



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 |
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| 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 |

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| | | | | | | 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