

AIR FORCE GOLDEN JUBILEE INSTITUTE, SUBROTO PARK, NEW DELHI - 110010
SYLLABUS OF PHYSICAL EDUCATION
APRIL 2016 TO MARCH 2017

REGULAR ACTIVITIES FOR ALL CLASSES:

1. Jogging in Groups
2. Sideways Running
3. Back Running

STRETCHING EXERCISES:

1. Sideways Running
2. Forward Bending
3. Touch the Toes
4. Shoulder Rotation
5. Swinging of Legs – sideways, front and back.

JUMPING EXERCISES:

1. Spot Jumping
2. Hopping

CLASS	APR 2016-SEP 2016	OCT 2016-MAR 2017
KG	<ul style="list-style-type: none"> • Body Awareness • Free hand exercises • Mass P.T. • Warm-up exercises • Formations – line, circle, triangle. 	<ul style="list-style-type: none"> • Walking on toes and heels. • Minor games in different formations. • Fun activities in groups. • Sports Day, Athletic Events.
I	<ul style="list-style-type: none"> • Free hand exercises • Warm-up exercises • Throwing and catching (cover short distances) • Individual and group activities. 	<ul style="list-style-type: none"> • Jumping on Cones and Zig-Zag (process) to develop agility, balance and co-ordination. • Different type of passes. • Minor games in different formations. • Fun races • Sports Day

II	<ul style="list-style-type: none"> • Free hand exercises • Warm-up exercises • Throwing and catching. • Walking in clockwise and anti-clockwise directions. 	<ul style="list-style-type: none"> • Running over short distances. • Minor games in different formations. • Chasing game. • Fun races. • Sports Day, Athletic Events.
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3. Skipping

III	<ul style="list-style-type: none"> • Mass P.T. • Allocation of games to students based on their interest and calibre like cricket, basket ball and throw ball. • Teaching the fundamental skills of the chosen game. • Ball dribbling. 	<ul style="list-style-type: none"> • Bean Bag Relay • Different type of passes like chest pass, under-arm pass and over-head pass. • Jumping on Hurdles • Recreational activities. • Sports Day
IV	<ul style="list-style-type: none"> • Mass P.T. • Responding to commands and signals. • Allocation of games based on student's interest and calibre. • Learning the fundamental skills of chosen games. • Minor games and fun races 	<ul style="list-style-type: none"> • Drill practice for Sports Day. • Jumping on cones. • Practice of games taught • Baton Relay. • Recreational activities. • Sports Day, Athletic Events.
V	<ul style="list-style-type: none"> • Mass P.T. • Responding to commands and signals. • Allocation of games and learning. • The fundamental skills • Jumping on Hurdles. 	<ul style="list-style-type: none"> • Dodge Ball. • Baton Relay. • Practice of games taught • Preparing students for inter-school competitions. • March Past. • Sports Day