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| **Indian School Al Wadi Al Kabir - Syllabus break up for 2014-15** |
| Class 7PE | Week1  | Week2  | Week3  | Week4  |
| **APRIL** | Marching * Attention
* Stand at ease
* Right turn
* Left Turn
* About Turn
* Mark time

Drill* Warm-up
* Stretching Exercise

 Games:* Table Tennis/cricket/basketball/football/athletics/badminton

All Skills, fouls, rules and regulation.Evening games:* Cricket
* Football
* Basket Ball
* Badminton
* Athletics
* Volley ball
* Yoga / Aerobics (optional)

Inter House Competition.Allotting houses to new admissions. * Tagore (Blue )
* Ashoka (Red )
* Akbar (Green )
* Vivekananda ( Yellow )

Physical measurements ( height, Weight - First Term). P.E. Grades ( First Term ). |
| **MAY** |
| **JUNE** |

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