GI	GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
	SYLLABUS 2024-25	
	STD - 1 SUB - Yoga	
MONTH	TOPIC	
	1) What is yoga and its history	
APRIL	2) Body parts and their movments	
	3)Basic warm up exercise	
	4) Marching	
JUNE	1) Prayer pose	
JOINE	2) Tadasana	
JULY	3) Sukhasana	
50E1	4) Dnyanmudra	
AUG	1) Ragdoll pose	
700	2) Vajrasana	
SEP	1) Revision	
0LI	2) HALF YEARLY EXAM	
ОСТ	3) Pranayam	
	4) Meditation	
NOV	1) Parvatasana	
NOV	2) chanting of om	
DEC	1) Padmasana	
DLO	3) Shavasana	
JAN	1) Ardhapadmasana	
	2) Anulom vilom	
	3) Basics of suryanamskar	
FEB	1) Revision	
	2) YEARLY EXAM	

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
	SYLLABUS 2024-25		
	STD I – KARATE		
MONTH	ΤΟΡΙϹ		
April	Introduction of karate		
7.011	History of karate		
June	Karate exercise -General & Basics		
build	Karate Skill- MUSUBI DACHI		
July	Karate exercise -General & Specific		
buly	karate Skill- KAKE DACHI		
Aug	Karate exercise -General & Specific		
, tug	Karate Skill- TAIKYOKU SHODAN Half (10 th Kyu)		
Sep	Revision		
000	Half yearly exam		
Oct	Karate Exercise -General & Specific		
	Karate Skill-Techniques Punches		
	Karate Exercise -General & Specific		
Nov	Karate Skill- Technique of turning stances		
	Physical fitness activities		
	Karate exercise -General & Specific		
Dec	Karate Skill- related to steps TAIKYOKU SHODAN (10thKyu)		
	Physical fitness activities		
	Karate exercise -General Specific Stretching		
Jan	Karate Skill- TAIKYOKU SHODAN (10 th Kyu)		
	Physical fitness activities		
Feb	Revision		
	Yearly exam		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
SYLLABUS 2024-25			
	STD - II SUBJECT - Yoga		
MONTH	TOPIC		
	1) What is yoga and its history		
	2) Body parts and their movments		
APRIL	3)Basic warm up exercise		
	4) Marching		
	1) Prayer pose		
	2) Tadasana		
JUNE	3) Sukhasana		
	4) Dnyanmudra		
	1) Ragdoll pose		
	2) Vajrasana		
JULY	3) Pranayam		
	4) Meditation		
	1) Trikonasana		
AUG	2) Ardhakatichakrasana		
	3) Bhujangasana		
	1) Revision		
SEP	2) HALF YEARLY EXAM		
	1) Parvatasana		
ост	2) chanting of om		
	3) Shavasana		
	1) Ardhapadmasana		
NOV	2) Anulom vilom		
	3) Meditation		
	1) Padmasana		
DEC	2) Tratak		
	3) Basics of suryanamskar		
JAN	1) Suryanamskar		
FEB	1) Revision 2) YEARLY EXAM		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25	
	STD II – KARATE	
MONTH	ΤΟΡΙΟ	
April	Introduction of karate	
Дрш	History of karate	
June	Karate exercise -General	
June	Karate Skill- MUSUBI DACHI, KAKE DACHI	
July	Karate exercise -General & Specific	
oury	karate Skill- Oi tsuki & heian shodan	
Aug	Karate exercise -General & Specific	
Aug	Karate Skill- HEIAN SHODAN Half (9th Kyu)	
Sep	Revision	
000	Half yearly exam	
Oct	Karate Exercise -General, Specific & Stretching	
001	Karate Skill-Punches	
	Karate Exercise -General, Specific & Stretching	
Nov	Karate Skill- Ghyaku tsuki & Technique of turning stances	
	Physical fitness activities	
	Karate exercise -General Specific & Stretching	
Dec	Karate Skill- Related steps to HEIAN SHODAN Steps	
	Physical fitness activities	
	Karate exercise -General Specific Stretching	
Jan	Karate Skill- HEIAN SHODAN (9th kyu)	
	Physical fitness activities	
Feb	Revision	
	Yearly exam	

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25	
	STD - III SUB - Physical Education	
MONTH	ТОРІС	
	Introduction of Sports	
APRIL	Different types of sports	
	basic and specific warm up exercise	
	Modified games	
	Indoor Games	
	Badminton :- basic rules	
JUNE	Ground Masurement	
	Specific Exercises	
	Basic Drills	
	Carrom	
JULY	Basic rules	
UULI	Ground Masurement	
	Specific Exercises & Basic Drills	
	Chess	
AUG	Basic rules, regulations	
	Equipments	
	Revision	
SEP	HALF YEARLY TEST	
	HALF YEARLY HPE TEST	
	Dodgeball	
OCT	Basic rules	
	Ground Masurement	
	Specific Exercises & Basic Drills	
	Sports day Heats	

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

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25	
	STD - III SUB - Archery	
MONTH	ΤΟΡΙϹ	
APRIL	Introduction of Archery	
	History of archery	
JUNE	Equipment use in Archery	
JONE	Different typs of bow and its parts	
JULY	Archery range and its dimentions	
AUG	Available competitions	
AUG	Rules and regulations of competitions	
SEP	Revision	
SEP	HALF YEARLY EXAM	
ОСТ	Basic warm up exercises	
001	Specific exercieses	
NOV	Basic steps of archery	
NOV	Specific changes in basic steps	
DEC	Rubber practice	
DEC	Dry pulling on bow	
	Short distance shooting practice	
JAN	Strength improvement	
	Gradually increese distance as per skill	
EED	Revision	
FEB	YEARLY EXAM	

C	GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
	SYLLABUS 2024-25	
	STD. 3 – KARATE	
MONTH	ΤΟΡΙϹ	
April	Introduction of karate	
Дрії	History of karate	
June	Karate exercise -General	
Julie	Karate Skill- Stance	
July	Karate exercise -General & Specific	
July	karate Skill- Balance technic	
Aug	Karate exercise -General & Specific	
Aug	Karate Skill- Half HEIAN NIDAN (8th Kyu)	
Sep	Revision	
Sep	Half yearly exam	
Oct	Karate Exercise -General, Specific & Stretching	
001	Karate Skill-Punches	
	Karate Exercise -General, Specific & Stretching	
Nov	Karate Skill- Attack skill	
	Physical fitness activities	
	Karate exercise -General Specific & Stretching	
Dec	Karate Skill- Related to HEIAN NIDAN Steps	
	Physical fitness activities	
	Karate exercise -General Specific Stretching	
Jan	Karate Skill- HEIAN NIDAN (8th kyu)	
	Physical fitness activities	
Feb	Revision	
	Yearly exam	

(	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
SYLLABUS 2024-25			
	STD - IV SUB - Physical Education		
MONTH	ΤΟΡΙϹ		
	Introduction of Sports		
APRIL	Different types of sports		
	basic and specific warm up exercise		
	Modified games		
	Indoor Games		
	Badminton :- basic rules		
JUNE	Ground Masurement		
	Specific Exercises		
	Basic Drills		
	Carrom		
JULY	Basic rules		
UULI	Ground Masurement		
	Specific Exercises & Basic Drills		
	Chess		
AUG	Basic rules, regulations		
	Equipments		
	Revision		
SEP	HALF YEARLY TEST		
	HALF YEARLY HPE TEST		
	Throwball		
	Basic rules		
OCT	Ground Masurement		
	Specific Exercises & Basic Drills		
	Sports day Heats		

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

GR	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25		
	STD - IV SUB - Archery		
MONTH	ΤΟΡΙΟ		
APRIL	Introduction of Archery		
	History of archery		
JUNE	Equipment use in Archery		
JOINE	Different typs of bow and its parts		
JULY	Archery range and its dimentions		
AUG	Available competitions		
AUG	Rules and regulations of competitions		
SEP	Revision		
JLF	HALF YEARLY EXAM		
ост	Basic warm up exercises		
001	Specific exercieses		
NOV	Basic steps of archery		
NOV	Specific changes in basic steps		
DEC	Rubber practice		
DEC	Dry pulling on bow		
	Short distance shooting practice		
JAN	Strength improvement		
	Gradually increese distance as per skill		
FEB	Revision		
IED	YEARLY EXAM		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
SYLLABUS 2024-25	
	STD IV – KARATE
MONTH	TOPIC
April	Introduction of karate
Арпі	History of karate
June	Karate exercise-General
Julie	Karate skill-Stance
July	Karate exercise-General &Specific
July	Karate Skill- Balance skill
	Karate exercise -General & Specific
Aug	Karate skill- Heian Sandan(Half)7th kyu
	Physical fitness activities
Son	Revision
Sep	Half yearly exam
Oct	Karate exercise -General, Specific & Stretching
001	Karate Skill- Punches
	Karate exercise -General Specific & Stretching
Nov	Karate skill - Upper body turning skill
	Physical fitness activities
	Karate exercise -General Specific & Stretching
Dec	Karate skill -Related to HEIAN SANDAN Steps
	Physical fitness activities
	Karate exercise -General Specific & Stretching
Jan	Karate Skill- HEIAN SANDAN (7th kyu)
	Physical fitness activities
Feb	Revision
	Yearly exam

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
	SYLLABUS 2024-25		
	STD - V SUB - Physical Education		
MONTH	ΤΟΡΙϹ		
	Introduction of Sports		
APRIL	Different types of sports		
	basic and specific warm up exercise		
	Modified games		
	Indoor Games		
	Badminton :- basic rules		
JUNE	Ground Masurement		
	Specific Exercises		
	Basic Drills		
	Carrom		
JULY	Basic rules		
UULI	Ground Masurement		
	Specific Exercises & Basic Drills		
	Chess		
AUG	Basic rules, regulations		
	Equipments		
	Revision		
SEP	HALF YEARLY TEST		
	HALF YEARLY HPE TEST		
	Kho-Kho		
	Basic rules		
ОСТ	Ground Masurement		
	Specific Exercises & Basic Drills		
	Sports day Heats		

NOV	Throwball
	Basic rules
	Ground Masurement
	Specific Exercises & Basic Drills
	Sports Day
	Hopping
550	Basic rules
DEC	Ground Masurement
	Specific Exercises & Basic Drills
	Dodgeball
	Basic rules
JAN	Ground Masurement
	Specific Exercises & Basic Drills
FEB	Revision
	YEARLY EXAM
	YEARLY HPE TEST
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(	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25		
	STD - V SUB - Archery		
MONTH	TOPIC		
APRIL	Introduction of Archery		
	History of archery		
JUNE	Equipment use in Archery		
JONE	Different typs of bow and its parts		
JULY	Archery range and its dimentions		
AUG	Available competitions		
AUG	Rules and regulations of competitions		
SEP	Revision		
3LF	HALF YEARLY EXAM		
ОСТ	Basic warm up exercises		
001	Specific exercieses		
NOV	Basic steps of archery		
	Specific changes in basic steps		
DEC	Rubber practice		
DEC	Dry pulling on bow		
	Short distance shooting practice		
JAN	Strength improvement		
	Gradually increese distance as per skill		
EED	Revision		
FEB	YEARLY EXAM		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25	
	STD V – KARATE	
MONTH	TOPIC	
April	Introduction of karate	
April	History of karate	
June	Karate exercise -General	
Julie	Karate Skill- Stance	
July	Karate exercise -General & Specific	
July	Karate Skill- Attacking skill	
Aug	Karate exercise -General & Specific	
Aug	Karate Skill- HEIAN YONDAN Half (6th Kyu)	
Sep	Revision	
Sep	Half yearly exam	
Oct	Karate exercise -General, Specific & Stretching	
001	Karate Skill- Punches	
	Karate exercise -General, Specific & Stretching	
Nov	Karate Skill- Punching combination	
	Physical fitness activities	
	Karate exercise -General, Specific & Stretching	
Dec	Karate Skill-Related to HEIAN YONDAN steps	
	Physical fitness activities	
	Karate exercise -General, Specific & Stretching	
Jan	Karate Skill-HEIAN YONDAN (6th Kyu)	
	Physical fitness activities	
Feb	Revision	
	Yearly exam	

GR	GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
	SYLLABUS 2024-25	
STD - VI SL	JB - Physical Education	
MONTH	TOPIC	
	Introduction of Sports	
	Different types of sports	
APRIL	basic and specific warm up exercise	
	Modified games	
	Sit and reach test	
	Indoor Games	
	Badminton :- basic rules	
JUNE	Ground Masurement	
JUNE	Specific Exercises	
	Basic Drills	
	Plate tapping test	
	Volleyball	
	Basic rules	
JULY	Ground Masurement	
	Specific Exercises & Basic Drills	
	Flamingo Balance test	
	Chess & Carrom	
AUG	Basic rules, regulations	
700	Equipments	
	Yoga (Standing and Seating Asanas)	
	Revision	
SEP	HALF YEARLY TEST	
	HALF YEARLY HPE TEST	

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

GREE	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25		
	STD - VI SUB - Archery		
MONTH	ΤΟΡΙϹ		
APRIL	Introduction of Archery		
	History of archery		
JUNE	Equipment use in Archery		
50NL	Different typs of bow and its parts		
JULY	Archery range and its dimentions		
AUG	Available competitions		
	Rules and regulations of competitions		
SEP	Revision		
	HALF YEARLY EXAM		
ОСТ	Basic warm up exercises		
	Specific exercieses		
NOV	Basic steps of archery		
NOV	Specific changes in basic steps		
DEC	Rubber practice		
DLC	Dry pulling on bow		
	Short distance shooting practice		
JAN	Strength improvement		
	Gradually increese distance as per skill		
EED	Revision		
FEB	YEARLY EXAM		

GR	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
SYLLABUS 2024-25			
	STD VI – KARATE		
MONTH	TOPIC		
	Introduction of karate		
April	Rules and Regulations		
	History of karate		
June	Karate exercise -General, Specific & Stretching		
Julie	Karate Skill- Specific Stance		
July	Karate exercise -General, Specific & Stretching		
July	Karate Skill- Attacking & Defencive skills		
Aug	Karate exercise -General, Specific & Stretching		
Aug	Karate Skill- HEIAN GODAN Half (5th Kyu)		
Sep	Revision		
Sep	Half yearly exam		
Oct	Karate exercise -General, Specific & Stretching		
001	Karate Skill- Specific Punches		
	Karate exercise -General, Specific & Stretching		
Nov	Karate Skill- combination Skills Punches		
	Physical fitness activities		
	Karate exercise -General, Specific & Stretching		
Dec	Karate Skill-Related to HEIAN GODAN steps		
	Physical fitness activities		
	Karate exercise -General, Specific & Stretching		
Jan	Karate Skill-HEIAN GODAN (5th Kyu)		
	Physical fitness activities		
Feb	Revision		
	Yearly exam		

	GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
	SYLLABUS 2024-25		
	STD - VII SUB - Physical Education		
MONTH	TOPIC		
	Introduction of Sports		
	Different types of sports		
APRIL	basic and specific warm up exercise		
	Modified games		
	Sit and reach test		
	Indoor Games		
	Badminton :- basic rules		
JUNE	Ground Masurement		
JONE	Specific Exercises		
	Basic Drills		
	Plate tapping test		
	Volleyball		
	Basic rules		
JULY	Ground Masurement		
	Specific Exercises & Basic Drills		
	Flamingo Balance test		
	Chess & Carrom		
AUG	Basic rules, regulations		
//00	Equipments		
	Yoga (Standing and Seating Asanas)		
	Revision		
SEP	HALF YEARLY TEST		
	HALF YEARLY HPE TEST		

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

GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
	SYLLABUS 2024-25
STD - VII	SUB - Archery
MONTH	TOPIC
APRIL	Introduction of Archery
	History of archery
	Equipment use in Archery
JUNE	Different typs of bow and its parts
	Archery range and its dimentions
JULY	Available competitions
JULI	Rules and regulations of competitions
AUG	Basic warm up exercises
400	Specific exercieses
SEP	Revision
3EF	HALF YEARLY EXAM
	TERM - 2
ЭСТ	Basic warm up exercises with indian bow
501	Specific exercieses indian bow
VOV	Basic steps of archery
	Specific changes in basic steps
DEC	Rubber practice
	Dry pulling on bow
	Short distance shooting practice
IAN	Strength improvement
	Gradually increese distance as per skill
FR	Revision
FEB	YEARLY EXAM

	GREENFINGERS GLOBAL SCHOOL, KHARGHAR	
	SYLLABUS 2024-25	
	STD VII – KARATE	
MONTH	TOPIC	
	Introduction of karate	
April	Rules and Regulations	
	History of karate	
June	Karate exercise -General, Specific & Stretching	
Julie	Karate Skill- Specific Stance	
July	Karate exercise -General, Specific & Stretching	
July	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	

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
	SYLLABUS 2024-25		
	STD - VIII SUB - Physical Education		
MONTH	TOPIC		
	Introduction of Sports		
	Different types of sports		
APRIL	basic and specific warm up exercise		
	Modified games		
	Sit and reach test		
	Indoor Games		
	Badminton :- basic rules		
JUNE	Ground Masurement		
JUNE	Specific Exercises		
	Basic Drills		
	Plate tapping test		
	Kho - Kho		
	Basic rules		
JULY	Ground Masurement		
	Specific Exercises & Basic Drills		
	Flamingo Balance test		
	Chess & Carrom		
AUG	Basic rules, regulations		
AUG	Equipments		
	Yoga (Standing and Seating Asanas)		
	Revision		
SEP	HALF YEARLY TEST		
	HALF YEARLY HPE TEST		

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

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
SYLLABUS 2024-25		
STD - VIII	SUB - Archery	
MONTH	ΤΟΡΙΟ	
APRIL	Introduction of Archery	
	History of archery	
	Equipment use in Archery	
JUNE	Different typs of bow and its parts	
	Archery range and its dimentions	
JULY	Available competitions	
3011	Rules and regulations of competitions	
AUG	Basic warm up exercises	
AUG	Specific exercieses	
SEP	Revision	
SLF	HALF YEARLY EXAM	
ОСТ	Basic warm up exercises with indian bow	
	Specific exercieses indian bow	
NOV	Basic steps of archery	
NOV	Specific changes in basic steps	
DEC	Rubber practice	
DLC	Dry pulling on bow	
	Short distance shooting practice	
JAN	Strength improvement	
	Gradually increese distance as per skill	
FEB	Revision	
	YEARLY EXAM	

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
SYLLABUS 2024-25			
	STD VIII – KARATE		
MONTH	ΤΟΡΙϹ		
	Introduction of karate		
April	Rules and Regulations		
	History of karate		
June	Karate exercise -General, Specific & Stretching		
Julie	Karate Skill- Specific Stance		
July	Karate exercise -General, Specific & Stretching		
July	Karate Skill- Attacking & Defencive skills		
Aug	Karate exercise -General, Specific & Stretching		
Aug	Karate Skill- KANKU DAI Half		
Sep	Revision		
060	Half yearly exam		
Oct	Karate exercise -General, Specific & Stretching		
	Karate Skill- Specific Punches		
	Karate exercise -General, Specific & Stretching		
Nov	Karate Skill- combination Skills Punches		
	Physical fitness activities		
	Karate exercise -General, Specific & Stretching		
Dec	Karate Skill- KANKU DAI		
	Physical fitness activities		
	Karate exercise -General, Specific & Stretching		
Jan	Karate Skill- KANKU DAI		
	Physical fitness activities		
Feb	Revision		
	Yearly exam		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR			
SYLLABUS 2024-25			
	STD - IX SUB - Physical Education		
MONTH	TOPIC		
	Introduction of Sports		
	Different types of sports		
APRIL	basic and specific warm up exercise		
AFRIL	Fundamental Movments Skills		
	Modified games		
	HPE :- Sit and reach test		
	Indoor Games		
	Badminton :- basic rules		
	Ground Masurement		
JUNE	Specific Exercises		
	Basic Drills		
	Advance Drills		
	HPE :- Plate tapping test		
	Kho - Kho		
	Basic rules		
JULY	Ground Masurement		
JOL 1	Specific Exercises & Basic Drills		
	Advance Drills		
	HPE :- Flamingo Balance test		
	Chess & Carrom		
	Basic rules, regulations		
AUG	Equipments		
	Nutritions before and after competition		
	HPE :- Yoga (Standing and Seating Asanas)		
	Revision		
SEP	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		
	Basketball		
	Basic rules		
	Ground Masurement		
NOV	Specific Exercises & Basic Drills		
	Advance Drills		
	HPE :- Standing Broad Jump		
	Sports Day		
	Cricket		
	Basic rules		
	Ground Masurement		
DEC	Specific Exercises & Basic Drills		
	Advance Drills		
	HPE :- major games practice of skills		
	Volleyball		
	Basic rules		
	Ground Masurement		
JAN	Specific Exercises & Basic Drills		
	Advance Drills		
	HPE :- major games practice of skills		
	Revision		
FEB	YEARLY EXAM		
	YEARLY HPE TEST		

GREENFINGERS GLOBAL SCHOOL, KHARGHAR		
SYLLABUS 2024-25		
	STD - X SUB - Physical Education	
MONTH	TOPIC	
	Introduction of Sports	
	Different types of sports	
APRIL	basic and specific warm up exercise	
AFRIL	Fundamental Movments Skills	
	Modified games	
	HPE :- Sit and reach test	
	Indoor Games	
	Badminton :- basic rules	
	Ground Masurement	
JUNE	Specific Exercises	
	Basic Drills	
	Advance Drills	
	HPE :- Plate tapping test	
	Kho - Kho	
	Basic rules	
JULY	Ground Masurement	
JULI	Specific Exercises & Basic Drills	
	Advance Drills	
	HPE :- Flamingo Balance test	
	Chess & Carrom	
	Basic rules, regulations	
AUG	Equipments	
	Nutritions before and after competition	
	HPE :- Yoga (Standing and Seating Asanas)	
	Revision	
SEP	HALF YEARLY TEST	
	HALF YEARLY HPE TEST	

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

		ENFINGERS GLOBAL SCHOOL SYLLABUS 2024-25	
CLASS - XI			
Month	Game	Topics & Skills.	Test Batteries
	Skipping	Rules & Regulations.	Skipping competition
		galloping,grip.	
		jump	
l	HPE	Strand II	Plate tapping test.
June			Curl up tests.
	HPE	Strand I	Athletes - Fitness tests
	Yoga	Suryanamaskar	12 steps Suryanamaskar .
	Throwball.	Rules & Regulations	Throwball competition.
	THIOWDall.	Positions of players	
		Skills of throwball for	
		beginners.	
July	HPE	Balance ability.	Flamingo Balance test.
	Yoga.	Meditation techniques.	Nidrasana
			Makarasana
			Sukhasana om chanting
	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 exercises	Basketball backward throw.
Aug	Yoga.	Standing Asanas	Vrikshasana

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

	GREEN	FINGERS GLOBAL SCHOO	OL, KHARGHAR		
		SYLLABUS 2024-2	5		
	CLASS - XII				
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		
	Standing kho-k	Rules & Regulations	Standing kho-kho gameplay.		
		Positions of players			
		Skills of Standing kho-kho	· ·		
		for beginners.			
August.	Basketball	Ball Handling skill.	passing drills.		
		Grip, passing skills			
		lay up shoot.			
	HPE	Upper body strength exercises	Basketball backward throw.		
	Yoga.	Standing Asanas	Vrikshasana		

			Tadasana
			Trikonasana.
		Sitting Asanas	Sukhasana
			Padmasana
			ardhpadmasna
			Vajrasana.
			Paschimottanasana
September	HPE	revision	HPE test. semester 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 competition
		Positions of players	
		basic Skills 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.	