



# Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi  
SYLLABUS 2024 -2025

**STD. – PRE-NUR**  
**SUBJECT- PE**

Month	WD	Chapter/ Unit Topic	Activities	Learning Outcomes	Projects promoting 21 <sup>st</sup> Century Skill
<b>April</b>	<b>23</b>	Warming Up	Spot Running Spot Jump Jumping Jacks Stand At Ease/Attention	Skill development Will know how to stand in line. Motor development	
<b>May</b> + <b>June</b>	<b>9</b> + <b>11</b>	General Exercise	Head To Toe (Exercise)	Flexibility	
<b>July</b>	<b>25</b>	Measurement Mass P.T.	Height and Weight P.T.1 P.T.2		
<b>August</b> + <b>September</b>	<b>23</b> + <b>21</b>	TUNNEL BALL	Passing the ball, Running with ball	Rules and Regulations about TUNNEL BALL	National Sports Day (29 <sup>th</sup> August) Sports Quiz
<b>October</b>	<b>18</b>	Recreational Games Nutrition	Hide and Seek Lock and Key Fun Games		Inter House Tunnel Ball
<b>November</b> + <b>December</b>	<b>17</b> + <b>19</b>	Track and Lane Different Events (Sports Day)	Events Practice for sports day Selection Heats / final	Running Co ordination	
<b>January</b>	<b>23</b>	Fitness Test	Physical Activity Running Jumping Exercise	<ul style="list-style-type: none"> <li>Will know how to be fit with help of exercises.</li> </ul>	

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