

CLASS - V SYLLABUS – Games Session: 2024-2025

Month	Unit/Chapter/Topic	Learning Objective	Resources/Art-integrated pedagogy tools used /E-Resources	Learning Outcomes	Skills Learnt by Students
April	100 m race 200 m race 80 mtr hurdle	speed coordination and ability	warming up exercises using new and old techniques of Indian players ,strength full exercises	Hurdles : from the start line run and jump over the four law hurdles	improve its explosive power
May	Running, jumping and throwing Games: wrestling 400 m race, relay race	The aims of players are to facilitate the development of wrestling through national and inter cultural	Warming up exercises Speed improving, workout like running drills	Wrestling improves balance reflexes strength and endurance agility preparing students	Wrestling preparing students for real world issues. betting them bettering them batting them in confidence ability and knowledge
June	SUMMER VACATION				
July	P.T exercises Game: Kabaddi	the objective of the game is for a single player offence referred to as a reader to run into the opposing teams half of the court their own half of the court all without being tackled by the defenders in 30 seconds	help for long term better health improves mobility and ease of movement	it promotes physical fitness develop motor skills and understanding of rules of game	to develop the coordination balance agility and the aerobic conditioning
August	sitting and standing drill exercises Game: badminton	helps for long term better health improves mobility and ease movement	the aim of badminton is to hit the shuttle with your racket so that it passes over the net and lands inside your opponent half of the court whenever you do this you have a win a rally win enough rallies and you win the match	The four grips used in badminton are forehead grip back hand grip be level grip pen handle grip skill needed rules and the facilities and equipment rules and terminologies used in	Grip service footwork stance strokes
September	recreational games and volleyball	understand basic volleyball rules, terminology and scoring procedure demonstrate basic skills associated with volleyball including passing associated with volleyball including passes	Training tools such as the trainers can be used for beginners skill passing strength building and vertical jumps volleyball balls shirts t-shirts shoes process and pads	The following are described serving passing (overhand under hand passing) setting (overhead passing attack points (hitting/spiking blocking defensive skills	strength and balance improves mobility increases coordination raises energy level , tone muscles, confidence , self esteem
October	kickboxing yog and meditation(vrikshasan, tadasan, chakrasan, paschimottana Sen	learning kickboxing can be great way to improve your physical fitness, self confidence, kickboxing involves aerobic and anaerobic exercise	the aim of this game was to diagnose the level of physical fitness and to determine the level of differences between athletes of combat sports	get a total body workout it cures . built muscles to increase strength and life skills	strength and balance, improves mobility, increases coordination+raises energy level tone muscles confidence self esteem
November	football and first aid box	demonstrate the ability to perform team offensive and defensive skills and strategies	good equipment of football techniques good coaches and grounds	a strong sense of Identity connection to and contribution with world strong sense of well-being confident and involved learners effective communicator	verbal and nonverbal communication, collaboration and making friends, determination and commitment, decision making and problem solving, managing emotions , showing respect of others (e.g coaches reference and opponents)
December	kho kho	playing kho-kho keeps children well strong, motivated ,enthusiastic and young. coordination ,flexibility off depression anxiety citrus and increases self esteem. it develops team spirit and leadership skill	each player requires following skills to contribute and win the game. chasing skills, pole diving sudden change, of direction tapping diving	good connection to each other, speed, decision making+good stamina	sitting in squares, diving, making circles, turning around the pole,
January	general discussion regarding discipline, and hygiene and moral values	athletic meet for all the athletic events e.g running throwing jumping			



