Physical Education & Sports - IV

Term	Topic	Practical
TERM – 1	• Advance Commands • Free Hand Exercises (PT Ex.) • Knowledge of national games of different countries of the world	**Taekwondo** • Basic Exercises • Arms Techniques • Leg Technique s • Blocks • Carom
TERM – 2	• Knowledge of Indoor Games (Chess, Carom) • Knowledge of Outdoor Games (Basket Ball, Volleyball) • Throwing and Catching Ring Revision and Test	• Skipping • Ring Games • Basic Yoga Asanas • 50 m flats races • 100 m flats races • Basket Ball Basics Physical Fitness Test