

Syllabus for Session – 2022-23

PHYSICAL EDUCATION

Class – 1 to 5

1. Warming up (2 Round Running)
2. Physical Exercises
3. Stretching
4. Relaxation Exercises
5. Yoga (Suryanamaskar, Padmasana, Anulom-Vilom, Kapalbhati, Bakasana, Garunasana, Bhujangasana, Mountainasana, Treeposasana, etc.)
6. Attention Stand-At-Ease, Stand-Easy
7. Right Turn, Left Turn and About Turn
8. March Past – Left turn by the order, forward march, turning while marching, Position of Hands and Legs.
9. **Race** – Zig-Zag Running, Back-running, One leg running, Hop-run, Jogging, Side Ways Running, Frog Jump.
Starting Position 100 Meter, 200 Meter, 400 Meter, etc.
10. **Kho-Kho** - Basic Skills, Running Skills, Chasing Skills and Dogging Skills, Sitting Position, Ground Dive, Pole Turning, Pole Dive, Foul and Rules, Match Practice.
11. **Basket ball** – Basic Skills, Advanced skills, Passes, dribbling, fouls and rules, Match Practice.
12. **Throw Ball** – Basic skills, Advanced skills, Foul and Rules, Match Practice.
13. **Recreational Games** – Passing the Ball in the circle, Dodge ball,