

CLASS - V SYLLABUS – Games Session: 2025-2026

BOOK:

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 exercise new and old techniques of Indian players ,strength full exercises	Hurdles : from the start line run and jump over the four low hurdles	improve its explosive power, coordination
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	wrestling techniques	Wrestling improves balance strength and endurance agility.	Wrestling preparing students for real world issues. Better 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	Ground movement exercise	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 easy 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.	Grip service footwork.

September	recreational games and volleyball	understand basic volleyball rules, basics skills associated with volleyball and including passing.	Training tools such as the trainers can be used for beginners skill passing strength building and vertical jumps.	The following are described serving passing (forum 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 . build muscles to increase strength.	strength and balance, improves mobility, increases coordination+raises energy level tone muscles confidence self esteem
November	football and first aid	demonstrate the ability to perform team offensive and defensive skills and strategies on the match time 2.to make the aware about the various items that are necessary to be in the first aid box	good equipment of the football techniques good coaches and ground 1. things required in first aid box. 2.usages of first aid box	Team Spirit ,Cooardination. 1. recognised the items in the box and their purpose 2. know that when the first aid box can be used for recue	verble 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.	Each players requires following skills to countribute and win the games. chasing skills, pole diving, sudden change of direction	good connection to each other, speed, decision making, good stamina	cooordination, speed, decision making
January	general discussion regarding discipline, and hygiene and moral values	to make the students aware about : 1. discipline 2. health and hygiene	telling the students about :- 1. introduction to the importance of discipline, health and hygine and morel values 2. meaning of disciplane , health and hygiene and morel valuein life	after the lesson students will be able to:- 1. stay disciplined 2. ensure basic health and hygince	1. time management 2. patience 3. healthy decision making