

Syllabus for Session – 2022-23

PHYSICAL EDUCATION

Class – 9 to 12

1. **Warming-up** – Running
2. **Exercises**
3. Stretching
4. Relaxation Exercises
5. Attention – Stand at ease, Stand easy,
6. Right Turn, Left Turn, About Turn
7. March Past – Mark time, class Halt, Eyes front, Eyes right, Taking turn while marching, Forward March, Position of hands and legs
8. Yoga (Suryanamaskar, Padmasana, Anulom-Vilom, Kapalbhati, Bakasana, Garunasana, Bhujangasana, Mountainasana, Treeposasana, Ushtrasana, Trikonasana, Tadasana, etc.)
9. Recreational Games – Leg cricket, The dog and the bone, Dodge ball
10. **Kho-Kho** – Sitting in square, diving, chain formation, Making circle, Pole dive, Turning round the pole, running, dodging, sudden change of direction, Foul and Rules, Combined Match.
Fundamental Skills – Chasing skill – Pole diving, sudden change of direction, Tapping, Diving, Grasping direction, Fake kho, late kho, giving kho and getting in square
Running Skills – Zig-zag running, Third cutting
11. **Volleyball** – Setting, spiking, passing, service and blocking, Foul and Rules, Match Practice
12. **Basket ball skills** – Basic skills – Dribbling, Shooting, Defence, Rebounding, Passing, Blocking, Throwing, Foul and Rules, Combined Match Practice.
13. **Throw ball** – Service, Receiving the ball, throwing the ball, foul and rules, Match Practice.
14. Skipping, Badminton, Kabaddi

Indoor Games: Chess & Carrom