

PHYSICAL EDUCATION
FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19

CLASS VI

NEW SESSION BIGINS ON 2ND APRIL 2018

CLASS –VI

1) 2nd April - 13th April

1. Warming up
2. Mass drill exercise
3. Field measurement
4. Players position on field
5. B.M.I TEST
6. Cricket inter section

2) 16th April – 27th April

1. Warming up
2. Mass drill exercise
3. Circuit training
4. PPT OF cricket
5. Rule and regulation
6. Skill based video
7. Cricket inter section

3) 1st may – 18th may

1. Warming up
2. Marching
3. Project on Indian cricket players profile
4. Cricket inter section

PTM on 12th may 2018

Summer vacation from 19th may to 1st July 2018

4) 2nd July – 13th July

1. Warming up
2. Callisthenic exercise
3. Project checking
4. Training with hurdle
5. Basketball inter section

5) 16th July -31st July

1. Warming up
2. Callisthenic exercise
3. Basketball rule and regulation
4. Basketball inter section

6) 1st august – 18th august

1. Warming up
2. Basketball basic skill with video dribbling passing and rebounding
3. Basketball inter section

7) 20august -4th September

1. Warming up
2. Fitness test for grading
3. Different fouls conducted on basketball court
4. Written test on cricket and basketball
5. Basketball inter section

Completion of syllabus 4th September 2018

Revision – 6th September -11th September 2018

Midterm exams from 12th September to 22nd September 2018

PTM 13TH October

8) 24TH September -17th October

1. Warming up
2. Training for speed and agility
3. Shuttle run
4. German drill
5. Volleyball players and team profile
6. Volleyball intersection matches

Dusshera Break 18th October -21st October

9) 22nd October -3rd November

1. Warming up
2. Forward marching
3. Different type of athletic start on PPT
4. Inter section 50mtr, 110mtr hurdle race

Diwali break from 5th November -11th November

10) 12th November -30th November

1. Warming up
2. Marching practice
3. Explanation about standing broad jump and relay race 4*100 meter race
4. Inter section S.B.J, and 4*100mtr relay race

11) 3rd December-15th December

1. Warming up
2. Marching practice
3. Explanation about standing broad jump and relay race 4*100 meter race
4. Inter section S.B.J, and 4*100mtr relay race

12) 17th December -29th December

1. Warming up
2. PPT football rule and regulation and field measurement
3. Athletic inter section matches
4. Sports day practice

Winter break 31st December- 9th January

13) 10th January -25th January

1. Warming up
2. PPT athletic rule and regulation and field measurement
3. Athletic inter section matches
4. Sports day practice

14) 28th January – 08th February

1. Theory revision
2. Written test on athletic and volleyball

15) 11th February-20th February

1. Warming up
2. Mass drill exercise
3. fitness test
4. Grading

Completion of syllabus by 20th February 2019

Revision – 21st February – 28th February 2019

Annual exams -1st march -15th march 2019

PTM for class vi and vii -30th march 2019

PTM for class viii -30th march 2019

NEW SESSION TO BEGIN ON 1ST APRIL 2019

