

ARMY PUBLIC SCHOOL WELLINGTON

PHYSICAL EDUCATION SPLIT UP SYLLABUS 2023-24

CLASSES 1 & 2

MONTH	EXPERIMENT/ PROJECT/ ACTIVITY
JUNE	<ul style="list-style-type: none">• WALKING ON TOES AND HEELS• BODY AWARENESS• RUNNING AND JUMPING
JULY	<ul style="list-style-type: none">• JUMPING AND HOPPING• BEAN BAG RELAY• ANIMAL WALK
AUGUST	<ul style="list-style-type: none">• INTRODUCING BALL HANDLING• ROLLING A BALL• DRIBBLING A BALL
SEPTEMBER	<ul style="list-style-type: none">• ROLLING AT LARGE TARGETS• THROWING AND CATCHING• BODY SHAPES
OCTOBER	<ul style="list-style-type: none">• STATIC BALANCE• RESPONDING TO COMMANDS AND SIGNALS• KICKING A BALL
NOVEMBER	<ul style="list-style-type: none">• RING MASTER• INTRODUCING SKIPPING• RUNNING AND JUMPING
DECEMBER	<ul style="list-style-type: none">• CHALLENGE RACES AND RELAYS• JUMPING AND HOPPING• SIMPLE RELAY RACES
JANUARY	<ul style="list-style-type: none">• THROWING AND CATCHING• THROWING AND CATCHING TO OTHERS
FEBRUARY	<ul style="list-style-type: none">• THROWING AND CATCHING GAMES• MOVEMENT WITH BALL• ZIG ZAG PATHWAYS
MARCH	<ul style="list-style-type: none">• HITTING AND KICKING• THROWING AT TARGET• TAKE AIM
APRIL	<ul style="list-style-type: none">• TAG GAMES• DOG AND THE BONE• RHYTHMIC ACTIVITIES

CLASSES 3 TO 5

MONTH	EXPERIMENT/PROJECT / ACTIVITY
JUNE	<ul style="list-style-type: none"> • RUNNING • JUMPING AND THROWING • CHASING GAMES CIRCLE CHASE
JULY	<ul style="list-style-type: none"> • DOMES AND DISHES • SCATTER BALL • CIRCLE DODGE BALL
AUGUST	<ul style="list-style-type: none"> • HITTING AND KICKING • SCORING GOALS • DRIBBLE AND SHOOT
SEPTEMBER	<ul style="list-style-type: none"> • PASSING AND SHOOTING • STANDING KHO • JUMPING FOR HEIGHT
OCTOBER	<ul style="list-style-type: none"> • MAKING SHAPES • SHOOTING AND SCORING GOALS • BIRD CATCHER
NOVEMBER	<ul style="list-style-type: none"> • COMPASS RUN • MINI KHO • NET GAMES
DECEMBER	<ul style="list-style-type: none"> • QUICK RUNS • ARCH BALL CHASE • INTERCEPTING THE BALL
JANUARY	<ul style="list-style-type: none"> • PLAYING 2 AGAINST 1 • DRIBBLE PASS • THREE COURT DODGE BALL
FEBRUARY	<ul style="list-style-type: none"> • RELAY RACES • CHASING GAMES • ATHLETICS
MARCH	<ul style="list-style-type: none"> • WARM UP ACTIVITIES • UNDERSTANDING STRETCHING • TRACK AND FIELD EVENTS
APRIL	<ul style="list-style-type: none"> • ROLL IN INTO THE GOAL • FOUR COURT DODGE BALL • LETS GET FIT

CLASSES 6 TO 8

MONTH	EXPERIMENT/PROJECT / ACTIVITY
JUNE	<ul style="list-style-type: none">• WE ARE GROWING• KNOWING YOUR BODY• KNOWING MENTAL CHANGES
JULY	<ul style="list-style-type: none">• TRACK AND FIELD EVENTS• FUNDAMENTAL SKILLS• BONES ARE IMPORTANT
AUGUST	<ul style="list-style-type: none">• VOLLEY BALL SKILLS• BASKET BALL SKILLS
SEPTEMBER	<ul style="list-style-type: none">• MASS FITNESS• FOOD AND NUTRITION
OCTOBER	<ul style="list-style-type: none">• SPORTS SCHOLARSHIP AND AWARDS• LEADERS AND FOLLOWERS
NOVEMBER	<ul style="list-style-type: none">• COMMON INJURIES• GAMES AND SPORTS ARE IMPORTANT
DECEMBER	<ul style="list-style-type: none">• SAFETY OUTSIDE SCHOOL• RECREATIONAL AND OUTDOOR ACTIVITIES
JANUARY	<ul style="list-style-type: none">• NUTRITION FOR HEALTHY LIVING• ENVIRONMENTAL POLLUTION
FEBRUARY	<ul style="list-style-type: none">• SOCIAL HEALTH• HOW TO REMAIN PHYSICALLY FIT
MARCH	<ul style="list-style-type: none">• CONSUMER HEALTH SERVICE• GENDER SENSITIVITY
APRIL	<ul style="list-style-type: none">• SAFETY SECURITY AND FIRST AID