



Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi
SYLLABUS 2025 -2026

STD : PRE-NURSERY
SUBJECT : PHYSICAL EDUCATION (PE)

Month	WD	Chapter/ Unit Topic	Sub - Topics	Activities	Projects promoting 21 st Century Skill
April	21	<ul style="list-style-type: none"> Warming Up Stretching 	<ul style="list-style-type: none"> General Exercise Head to Toe (Stretching) 	<ul style="list-style-type: none"> Spot Running Spot Jump Jumping Jacks 	
May + June	8 + 10	<ul style="list-style-type: none"> Yoga 	<ul style="list-style-type: none"> Standing Asanas Sitting Asanas 	<ul style="list-style-type: none"> Tree Pose Child Pose Camel Pose 	21 st June YOGA DAY
July	23	<ul style="list-style-type: none"> Pranayama Skill Practice with ball 	<ul style="list-style-type: none"> Anulom – Vilom Bhramari Tunnel Ball 	<ul style="list-style-type: none"> Practice of Asanas 	
August + September	21 + 09	<ul style="list-style-type: none"> Skill practice of Tunnel Ball Inter house Tunnel Ball 	<ul style="list-style-type: none"> Introduction of ball handling Competitions (Tunnel Ball) 	Practice of Tunnel Ball	National Sports Day (29 th August)
October	14	<ul style="list-style-type: none"> Measurement Recreational Games 	<ul style="list-style-type: none"> Height and Weight will be measured Hide and Seek Fun Games 	Different types of Games	Memory Game through sports
November	21	<ul style="list-style-type: none"> Heats Sports day Event Track and lane 	<ul style="list-style-type: none"> Practice of different types of Races Knowledge about Track and Lane 	Practice of Sports Day	
December + January	19 + 17	<ul style="list-style-type: none"> Sports Day Fitness Test 	<ul style="list-style-type: none"> Sports Day Events Strength , Flexibility, Balance 	Sports Day <ul style="list-style-type: none"> Running Jumping Exercise YOGA 	
