

O. P. JINDAL SCHOOL, SAVITRINAGAR, TAMNAR
Annual Syllabus Break-up for the session 2023-2024

Subject :- Games & Sports

Class:- III

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	8	8	1.Indoor-Carrom,Chess, Ludo,Yoga	Coordination Following of Skills, Application of techniques.	Developing Patience, Calculative steps, Concentration for achievements.	Enjoyment with involvement in activities.
2	MAY	00	00	-----Vaccation-----	-----	-----	-----
3	JUNE	04	04	2.Indoor-Carrom,Chess, Chinese Checker,Ludo, Yoga.	Developing team work, Coordination Following of Skills	Improving Patience, Calculative mind development, Concentration moves to advance level	Application of skills for alertness and attentiveness.
4	JULY	08	08	3.Football, Badminton, Following of Command, Mass PT	Developing of socialization, adjustment in life, Rhythm, Proper Movement	Developing of socialization, adjustment in Life, Fighting Sprit, ability to stay in competition.	Development in Patience with energy
5	AUGUST	09	09	4.Cricket, Football, Badminton, Kabaddi, Following of Command & mass PT	Learning attitude of the students, seriousness of the students, following activities.	Speed Endurance, Enthusiasm and foot work.	Strategy can implemented.
6	SEPTEMBER	Half Yearly Exam

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7	OCTOBER	08	08	4. Activities of Annual Sports, Badminton, Cricket, Following of Command, Mass PT.	Coordination & cooperation, following of skills	Proper Movement, Speed, Endurance, Enthusiasm and Footwork	Athletics activities Can done for smoothness in movement.
8	NOVEMBER	08	08	5. Activities of Annual Sports, Football, Cricket, Following of Command, Mass PT	Sporting sense, Neuromuscular Co-ordination	Seriousness of the students Developed	Development of resistance power
9	DECEMBER	08	08	6. Kabaddi, Football, Badminton, Following of Command & Mass PT	Flexibility, Agility, Sporting Sense, Neuromuscular coordination	Developing of socialization, adjustment in life	Sense of following discipline, Seriousness in activity
10	JANUARY	07	07	6. Cricket, Kabaddi, Football, Following of Command & Mass PT	General physical fitness is developed, , agility, Flexibility, neuromuscular co-ordination	Tolerance among all, Patience for continuance in activity.	Self motivation through self talk.
