



# SANT NANDLAL SMRITI VIDYA MANDIR, GHATSILA

## Yearly Syllabus for Std. VI-VIII

Session : 2025-26



### Subject- P.T.

Month	Week	Std	Event/Topic	Activity	Learning Outcome	Value & Skill
April - June	1st To 4th	VI-VIII	Basics: - Attention & stand it ease, left-right. Neck rotation with solder.	Mental exercise. (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 a proper cool-down after exercise. It highlights how slow movements help prevent muscle cramps and dizziness while allowing the body to gradually return to its resting state by slowing breathing and heart rate.	<ul style="list-style-type: none"> <li>• Value: Discipline, focus, and body awareness through structured movements and posture control.</li> <li>• Skill: Proper stance, coordination, flexibility, and the ability to follow instructions effectively.</li> </ul>
July	1 <sup>st</sup> To 4th	VI-VIII	Warm – up exercises: high jump, high knees & Hip rotation.	Improve the range of motion, flexibility.	Recognizing the importance of warm-up exercises like high jumps, high knees, and hip rotations in preparing the body for physical activity. These exercises enhance flexibility, increase blood flow, and reduce the risk of injury.	<ul style="list-style-type: none"> <li>• Value: Discipline, preparedness, and injury prevention through proper warm-up routines.</li> <li>• Skill: Flexibility, coordination, balance, and improved mobility.</li> </ul>
August & September	1 <sup>st</sup> To 4th	VI-VIII	March-Past & Mass PT	Physical exercises as well as mental exercise.	Understanding the role of March-Past and Mass PT in promoting discipline, coordination, and teamwork. These activities enhance physical fitness and instill a sense of unity and cooperation.	<ul style="list-style-type: none"> <li>• Value: Discipline, teamwork, unity, and leadership.</li> <li>• Skill: Coordination, synchronization, endurance, and physical fitness.</li> </ul>

<b>October &amp; November</b>	1 <sup>st</sup> To 4th	VI-VIII	Jumping Jack & Mass PT	For stamina & also for the betterment in the events.	Understanding how Jumping Jacks and Mass PT improve cardiovascular endurance, coordination, and overall fitness. These exercises promote teamwork, discipline, and physical well-being.	<ul style="list-style-type: none"> <li>• Value: Teamwork, discipline, and active participation in physical fitness.</li> <li>• Skill: Cardiovascular endurance, coordination, agility, and strength.</li> </ul>
<b>December &amp; January</b>	1 <sup>st</sup> To 4th	VI-VIII	Lunges & Mass PT	For betterment in higher classes.	Recognizing how Lunges and Mass PT enhance lower body strength, balance, and endurance. These exercises also promote teamwork, discipline, and overall physical fitness.	<ul style="list-style-type: none"> <li>• Value: Discipline, perseverance, and physical well-being.</li> <li>• Skill: Lower body strength, balance, flexibility, and endurance.</li> </ul>

**Subject Teacher: Mousumi Banerjee Bhol**

**Principal**