

**GREENFINGERS GLOBAL SCHOOL, KHARGHAR****SYLLABUS 2024-25****STD - 1 SUB - Yoga**

| <b>MONTH</b> | <b>TOPIC</b>                      |
|--------------|-----------------------------------|
| APRIL        | 1) What is yoga and its history   |
|              | 2) Body parts and their movements |
|              | 3) Basic warm up exercise         |
|              | 4) Marching                       |
| JUNE         | 1) Prayer pose                    |
|              | 2) Tadasana                       |
| JULY         | 3) Sukhasana                      |
|              | 4) Dnyanmudra                     |
| AUG          | 1) Ragdoll pose                   |
|              | 2) Vajrasana                      |
| SEP          | 1) Revision                       |
|              | 2) HALF YEARLY EXAM               |
| OCT          | 3) Pranayam                       |
|              | 4) Meditation                     |
| NOV          | 1) Parvatasana                    |
|              | 2) chanting of om                 |
| DEC          | 1) Padmasana                      |
|              | 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                                | TOPIC  |
| 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 (10thKyu) |
|                                      | Physical fitness activities                              |
| Jan                                  | Karate exercise -General Specific Stretching             |
|                                      | Karate Skill- TAIKYOKU SHODAN (10 th Kyu)                |
|                                      | Physical fitness activities                              |
| Feb                                  | Revision   |
|                                      | Yearly exam  |

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

| GREENFINGERS GLOBAL SCHOOL, KHARGHAR |   |
|--------------------------------------|---|
| SYLLABUS 2024-25                     |   |
| STD II – KARATE                      |   |
| MONTH                                | TOPIC   |
| 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   |

| GREENFINGERS GLOBAL SCHOOL, KHARGHAR |                                     |
|--------------------------------------|-------------------------------------|
| SYLLABUS 2024-25                     |                                     |
| STD - III SUB - Physical Education   |                                     |
| MONTH                                | TOPIC                               |
| 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                                  | 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, KHARGHAR |  |
|--------------------------------------|--|
| SYLLABUS 2024-25                     |  |
| STD - III      SUB - Archery         |  |
| MONTH                                | TOPIC                                    |
| 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                              |

| GREENFINGERS GLOBAL SCHOOL, KHARGHAR |   |
|--------------------------------------|---|
| SYLLABUS 2024-25                     |   |
| STD. 3 – KARATE                      |   |
| MONTH                                | TOPIC   |
| 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                                     |



| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |                                     |
|---|-------------------------------------|
| <b>SYLLABUS 2024-25</b>                     |                                     |
| <b>STD - IV SUB - Physical Education</b>    |                                     |
| <b>MONTH</b>                                | <b>TOPIC</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  | 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   | Throwball                           |
|   | Basic rules                         |
|   | Ground Masurement                   |
|   | Specific Exercises & Basic Drills   |
|   | Sports day Heats                    |

|     |                                   |
|-----|-----------------------------------|
| NOV | Kho-Kho                           |
|     | 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, KHARGHAR |  |
|--------------------------------------|--|
| SYLLABUS 2024-25                     |  |
| STD - IV      SUB - Archery          |  |
| MONTH                                | TOPIC                                    |
| 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                              |

| GREENFINGERS GLOBAL SCHOOL, KHARGHAR |   |
|--------------------------------------|---|
| SYLLABUS 2024-25                     |   |
| STD IV – KARATE                      |   |
| MONTH                                | TOPIC   |
| 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, KHARGHAR  |                                     |
|---------------------------------------|-------------------------------------|
| SYLLABUS 2024-25                      |                                     |
| STD - V      SUB - Physical Education |                                     |
| MONTH                                 | TOPIC                               |
| 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 Masurement                   |
|                                       | 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                   |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
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| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD - V      SUB - Archery</b>           |  |
| <b>MONTH</b>                                | <b>TOPIC</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>SYLLABUS 2024-25</b>                     |   |
| <b>STD V – KARATE</b>                       |   |
| <b>MONTH</b>                                | <b>TOPIC</b>                                    |
| 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, KHARGHAR</b> |                                     |
|---|-------------------------------------|
| <b>SYLLABUS 2024-25</b>                     |                                     |
| <b>STD - VI SUB - Physical Education</b>    |                                     |
| <b>MONTH</b>                                | <b>TOPIC</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 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 | Athletics                         |
|     | Basic rules                       |
|     | Ground Measurement                |
|     | Specific Exercises & Basic Drills |
|     | Major games practice of skills    |
| FEB | Revision                          |
|     | YEARLY EXAM                       |
|     | YEARLY HPE TEST                   |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
|---|--|
| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD - VI SUB - Archery</b>               |  |
| <b>MONTH</b>                                | <b>TOPIC</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 dimentions         |
| 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 increese distance as per skill |
| FEB   | Revision                                 |
|   | YEARLY EXAM                              |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
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| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD VI – KARATE</b>                      |  |
| <b>MONTH</b>                                | <b>TOPIC</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 (5th Kyu)             |
|   | Physical fitness activities                    |
| Feb   | Revision                                       |
|   | Yearly exam                                    |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |                                     |
|---|-------------------------------------|
| <b>SYLLABUS 2024-25</b>                     |                                     |
| <b>STD - VII SUB - Physical Education</b>   |                                     |
| <b>MONTH</b>                                | <b>TOPIC</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                   |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
|---|--|
| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD - VII</b>                            | <b>SUB - Archery</b>                     |
| <b>MONTH</b>                                | <b>TOPIC</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                         |
| <b>TERM - 2</b>                             |  |
| 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                              |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
|---|--|
| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD VII – KARATE</b>                     |  |
| <b>MONTH</b>                                | <b>TOPIC</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- 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, KHARGHAR</b> |                                     |
|---|-------------------------------------|
| <b>SYLLABUS 2024-25</b>                     |                                     |
| <b>STD - VIII SUB - Physical Education</b>  |                                     |
| <b>MONTH</b>                                | <b>TOPIC</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 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 | Volleyball                        |
|     | Basic rules                       |
|     | Ground Masurement                 |
|     | Specific Exercises & Basic Drills |
|     | Major games practice of skills    |
| FEB | Revision                          |
|     | YEARLY EXAM                       |
|     | YEARLY HPE TEST                   |

| <b>GREENFINGERS GLOBAL SCHOOL, KHARGHAR</b> |  |
|---|--|
| <b>SYLLABUS 2024-25</b>                     |  |
| <b>STD - VIII</b>                           | <b>SUB - Archery</b>                     |
| <b>MONTH</b>                                | <b>TOPIC</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                              |

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

| GREENFINGERS GLOBAL SCHOOL, KHARGHAR |   |
|--------------------------------------|---|
| SYLLABUS 2024-25                     |   |
| STD - IX SUB - Physical Education    |   |
| MONTH                                | TOPIC                                     |
| 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, KHARGHAR</b> |   |
|---|---|
| <b>SYLLABUS 2024-25</b>                     |   |
| <b>STD - X SUB - Physical Education</b>     |   |
| <b>MONTH</b>                                | <b>TOPIC</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**

**SYLLABUS 2024-25**

**CLASS - XI**

| <b>Month</b> | <b>Game</b>    | <b>Topics &amp; Skills.</b>   | <b>Test Batteries</b>      |
|--------------|----------------|-------------------------------|----------------------------|
| 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 exercises | Basketball backward throw. |
|              | Yoga.          | Standing Asanas               | Vrikshasana                |

|            |              |                             |                                 |
|------------|--------------|-----------------------------|---------------------------------|
|            |              |                             | Tadasana                        |
|            |              |                             | Trikonasana.                    |
|            |              | Sitting Asanas              | Sukhasana                       |
|            |              |                             | Padmasana                       |
|            |              |                             | ardhpadmasna                    |
|            |              |                             | Vajrasana.                      |
|            |              |                             | Paschimottanasana               |
| Sept       | HPE          | revision                    | HPE test. semister 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 competition |
|            |              | 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       | HPE TESTS.                      |
|            |              | exercises.                  |                                 |

**GREENFINGERS GLOBAL SCHOOL, KHARGHAR**

**SYLLABUS 2024-25**

**CLASS - XII**

| <b>Month.</b> | <b>Game</b>    | <b>Topics &amp; Skills.</b>   | <b>Test Batteries</b>      |
|---------------|----------------|-------------------------------|----------------------------|
|               |                |                               |                            |
| 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.                  |                                 |