

O P JINDAL SCHOOL SAVITRINAGAR

SESSION 2025-26

:- Month Wise Syllabus for Games & Sports of class V & VI.

Sr.No.	Month	Class	Proposed Activity	Evaluation Criteria	Targeted Competencies	Skills/Values	Health Value	Remarks
1	April	V & VI	Carrom Cricket, Kho- Kho/Kabaddi(Girls/Boys)	Mental calculation Presence of mind Regularity, Taking decisions Punctuality Understanding	Patience Calculative Concentration	Coordination Following of Skills	Attitude developed for activities, Releasing of Stress	
2	June	“	Carrom, Yoga Cricket, Kho- Kho/Kabaddi(Girls/Boys)	Presence of mind Regularity, Taking quick decisions, Punctuality	Calculative Concentration Patience	Psychological & Sociological Development	Brain Exercise and Improving energy for brain	
3	July	“	Carrom, Chess Cricket, Kabaddi/ Kho-Kho(Boys/Girls), Following of Command, Mass PT.	Rhythm, Proper Execution and Co-ordination, Flexibility, Balance, Body posture and Relaxation, Speed Endurance, Enthusiasm and foot work.	General physical fitness is developed, body balance, agility, Flexibility, neuromuscular co- ordination,	Developing of agility, coordination, flexibility and endurance.	Improved Toughness of the body and development of resist -ance power	
4	August	“	Kho-Kho/ Kabaddi(Girls/Boys), Cricket, Following of Command, Mass PT	Agility, Proper movement, Regularity, Punctuality, Coordination, work with Team.	To keep spinal nerves muscles and glands in healthy conditions and strength and vigor to the whole body, bringing calm and peace, anticipation, reaction, force and timing.	Psychological and sociological development.	Allowing organs to get more efficient with consistent efforts	
5	September	“	Half Yearly Exam	-----	-----	-----	-----	
6	October	“	Athletics events ,following of commands, Mass PT, Cricket, Kabaddi/ Kho-Kho(Boys/Girls)	Body posture and Relaxation, Speed Endurance, Enthusiasm and foot work	Flexibility, neuromuscular co-ordination, conditions and strength and vigor to the whole body, bringing calm and peace,	Developing of socialization, adjustment in life.	Improved Toughness of the body and development of resist -ance power	
7	November	“	Athletics Events (Running, Jumping, Throwing events) Kabaddi, Kho-Kho(Girls/Boys), Cricket, Following of Command.	Speed Endurance, Coordination, Balance, Proper Execution and Co- ordination.	Anticipation, Reaction, force and timing. Flexibility, Concentration. Endurance.	Flexibility and Endurance, Agility, Uniformity	Attitude developed for activities, Releasing of Stress	
8	December	“	Athletics events (Running,Jumping,Throwing events)Cricket, Kabaddi/Kho-Kho (Girls/Boys), Following of Command, Mass PT	Enthusiasm and foot work, Speed Endurance	healthy conditions and strength and vigor to the whole body	Psychological and sociological development	Effective strategy execution on right moment.	
9	January	“	Cricket, Badminton, Kabaddi, Kho-Kho(Girls/Boys), Following of Command ,Mass PT	Proper movement, work with Team.	Reaction, force and timing, bringing calm and peace,	Social understanding, Tolerance	Development of resistance power.	