

SYLLABUS YEAR 2018-19

SUBJECT:- PHYSICAL EDUCATION (CRICKET)

CLASS:-XI

MONTHS: - APRIL, MAY, JUNE

.WARM UP (GENERAL AND SPECIFIC)

.RUNNING BETWEEN THE WICKETS

. TECHNIQUE THROWING FROM CLOSE

MONTHS:- JULY , AUGUST , SEPTEMBER

.WARM UP (GENERAL AND SPECIFIC)

. PLANNING FOR BATTING

. PLANNING FOR BOWLING

. MATCH PRACTICE

MONTHS:- OCTOBER , NOVEMBER, DECEMBER

.WARM UP (GENERAL AND SPECIFIC)

. TECHNIQUE THROWING FROM THE BOUNDARY LINE

. MIDDLE PRACTICE

.TACTICS (GROUP SPECIALISED TACTICS INVOLVING MORE THAN ONE POSITION GROUP)

. GAME (SPORTS DAY PRACTICE)

MONTH:- JANUARY , FEBRUARY , MARCH

.WARM UP (GENERAL AND SPECIFIC)

. PLANNING FOR BATTING

. PLANNING FOR BOWLING

.UMPIRING RULE