

**O P JINDAL SCHOOL SAVITRINAGAR**  
**SESSION 2025-26**

**:- Month Wised Syllabus for Games & Sports of class I & II.**

<b>Sr.No.</b>	<b>Month</b>	<b>Class</b>	<b>Proposed Activity</b>	<b>Evaluation Criteria</b>	<b>Targeted Competencies</b>	<b>Skills/Values</b>	<b>Health Value</b>	<b>Remarks</b>
1	April	I & II	Running, Jumping, Throwing Flying Disc, Carrom.	Rhythm, Proper Movement, Regularity Punctuality.	General physical fitness is developed, agility, Flexibility, neuromuscular co-ordination	Coordination & cooperation, Following of skills	Attitude developed for activities.	
2	June	“	Throwing Flying Disc, Jumping, Running.	Regularity Punctuality Proper Movement	Flexibility, Neuromuscular co-ordination	Following of skills	Prevented from different kind of diseases.	
3	July	“	Running, Jumping, Zigzag running, Lotus formation and Yoga	Flexibility, Balance, Body posture and Relaxation	General physical fitness is developed, Developed Sporting sense, Body balance, Flexibility.	Developing of socialization, adjustment in life.	Enhance Working capacity of organs of the body.	
4	August	“	Running, Rhythmic jumping, Rotation, Throwing the Ball and Yoga	Speed Endurance, Enthusiasm and foot work.	General physical fitness, Developed Sporting sense, Neuromuscular Co-ordination.	Developing of acceleration agility and coordination.	Helpful in entire growth of the body.	
5	September	“	Half yearly exam	-----	-----	-----	-----	
6	October	“	Running, movement in snake formation, different stretching exercise, Catching the ball and Yoga	Balance, Body posture. Regularity Punctuality.	Developed Sporting sense, Body balance, Flexibility	Developing of socialization, adjustment in life.	Prevented from different kind of diseases.	
7	November	“	Running, Jumping, Rhythmic jumping, Catching the ball	Regularity Punctuality	Sporting sense, Body balance, Flexibility.	Adjustment in life.	Attitude developed for activities	
8	December	“	Exercise of body, Throwing the Ball and Yoga, Exercise of body.	Body posture and Relaxation	Neuromuscular co-ordination	Coordination & cooperation,	Enhance Working capacity of organs of the body.	
9	January	“	Catching the ball, movement in snake formation, Lotus formation and Yoga	Proper Movement, Enthusiasm and foot work.	Flexibility, Eye hand Coordination	Developing of acceleration agility and coordination.	Overall efficiency of the body.	