

# BAL BHARATI PUBLIC SCHOOL NAVI MUMBAI

## SYLLABUS (2021-22)

CLASS: 1

SUBJECT: PE

**First Term:** April 2021 to September 2021

**Second Term:** October 2021 to February 2022

<b>Term</b>	<b>Month</b>	<b>Chapters/Topics</b>
1 <sup>st</sup> Term	<b>APRIL</b>	One leg Hop
	<b>MAY</b>	--
	<b>JUNE</b>	Fun Drills
	<b>JULY</b>	Zumba (Fun activities)
	<b>AUGUST</b>	Jumping Drills
	<b>SEPTEMBER</b>	Ball making
2 <sup>nd</sup> Term	<b>OCTOBER</b>	Yoga (Padmasana)
	<b>NOVEMBER</b>	Fun Drills (Clean the Room)
	<b>DECEMBER</b>	Yoga ( Vrikshasana)
	<b>JANUARY</b>	Mass PT
	<b>FEBRUARY</b>	Yoga ( Uttanpadasana )