

SYLLABUS 2018-2019

CLASS –VIII SUBJECT- PHYSICAL EDUCATION

| MONTH | CHAPTERS/TOPICS | EXAM SYLLABUS |
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| APRIL'18 | Introduction of all games, Rules, Fundamental skills, Terminology of all games | |
| JUNE | Fundamental skills of Kho-Kho- Chaser skill, Runner skill | |
| JULY | Basic skill of Cricket, Rules of Cricket- Awarding of runs, Types of Batsman out, Terminology , Fundamental skills | |
| AUGUST | Terminologies of Cricket, Height/ Weight | |
| SEPTEMBER | Yoga- Introduction , Pranayama and Asana , Surya Namaskar | Rules of games, Skills of Kho- Kho and Cricket |
| OCTOBER | Terminologies of Volleyball, Fundamental skills of Volleyball- Service , Smash, Tip or Lift, Bump or Underarm Lift Block, drive | |
| NOVEMBER | Fundamental skills of Track event – Bunch start, Medium start, Elongated start, Starting and finishing techniques | |
| DECEMBER | Fundamental skills of field event- Jumping event(Long jump, Triple jump/ Hop step jump) Throw event(Shotput, Javelin throw, Discuss throw) | |
| JANUARY'19 | Training of all the fundamental skills, Height / Weight | |
| FEBRUARY | Height/ Weight | Fundamental skills of Track event and Volleyball , Surya Namaskar |