

SYLLABUS FOR THE YEAR 2025-2026

CLASS- I to III

GAMES AND SPORTS

- General Discipline
- Personal Hygiene
- Awareness of general disease
- Rhythmic Exercises
- Balanced diet
- Quizzes on sports

GAME:ATHLETICS

History of the game.

Rules and Regulations of the game.

Fundamental skills:-

- Running- ABC (high knee, back kick bounding)
- Jumping- ABC (standing broad jump, hopping ,bounding)
- Start- standing
- Finishing –run through
- Over head ball throw
- 4X50m Shuttle Relay Race

GAME: BASKETBALL

History of the game

Rules and Regulations of the game:-

Fundamental skills:-

- Dribbling-low with one hand , both hands
- Receiving and passing skills(chest pass ,bounce pass and over head pass)
- Shooting skills
- Terminologies, skill and match practice and lead up games

GAME: CRICKET

History of the game

Rules and Regulations of the game, Warm up exercise-

Fundamental skills:-

- Basic skills: batting, bowling, fielding
- Batting skills: front foot shot, back foot shot
- Bowling skills: Grip, Foot movement
- Fielding skills: Throwing, Catching, Stopping shot

Recreational :Games

Fun Races: Chain- chain, Four corner, Rope skipping, Hopscotch, Pick the Hankie ,Poshampa, One leg hop

Yoga

Warm up exercises and different types of asans.