

SYLLABUS 2019 – 20  
CLASS -1  
SUBJECT: Physical education syllabus

MONTH	TOPICS	EXAM SYLLABUS
APRIL	Line formation, Height wise line formation, Stand-at-ies/Attention	
JUNE	Training of marching, Kadamtaal, Stand-at-ies/Attention	
JULY	Ball Passing Techniques-Overhead pass, Chest pass, High pass	
AUGUST	Running techniques-Bunch start, Zig - Zag running ,Stop and Go, Height/Weight	
SEPTEMBER	Continued with Running Techniques- Stop and go , Stance of running	Stand-at-ies/Attention, KadamtaalGeneral Warming up Exccercise
OCTOBER	Continued with Ball passing Techniques- Overhead passing, high pass ,Stance of Ball throw	
NOVEMBER	Jumping Techniques- Stance of Jumping, High jump, Long jump, Triple jump	
DECEMBER	Continued with Jumping techniques- Triple jump, Long jump	
JANUARY	Height/ Weight	
FEBRUARY	Revision of all techniques	Jumping and Running Techniques