Physical Education & Sports - III

Term	Topic	Practical
TERM – 1	• General Commands • Free Hand Exercises (PT Ex.) • Knowledge of national games of different countries of the world	**Taekwondo** • Basic Exercises • Arms Techniques • Leg Techniques • Play with flying disc • Hit the target with a ball
TERM – 2	• Knowledge of balanced diet • Indian sports personalities of different games Revision and Test	• Ring Games • Skipping • Basic Yoga • Basic Yoga Asanas • 50 m flats races • Three Legged Race Physical Fitness Test