



# Sree Ayyappa Public School

Affiliated to Central Board of Secondary Education, Delhi

SYLLABUS 2026 -2027

STD : PRE-NURSERY

SUBJECT : PHYSICAL EDUCATION (PE)

Month	WD	Chapter/ Unit Topic	Sub - Topics	Activities	Projects promoting 21 <sup>st</sup> Century Skill
April	22	<ul style="list-style-type: none"><li>Warming Up</li></ul>	<ul style="list-style-type: none"><li>General Warming Up</li><li>Exercise (Stretching)</li></ul>	<ul style="list-style-type: none"><li>Jogging , jumping</li><li>Free hand exercise</li><li>Stretching</li></ul>	
May + June	11 + 13	<ul style="list-style-type: none"><li>Yoga</li></ul>	<ul style="list-style-type: none"><li>Standing Asanas</li><li>Chanting Mantras</li></ul>	<ul style="list-style-type: none"><li>Om chanting</li><li>Tadasana</li><li>Tree Pose</li></ul>	International YOGA DAY Celebration 21 <sup>st</sup> June
July	25	<ul style="list-style-type: none"><li>Familiarity drill with ball</li></ul>	<ul style="list-style-type: none"><li>Speed</li></ul>	<ul style="list-style-type: none"><li>Ball taps</li><li>Toes taps</li></ul>	
August + September	21 + 20	<ul style="list-style-type: none"><li>Physical fitness test (Term - 1)</li></ul>	<ul style="list-style-type: none"><li>Yogasana</li></ul>	<ul style="list-style-type: none"><li>To check the flexibility</li></ul>	National Sports Day Celebration (29 <sup>th</sup> August)
October	18	<ul style="list-style-type: none"><li>Recreational Games</li></ul>	<ul style="list-style-type: none"><li>Skills</li></ul>	<ul style="list-style-type: none"><li>Hula Hoop</li><li>Ball with run</li></ul>	
November + December	16 + 23	<ul style="list-style-type: none"><li>Selection of sports day</li></ul>	<ul style="list-style-type: none"><li>Various activity</li><li>Track events</li></ul>	<ul style="list-style-type: none"><li>Allotted activity</li></ul>	
January	16	<ul style="list-style-type: none"><li>Fitness Test (Term-II)</li></ul>	<ul style="list-style-type: none"><li>Fit and reach test</li></ul>	<ul style="list-style-type: none"><li>Standing broad jump</li></ul>	

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