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| **Indian School Al Wadi Al Kabir - Syllabus break up for 2014-15** | | | | |
| Class 7  PE | 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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