



**SYLLABUS YEAR 2017 - 2018**

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

**CLASS: - XI**

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

- General warm-up, General and specific exercises like, Toe-to-head or Head-to-Toe exercises.
- Principal of sports training.
- Learning / improving basic athletic motor skills.
- Methods of strength development.
- Free play (games and sports)

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

- Methods of speed and flexibility development.
- Develop endurance through physical activities.
- Develop sprinting like, sprint distances of 30 to 120 mts and practice types of sprint start.
- Function & structure of muscles.
- Skill Technique & Style
- Free play ( games and sports) Improving team spirit

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

- Sports day practice.
- Develop reaction sprint, different kinds of relays and shuttle sprint over a distance.
- Improving jump-power (Long Jump), co-ordination and increasing speed running different techniques.
- Load, adaptation & recovery.
- Develop shot-put technique (O Brian)
- Free play (games and sports) Improving teamwork.

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

- Improve physical fitness through various activities.
- Free play (games and sports) Improving team spirit.