

O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR

Annual Syllabus Break-up for the session 2023-2024

Subject :- Games & Sports

Class:- V

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment activities	Values to be Imparted	Extra content to be Taught
1	APRIL	08	08	1. Indoor-Carrom, Chess, Ludo, Yoga.	Mental calculation Presence of mind Regularity, Taking decisions	Sense of thinking, Patience Calculative Concentration	Coordination Following of Skills
2	MAY	00	00	-----Vacation-----	-----	-----	-----
3	JUNE	04	04	2. Indoor-Carrom, Chess, Chinese Checker, Ludo, Yoga.	Presence of mind Regularity, Taking Quick decisions, Punctuality	Calculative, Concentration, Patience Psychological & Sociological Development	Application in our overall life
4	JULY	08	08	3. Cricket, Kho-Kho, Football, Following of Command, Mass PT.	Developing of agility, coordination, flexibility and endurance.	Improved Toughness of the body and development of resistance power	Rhythm, Proper Execution and Co-ordination.
5	AUGUST	09	09	4. Kho-Kho, Kabaddi, Badminton, Cricket, Following of Command, Mass PT	Agility, Proper movement, Regularity, Punctuality, Coordination, work with Team	Allowing organs to get more efficient with consistent efforts	Psychological and sociological development
6	SEPTEMBER	Half Yearly Exam

Sl.	Month	No. of Instructional days	No. of Periods	Chapters to be Taught	Subject Enrichment Activities	Values to be Imparted	Extra content to be Taught
7	OCTOBER	08	08	5. Athletics events ,following of commands, Mass PT, Cricket, Kabaddi, Kho-Kho	Body posture and Relaxation, Speed Endurance, Enthusiasm and foot work.	strength and vigor to the whole body, bringing calm and peace	Improved Toughness of the body and development of resistance power
8	NOVEMBER	08	08	6. Athletics Events, Badminton, Kabaddi, Kho-Kho, Cricket, Following of Command.	Flexibility, neuromuscular co-ordination, Body posture and Relaxation, Speed Endurance, Enthusiasm and foot work.	Developing of socialization, adjustment in life	Improved Toughness of the body and development of resistance power
9	DECEMBER	08	08	7. Cricket, Badminton, Following of Command, Mass PT	Speed Endurance, Coordination, Balance, Proper Execution and Coordination	Anticipation, Reaction, force and timing. Flexibility, Concentration. Endurance	Attitude developed for activities, Releasing of Stress
10	JANUARY	07	07	8. Cricket, Badminton, Kabaddi, Kho-Kho, 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.
