



SYLLABUS YEAR 2018 - 2019

SUBJECT:- PHYSICAL EDUCATION(KARATE)

CLASS:- III

MONTHS :-APRIL , MAY, JUNE

- Basics free hand exercises
- Standing Kiba-dachi Middle punch
- Standing Kiba-dachi Face punch,
- Standing Kiba-dachi Lower punch,
- Standing Kiba-dachi Upper block
- Standing Kiba-dachi Middle block

MONTHS :-JULY, AUGUST, SEPTEMBER

- Basics free hand standing exercises
- Standing Kiba-dachi Lower block
- Standing Kiba-dachi Outside block,
- Zenkutsu-dachi Front kick.

MONTHS :- OCTOBER, NOVEMBER, DECEMBER

- Basics free hand standing exercises
- Zenkutsu-dachi snap kick
- By staping all block and punch
- By staping Front kick
- Sports day Practice

MONTHS :- JANUARY, FEBRUARY, MARCH

- Basics free hand standing exercises
- By staping Front snap kick
- Kata-TaikoykuShodan.(first leve)