

CLASS:	3	SUBJECT:	P.T.

FIRST TERM

MONTH	T O P I C
April	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging
May	<ul style="list-style-type: none"> • Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
June	<ul style="list-style-type: none"> • Indoor games.
July	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging
August, September	<ul style="list-style-type: none"> • Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises. • Outdoor game

FIRST TERM

MONTH	T O P I C
October	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging
November	<ul style="list-style-type: none"> • Awareness about free hand exercise like, Toe-to-head or Head-to-Toe exercises.
December	<ul style="list-style-type: none"> • Outdoor game
January, February, March	<ul style="list-style-type: none"> • Class formation (standing position) • General warm-up, jogging • Exercises. • Outdoor game.