

SYLLABUS 2019 – 20
CLASS 4
SUBJECT: Physical education syllabus

MONTH	TOPICS	EXAM SYLLABUS
APRIL	Left turn , Right turn, Stand-at –ies / Attention, General warming up Exercise	
JUNE	Basic skill of Chess and Carrom – Arrangement of coins on board, Rules of Chess and Carrom	
JULY	Introduction of Basketball, Rules of basketball, Basic fundamental skills	
AUGUST	Continued with basic skill of Basketball- Dribbling, Chest pass, Bounce pass, Height /Weight	
SEPTEMBER	Height /Weight , Skill of Basketball- Overhead pass, Long pass, Back pass	Arrangement of Chess and carom coins, Left turn and Right turn
OCTOBER	Skill of Volleyball- Ball Throw, Tapping On wall, Overhead passing	
NOVEMBER	Techniques of Jumping- Stance ,Execution , High jump, Standing broad jump, Long jump	
DECEMBER	Continued with Jumping Technique – Long jump, Triple jump	
JANUARY	Revision, Height /Weight	
FEBRUARY	Height / Weight	Techniques of Jumping, Basic skill of Volleyball