

O P JINDAL SCHOOL SAVITRINAGAR

SESSION 2025-26

:- Month Wise Syllabus for Games & Sports of class III & IV.

Sr.No.	Month	Class	Proposed Activity	Evaluation Criteria	Targeted Competencies	Skills/Values	Health Value	Remarks
1	April	III & IV	Carrom, Ludo, Football,Badminton	Responding, Regularity Punctuality Understanding	Patience Calculative Concentration	Coordination Following of Skills	Attitude developed for activities, Releasing of Stress	
2	June	“	Carrom, , Ludo, Yoga Football,Badminton	Regularity Punctuality Understanding	Patience Calculative Concentration	Coordination Following of Skills	Attitude developed for activities, Releasing of Stress	
3	July	“	Football, Badminton, Following of Command, Mass PT	Rhythm, Proper Movement, Regularity Punctuality	General physical fitness is developed, , agility, Flexibility, neuromuscular co-ordination	Developing of socialization, adjustment in life.	Enhance Working capacity of organs of the body	
4	August	“	Football, Badminton, Following of Command & mass PT	Speed Endurance, Enthusiasm and foot work.	General physical fitness, Developed Sporting sense, Neuromuscular Co-ordination.	Learning attitude of the students, seriousness of the students, following activities.	Improved Toughness of the body and development of resist -ance power	
5	September	“	Half Yearly Exam	-----	-----	-----	-----	-----
6	October	“	Activities of Annual Sports, Badminton, Football Following of Command, Mass PT.	Proper Movement Speed, Endurance, Enthusiasm And Footwork	Sporting sense, Body balance, Flexibility	Coordination & cooperation, following of skills	Attitude developed for activities, Releasing of Stress	
7	November	“	Activities of Annual Sports, Football, Badminton, Following of Command, Mass PT.	Regularity Punctuality, Enthusiasm, Punctuality.	Developed Sporting sense, Neuromuscular Co-ordination	seriousness of the students	Development of resist ance power	
8	December	“	Football, Badminton, Following of Command & Mass PT	Regularity, Understanding, Agility	Flexibility, Agility, Sporting Sense, Neuromuscular coordination.	Developing of socialization, adjustment in life.	Development of resistance power, Enhance working capacity of the organs	
9	January	“	Football, Kabaddi, Following of Command & Mass PT	Enthusiasm and foot work. Regularity Punctuality	Developed Sporting sense, Calculative	Tolerance among all, Patience	Systemize breathing for betterment in body.	