

St. THOMAS SCHOOL KIDWAI NAGAR KANPUR
PHYSICAL EDUCATION
CLASS IX – XII
YEARLY SYLLABUS 2023-24

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, Kapalbhathi, 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
