



## Sant Nandlal Smriti Vidya Mandir, Ghatsila

### Yearly Syllabus for Std III – V Session 2024-25

#### Subject- P.T.

Month	Event/Topic	Std	Week	Purpose	Requirement	Instructor
April	Basics:- Attention & stand it ease, left-right &about turn.	III - V	1st & 2nd	Mental exercise.	-----	
	Running : on command slow /fast.	III - V	3 <sup>rd</sup> & 4th	Mental & physically exercise.	-----	
May & June	Warm – up exercises: high jump, forward-backward step jump, side steps, high knees.	III - V		Improve the range of motion, flexibility.	-----	
July & August	Mass Drill:	III - V		Physical exercises as well as mental exercise.	-----	
September	Practice of 100mts for Std III & 200mts for Std IV & V .	III – V		For stamina & also for the betterment in the events.	-----	
October & November	Lucky Circle Activity for Std III & March-past for Std IV & V.	III - V		For betterment in higher classes.		