



**SYLLABUS YEAR 2018-19**

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

**CLASS:-V**

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

- . GENERAL WARM-UP EXERCISES, JOGGING IN STRAIGHT LINE OR GROUPS.**
- . SPECIFIC EXERCISE AND FREE AND EXERCISE**
- . INTRODUCTION OF BASIC RULES**
- . BASIC CONDITIONING TRAINING**
- . SPECIAL ENDURANCE TRAINING GAMES**
- . MOBILITY AND STRENGTHING EXERCISE**
- . TECHNIQUE:(HIGH CATCHING)**
- . TECHNIQUE:( CLOSE CATCHING)**
- . GAME**

**MONTH:- JULY , AUGUST , SEPTEMBER**

- . RUNNING BETWEEN THE WICKETS**
- . BASICS OF BATTING TRAINING (LVL DEFENCE)**

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

- . TO PLAY MATCH AMONG THEM**
- . GAME**

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

- . CONDITIONING TRAINING**
- . THROUGH GAME IMPROVING TEAM SPIRIT.**