



SYLLABUS YEAR 2018 - 2019

SUBJECT: - PHYSICAL EDUCATION (BASKETBALL)

CLASS: - II

MONTHS: - APRIL, MAY, JUNE

- Class formation (standing position)
- General warm-up exercises, jogging in straight line or groups.
- Specific exercises and free hand exercise.
- Introduction of basic rules.
- Develop basic basketball bouncing technique.
- Game.

MONTHS: - JULY, AUGUST, SEPTEMBER

- Develop motor skill of bouncing technique, flexibility with ball and basic of passing.
- Improve control in movement skills relevant to games like running, jumping and changing speed etc.
- Improving teamwork.
- Developing endurance activities such as running and jumping etc.
- Game.

MONTHS: - OCTOBER, NOVEMBER, DECEMBER.

- Develop motor skill like agility and co-ordination of bouncing technique.
- Develop shooting through the game.
- Develop variation of passing technique.
- Develop games with a partner, with groups and teams.
- Through game improving team spirit.

MONTHS: - JANUARY, FEBRUARY, MARCH

- Develop physical fitness and game sense.
- Develop co-ordination technique with team.
- Through game improving team spirit.