**
- **Locomotors Skill Like Jumping & running**
- **Free play (games and sports)**

