



GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD I – KARATE	
April	Introduction of karate
	History of karate
June	Karate exercise -General & Basics
	Karate Skill- MUSUBI DACHI
July	Karate exercise -General & Specific
	karate Skill- KAKE DACHI
Aug	Karate exercise -General & Specific
	Karate Skill- TAIKYOKU SHODAN Half (10 th Kyu)
Sep	Revision
	Half yearly exam
Oct	Karate Exercise -General & Specific
	Karate Skill-Techniques Punches
Nov	Karate Exercise -General & Specific
	Karate Skill- Technique of turning stances
	Physical fitness activities
Dec	Karate exercise -General & Specific
	Karate Skill- related to steps TAIKYOKU SHODAN (10 th Kyu)
	Physical fitness activities
Jan	Karate exercise -General Specific Stretching
	Karate Skill- TAIKYOKU SHODAN (10 th Kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam
	Yearly exam

GREENFINGERS GLOBAL SCHOOL	
STD - II SUB - Yoga	
APRIL	1) What is yoga and its history
	2) Body parts and their movements
	3) Basic warm up exercise
	4) Marching
JUNE	1) Preyer pose
	2) Tadasana
	3) Sukhasana
	4) Dnyanmudra
JULY	1) Ragdoll pose
	2) Vajrasana
	3) Pranayam
	4) Meditation
AUG	1) Trikonasana
	2) Ardhakatichakrasana
	3) Bhujangasana
SEP	1) Revision
	2) HALF YEARLY EXAM
OCT	1) Parvatasana
	2) chanting of om
	3) Shavasana
NOV	1) Ardhapadmasana
	2) Anulom vilom
	3) Meditation
DEC	1) Padmasana
	2) Tratak
	3) Basics of suryanamskar
JAN	1) Suryanamskar
FEB	1) Revision
	2) YEARLY EXAM

<b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD II – KARATE</b>	
April	Introduction of karate
	History of karate
June	Karate exercise -General
	Karate Skill- MUSUBI DACHI, KAKE DACHI
July	Karate exercise -General & Specific
	karate Skill- Oi tsuki & heian shodan
Aug	Karate exercise -General & Specific
	Karate Skill- HEIAN SHODAN Half (9th Kyu)
Sep	Revision
	Half yearly exam
Oct	Karate Exercise -General,Specific & Stretching
	Karate Skill-Punches
Nov	Karate Exercise -General,Specific &Stretching
	Karate Skill- Ghyaku tsuki & Technique of turning stances
	Physical fitness activities
Dec	Karate exercise -General Specific & Stretching
	Karate Skill- Related steps to HEIAN SHODAN Steps
	Physical fitness activities
Jan	Karate exercise -General Specific Stretching
	Karate Skill- HEIAN SHODAN (9th kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - III SUB - Physical Education</b>	
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
JULY	Carrrom
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
AUG	Chess
	Basic rules, regulations
	Equipments
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Dodgeball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Sports Day
DEC	Hopping
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
JAN	Kho-Kho
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

GREENFINGERS GLOBAL SCHOOL	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD - III	SUB - Archery
APRIL	Introduction of Archery
	History of archery
JUNE	Equipment use in Archery
	Different types of bow and its parts
JULY	Archery range and its dimensions
AUG	Available competitions
	Rules and regulations of competitions
SEP	Revision
	HALF YEARLY EXAM
OCT	Basic warm up exercises
	Specific exercises
NOV	Basic steps of archery
	Specific changes in basic steps
DEC	Rubber practice
	Dry pulling on bow
JAN	Short distance shooting practice
	Strength improvement
	Gradually increase distance as per skill
FEB	Revision
	YEARLY EXAM

### STD. 3– KARATE

April	Introduction of karate
	History of karate
June	Karate exercise -General
	Karate Skill- Stance
July	Karate exercise -General & Specific
	karate Skill- Balance technic
Aug	Karate exercise -General & Specific
	Karate Skill- Half HEIAN NIDAN (8th Kyu)
Sep	Revision
	Half yearly exam

Oct	Karate Exercise -General,Specific & Stretching
	Karate Skill-Punches
Nov	Karate Exercise -General,Specific &Stretching
	Karate Skill- Attack skill
	Physical fitness activities
Dec	Karate exercise -General Specific & Stretching
	Karate Skill- Related to HEIAN NIDAN Steps
	Physical fitness activities
Jan	Karate exercise -General Specific Stretching
	Karate Skill- HEIAN NIDAN (8th kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

GREENFINGERS GLOBAL SCHOOL	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD - IV SUB - Physical Education	
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
JULY	Carrrom
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
AUG	Chess
	Basic rules, regulations
	Equipments
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Throwball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Sports day Heats
NOV	Kho-Kho
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Sports Day
DEC	Hopping
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
JAN	Dodgeball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD -IV</b>	<b>SUB - Archery</b>
APRIL	Introduction of Archery
	History of archery
JUNE	Equipment use in Archery
	Different types of bow and its parts
JULY	Archery range and its dimensions
AUG	Available competitions
	Rules and regulations of competitions
SEP	Revision
	HALF YEARLY EXAM
OCT	Basic warm up exercises
	Specific exercises
NOV	Basic steps of archery
	Specific changes in basic steps
DEC	Rubber practice
	Dry pulling on bow
JAN	Short distance shooting practice
	Strength improvement
	Gradually increase distance as per skill
FEB	Revision
	YEARLY EXAM

<b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD IV – KARATE</b>	

April	Introduction of karate
	History of karate
June	Karate exercise-General
	Karate skill-Stance
July	Karate exercise-General & Specific
	Karate Skill- Balance skill
Aug	Karate exercise -General & Specific
	Karate skill- Heian Sandan(Half)7th kyu
	Physical fitness activities
Sep	Revision
	Half yearly exam

Oct	Karate exercise -General, Specific & Stretching
	Karate Skill- Punches
Nov	Karate exercise -General Specific & Stretching
	Karate skill - Upper body turning skill
	Physical fitness activities
Dec	Karate exercise -General Specific & Stretching
	Karate skill -Related to HEIAN SANDAN Steps
	Physical fitness activities
Jan	Karate exercise -General Specific & Stretching
	Karate Skill- HEIAN SANDAN (7th kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

GREENFINGERS GLOBAL SCHOOL	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD - V	SUB - Physical Education
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
JULY	Carrom
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
AUG	Chess
	Basic rules, regulations
	Equipments
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Kho-Kho
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Sports day Heats
NOV	Throwball
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Sports Day
DEC	Hopping
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
JAN	Dodgeball
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

**GREENFINGERS GLOBAL SCHOOL**

**SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24**

STD - V		SUB - Archery	
APRIL	Introduction of Archery		
	History of archery		
JUNE	Equipment use in Archery		
	Different types of bow and its parts		
JULY	Archery range and its dimensions		
AUG	Available competitions		
	Rules and regulations of competitions		
SEP	Revision		
	HALF YEARLY EXAM		
OCT	Basic warm up exercises		
	Specific exercises		
NOV	Basic steps of archery		
	Specific changes in basic steps		
DEC	Rubber practice		
	Dry pulling on bow		
JAN	Short distance shooting practice		
	Strength improvement		
	Gradually increase distance as per skill		
FEB	Revision		
	YEARLY EXAM		

**SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24****STD 5 – KARATE**

April	Introduction of karate
	History of karate
June	Karate exercise -General
	Karate Skill- Stance
July	Karate exercise -General & Specific
	Karate Skill- Attacking skill
Aug	Karate exercise -General & Specific
	Karate Skill- HEIAN YONDAN Half (6th Kyu)
Sep	Revision
	Half yearly exam
Oct	Karate exercise -General, Specific & Stretching
	Karate Skill- Punches
Nov	Karate exercise -General, Specific & Stretching
	Karate Skill- Punching combination Physical fitness activities
Dec	Karate exercise -General, Specific & Stretching
	Karate Skill-Related to HEIAN YONDAN steps
	Physical fitness activities
Jan	Karate exercise -General, Specific & Stretching
	Karate Skill-HEIAN YONDAN (6th Kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - VI SUB - Physical Education</b>	
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
	Sit and reach test
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Measurement
	Specific Exercises
	Basic Drills
	Plate tapping test
JULY	Volleyball
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Flamingo Balance test
AUG	Chess & Carrom
	Basic rules, regulations
	Equipments
	Yoga (Standing and Seating Asanas)
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Football
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Running skills, Throwing skills,
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Standing Broad Jump
	Sports Day
DEC	Cricket
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Major games practice of skills
JAN	Athletics
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Major games practice of skills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - VI</b>	<b>SUB - Archery</b>
APRIL	Introduction of Archery
	History of archery
JUNE	Equipment use in Archery
	Different types of bow and its parts
JULY	Archery range and its dimensions
AUG	Available competitions
	Rules and regulations of competitions
SEP	Revision
	HALF YEARLY EXAM
OCT	Basic warm up exercises
	Specific exercises
NOV	Basic steps of archery
	Specific changes in basic steps
DEC	Rubber practice
	Dry pulling on bow
JAN	Short distance shooting practice
	Strength improvement
	Gradually increase distance as per skill
FEB	Revision
	YEARLY EXAM

<b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD VI – KARATE</b>	
April	Introduction of karate
	Rules and Regulations
	History of karate
June	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Stance
July	Karate exercise -General,Specific & Stretching
	Karate Skill- Attacking & Defencive skills
Aug	Karate exercise -General,Specific & Stretching
	Karate Skill- HEIAN GODAN Half (5th Kyu)
Sep	Revision
	Half yearly exam
Oct	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Punches
Nov	Karate exercise -General,Specific & Stretching
	Karate Skill- combination Skills Punches
	Physical fitness activities
Dec	Karate exercise -General,Specific & Stretching
	Karate Skill-Related to HEIAN GODAN steps
	Physical fitness activities
Jan	Karate exercise -General,Specific & Stretching
	Karate Skill-HEIAN GODAN (6th Kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - VII</b>	<b>SUB - Physical Education</b>
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
	Sit and reach test
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
	Plate tapping test
JULY	Volleyball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Flamingo Balance test
AUG	Chess & Carrom
	Basic rules, regulations
	Equipments
	Yoga (Standing and Seating Asanas)
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Football
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Running skills, Throwing skills,
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Standing Broad Jump
	Sports Day
DEC	Cricket
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Major games practice of skills
JAN	Athletics
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Major games practice of skills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

GREENFINGERS GLOBAL SCHOOL	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD - VII	SUB - Archery
APRIL	Introduction of Archery History of archery
JUNE	Equipment use in Archery Different types of bow and its parts Archery range and its dimensions
JULY	Available competitions Rules and regulations of competitions
AUG	Basic warm up exercises Specific exercises
SEP	Revision HALF YEARLY EXAM
TERM - 2	
OCT	Basic warm up exercises with indian bow Specific exercises indian bow
NOV	Basic steps of archery Specific changes in basic steps
DEC	Rubber practice Dry pulling on bow
JAN	Short distance shooting practice Strength improvement Gradually increase distance as per skill
FEB	Revision YEARLY EXAM

**GREENFINGERS GLOBAL SCHOOL, KHARGHAR**  
**SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24**  
**STD VII – KARATE**

April	Introduction of karate
	Rules and Regulations
	History of karate
June	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Stance
July	Karate exercise -General,Specific & Stretching
	Karate Skill- Attacking & Defencive skills
Aug	Karate exercise -General,Specific & Stretching
	Karate Skill- JION Half (4th Kyu)
Sep	Revision
	Half yearly exam
Oct	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Punches
Nov	Karate exercise -General,Specific & Stretching
	Karate Skill- combination Skills Punches
	Physical fitness activities
Dec	Karate exercise -General,Specific & Stretching
	Karate Skill- JION (4th Kyu)
	Physical fitness activities
Jan	Karate exercise -General,Specific & Stretching
	Karate Skill- JION (4th Kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - VIII</b>	<b>SUB - Physical Education</b>
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Modified games
	Sit and reach test
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
	Plate tapping test
JULY	Kho - Kho
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Flamingo Balance test
AUG	Chess & Carrom
	Basic rules, regulations
	Equipments
	Yoga (Standing and Seating Asanas)
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Football
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Running skills, Throwing skills,
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Standing Broad Jump
	Sports Day
DEC	Cricket
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Major games practice of skills
JAN	Volleyball
	Basic rules
	Ground Measurement
	Specific Exercises & Basic Drills
	Major games practice of skills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - VIII</b>	<b>SUB - Archery</b>

APRIL	Introduction of Archery
	History of archery
JUNE	Equipment use in Archery
	Different types of bow and its parts
	Archery range and its dimensions
JULY	Available competitions
	Rules and regulations of competitions
AUG	Basic warm up exercises
	Specific exercises
SEP	Revision
	HALF YEARLY EXAM
OCT	Basic warm up exercises with indian bow
	Specific exercises indian bow
NOV	Basic steps of archery
	Specific changes in basic steps
DEC	Rubber practice
	Dry pulling on bow
JAN	Short distance shooting practice
	Strength improvement
	Gradually increase distance as per skill
FEB	Revision
	YEARLY EXAM

**GREENFINGERS GLOBAL SCHOOL, KHARGHAR****SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24****STD VIII Karate**

April	Introduction of karate
	Rules and Regulations
	History of karate
June	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Stance
July	Karate exercise -General,Specific & Stretching
	Karate Skill- Attacking & Defencive skills
Aug	Karate exercise -General,Specific & Stretching
	Karate Skill- KANKU DAI Half
Sep	Revision
	Half yearly exam
Oct	Karate exercise -General,Specific & Stretching
	Karate Skill- Specific Punches
Nov	Karate exercise -General,Specific & Stretching
	Karate Skill- combination Skills Punches
	Physical fitness activities
Dec	Karate exercise -General,Specific & Stretching
	Karate Skill- KANKU DAI
	Physical fitness activities
Jan	Karate exercise -General,Specific & Stretching
	Karate Skill- KANKU DAI
	Physical fitness activities
Feb	Revision
	Yearly exam

GREENFINGERS GLOBAL SCHOOL	
SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24	
STD - IX	SUB - Physical Education
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Fundamental Movments Skills
	Modified games
	HPE :- Sit and reach test
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
	Advance Drills
	HPE :- Plate tapping test
JULY	Kho - Kho
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Flamingo Balance test
AUG	Chess & Carrom
	Basic rules, regulations
	Equipments
	Nutritions before and after competition
	HPE :- Yoga (Standing and Seating Asanas)
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Football
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Running skills, Throwing skills,
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Standing Broad Jump
	Sports Day
DEC	Cricket
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- major games practice of skills
JAN	Volleyball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- major games practice of skills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

<b>GREENFINGERS GLOBAL SCHOOL</b>	
<b>SPLIT-UP SYLLABUS FOR THE ACADEMIC YEAR 2023-24</b>	
<b>STD - X</b>	<b>SUB - Physical Education</b>
APRIL	Introduction of Sports
	Different types of sports
	basic and specific warm up exercise
	Fundamental Movments Skills
	Modified games
	HPE :- Sit and reach test
JUNE	Indoor Games
	Badminton :- basic rules
	Ground Masurement
	Specific Exercises
	Basic Drills
	Advance Drills
	HPE :- Plate tapping test
JULY	Kho - Kho
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Flamingo Balance test
AUG	Chess & Carrom
	Basic rules, regulations
	Equipments
	Nutritions before and after competition
	HPE :- Yoga (Standing and Seating Asanas)
SEP	Revision
	HALF YEARLY TEST
	HALF YEARLY HPE TEST

OCT	Football
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Running skills, Throwing skills,
	Sports day Heats
NOV	Basketball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- Standing Broad Jump
	Sports Day
DEC	Cricket
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- major games practice of skills
JAN	Volleyball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Advance Drills
	HPE :- major games practice of skills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST

Greenfingers Global school Kharghar  
Games and Sports 2023-2024  
XI

Month	Game	Topics & Skills.	Test Batteries	
June	Skipping	Rules & Regulations.	Skipping competition	
		galloping,grip.		
		jump		
	HPE	Strand II		Plate tapping test.
				Curl up tests.
	HPE	Strand I		Athletes - Fitness tests
Yoga	Suryanamaskar		12 steps Suryanamaskar .	
July	Throwball.	Rules & Regulations	Throwball competition.	
		Positions of players		
		Skills of throwball for beginners.		
	HPE	Balance ability.		Flamingo Balance test.
	Yoga.	Meditation techniques.		Nidrasana
				Makarasana
				Sukhasana om chanting
Aug	Standing kho-k	Rules & Regulations	Standing kho-kho gameplay.	
		Positions of players		
		Skills of Standing kho-kho for beginners.		
	Basketball	Ball Handling skill.		passing drills.
		Grip, passing skills		
		lay up shoot.		
	HPE	Upper body strength exer		Basketball backward throw.
	Yoga.	Standing Asanas		Vrikshasana
				Tadasana
				Trikonasana.
		Sitting Asanas		
				Padmasana
				ardhpadmasna
				Vajrasana.
			Paschimottanasana	

Sept	HPE	revision	HPE test. semester I
	Yoga	Pranayam	Bharamari Anulomvilom correct Breathing techniques.
			Trataka.
Oct	HPE	Strength Exercise	Standing Broad Jump Practice and test.
	Football	Basic and advance skills.	Football drills and competition
		ball Handling skills.	
	HPE	Athletics	Running skills Throwing skills.
	HPE	Strand II	Sit and reach test.
	Sports day	Preparation	Heats.
Nov	Handball.	Rules & Regulations	Handball drills and competitio
		Positions of players	
		Skills of Standing Handball for beginners.	
		SPORTS DAY	
Dec	HPE	Revision of tests	
	Yoga	Practice of asanas	
	major games.	practice of skills	Competitions.
Jan	HPE	components developing exercises.	HPE TESTS.

Greenfingers Global school Kharghar  
Games and Sports 2023-2024  
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Month.	Game	Topics & Skills.	Test Batteries
June.	Skipping	Rules & Regulations. galloping,grip. jump	Skipping competition
	HPE	Strand II	Plate tapping test. Curl up tests.
	HPE	Strand I	Athletes - Fitness tests
	Yoga	Suryanamaskar	12 steps Suryanamaskar .
July			
	Throwball.	Rules & Regulations Positions of players Skills of throwball for beginners.	Throwball competition.
	HPE	Balance ability.	Flamingo Balance test.
	Yoga.	Meditation techniques.	Nidrasana Makarasana Sukhasana om chanting
	Standing kho-k	Rules & Regulations Positions of players Skills of Standing kho-kho for beginners.	Standing kho-kho gameplay.
August.	Basketball	Ball Handling skill. Grip, passing skills lay up shoot.	passing drills.
	HPE	Upper body strength exer	Basketball backward throw.
	Yoga.	Standing Asanas	Vrikshasana Tadasana Trikonasana.
		Sitting Asanas	Sukhasana Padmasana ardhpadmasna Vajrasana. Paschimottanasana

September	HPE	revision	HPE test. semister I
	Yoga	Pranayam	Bharamari
			Anulomvilom
			correct Breathing techniques.
			Trataka.
October	HPE	Strength Exercise	Standing Broad Jump
			Practice and test.
	Football	Basic and advance skills.	Football drills and competition
		ball Handling skills.	
	HPE	Athletics	Running skills
			Throwing skills.
	HPE	Strand II	Sit and reach test.
	Sports day	Preparation	Heats.
November	Handball.	Rules & Regulations	Handball drills and competitio
		Positions of players	
		Skills of	
		for beginners.	
		SPORTS DAY	
December.	HPE	Revision of tests	
	Yoga	Practice of asanas	
	major games.	practice of skills	Competitions.
January.	HPE	components developing	HPE TESTS.
		exercises.	