

O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR

Annual Syllabus Break-up for the session 2023-2024

Subject :- Games & Sports

Class:- VII

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-Table Tennis, Carrom, Chess ,Chinese-Checker, Ludo, Yoga	Quick Mental calculation Presence of mind Regularity,	Attitude developed for activities, Releasing of Stress	Expression, Concentration Application of move with strategy
2	MAY	00	00	-----Vacation-----	-----	-----	-----
3	JUNE	04	04	2.Indoor-Table-Tennis, Carrom, Chess, Chinese Checker, Ludo , Yoga	Perfection in Following Skill performance	Calculative, Patience, Reaction towards the step	Removing of Irritation for daily life
4	JULY	08	08	3.Basketball, Kabaddi, Kho-Kho, Football, Cricket, Following of Command, Mass PT	Aggressiveness in game, Control and patience	Bringing calm and peace, anticipation , prior, alertness.	Receiving capacity of Oxygen for supplying of energy
5	AUGUST	09	09	4.Kho-Kho, Basketball, Kabaddi, Badminton, Cricket, Following of Command, Mass PT.	Psychological and sociological Development.	Rules & regulations, Discipline, Proper Execution and Co-ordination.	Intensity of movement, agility, Neuro muscular coordination
6	SEPTEMBER	Half Yearly Exam

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7	OCTOBER	08	08	5.Athletics events, following of commands, Mass PT, Cricket, Kabaddi, Kho-Kho, Basketball	Development of physical fitness Skill performance	Decisions, strategy, Punctuality Proper Execution and Co-ordination	To keep spinal nerves muscles and glands in healthy conditions and strength and vigour to the whole body.
8	NOVEMBER	08	08	6.Athletics Events, Badminton, Kabaddi, Kho-Kho, Cricket, Basketball, Following of Command.	Patience, Calculative Bringing calm and peace	React against the actions, knowledge of cooperation which is very helpful in day to day life	React against the actions, knowledge of cooperation which is very helpful in day to day life
9	DECEMBER	08	08	7.Cricket, Basketball, Badminton, Following of Command, Mass PT	General physical fitness is developed, Intensity of movement	Physical fitness, Control and patience	General physical fitness is developed, Intensity of movement
10	JANUARY	07	07	8.Basketball, Cricket, Badminton, Kabaddi, Kho-Kho, Following of Command, Mass PT	Body balance, React against the actions	Discipline rules & regulations strategy, Punctuality Proper Execution and Co-ordination	Agility, Neuromuscular coordination
