



SYLLABUS YEAR 2018-2019

SUBJECT: PHYSICAL EDUCATION (FOOTBALL)

CLASS: V

APRIL, MAY, JUNE

- ❖ General and Warming up exercises
- ❖ Conditioning training(Special endurance games, mobility and strengthening exercises,aerobic & anaerobic endurance)
- ❖ Technique,dribbling,fenting,shooting,receiving,heading & tackling
- ❖ Game

JULY, AUGUST, SEPTEMBER

- ❖ Physical training & related with football game
- ❖ Technique kicking a ball to clear it
- ❖ Basic Volley technique(front & side)
- ❖ Attacking & Defensive tactics
- ❖ Game

OCTOBER, NOVEMBER, DECEMBER

- ❖ Physical fitness training related with the football
- ❖ Development of attacking tactics-individual & collective attacks
- ❖ Crossing & Shooting into the goal
- ❖ Goal keeper training
- ❖ Game
- ❖ Sports day practice

JANUARY, FEBRUARY, MARCH

- ❖ Conditioning training
- ❖ Group tactics(Combination play to maintain possession & combination play to score)
- ❖ Development of defensive tactics
- ❖ Goal keeper training
- ❖ Improve competition attitude
- ❖ Game