

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

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 Orthodox 2. Service *Low *High *Flick 3. Strokes *Forehand *Backhand *Overhead *Smash 4. footwork	*Jogging on the spot *Jumping Exercises *Full body stretching *Different joint mobilization Etc.	Wrist movement Shoulder stretches Wall practice Shadow practice	Term -1-: April to September 1. Grip *Forehand Orthodox 2. Service *Low *High 3. Strokes *Forehand Rule and regulation of the Game Scoring *Match practice *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	

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					*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 *game situation	
4.	KHO-KHO	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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		<ul style="list-style-type: none"> •Fake Kho •Late Kho •Giving Kho •Getting in square and getting of from square •Pole Diving <p>2.RUNNING</p> <ul style="list-style-type: none"> •Zig Zag •Avoiding •Dodging •Positioning 	*Different joint mobilization Etc.		<p>RUNNING</p> <ul style="list-style-type: none"> •Zig Zag •Avoiding <p>Rule and regulation of the Game Scoring *Match practice *game situation</p> <p>Term -2-:October to February Giving Kho</p> <ul style="list-style-type: none"> •Getting in square and getting of from square •Pole Diving <p>2.RUNNING</p> <ul style="list-style-type: none"> •Zig Zag •Avoiding •Dodging •Positioning <p>Rule and regulation of the Game Scoring *Match practice *game situation</p>	
5.	BASKETBALL	<p>1. Dribbling</p> <ul style="list-style-type: none"> * Low * High <p>2. Passing</p> <ul style="list-style-type: none"> *chest *hook *back *volley *one-hand *two-hand *baseball 	*Jogging on the spot *Jumping Exercises *Full body stretching *Different joint mobilization Etc.	<ul style="list-style-type: none"> * layups * 3 men weaving * free throws * 3pointers *two hand dribble * defensive slide dribble * defensive sliding * chest passing * long pass 	<p>Term -1-:April to September</p> <ul style="list-style-type: none"> • Ball handling – grip, ball catching, throwing, understanding basics • Dribbling – high dribble, low dribble, turnips, ball switching, scissor movement with dribble • Passing – chest passes with two hands, long pass/ baseball pass, one hand pass, two hand pass 	

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		<p>3. Lay-ups 4. Set shot * 2pointer *free-throw *jump shot * flick shot * 3 pointer shot 5. fast-break 4. 3men-weaving 5. 5 men-weaving 6. Defense *one-on-one *marking *blocking *screening</p> <p>7. Knowledge of all major fouls and violations</p>		<p>* full court sprinting * back running</p>	<ul style="list-style-type: none"> Shooting – free throw shot, foul throw, side throw in, one hand hook shot, 3 pointers <p>Rule and regulation of the Game Scoring *Match practice *game situation</p> <p>Term -2-:October to February</p> <ol style="list-style-type: none"> Fast break Pivoting Layups Alley-ups Screening Two-men defense One-man defense <p>Rule and regulation of the Game Scoring *Match practice *game situation</p>	
6.	VOLLEYBALL	<ol style="list-style-type: none"> Service Passes Block Smash Spiking Rotation Libero positioning 	<p>*Jogging on the spot *Jumping Exercises *Full body stretching *Different joint mobilization Etc.</p>	<ol style="list-style-type: none"> ball tapping wall practice shadow practice rolling diving shadow spiking jumping 	<p>Term -1-:April to September</p> <ol style="list-style-type: none"> Service – floating, under arm, overhead, round arm Passes – underhand, boosting, Spiking – smashing, dropping Rotation – clockwise, anticlockwise, libero positioning 	

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		8. Blocking 9. Volleyp 10. Overhead pass			<p>Rule and regulation of the Game Scoring *Match practice *game situation</p> <p>Term -2-:October to February</p> <ol style="list-style-type: none"> Spiking Blocking – one man block, two man block, three man block Diving Boosting – overhead, upperhand, underhand 	
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S. No.	NAME OF THE ACTIVITY		TOTAL ASANS \ ACTIVITY	GENRAL WARMING UP	SPECIFIC WARMING UP	SYLLABUS TERM WISE
7.	YOGA		<u>1 BLANCING ASANAS</u> 1 Ashawa sanchalan asana 2 Vriksh asana 3 Trikon asana 4 Natraj asana	-Neck Exercise -Shoulder Exercise -Hand Exercise	1 Body stretching Exercise 2 Twisting Exercise 3 Back bending Exercise	Term 1:- April to September <u>1 BLANCING ASANAS</u> 1 Ashawa sanchalan asana 2 Vriksh asana 3 Trikon asana <u>2 BACK BENDING ASANAS</u> 1 Chakar setu bandh asana

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