

**PHYSICAL EDUCATION**  
**FORTNIGHTS FOR THE ACEDMIC SESSION 2018-19**

**CLASS VIII**

**NEW SESSION BIGINS ON 2<sup>ND</sup> APRIL 2018**

**1<sup>ST</sup> Fortnight 2<sup>nd</sup> -13<sup>th</sup> April 2018 (11 Days, 7 Periods)**

- Data Compilation
- Introduction of Game (Cricket) on PPT
- Types of Dismissals in Cricket on Smart Board
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Cricket Inter Section matches

**2<sup>nd</sup> Fortnight 16<sup>th</sup> – 27<sup>th</sup> April 2018 (11 Days, 7 Periods)**

- Types of Dismissals in Cricket on Smart Board
- Cricket field dimensions and fielding positions
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Cricket Inter Section matches

**3<sup>rd</sup> Fortnight 1<sup>st</sup> – 18<sup>th</sup> may 2018 (14 Days , 9 Periods )**

- Types of Bowling and its grips
- Types of Batting Grip
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Cricket Inter Section matches

**PTM on 12<sup>th</sup> May 2018**

**Summer vacation from 19<sup>th</sup> May to 1<sup>st</sup> July**

**Holiday Homework**

- Profile of 5 International Cricketers
- 5 famous International cricket Stadiums

**4<sup>th</sup> Fortnight 2<sup>nd</sup> -13<sup>th</sup> July 2018 (10 Days , 6 Periods )**

- Introduction and history of Basketball on PPT
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Basketball Inter Section matches (League)
- Football Inter Section matches (Knock Out)

**5<sup>th</sup> Fortnight 16<sup>th</sup> -31<sup>st</sup> July 2018 (13 Days , 8 Periods )**

- Rules and Regulations of Basketball
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Basketball Inter Section matches (League)
- Football Inter Section matches (Knock Out)

**6<sup>th</sup> Fortnight 1<sup>st</sup> -18<sup>th</sup> Aug 2018 (13 Days , 8 Periods )**

- Laws of Football
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Basketball Inter Section matches (League)
- Football Inter Section matches (Knock Out)

**7<sup>th</sup> Fortnight 20<sup>th</sup> August -4<sup>th</sup> September 2018 (10 Days, 6 Periods)**

- Revision of the covered topics
- Practical Test
- Written Test

**Completion of the Syllabus 4<sup>th</sup> September 2018**

**Result and record maintaining 6<sup>th</sup> – 11<sup>th</sup> September**

**Mid Term Exams 12<sup>th</sup> -22<sup>nd</sup> September 2018**

**PTM – 13<sup>th</sup> October 2018**

**8<sup>th</sup> Fortnight 24<sup>th</sup> September - 17<sup>th</sup> October 2018 (17 Days, 10 Periods)**

TOPIC: OLYMPICS

- Introduction and History
- Modern Olympics
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Volleyball Inter Section matches (Knock Out)

**Dussehra Break 18<sup>th</sup> – 21<sup>st</sup> October 2018**

**9<sup>th</sup> Fortnight 22<sup>nd</sup> October - 3<sup>rd</sup> November 2018 (10 Days, 6 Periods)**

TOPIC: ATHLETICS

- Introduction
- Track and Field Events
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Completion of Inter Section matches
- Recreational activities and games

**Diwali Break 5<sup>th</sup> November - 11<sup>th</sup> November 2018**

**10<sup>th</sup> Fortnight 12<sup>th</sup> - 30<sup>th</sup> November 2018 (13 Days, 8 Periods)**

- Track and Field Events
- Important World Records
- March Past Practice for sports day
- Calisthenics exercises for sports day
- Completion of Inter Section matches
- Recreational activities and games

**11<sup>th</sup> Fortnight 3<sup>rd</sup> -15<sup>th</sup> December (11 days )**

Sports Day preparation

- March past practice
- Mass Drill practice
- Athletics selection from each class

**12<sup>th</sup> Fortnight 17<sup>th</sup> -29<sup>th</sup> December (10 days )**

Sports Day preparation

- March past practice
- Mass Drill practice
- Athletics selection from each class

**13<sup>th</sup> Fortnight 10<sup>th</sup> -25<sup>th</sup> January 2019 (12 days , 7 Periods )**

- Track and Field Events
- Warming Up
- Circuit Training
- Recreational activities and games

**14<sup>th</sup> Fortnight 28<sup>th</sup> January -8<sup>th</sup> February 2019 (10 days , 6 Periods )**

- Revision of the covered topics
- Data Compilation
- Warming Up
- Training with cones
- Recreational activities and games

**15<sup>th</sup> Fortnight 11<sup>th</sup> – 20<sup>th</sup> February 2019 (9 days , 6 Periods )**

- Revision of the covered topics
- Practical Test
- Written Test

**Result and Record Posting 21<sup>st</sup> – 28<sup>th</sup> February 2019**

**Annual Exams 1<sup>st</sup> -15<sup>th</sup> March 2019**

**New Session Begins on 1<sup>st</sup> April 2019**

