

O P JINDAL SCHOOL SAVITRINAGAR

SESSION 2025-26

:- Month Wise Syllabus for Games & Sports of class IX & X.

| Sr.No. | Month | Class | Proposed Activity | Evaluation Criteria | Targeted Competencies | Skills/Values | Health Value | Remarks |
|--------|-----------|--------|---|---|---|--|--|---------|
| 1 | April | IX & X | Athletic Events (Running,Jumping,Throwing) Football,Cricket Table-Tennis | Regularity Punctuality Understanding | Patience Calculative Concentration | Coordination Following of Skills | Attitude developed for activities, | |
| 2 | June | “ | Athletic Events (Running,Jumping,Throwing) Football, Cricket Tab le-Tennis | Taking decisions Punctuality Understanding | Calculative, Patience, Reaction towards the step | Perfection in Following Skill performance | Removing of Irritation for daily life | |
| 3 | July | “ | Athletic Events (Running,Jumping,Throwing) Football, Cricket, Table-Tennis | Skill performance, speed- Endurance, regularity, body posture, understanding | Shot placement and Endurance inaction to keep spinal nerves muscles and glands in healthy conditions and strength and vigor to the whole body, | Knowledge of cooperation which is very helpful in day to day life. | Lessen fatigue Releasing of Stress. | |
| 4 | August | “ | Athletic Events (Running,Jumping,Throwing) Cricket, Football, Table-Tennis | Coordination, Skill performance, body posture. | Anticipation, Reaction, Force and Timing, Intensity of movement, | Respect and attitude towards each other | Improve energy level, attitude to be alert always. | |
| 5 | September | “ | Half yearly exam | ----- | ----- | ----- | ----- | |
| 6 | October | “ | Athletics (Running,Jumping,Throwing) Football, Cricket, Table-Tennis | Coordination, Skill performance, Team work, punctuality, body posture. | Performance of skills, physical fitness components, Reaction, hand movements, neuromuscular coordination | Control emotions in frustrating situations, Learn about fair play and being a good sport | Depression, Anxiety Releasing of Stress | |
| 7 | November | “ | Athletic Events (Running,Jumping,Throwing) Football, Cricket, Table-Tennis. | Team work, punctuality, understanding | Bringing calm and peace. | React against the activities | Attitude to be alert always | |
| 8 | December | “ | Athletic Events (Running,Jumping,Throwing) Cricket, Football Table-Tennis | Speed, Endurance, Regularity, Agility. | Force and Timing, Intensity of movement, | Physical fitness, Control and patience | Attitude developed for activities, Releasing of Stress | |
| 9 | January | “ | Athletic Events (Running,Jumping,Throwing) Cricket,Football,Table-Tennis | Proper Execution and Coordination, Team work | Anticipation, Reaction Force and Timing | Learn about fair play and being a good sport | Improved Toughness of the body and development of resist -ance power | |