

St. THOMAS SCHOOL KIDWAI NAGAR KANPUR
PHYSICAL EDUCATION
CLASS I – V
YEARLY SYLLABUS 2024-25

1. Stand at ease, Attention, Left turn, Right turn, Right about turn, Hands at the back while going in a line.
2. Mark time - counting in mind.
3. One boy and one girl will be made captain for discipline while coming and going in a line no talking, walk without dragging the feet.
4. Minor games - passing the ball in circle, dribbling, giving pass.
5. Skipping - In circle, running forward.
6. Chest passes, overhead pass, underhand pass, long pass and bounce pass.
7. Kho Kho - Setting position, giving kho, basic Skills, dive and catch.
8. Yoga - Padmasan, Trikonasan, Tadasan.
9. Athletics - Backward running, Jogging, hop and jump, sideways running, frog jump.
10. March past- Talking turn while marching eyes front, eye right class halt.
11. Major games - Basketball (passing a dribbling) Kho kho, kabbadi 2 throw ball.
12. Indoor games - (Carrom, chess)
13. Martial Arts - Defence, Attack, Lock
14. Boxing - Footwork, Ducking, Punching

Yearly Syllabus for the Sports & Games

1. Jogging
2. Zig-Zag race
3. Reverse Race
4. Hurdle Race
5. Sprint Race

Exercise for the Personality

General Exercise

1. Jogging
2. Skipping
3. Spot Jump
4. Leg front and Back Jump
5. Leg Cross Jump
6. Twist Jump

Eyes Exercise

1. Look Up & Down
2. Look Left & Right
3. Eyes rotation both the sides without shaking head

Hand Exercise

1. Straight hand up & down
2. Straight hand push back
3. Wrist rotation both the side (reverse and forward)
4. Hand rotation both the side without bending elbow

Waist Exercise

1. Touch the toes without bending the knee
2. Right leg cross and Left leg cross and touch the toes.
3. Leg take apart and touch the toes.
4. Both the hand behind the head and touch the knee by your head
5. Both the hand on waist and rotate both the side
6. Both the hand on the waist body back fold.
7. Leg take apart and do sidewise exercise

Knee Exercise

1. Sit and Up
2. Single leg squad
3. Knee rotation both the side

Feet Exercise

1. Feet stretch up and down
2. Feet rotation both the side

After the Exercise

Stance position

1. State Stance
2. Riding Stance
3. Bow Stance (Right and Left)
4. Guard Stance (Right and Left)

Attacking Methods for the Punch

1. Middle Line punch
2. High Line Punch
3. Low Line Punch
4. Side Punch
5. Palm Hill Punch
6. Open finger Punch
7. Half Fold Finger Punch
8. Chop Punch
9. Fist Punch
10. Elbow Punch
11. Hook Punch
12. Upper Cut Punch
13. Lower Cut Punch
14. Bull Punch
15. Tiger Clop
16. Monkey Hook Punch

Defense Method for Hand (Block)

1. Middle Line Block
2. High Line Block
3. Low Line Block
4. Side Block
5. Middle Line Inside Block

Attacking Method For the Kick

1. Front Straight Kick
2. Front Thrust Kick
3. Round House Kick (Slap Kick)
4. Side Kick
5. Outside Circling Kick
6. Inside Circling Kick
7. Half Circling Kick (In or outside)
8. Hook Kick
9. Back Round Kick
10. Jump Back Kick
11. Jump Back round Kick
12. Swipe Kick
13. Leg Circling Kick

Sitting Exercise

1. Leg Stretching
2. Sit and both the leg Straight then touch the toes
3. One Leg Fold and touch the open leg toe (Same for other leg)
4. Both the leg open and touch one by one both the leg.
5. Make bridge

Ground Activity

1. Kabaddi
2. Athletic (100 meter race, 200 meter race, 400 meter race and 800 meter race) .
3. Martial Arts Training
4. P.T. Exercise

Class Activity

1. Sports Diagram
2. School Manners
3. Inside the class Manners, Outside the class manner (Corridors and Verandah)

Indoor Activities

1. Carrom
2. Table Tennis
3. Zumba Exercise

Duration for the Marshal Art Course

1. First Year - Quarterly test (4)
2. Second Year - Three test (Each in 4 months)
3. Third Year - two test (Half - yearly)
4. Fourth Year - One test (includes training, demonstration and fight)

Certificates

1. Yellow I
2. Yellow II
3. Green I
4. Green II
5. Blue I
6. Blue II
7. Brown I
8. Brown II
9. Black I
10. Black II

Upgrade Certificate

1. Black Brown I Step
2. Black Blue II Step
3. Black Green III Step 4. Black Yellow IV Step
4. Black Red V Step

Weapon Training

1. NunChuks
2. Double Sitck
3. Causal
4. Long Stick (Banat)
5. Tonfa
