

Bunts Sangha's

S. M. Shetty High School and Jr. College

Academic year 2021-22

PE syllabus

Sr. no.	Months	STD I	STD II	STD III	STD IV	STD V
1	June	Toss the Balloon	Physical Fitness workout	Physical Fitness workout	Physical Fitness workout	Physical Fitness workout
2	July	Aiming at the target	Let us Concentrate	Bull's eye	Let's play Carrom with our Friends	Let's play Chess with our Friends
3	August	Shhh..... I am concentrating.....	Yoga --- A journey of the self	Yoga --- A journey of the self	Shhh..... I am concentrating.....	Yoga --- A journey of the self
4	September	Good habits (diet & nutrition)	Good habits (diet & nutrition)	Action Reaction	Achieve your Goal	Good habits (diet & nutrition)
5	October	Fitness and strengthening	Enjoy with Obstacles	Let's Concentrate. ...	Yoga --- A journey of the self	Shhh..... I am concentrating.....
6	November	Physical Fitness workout	Fun Fitness Workout	Good habits (diet & nutrition)	Good habits (diet & nutrition)	ABC workout
7	December	Yoga --- A journey of the self	Let's play with Cardboard	Agility Drill	Paper Fitness	Paper Fitness
8	January	The Fitness pack	The Fitness pack	The Fitness pack	The Fitness pack	The Fitness pack
9	February	Suryanamas kar	Suryanamas kar	Suryanamas kar	Suryanamas kar	Suryanam askar
10	March	Gym & joy	Gym & joy	Let's Fly	Let's Fly	Let's Fly