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| **Indian School Al Wadi Al Kabir - Syllabus break up for 2014-15** | | | | |
| Class 10  PE | Week1 | Week2 | Week3 | Week4 |
| **APRIL** | Marching   * Attention * Stand at ease * Right, Left, about turn * Mark time * Warm-up * Stretching Exercise   Theory classes   * Health hazards of modernization * Communicable and non communicable diseases * Rules and regulation of games and sports.   Badminton , Athletics, football  Games:   * Cricket * Football * Basket Ball * Volley Ball * Badminton * Table Tennis   Allotting houses   * Tagore * Ashoka * Akbar * Vivekananda   Inter House Activity.  Physical measurements ( height, Weight measurements ) I term.  P.E. Evaluations (I term). | | | |
| **MAY** |
| **JUNE** |

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