



**SYLLABUS YEAR 2018- 2019**

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

**CLASS:- TINY TOTS**

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

- Class formation (standing position)
- General warm-up exercises.
- Walk in straight line, slow jogging in straight line.
- Awareness about Basic free hand exercise.
- Walk with the ball and develop throwing and catching technique.

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

- Development of passing technique.
- Development, flexibility through physical activity.
- Fun game.
- Developing speed and agility activities such as running and jumping etc.
- Improving teamwork.

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

- Developing co-ordination through physical activity.
- Growth and development like body parts are involved in different movements.
- Fun game

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

- Develop passing co-ordination.
- Improving rhythm like start reacting with the ball.
- Fun game
- Improving teamwork.