### **HPE GAMES SYLLABUS 2019-2020**

### CLASSES IX-XII

S.No. NAME OF THE ACTIVITY	TOTAL SKILLS	GENERAL WARMING-UP	SPECIFIC WARMING-UP	SYLLABUS TERM-WISE	REMARKS
1. FOOTBALL	1.Ball controlling 2.Types of kicks*Toe *Instep *outstep *low *High *lofted 3.Dribbling *shift position *Juggle 4.Tackling *front block *side ways 5.Tapping *sole trap *inside trap *chest trap 6.Passing *short pass *long pass *Throw in	*Jogging on the spot  *Jumping Exercises  *Full body stretching  *Different joint mobilization Etc.	*Sprint *High knee action *shooting *Taping Etc.	Term -1-:April to September  1.Ball controlling  2.Types of kicks- *Toe  *Instep *outstep *low  3.Dribbling *shift position *Juggle  4.Tackling *front block  5.Tapping *sole trap *inside trap 6.Passing *short pass *long pass *Rule and regulation of the Game Scoring *Match practice *game situation Term -2-:October to February  1.Ball controlling  2.Types of kicks- *High *lofted 3.Dribbling- *Fenil 4.Tackling *Side way 5.Tapping *chest trap	

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					6.Passing	
					*short pass	
					*long pass	
					*Throw in	
					*Rule and regulation of the Game	
					*Match practice	
					*game situation	
2.	BADMINTON	1.Grip *Forehand	*Jogging on the	Wrist movement	Term -1-:April to September	
		Orthodox	spot	Shoulder stretches	1.Grip	
		2.Service	*Jumping	Wall practice	*Forehand	
		*Low	Exercises	Shadow practice	Orthodox	
		*High	*Full body	Silver Williams	2.Service	
		*Flick	stretching		*Low	
		3.Strokes	*Different joint		*High	
		*Forehand	mobilization Etc.		3.Strokes	
		*Backhand	moonization Ltc.		*Forehand	
		*Overhead			Rule and regulation of the Game	
		*Smash			Scoring Scoring	
		4.footwork			*Match practice	
		4.100twork			*game situation	
					Term -2-:October to February  1.Service	
					*Low	
					*High	
					*Flick	
					2.Strokes	
					*Forehand	
					*Backhand	
					*Overhead	
					*Smash	
					3.footwork	
					Rule and regulation of the Game	
					Scoring	
					*Match practice	

					*game situation
3.	TABLE TENNIS	1.Grip *Shake hand *Pen hold 2.Service *Short touch *Forehand and Backhand 2.Slow Backhand push 3. Slow forehand top spin roll 4.Backhand block 5. Return of service *backhand *forehand	*Jogging on the spot *Jumping Exercises *Full body stretching *Different joint mobilization Etc.	Shadow practice	Term -1-:April to September  1.Grip  *Shake hand  *Pen hold  2.Service  *Short touch  *Forehand  3.Slow Backhand push  4. Return of service  *backhand  *forehand  Rule and regulation of the Game  Scoring  *Match practice  *game situation  Term -2-:October to February  1. Slow forehand top spin roll  2.Backhand block  3. Return of service  *backhand  *forehand  Rule and regulation of the Game  Scoring  *Match practice  *backhand  *forehand  Rule and regulation of the Game  Scoring  *Match practice  *game situation
4.	кно-кно	1.CHASING •Sudden change of direction •Tapping •Diving •Grasping Direction	*Jogging on the spot *Jumping Exercises *Full body stretching	Short Sprint Squat jump Fake Kho Hamstring stetch	Term -1-:April to September  1.CHASING •Sudden change of direction Fake Kho •Late Kho

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		•Fake Kho	*Different joint		RUNNING
		•Late Kho	mobilization Etc.		•Zig Zag
		•Giving Kho			•Avoiding
		•Getting in square			
		and getting of from			Rule and regulation of the Game
		square •Pole			Scoring
		Diving			*Match practice
					*game situation
		2.RUNNING			
		•Zig Zag			Term -2-:October to February
		•Avoiding			Giving Kho
		•Dodging			•Getting in square and getting of from
		•Positioning			square •Pole Diving
		T estimating			2.RUNNING
					•Zig Zag
					•Avoiding
					•Dodging
					•Positioning
					1 Ositioning
					Rule and regulation of the Game
					Scoring
					*Match practice
					*game situation
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5.	BASKETBALL	1. Dribbling	*Jogging on the	* layups	Term -1-:April to September
		* Low	spot	* 3 men weaving	Ball handling – grip, ball catching,
		* High	*Jumping	* free throws	throwing, understanding basics
		2. Passing	Exercises	* 3pointers	Dribbling – high dribble, low
		*chest	*Full body	*two hand dribble	dribble, turnips, ball switching,
		*hook	stretching	* defensive slide	scissor movement with dribble
		*back	*Different joint	dribble	Passing – chest passes with two
		*volley	mobilization Etc.	* defensive sliding	hands, long pass/ baseball pass, one
		*one-hand		* chest passing	hand pass, two hand pass
		*two-hand		* long pass	
		*baseball			

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		3. Lay-ups		* full court	Shooting – free throw shot, foul
		4. Set shot		sprinting	throw, side throw in, one hand
		* 2pointer		* back running	hook shot, 3 pointers
		*free-throw			•
		*jump shot			Rule and regulation of the Game
		* flick shot			Scoring
		* 3 pointer shot			*Match practice
		5. fast-break			*game situation
		4. 3men-weaving			
		5. 5 men-weaving			
		6. Defense			Term -2-:October to February
		*one-on-one			2.000001 001001001
		*marking			1. Fast break
		*blocking			2. Pivoting
		*screening			3. Layups
		Sercening			4. Alley-ups
		7. Knowledge of			5. Screening
		all major fouls and			6. Two-men defense
		violations			7. One-man defense
		Violations			7. One-man detense
					Rule and regulation of the Game
					Scoring
					*Match practice
					*game situation
					game situation
6.	VOLLEYBALL	1. Service	*Jogging on the	1. ball tapping	Term -1-:April to September
ο.	VOLLETBALL	2. Passes	spot	2. wall practice	101111 -1April to September
		3. Block	*Jumping	3. shadow practice	1. Service – floating, under arm,
		4. Smash	Exercises	4. rolling	overhead, round arm
			*Full body	5. diving	2. Passes – underhand, boosting,
		<ul><li>5. Spiking</li><li>6. Rotation</li></ul>	•	<u> </u>	
		7. Libero	stretching *Different joint	6. shadow spiking	<ul><li>3. Spiking – smashing, dropping</li><li>4. Rotation – clockwise,</li></ul>
		*	*Different joint mobilization Etc.	7. jumping	,
		positioning	mobilization Etc.		anticlockwise, libero positioning

### HPE GAMES SYLLABUS 2019-2020 CLASSES IX-XII

8. Blocking 9. Volleytip 10. Overhead pass	Rule and regulation of the Game Scoring *Match practice *game situation
	1. Spiking 2. Blocking – one man block, two man block, three man block 3. Diving 4. Boosting – overhead, upperhand, underhand

### N. C. Jindal Public School, Punjabi Bagh, New Delhi

S. No.	NAME OF THE ACTIVITY	TOTAL ASANS \ ACTIVITY	GENRAL WARMING UP	SPECIFIC WARMING UP	SYLLABUS TERM WISE
7.	YOGA	1 BLANCING	-Neck	1 Body	Term 1:- April to September
		<u>ASANAS</u>	Exercise	stretching	1 BLANCING ASANAS
		1 Ashawa	-Shoulder	Exercise	1 Ashawa sanchalan asana
		sanchalan asana	Exercise	2 Twisting	2 Vriksh asana
		2 Vriksh asana	-Hand	Exercise	3 Trikon asana
		3 Trikon asana	Exercise	3 Back bending	2 BACK BENDING ASANAS
		4 Natraj asana		Exercise	1 Chakar setu bandh asana

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5 Garudasana	- Back	4 Front	2 Saral ushatra asana
6 Parsvakon	Exercise	bending	3 Bhujang asana
asana	-Leg Exercise	Exercise	3 FRONT BENDING ASANAS
2 BACK	Thigh		1 Janu shirsh asana
<u>BENDING</u>	Knee		2 Pawan mukt asana
<u>ASANAS</u>	Ankle		3 Hal asana
1 Chakar setu			4 SITING ASANAS
bandh asana			1Padmasana
2 Saral ushatra			2 Vajrasana
asana			3 Kuram asana
3 Bhujang asana			<u>5 PRANAYAM</u>
4 Matsy asana			1 Anulom vilom pranayam (Any
5 Dhanur asana			Time)
6 Chakra asana			2 Chandra bhedi pranayam
3 FRONT			(Summer Time)
<b>BENDING</b>			3 Shitli pranayam
<u>ASANAS</u>			<u>6 MEDITATION</u>
1 Janu shirsh			
asana			Term 2 :- October to February
2 Pawan mukt			1 BLANCING ASANAS
asana			1 Natraj asana
3 Hal asana			2Garudasana
4 Sarvang asana			3 Parsvakon asana
5 Shashank			2 BACK BENDING ASANAS
asana			1 Matsy asana
6Paschimottan			2 Dhanur asana

 CLASSES IX-XII						
Asana	3 Chakra asana					
4 SITING	3 FRONT BENDING ASAN	IAS				
<u>ASANAS</u>	1 Sarvang asana					
1 Padmasana	2 Shashank asana					
2 Vajrasana	3Paschimottan					
3 Kuram asana	Asana					
4 Manduk asana	4 SITING ASANAS					
5 Ardh	1 Manduk asana					
matsyendrasana	2 Ardh matsyendrasana					
6 Akarna	3 Akarna dhanurasana					
dhanurasana	<u>5 PRANAYAM</u>					
5 PRANAYAM	1 Anulom vilom Pranayar	n (Any				
1 Anulom vilom	Time)					
pranayam (Any	2 Surya bhedi pranayam	(Winter				
Time)	Time)					
2 Chandra bhedi	3 Bhramri pranayam (Any	/ Time)				
pranayam	<u>6 MEDITATIONS</u>					
(Summer Time)						
3 Shitli						
pranayam						
(Summer Time)						
4 Surya bhedi						
pranayam						
(Winter Time)						

# **HPE GAMES SYLLABUS 2019-2020**

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	5 Bhramri		
	pranayam (Any		
	Time)		
	<b>6 MEDITATION</b>		