

CLASS – VI
SYLLABUS (2020-21)
SUBJECT :PHYSICAL EDUCATION

MONTH	SUBJECT	ACTIVITY	LEARNING OUTCOMES
APRIL	PHY. EDU	<ul style="list-style-type: none"> Warming up exercises Slow and pace running 	<ul style="list-style-type: none"> Regular exercise make students more energetic
	PUNJABI	<ul style="list-style-type: none"> CH – 3 Pb (Samajsewa) 	<ul style="list-style-type: none"> Motivation for social work
MAY	PHY.EDU	<ul style="list-style-type: none"> Fundamental Skill of any game Volley Ball Basket Ball 	<ul style="list-style-type: none"> To be part in the competition, players make preparation in advance
JULY	PHY.EDU	<ul style="list-style-type: none"> Fundamental Skill of any game Cricket(lead up games) Volley Ball (Minor game) Basket ball 	<ul style="list-style-type: none"> To prepare the students in advance about taking part in different competitions.
	SCIENCE	BODY MOVEMENTS	<ul style="list-style-type: none"> To aware students about bones and joints with the help of different games
AUGUST	PHY. EDU.	<ul style="list-style-type: none"> March past March past formation 	<ul style="list-style-type: none"> To prepare the students for marching
	HINDI	<ul style="list-style-type: none"> Lecture on Independence day (Hindi) 	<ul style="list-style-type: none"> To aware students about the struggle of freedom fighters
SEPTEMBER	MID TERM EXAM		
OCTOBER	PHY. EDU	<ul style="list-style-type: none"> Athletic (Field event) Long Jump, Shot put 	<ul style="list-style-type: none"> To increase the knowledge about athletic
	SOCIAL STUDIES	Ch- 7 sst (Our country)	<ul style="list-style-type: none"> To give Knowledge about the different states and union territories of India with the help of physical education
November		<ul style="list-style-type: none"> Athletic (Track Event) 100 mtr., 200 mtr., Relay race 	<ul style="list-style-type: none"> To increase the knowledge about athletic and prepare students for up-coming competitions
DECEMBER	PHY. EDU.	<ul style="list-style-type: none"> Match practice of various games Basketball, Volleyball 	<ul style="list-style-type: none"> Improving skills through practice
	MATHEMATICS	CH- 12 (RATIO AND PROPORTION)	<ul style="list-style-type: none"> Comparison of height and weight of students by ratio
JANUARY	PHY. EDU	<ul style="list-style-type: none"> Recreational activities Minor game 	<ul style="list-style-type: none"> Recreational activities Relax depression and reduce stress
FEBRUARY		FINAL TERM	