



SYLLABUS YEAR 2018-19

SUBJECT:- PHYSICAL EDUCATION (CRICKET)

CLASS:-IV

MONTHS: - APRIL, MAY, JUNE

- . GENERAL WARM-UP EXERCISES, JOGGING IN STRAIGHT LINE OR GROUPS.**
- . SPECIFIC EXERCISE AND FREE AND EXERCISE**
- . INTRODUCTION OF BASIC RULES**
- . DEVELOP STRENGTH , SPEED & ENDURANCE**

MONTH:- JULY , AUGUST , SEPTEMBER

- . DEVELOP AGILITY, BALANCE AND FLEXIBILITY**
- . TO TEACH THE BASICS OF BOWLING**
- . IMPROVING TEAMWORK**
- . GAME**

MONTHS:- OCTOBER , NOVEMBER , DECEMBER

- . DEVELOP PHYSICAL FITNESS TRAINING. TO TAECH THE RULES OF UMPIRING**
- . PLANNING THEIR ON GAME**

MONTHS:- JANUARY , FEBRUARY , MARCH

- .DEVELOP CONDITIONING TRAINING**
- . GROUP IMPORTANCE THROUGH GAME**