S.No.	NAME OF THE ACTIVITY	TOTAL SKILLS	GENERAL WARMING-UP	SPECIFIC WARMING-UP	SYLLABUS TERM-WISE	REMARKS
1.	FOOTBALL	1.Ball controlling2.Types of kicks- *Toe*Toe*Instep*outstep*low*High*lofted3.Dribbling*shift position*Juggle4.Tackling*front block*side ways5.Tapping*sole trap*inside trap*chest trap6.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 September1.Ball controlling2.Types of kicks- *Toe*Instep*outstep*low3.Dribbling*shift position*Juggle4.Tackling*front block5.Tapping*sole trap*inside trap6.Passing*short pass*long pass*Rule and regulation of the GameScoring*Match practice*game situationTerm -2::October to February1.Ball controlling2.Types of kicks-*High*lofted3.Dribbling-*Fenil4.Tackling*Side way5.Tapping*chest trap	

	<u>CLASSES IX-XII</u>							
					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			

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

	<u>CLASSES IX-XII</u>								
		•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				
					2.RUNNING				
					•Zig Zag				
					•Avoiding				
					•Dodging				
					•Positioning				
					Rule and regulation of the Game				
					Scoring				
					*Match practice				
					*game situation				
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	<ul> <li>Passing – chest passes with two</li> </ul>				
		*volley	mobilization Etc.	* defensive sliding	hands, long pass/ baseball pass, one				
		*one-hand		* chest passing	hand pass, two hand pass				
		*two-hand		* long pass	hand pass, two hand pass				
		*baseball							
L	1		1		l				

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

<u>CLASSES IA-AII</u>								
8. Blocking 9. Volleytip 10. Overhead pass	Rule and regulation of the Game         Scoring         *Match practice         *game situation         Term -2-:October to February         1. Spiking         2. Blocking – one man block, two man block, three man block         3. Diving         4. Boosting – overhead, upperhand, underhand							
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#### HPE GAMES SYLLABUS 2019-2020 CLASSES IX-XII

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

S. No.	NAME OF THE ACTIVITY	ΤΟΤΑ ΑCTIV	•	GENRAL WARMING UP	SPECIFIC WARMING UP	SYLLABUS TERM WISE
7.	YOGA	<u>1 BL</u>	ANCING	-Neck	1 Body	Term 1:- April to September
		<u>ASAI</u>	NAS	Exercise	stretching	<u>1 BLANCING ASANAS</u>
		1 As	shawa	-Shoulder	Exercise	1 Ashawa sanchalan asana
		sanc	halan asana	Exercise	2 Twisting	2 Vriksh asana
		2 Vri	iksh asana	-Hand	Exercise	3 Trikon asana
		3 Tri	kon asana	Exercise	3 Back bending	2 BACK BENDING ASANAS
		4 Na	itraj asana		Exercise	1 Chakar setu bandh asana

<u>CLASSES IX-XII</u>							
	5 Garudasana	- Back	4 Front	2 Saral ushatra asana			
	6 Parsvakon	Exercise	bending	3 Bhujang asana			
	asana	-Leg Exercise	Exercise	<b>3 FRONT BENDING ASANAS</b>			
	2 BACK	Thigh		1 Janu shirsh asana			
	<b>BENDING</b>	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			
	<u>3 FRONT</u>			(Summer Time)			
	BENDING			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			

	Asana	3 Chakra asana				
	<u>4 SITING</u>	<b>3 FRONT BENDING ASANAS</b>				
	ASANAS	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>				
	<u>5 PRANAYAM</u>	1 Anulom vilom Pranayam (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)					

	5 Bhramri		
	pranayam (Any		
	Time)		
	6 MEDITATION		