

**2018-19**

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

**CLASS:-I**

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

- .CLASS FORMATION (STANDING POSITION)**
- . GENERAL WARM-UP EXERCISES, JOGGING IN STRAIGHT LINE OR GROUPS.**
- . SPECIFIC EXERCISE AND FREE HAND EXERCISE**
- . INTRODUCTION OF BASIC RULES**
- . DEVELOP MOTOR SKILL , FLEXIBILITY, MUSCLE ENDURANCE AND GAME**
- . DEVELOP BASIC CATCHING TECHNIQUES**

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

- . DEVELOP MOTOR SKILL**
- .DEVELOP AGILITY AND BALANCE THROUGH THE VARIOUS TYPE OF ACTIVITIES**
- . IMPROVE TEAMWORK**
- . DEVELOP CATCHING TECHNIQUE**
- .GAME**

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

- . DEVELOP MOTOR SKILL**
- .DEVELOP ALERTNESS AND CO-ORDINATION**
- . DEVELOP GAMES WITH A PARTNER, IN GROUPS AND TEAMS**
- . TEACH THE IMPORTANCE OF TEAM SPIRIT**

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

- .DEVELOP PHYSICAL FITNESS AND GAME SENSE**
- . DEVELOP CO-ORDINATION TECHNIQUES WITH TEAM**