



SYLLABUS YEAR 2018-2019

SUBJECT: PHYSICAL EDUCATION (FOOTBALL)

CLASS: TINY TOTS

MONTHS:-APRIL, MAY, JUNE

- ❖ Formation of class (standing position)
- ❖ General warm up exercises
- ❖ Awareness about basic free hand exercises
- ❖ Running exercises(slow,medium,fast)
- ❖ Football fun game

MONTHS:-JULY, AUGUST, SEPTEMBER

- ❖ General warm up
- ❖ Basic Kicking technique
- ❖ Physical activity balance, flexibility
- ❖ Running and jumping exercises(slow,medium,fast)
- ❖ Fun game
- ❖ Game

MONTHS:-OCTOBER, NOVEMBER, DECEMBER

- ❖ Basic kicking technique with various part of the feet
- ❖ Development co-ordination skill
- ❖ Development endurance(general)
- ❖ Fun game
- ❖ Game
- ❖ Sports day practice

MONTHS:-JANUARY, FEBRUARY, MARCH

- ❖ Basic heading technique
- ❖ Basic kicking & passing technique
- ❖ Develop participation attitude through the game
- ❖ Improving rhythm start & stop with the ball
- ❖ Game

