

SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA



Yearly Syllabus for Std. VI-VIII

Session: 2025-26



Subject-GAMES

Month	Week	Std	Event/Topic	Activity	Learning Outcome	Value & Skill
April - June	1st – 4th	VI-VIII	Jump over the race, Touch the cone & catch the ball.	Mental exercise, Improve the range of motion, flexibility. (After workout, it's best to spend five to 10 minutes cooling down through a sequence of slow movements. This helps prevent muscle cramps and dizziness while gradually slowing our breathing and heart rate.)	Understanding the importance of agility, coordination, and focus in physical activities. These exercises enhance speed, reflexes, and overall motor skills.	<ul style="list-style-type: none"> Value: Team spirit, perseverance, and active participation. Skill: Agility, hand-eye coordination, balance, and reaction time.
July	1st – 4th	VI-VIII	Short-Put	Cardiovascular fitness, strength and power, coordination and balance & weight loss	Understanding the technique and strength required for shot put, improving throwing skills, and enhancing physical endurance.	<ul style="list-style-type: none"> Value: Discipline, focus, and perseverance. Skill: Upper body strength, coordination, and proper throwing technique.
August & September	1st – 4th	VI-VIII	Kabaddi	Increase the flexibility of muscles, develop team spirit, improve communication skills & increase hand eye body coordination.	Understanding teamwork, strategy, and physical endurance while developing agility and quick reflexes in Kabaddi.	<ul style="list-style-type: none"> Value: Team spirit, discipline, and resilience. Skill: Agility, strength, coordination, and tactical thinking.
October & November	1st – 4th	VI-VIII	Kho-Kho	It increased the muscular strength and endurance, improve flexibility and agility & stress relief.	Understanding teamwork, speed, and strategic thinking while enhancing reflexes and agility in Kho-Kho.	<ul style="list-style-type: none"> Value: Team spirit, discipline, and sportsmanship. Skill: Agility, coordination, quick

						decision-making, and endurance.
December & January	1st – 4th	VI-VIII	Long jump	Decreases blood pressure, increases digestion, increase bone density, helps in muscle building, improve metabolic strength & improve the strength of bones.	Understanding the technique, strength, and coordination required for a successful long jump while improving physical fitness.	<ul style="list-style-type: none"> • Value: Determination, focus, and perseverance. • Skill: Leg strength, balance, speed, and jumping technique.

Subject Teacher: Mousumi Banerjee Bhol

Principal