

SYLLABUS – 2018-19
CLASS : VI PHYSICAL EDUCATION

MONTH	TOPICS	EXAM SYLLABUS
April'18	Left turn- Right turn, Marching Basic of all games- Introduction, General rules of games(Foul , Measurement)	
June	Recap of general rules and Introduction of different games	
July	Running Techniques – Introduction, general rules, basic skill, stance, starting and finishing techniques	
August	Running techniques – Bunch start, Medium start Height/ Weight	
September	Revision – Running techniques, Rules of games	Running techniques , Marching
October	Basic skill of Basketball- Dribbling, Shouting action, chest pass, Overhead pass	
November	Yoga- Introduction, Surya Namaskar	
December	Yoga – Continued, Tarrasana, Trikonasana, Ardhchakrasana	
January '19	Revision , Height/Weight	
FEBRUARY'	Height/ Weight	Surya Namaskar, Basic skill of all games