



**SYLLABUS YEAR 2018-2019**

**SUBJECT: PHYSICAL EDUCATION (FOOTBALL)**

**CLASS: PREPARATORY**

**APRIL, MAY, JUNE**

- ❖ Formation of the class(standing position)
- ❖ General warming up exercises with & without ball
- ❖ Free hand exercises & specific exercises
- ❖ Develop kicking & passing technique with variation of the parts
- ❖ Fun game with ball
- ❖ Game

**JULY, AUGUST, SEPTEMBER**

- ❖ Physical activity training(Endurance,flexibility,agility,balance & co-ordination)
- ❖ Development passing, kicking and heading technique
- ❖ Small group game
- ❖ Fun game with ball
- ❖ Game

**OCTOBER, NOVEMBER, DECEMBER**

- ❖ Endurance training aerobic capacity
- ❖ Develop running & jumping ability
- ❖ Co-ordination,flexibility,agility,balance
- ❖ Technical tips:-Control the ball, receiving the ball on the ground & in the air
- ❖ Fun game with ball
- ❖ Game
- ❖ Sports day practise

**JANUARY, FEBRUARY, MARCH**

- ❖ Physical training-Endurance(aerobic) jumping,balancing,Co-ordination,agility
- ❖ Technical Training:- Kicking,lending,passing,receiving the ball
- ❖ Participation attitude through the game
- ❖ Rhythm start & stop with & without the ball
- ❖ Game