

PHYSICAL EDUCATION
FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19

CLASS VII

NEW SESSION BIGINS ON 2ND APRIL 2018

CLASS –VII

1) 2nd April - 13th April

1. Warming up
2. Free hand exercise head to toes or toes to head
3. PPT of volleyball
4. Basic skill focus
5. Volleyball inter section matches

2) 16th April – 27th April

1. Warming up
2. Free hand exercise head to toes or toes to head
3. PPT of volleyball
4. Basic skill focus
5. Volleyball inter section matches

3) 1st may – 18th may

1. Warming up
2. Free hand exercise head to toes or toes to head
3. PPT of volleyball
4. Basic skill focus
5. Volleyball inter section matches

PTM on 12th may 2018

Summer vacation from 19th may to 1st July 2018

4) 2nd July – 13th July

1. Warming up
2. Jumping with hurdle (short hurdle and long hurdle)
3. Inter section of athletic

4. Discuss and Focus world record holder athletes

5) 16th July -31st July

1. Warming up
2. Jumping with hurdle (short hurdle and long hurdle)
3. Inter section of athletic
4. Discuss and Focus world record holder athletes

6) 1st august – 18th august

1. Warming up
2. Jumping with hurdle (short hurdle and long hurdle)
3. Inter section of athletic
4. Discuss and Focus world record holder athletes

7) 20august -4th September

1. Warming up
2. Inter section of cricket (league Matches)
3. Basic skill of the game related to inter section (cricket)
4. Cool down (focus)

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. Inter section of cricket (league Matches)
3. Basic skill of the game related to inter section (cricket)
4. Cool down (focus)

Dusshera Break 18th October -21st October

9) 22nd October -3rd November

1. Warming up
2. Inter section of cricket (league Matches)
3. Basic skill of the game related to inter section (cricket)
4. Cool down (focus)

Diwali break from 5th November -11th November

10) 12th November -30th November

1. Warming up
2. Inter section of cricket (league Matches)
3. Basic skill of the game related to inter section (cricket)
4. Cool down (focus)

11) 3rd December-15th December

1. Warming up
2. Calisthenics exercise
3. Marching practice
4. Mass drill

12) 17th December -29th December

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

Winter break 31st December- 9th January

13) 10th January -25th January

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

14) 28th January – 08th February

1. Basic skill of the game related to football
2. Dribbling, passing and shooting

3. Football inter section

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

