

BAL BHARATI PUBLIC SCHOOL NAVI MUMBAI

SYLLABUS (2021-22)

CLASS: 3

SUBJECT: PE

First Term: April 2021 to September 2021

Second Term: October 2021 to February 2022

Term	Month	Chapters/Topics
1 st Term	APRIL	Jumping Drills
	JUNE	Fun Drills
	JULY	Mass PT (Standing Exercise)
	AUGUST	Basic fitness Drills for beginners
	SEPTEMBER	Yoga (Vrikshasana)
2 nd Term	OCTOBER	PT (Fun activities)
	NOVEMBER	Yoga (Uttanpadmasa)
	DECEMBER	Chair Exercises
	JANUARY	Yoga (Padmasana)
	FEBRUARY	Fun Drills Yoga (Naukasana)