

**St. THOMAS SCHOOL KIDWAI NAGAR KANPUR**  
**PHYSICAL EDUCATION**  
**CLASS I – V**  
**YEARLY SYLLABUS 2023-24**

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,

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