

Delhi Public School Ranipur, Haridwar

SPORTS & GAMES SYLLABUS (2026-27)

Class - III

| Units to be Covered | Name of the chapters | Time Period | Acquired Skills |
|---------------------------------------|---|--------------------|---|
| Unit 1 – Basic Motor Movements | Chapter 1- Throwing and Catching Chapter 2- Kicking and Receiving Chapter 3- Strike the Ball Chapter 4- Little Steps | TERM I | It develops five motor movements – throwing, catching, kicking, receiving and striking. |
| Unit 3- Yoga | Chapter 6- Yoga for Daily Life Chapter 7- Yoga Basics | TERM II | It will make our body strong and flexible and how to keep our mind calm. |
| Unit 2- Our Games | Chapter 5 – Local and Traditional Games | | |