

O P JINDAL SCHOOL SAVITRINAGAR

SESSION 2025-26

:- Month wise Syllabus for Games & Sports of class VII & VIII.

Sr.No.	Month	Class	Proposed Activity	Evaluation Criteria	Targeted Competencies	Skills/Values	Health Value	Remarks
1	April	VII & VIII	Athletic events (Running,Jumping,Throwing) , Basketball, Volleyball.	Quick Mental calculation Presence of mind Regularity,	Expression Concentration Application of move with strategy.	Coordination Following of Skills	Attitude developed for activities, Releasing of Stress	
2	June	“	Atheletics events (Running,Jumping,Throwing) Basketball, Volleyball.	Taking decisions Punctuality Understanding	Calculative, Patience, Reaction towards the step	Perfection in Following Skill performance	Removing of Irritation for daily life	
3	July	“	Atheletics events (Running,Jumping,Throwing) Basketball, Volleyball.	Sense of the game, discipline, idea, punctuality	Bringing calm and peace, anticipation ,prior alertness	Aggressiveness in game, Control and patience	Receiving capacity of Oxygen for supplying of energy	
4	August	“	Athletic Events, (Running,Jumping,Throwing) Basketball, Volleyball Following of Command, MassPT	Rules & regulations, Discipline, Proper Execution and Co- ordination,	Intensity of movement, agility, Neuromuscular coordination	Psychological and sociological development.	Circulation of blood in whole body will supply energy.	
5	September	“	Half Yearly Exam	-----	-----	-----	-----	
6	October	“	Athletics events (Running, Jumping, Throwing), following of commands, Mass PT, Basketball, Volleyball.	Decisions, strategy, Punctuality Proper Execution and Co- ordination	To keep spinal nerves muscles and glands in healthy conditions and strength and vigor to the whole body	Development of physical fitness Skill performance	lungs capacity will be developed,	
7	November	“	Athletics Events (Running,Jumping,Throwing), Basketball, Volleyball, Following of Command.	On basis of skill, Understanding.	Patience, Calculative Bringing calm and peace	React against the actions, knowledge of cooperation which is very helpful in day to day life	Improvement of RBC in body to carry more oxygen	
8	December	“	Basketball, Volleyball, Following of Command, Mass PT	Proper Execution and Co- ordination.	General physical fitness is developed, Intensity of movement	Physical fitness, Control and patience	Supply Energy to entire body	
9	January	“	Basketball, Volleyball, Following of Command, Mass PT	Discipline rules & regulations strategy, Punctuality Proper Execution and Co- ordination.	Agility, Neuromuscular coordination	Body balance, React against the actions.	Combination of oxygen & blood supply to the body	