

SYLLABUS 2019 – 20
CLASS 3
SUBJECT: Physical Education syllabus

MONTH	TOPICS	EXAM SYLLABUS
APRIL	Line formation, Stand-at-ies / Attention, Left turn, Right turn, Kadamtaal	
JUNE	Left turn, Right turn Basic rules of games , Introduction , Stance	
JULY	Basic skill of Ball passing – Ball holding stance , chest pass , overhead pass	
AUGUST	Long pass , High pass, Height / Weight	
SEPTEMBER	Height/ Weight	Left turn , Right turn, Ball Passing Techniques
OCTOBER	Rope skipping- Introduction, Stance , Execution, Rules of Rope skipping	
NOVEMBER	Basic skill of Rope skipping- Jumping Rope rotation	
DECEMBER	Jumping Techniques – Stance, Execution, High jump, Long jump	II PERIODIC Ls.8,9,10
JANUARY	Continued Jumping Techniques- Long jump, high jump, Standing broad jump, Height / Weight	
FEBRUARY	Height / Weight	Jumping Techniques, Ball passing Techniques