

SYLLABUS 2019 – 20
CLASS 2
SUBJECT: Physical education syllabus

MONTH	TOPICS	EXAM SYLLABUS
APRIL	Line Formation, Height – wise Formation , Stand-at-ies / Attention, Kadamtaal	
JUNE	Training of Marching, Stand-at-ies /Attention ,Kadamtaal	
JULY	Running Techniques- Medium start, Bunch start, Stance of Running , Stop and Go	
AUGUST	Continued with Running Techniques- Bunch start, Zigzag Running, Height/ Weight	
SEPTEMBER	Height/ Weight, Zigzag Running	Stand-at-ies / Attention, Running Techniques
OCTOBER	Ball Passing Techniques- Stance of Ball Holding, Chest pass, Overhead pass	
NOVEMBER	Continued Ball passing Techniques- Overhead pass, High pass , Chest pass	
DECEMBER	Jumping Techniques- Stance of jumping, Introduction, Types of Jump	
JANUARY	Long jump, High jump, Standing Broad jump, Height/Weight	
FEBRUARY	Height/Weight	Jumping and Ball passing Techniques