

HOLY CHILD AUXILIUM SCHOOL

R.K. PURAM, SECTOR XII,

NEW DELHI – 110022

P.E.T. SYLLABUS

2023-2024

APRIL -2023

CLASS –I

One arm and double arm distance, attention stand at ease, file formation, mass drill exercises, meditation, yoga and some minor games.

CLASS – II and III

Distance – forward and sideward, attention stand at ease, left and right turn, mass drill exercises, on the spot marching, yoga and some minor games.

CLASS – IV and V

Distance – forward and sideward, left and right turn, mass drill exercises, yoga, selection for Inter House Badminton match.

MAY – 2023

CLASS – I

Distance, left and right turn, on the spot marching, mass drill exercises, yoga, Ball and some minor games.

CLASS – II and III

Distance, left and right turn, about turn, on the spot marching, mass drill, yoga and ball games.

CLASS –IV and V

Yoga, mass drill, Inter House Badminton practice, Table Tennis selections for Inter House Match and some minor games.

JULY – 2023

CLASS – I

Distance, mass drill exercises, left and right turn, some fun games, yoga and table tennis.

CLASS – II and III

Distance, on the spot marching, yoga, table tennis and throw ball.

CLASS – IV and V

Zonal and Inter-house selections for Kho- Kho & T.T.

AUGUST - 2023

CLASS – I

Mass drill exercises,

Table Tennis Service and Yoga

CLASS – II and III

Mass drill, Yoga, Throw ball selection for inter house and Table Tennis.

CLASS – IV and V

Yoga, Inter House Throw Ball, Throw ball selections.

SEPTEMBER - 2023

CLASS – I

Mass drill exercises, yoga, Table – Tennis, some fun games, First Assessment of PET and Races Selection for Sports Day.

CLASS – II and III

Yoga, Table-Tennis, mass drill and throw ball skills and Races Selection for Sports Day.

CLASS – IV and V

Yoga, Marching practice, Throw Ball and Races Selection for Sports Day.

OCTOBER – 2023

CLASS – I

Yoga, races practice for sports day and some minor games.

CLASS – II and III

Yoga, marching practice and races practice for sports day.

CLASS – IV and V

Throw ball, marching, yoga, races practice and some minor games.

NOVEMBER – 2023

CLASS – I to V

Sports Day Practice.

DECEMBER – 2023

CLASS – I

Yoga and some minor games.

CLASS – II and III

Yoga & some fun games.

CLASS – IV and V

Yoga and some minor games.

JANUARY – 2024

CLASS – I

Final assessment of PET, Yoga.

CLASS – II and III

Yoga, final assessment of PET and learning badminton skills.

CLASS – IV and V

Final PET assessment, yoga, carom board and Kho- Kho Practice.

FEBRUARY – 2024

CLASS – I

Minor Games, Exercise & Yoga.

CLASS – II and III

Badminton, Cricket and Yoga.

CLASS – IV and V

Inter house Kho- Kho Match, Cricket and Yoga.

MARCH -2024

CLASS- I to CLASS V

Final Examination.