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			2025 - 2026					
	Syllabus for class: III		Month:APRIL		Subject:PE	School:PRIMARY		
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
ek-1								
	HUMAN BODY Basketball	Identify major body systems involved in physical activity	Lecture	2 periods	Find and label 10 body parts	Basketball		
		Understand basic basketball rules.	Powerpoint		seacrch in Youtube	Cones		
		Understnd warm up session	Demonstration		on field practice			
eek-2				•				
	Human body / Body parts identification	Understand key body parts used in movements	Lecture	2 periods	Practice at home	Basketball		
	basketball dribbling Activity: 50 mtr race	Basics in Dribbling	Powerpoint	•	seacrch in Youtube	Cones,		
	Activity : 50 mtr race	improve gross motor skill	Demonstration					
and 2								\longrightarrow
eek-3	Basketball dribbling	Basics in Dribbling	Lactura		Practice at home	Basketball		-+
	two hand Dribble	improve gross motor skill	Lecture Powerpoint	2 periods	seacrch in Youtube	Cones	-	-+
	One hand dribble	Improve gross motor skiii	Demonstration	•	Seacicif iii foutube	cones		
eek-4	Activity : 50 mtr race		Demonstration					
	Basketball dribbling	Execute the low dribble while moving at a slow to moderate pace.	Lecture		instruct to play at home	Basketball		
	Low Dribble /High dribble	Control the ball while moving at a faster pace using a high dribble.	Demonstration	2 periods	Explore the internet	Cones		
	Free Play /Activity : 50 mtr race	Engage in self-directed physical activity						
		, , ,						
	Syllabus for class: III		Month: MAY		Subject:PE	School:PRIMARY		
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Week-1	FOOD	Understand the importance of food						
	Likes & Dislikes about food	Identify and describe the basic mechanics of passing	Lecturer method		Maintain food chart	Basketball		
	Skills of the game Basketball -Passing		Demonstration	2 periods	explore the importance of different food	Cones		
	Activity : 50 mtr race		Part by part method		Practice at home			
Week-2	Food and Nutrition	An overview of Nutrients required for players	Lecturer method		explore the importance of different food	Basketball		
	Habit of appreciation of food	understand the basic mechanics of a chest pass	Demonstration	2 periods	Practice at home	Cones		
	Skills of the game Basketball -Passing		Part by part method					
	chest Pass / Activity : 50 mtr race		Trainning					
	Food and Nutrition	An overview of Nutrients required for players	Lecturer method		explore the importance of different food	Basketball		
Week-3	Skills of the game Basketball -Passing	understand the basic mechanics of a chest pass & Bounce pass	Demonstration	2 periods	Practice at home	Cones		

	chest Pass / Bounce Pass /Activity : 50 mtr race		Part by part method]				
Week-4	Skills of the game Basketball -Passing	Understand when to use each pass during gameplay situations.	Lecturer method		Practice at home	Basketball		
	combining chest Pass & Bounce Pass		Demonstration	2 periods		Cones		
	Free Play /Activity : 50 mtr race	while interacting with peers in an unstructured environment.	Part by part method					
	Syllabus for class: III	1	Month:JUNE		Subject:PE	School:PRIMARY		_
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Week-1	SUMMER VACATION							
VVCCK-1	SOLVINER VACATION							-
Week-2		SUMMER VACATION						
Week-3			SUMMER VACATION					
Week-4				SUMMER VACATION				
				VACATION				
	Syllabus for class: III		Month:JULY		Subject:PE	School:PRIMARY		
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Week-1	PRE MID TERM EXAMS & SUMMER							
	VACATION							
Week-2		PRE MID TERM EXAMS & SUMMER VACATION						
Week-3	PRE MID TERM EXAMS & SUMMER VACATION							

WEEK Week-1		PRE MID TERM EXAMS & SUMMER VACATION	Month:AUGUST					
WEEK Week-1 SA	Syllabus for class: III	VACATION	Month: ALIGUST			[
WEEK Week-1	Syllabus for class: III		Month: ALIGUST					
WEEK Week-1			Month: ALIGUST			l •		
WEEK Week-1			Month: ALIGUST					
WEEK Week-1					 Subject:PE	School:PRIMARY		
Week-1 SA	Syllabus/Topic				<u> </u>			
		Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Sa	AFETY AND SECURITY							
	,	identity common safety rules and	Model the correct technique slowly and step-by-step.		instruct to practice at home	Basketball		
Bs		Demonstrate proper warm-up and cooldown techniques.		2 periods	explore the internet for additional understnading	Cones		
	_	Proper stance and balance						
Week-2								
		Demonstrate proper warm-up and cool- down techniques.	Hand positioning on the ball	2 periods	instruct to practice at home	Basketball		
of	of shots	Execute basic shots /Shooting motion and follow-through	Demonstration	·	explore the internet for additional understnading	Cones		
	activity: standing Broad Jump							
Week-3		Daniel and a series and a sel						
	f shots	down techniques.	Hand positioning on the ball			Basketball		
La	ay-up shots	Tollow-tillough	Demonstration	2 periods	explore the internet for additional understnading	Cones		
Ac		Understand the importance of aim, balance, and rhythm in shooting accuracy.						
Week-4								
Bs	sketball skill - Shooting / Different types of shots	Demonstrate proper warm-up and cool- down techniques.	Hand positioning on the ball		instruct to practice at home	Basketball		
Fr		Execute basic shots /Shooting motion and follow-through	Demonstration	2 periods	explore the internet for additional understnading	Cones		
Ac		Understand the importance of aim, balance, and rhythm in shooting accuracy.						
S,	Syllabus for class: III		Month:SEPTEMBER		Subject:PE	School:PRIMARY		
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Week-1							-	

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	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc		
	Khelo Indiaa Fitness Tests	1.	Demonstrate proper technique and safety precautions.					
	MID TERM EXAM		Ensure all students, regardless of ability, can participate and feel included.					
Week-2					-			
	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc		
	Khelo Indiaa Fitness Tests	Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions.					
	MID TERM EXAM		Ensure all students, regardless of ability, can participate and feel included.					
					As per KHELO INDIA			
					+		_	
Week-3								
Week-3	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc		
Week-3	Assessment & health Status Khelo Indiaa Fitness Tests	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal	Explain each test component Demonstrate proper technique and safety precautions.		1			
Week-3		components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals.	Demonstrate proper technique and safety		1			
Week-3	Khelo Indiaa Fitness Tests	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions. Ensure all students, regardless of ability, can		1			
	Khelo Indiaa Fitness Tests	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions. Ensure all students, regardless of ability, can		1			
Week-4	Khelo Indiaa Fitness Tests	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals. Identify and understand different	Demonstrate proper technique and safety precautions. Ensure all students, regardless of ability, can	2 periods	1			
	Khelo Indiaa Fitness Tests MID TERM EXAM	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals. Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal	Demonstrate proper technique and safety precautions. Ensure all students, regardless of ability, can participate and feel included.		Track improvements and	measuring tape, etc Whistle, Stop watch,		
	Khelo Indiaa Fitness Tests MID TERM EXAM Assessment & health Status	components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals. Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.). Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions. Ensure all students, regardless of ability, can participate and feel included. Explain each test component Demonstrate proper technique and safety	2 periods 2 periods	Track improvements and	measuring tape, etc Whistle, Stop watch,		

Syllabus for class: III		Month:OCTOBER		Subject:PE	School:PRIMARY		
Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
MOVEMENT AWARENESS							
walking, running,	Neuromuscular Coordination	Lecturer method		Submit a written diagram of court	Cones, Marking		
Game - Badminton - History & Measurement	Understand basic rules and court layout	Use visual aids (videos, diagrams)	2 periods				
Activity : Ball I nrow	Understand the concept of shot put	Demonstration					
	Understand the concept neuro muscular	Use visual aids (videos			Racquet shuttle cones		
jumping	coordination	1		video demonstration	1 '		
Game - Badminton - skill - grip	Develop technical badminton skill		2 periods	Partner evaluation			
Activity : Ball Throw			1				
hopping	Understand the concept neuro muscular coordination			Instruct practice at home	Racquet, shuttle, cones, markers		
Game - Badminton - skill - grip	Develop technical badminton skill	Offer individual corrections	2 periods	video demonstration			
Forehand / Back hand				Partner evaluation			
Activity : Ball Throw	Improve Motor skill						
Skiping	coordination	diagrams)	2 periods	Instruct practice at home	Racquet, shuttle, cones, markers		
	Develop technical badminton skill						
		Part by part method		Partner evaluation			
Activity : Ball Throw	Improve Motor skill						
Syllabus for class: III		Month: NOVEMBER		Subiect:PE	School:PRIMARY		
Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required		
Sports Day Practices	Understand about Rhythymic form of exercises	Set Drill method		Instruct practice at home	Racquet, shuttle, cones, markers		
Game - Badminton - skill - stroke	variations of basic serve	Partner serve practices	2	video demonstration			
Execute basic strokes: serve			z perioas	Partner evaluation			
Activity : Selection for sports day events	Understand about the competition	Demonstrtion					
	Understand about Rhythymic form of				Racquet shuttle sense		
Sports Day Practices	exercises	Set Drill method		Instruct practice at home	1 '		
Game - Badminton - skill - stroke		Demonstrtion	†	video demonstration			
Execute basic strokes: Shot - Forehand / Backhand	Mini-matches: Focus on one shot per rally.	Partner stroke practices	2 periods	Partner evaluation			
Activity: Selection for sports day events	Understand about the competition		1				
	Syllabus/Topic MOVEMENT AWARENESS walking, running, Game - Badminton - History & Measurement Activity : Ball Throw jumping Game - Badminton - skill - grip Activity : Ball Throw hopping Game - Badminton - skill - grip Forehand / Back hand Activity : Ball Throw Skiping Game - Badminton - skill - stroke Execute basic strokes: serve Activity : Ball Throw Syllabus for class: III Syllabus/Topic Sports Day Practices Game - Badminton - skill - stroke Execute basic strokes: serve Activity : Selection for sports day events Sports Day Practices Game - Badminton - skill - stroke Execute basic strokes: serve Activity : Selection for sports day events	Syllabus/Topic Learning Objectives MOVEMENT AWARENESS walking, running, Game - Badminton - History & Measurement Activity : Ball Throw Understand basic rules and court layout Understand the concept of shot put Understand the concept neuro muscular coordination Game - Badminton - skill - grip Develop technical badminton skill Activity : Ball Throw Understand the concept neuro muscular coordination Game - Badminton - skill - grip Develop technical badminton skill Forehand / Back hand Activity : Ball Throw Improve Motor skill Skiping Understand the concept neuro muscular coordination Game - Badminton - skill - stroke Develop technical badminton skill Execute basic strokes: serve Activity : Ball Throw Improve Motor skill Syllabus for class: III Syllabus for class: III Understand about Rhythymic form of exercises Game - Badminton - skill - stroke Execute basic strokes: serve Activity : Selection for sports day events Understand about Rhythymic form of exercises Game - Badminton - skill - stroke Execute basic strokes: Serve Activity : Selection for sports day events Mini-matches: Focus on one shot per rally. Activity : Selection for sports day events	Syllabus/Topic Learning Objectives Teaching Strategies	Syllabus/Topic Learning Objectives Teaching Strategies Periods Alloted	Syllabus/Topic Learning Objectives Teaching Strategies Periods Alloted Assignments	Syllabus/Topic Learning Objectives Teaching Strategies Periods Alloted Assignments Activity: Rail Trow Understand the concept neuro muscular Coordination Understand the concept neuro muscular Coordination Understand the concept neuro muscular Coordination Activity: Rail Trow Understand the concept neuro muscular Coordination Activity: Rail Trow Understand the concept neuro muscular Coordination Understand the concept neuro muscular Coordination Activity: Rail Trow Understand the concept neuro muscular Coordination Understand the concept neuro muscular Coordination Activity: Rail Trow Understand the concept neuro muscular Coordination Salil Understand Activity is Rail Throw Understand the concept neuro muscular Coordination Salil Understand Activity is Rail Throw Understand the concept neuro muscular Coordination Salil Understand Activity is Rail Throw Understan	Syllabus/Topic Learning Objectives Teaching Strategies Assignments Teaching materials Required Assignments Teaching materials Required Assignments Teaching materials Required Assignments Teaching materials Required Cones, Marforg Partory of proteins Partory of proteins Partory of proteins Partory of proteins Cones, Marforg Cones, Marforg Cones, Marforg Partory of proteins Partory of proteins Partory of proteins Cones, Marforg Cones, Marforg Cones, Marforg Cones, Marforg Partory of proteins Video demonstration Partory of proteins Video

Week-3			1				
		Understand about Rhythymic form of				Racquet, shuttle, cones,	
	Sports Day Practices	exercises	Set Drill method		Instruct practice at home	markers	
	Game - Badminton - skill - stroke		Demonstrtion	†	video demonstration	markers	
	Execute basic strokes: Shot - Forehand /	Mini-matches: Focus on one shot per	Demonstration	2 periods	video demonstration		
	Backhand	rally.	Partner stroke practices	2 perious	Partner evaluation		
		,	 	†			
	Activity : Selection for sports day events	Understand about the competition					
		Chacistana about the competition					
Week-4							
Week-4		Understand about Rhythymic form of		<u> </u>		Dogguet shuttle cones	
	Sports Day Practices	exercises	Set Drill method		Instruct practice at home	Racquet, shuttle, cones,	
		Understand shot selection based on		+		markers	
			Demonstrtion				
	clear	opponent position.		2 periods	video demonstration		
	Execute basic strokes: Shot - Forehand /	Mini-matches: Focus on one shot per	Partner stroke practices	'			
	Backhand	rally.	The second process	1	Partner evaluation		
	Activity : Selection for sports day events						
	The second of the sports day events	Understand about the competition					
	Syllabus for class: III		Month: DECEMBER		Subject:PE	School:PRIMARY	
	•				T		
	6 H L /= :			Periods	l	Teaching materials	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Alloted	Assignments	Required	
				Alloted		Required	
Week-1							
		Understand about Rhythymic form of				Racquet, shuttle, cones,	
	Sports Day Practices	exercises	Set Drill method		Instruct practice at home	markers	
	Game - Badminton - skill - Net shots and	Understand shot selection based on		†			
	clear	opponent position.	Demonstrtion		video demonstration		
	Execute basic strokes: Shot - Forehand /			2 periods			
	Backhand	rally.	Partner stroke practices		Partner evaluation		
		,		†			
	Activity : Selection for sports day events	Understand about the competition					
		onderstand about the competition					
Week 2			+				
Week-2		Lindouete and about Dhothousin forms of					
	Consta Don Bootlines	Understand about Rhythymic form of	Part by part method		l	Cones, Props required,	
	Sports Day Practices	exercises	· · ·	2 periods	Mirror practice at home	whistle, drum	
Week-3							
	WINTER VACATION		WINTER VACATION		WINTER VACATION		
Week-4							
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	WINTER VACATION		WINTER VACATION		WINTER VACATION		
			WHITE VACATION	1	THE PACALION		
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	Syllabus for class: III		Month: JANUARY		Subject:PE	School:PRIMARY	

WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required	
Week-1							
	Sports Day Practices	Understand about Rhythymic form of exercises	Part by part method	2 periods	Mirror practice at home	Cones, Props required, whistle, drum	
	Selection of Athletics events and rehersal	Undestand about the competition					
Week-2							
	Sports Day Practices /	Understand about Rhythymic form of exercises	Part by part method	2 periods	Mirror practice at home	Cones, Props required, whistle, drum	
	Selection of Athletics events and rehersal	Undestand about the competition		2 perious			
Week-3							
	Sports Day Practices /	Understand about Rhythymic form of exercises	Part by part method	2 periods	Mirror practice at home	Cones, Props required, whistle, drum	
	Selection of Athletics events and rehersal	Undestand about the competition		2 perious			
Week-4							
	Sports day Final Event	Understand about Rhythymic form of exercises	Part by part method	2 periods	Mirror practice at home	Cones, Props required, whistle, drum	
	Syllabus for class: III		Month: FEBRAURY		Subject:PE	School:PRIMARY	
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required	
Week-1		<u> </u>					
	Overview of game Basketball	Understand the concept of the game basketball & skill related to the game	Encourage effort and participation over perfection	2 periods	Personal progress presentation	Basketball, cones, markers, whistle	
	Inter class Competition - Group games	Cooperate with peers in group movement activities and games					
	Skill related group games						
Week-2							
	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc	
	Khelo Indiaa Fitness Tests	Encourage students to set personal fitness goals.	Demonstrate proper techniqu				
			Ensure all students, regardless of ability, can participate and feel included.				
Week-3							i
	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc	

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	Khelo Indiaa Fitness Tests	Encourage students to set personal fitness goals.	Demonstrate proper technique			
			Ensure all students, regardless of ability, can participate and feel included.			
Week-4						
	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc
	Khelo Indiaa Fitness Tests	Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions.			
			Ensure all students, regardless of ability, can participate and feel included.			
	Syllabus for class: III		Month:MARCH		Subject:PE	School:PRIMARY
WEEK	Syllabus/Topic	Learning Objectives	Teaching Strategies	Periods Alloted	Assignments	Teaching materials Required
Week-1						
	Assessment & health Status	Identify and understand different components of physical fitness (strength, endurance, flexibility, speed, etc.).	Explain each test component	2 periods	Track improvements and celebrate progress.	Whistle, Stop watch, measuring tape, etc
	Khelo Indiaa Fitness Tests	Encourage students to set personal fitness goals.	Demonstrate proper technique and safety precautions.			
			Ensure all students, regardless of ability, can participate and feel included.			
Week-2						
	Final Exam		<u> </u>			
	Tindi Exam					
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Week-3						
AACCU-3	Final Exam		+			
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Week-4			1			
	Final Exam					
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