



Syllabus of Physical Education
For Children with Physical Disability

Class-KG-I

Terms	Topics	Activity
1st term	i) Simple race	Rules of race shall be taught
	ii) Spoon race	Gripping of spoon
	i) Tennis race ball	Ball gripping, ball throwing, catching and sitting management in circle.
	ii) Basket target ball	Ball gripping, Ball throwing at the end complete game shall be done
	i) Ludo	Fine motor skill development.
	ii) Carrom board	Competition shall be held between two teams
2nd term	i) Target hitting	Competition shall be held between students.
	ii) Catch and throw	The children shall sit at distance and practice catching ball.
	i) Wheel chairs movement	How to hold the chair.
	ii) Musical ball	How to sitting in circle and group working
	i) Frog race	How to maintain balance.
	ii) Ball hitting	Catching and throwing
3rd term	i) Jump and twist	How to maintain balance while jumping.
	ii) Tug of war	Gripping and group work



	i) Throwball ii) Cricket	Rules all of these shall be taught
	Repeat all the games	
	Competition	

All the competitions shall be conducted according to the Annual Academic calendar.



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Class KG II

Terms	Topics	Activity
1stterm	i) Simple race ii) Spoonrace	Rule of race shall be taught Gripping of spoon
	i) Tennis race ball ii) Baskettarget ball	Ball gripping, ball throwing, catching and sitting management in circle. Ball gripping, Ball throwing at the end complete game shall be done
	i) Ludo ii) Carrom board	Fine motor skill development. Competition shall be held between two teams
2ndterm	i) Target hitting ii) Catch and throw	Competition shall be held among students The children shall sit at distance and practice catching ball.
	i) Wheel chairs movement ii) Musical ball	How to move the chair. How to sit in circle and group working
	i) Frograce ii) Ballhitting	How to maintain balance. Catching and throwing
3rdterm	i) Jump andtwist ii) Tug ofwar	How to maintain balance while jumping Gripping and group work
	i) Throwball ii) Cricket	Rules following
	Repeat all the games	
	Competition	

All the competitions shall be conducted according to the Annual academics calendar



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Class I

Terms	Topics	Activity / developmental areas
1st term	i) Simple race	Rules of race shall be taught
	ii) Wheel chair movement	How to manage the balance
	i) Tennis race ball	Ball gripping, ball throwing and catching, sitting management in circle.
	ii) Basket target ball	Ball gripping, Ball throwing at the end complete game shall be done
	i) Ludo	Fine motor skill development. Eye hand coordination development
	ii) Carrom board	Competition shall be held between two teams
2nd term	i) Target hitting game/ dart board games	Competition shall be held among students
	ii) Catch and throw ball	Catching & throwing. Motor skill development
	I) Spoon race	Holding spoon in mouth.
	II) Musical ball	Circle time activities



	<ul style="list-style-type: none"> i) Frog race ii) Ball hitting 	<p>How to maintain balance.</p> <p>Catching and throwing.</p>
3rd term	<ul style="list-style-type: none"> i) Jump and pick colored ball game ii) Tug ofwar 	<p>Collect different colour ball / colour identification/eye and hand coordination</p> <p>Holding and Gripping team work</p>
	<ul style="list-style-type: none"> i) Cricket ii) Throw ball 	<p>Following rules, taking turn, following instructions</p>
	Follow up	
	Competition	



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Class II

Terms	Topics	Activity/ developmental area
1st Term	i) Collect the same colour balls	Recognition of colour, holding, Gripping, counting, throwing & catching
	ii) Throw Ball Game	Eye-hand coordination
	i) Spoon race with table tennis ball	Run keeping spoon in mouth, Body balance
	ii) Ball throw in container	Holding, Gripping and throwing at target
	i) Ludo	Development fine motor skill, Eye-hand coordination, cognition.
	ii) CarromBoard	Competition shall be held among the students
2nd Term	i) Target hitting	Competitions shall be held among the students
	ii) Jump &twist	maintain balance while jumping
	i) Simple Race & zig zag race	Rules of race shall be taught
	ii) Football	Gripping and team workKick the football, stop the football, and pass practice
	iii) Kicking and passing	
	i) Jump and throw ball in basket.	Dribbling



	ii) Ball hitting	While running and jumping balance maintenance
3rd Term	i) Practice of Badminton ii) Skipping	Holding the racket shall be taught under hand and overhead hitting Holding and gripping rope and maintain balance while jumping
	i) Throw ball ii) Cricket	Following Rules and instructions of all games
	Repeat all the games	
	Competition	



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Class III

Terms	Topics	Activity
1st term	i) Simple race & zig zag race ii) Kicking passing iii) Football	Rules of race shall be thought Gripping and team work, how to walk with ball kick and pass practice.
	i) Spoon race with table tennis ball ii) Basket target	Run keeping spoon in mouth with table tennis ball shall be practices. Gripping and throwing at
	i) Ludo ii) Practice of Table tennis	Development fine motor skills Teaching basics
2nd term	i) Target hitting game ii) Colour ball in basket game	Competition shall be held among the students How to maintains balance while jumping
	i) Collect the same colour balls ii) Throwball	Reorganization of colours Gripping, counting, perfection of throwing and catching.
	i) Jump and throw ball in basket ii) Catch ball game	Maintains of balance While running and jumping gripping of balance.
3rd term	i) Practice of badminton ii) Skipping or tug of war	How to hold the racket, under hand service and overhead hitting. How to grip rope and
	i) Cricket ii) Throw ball	Rules all of these shall be taught
	Repeat all the games Competition	



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Class IV

Terms	Topics	Activity
1st Term	i) Different types of races	25 m, 50 m, 100
	ii) Tug of war & throw ball	Gripping and team work
	i) Rolling ball	Throwing ball at the target.
	ii) Football kicking passing	How to walk with ball kick and pass practices
	iii) Table tennis basic	
	i) Target hitting	Competition shall be held among the students
	ii) Carrom board Volley ball	Competition shall be held between two teams
2nd Term	i) Obstacle race	How to achieve the goal by crossing obstacles.
	ii) Dribbling	Basketball playing
	i) Water balloon race	Exercise of jaws and activeness.
	ii) Table tennis practice	How to hold the table tennis racket and follow the rules.
	i) Wheel chair race	How to move the wheel chair and keep balance while running with it, speed control
	ii) Badminton practice	How to hold the racket and follow the rules
3rd Term	i) Relay race	How to hold the baton and transfer to others
	ii) Ball throwing	Competition shall be held among the students



	i) Cricket	Rules following
	Repeat all the games	
	Competition	



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ClassV

Terms	Topics	Activity
st 1 term	i) Relay race	Hold the baton, transfer to others
	ii) Ball throwing	Competition shall be held among the students
	i) Rolling ball	Throwing ball at the target
	ii) Foot ball playing	how to walk with ball kick and pass practices
	i) Target hitting	Competition shall be held among the students
	ii) Carromboard	Competition shall be held between two team
nd 2 term	i) Basketball	Dribbling
	i) Running with ball	How to walk and run with ball
	iii) Tug of war	Gripping the rope and team work
	i) Water balloon race	Exercise of jaws and activeness
	ii) Table tennis practice	How to grip the table tennis racket and taught the
rd 3 term	i) Wheel chair race and one arm race	How to drive the wheel chair and keep balance while running with it.
	ii) Volley ball	



	iii) Badminton practice	How to grip the racket and taught the rules.
	i) Cricket	Rules following
	Repeat all the games	
	Competition	



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Class VI

Terms	Topics	Activity
st 1 term	i) One arm race ii) Long Jump	Rules of the race shall be taught Keeping balance while racing and jumping over pitch.
	i) Practice of badminton ii) Two hit the target	Following rules. Competition of ball throw shall be held among the students
	i) Table Tennis	Following rules of game
nd 2 term	i) Ludo ii) Carromboard	Fine motor skill development competition shall be held between two teams
	i) Bocce game ii) Standing jump	Eye contact, hit the target by rolling ball. Practice to improve balance
	i) Practice of volley ball ii) Wheel chair race	Maintain balance while moving here and there. Rules of race shall be taught
rd 3 term	i) Simple race ii) Football iii) Practice power lifting	Follow the Rules Practice under supervision
	i) Cricket ii) Basket ball	Follow the rules
	All the games repeat	
	Competition	



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Class-VII

Terms	Topics	Activity
1st term	i) Wheel chair race & relay race	How to move wheel chair and keep balance while running with it. How to hold the baton and transfer it to others
	ii) Cricket	Teaching different rules of Cricket
	i) Badminton	How to play badminton after grouping the children into two teams.
	ii) Tug of war	Competition shall be held between two teams
	i) Table tennis	Following game rules
	ii) Ludo	Improve fine motor
2nd term	i) Throwball	Competition shall be held among the students. Develop fine motor skill
	ii) Carromboard	
	i) Long jump	Keeping balance while running and jumping over pitch.
	ii) Bocce game	Eye contact, hit the target by rolling ball.
	i) Power lifting	Practice to improve balance
	ii) Volley ball practice	Following game rules
3rd term	i) Basketball	How to move while keeping ball & throwing it towards others players.
	ii) Standing jump	Practice to improve balance
	i) Football	Rules all of these shall be taught
	ii) Throw ball	
	Repeat all the games	
	Competition	



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Class-VIII

Terms	Topic	Activity
1st Term	i) Zig zag race & one arms race	Rules all of these shall be taught
	ii) Volley ball	Playing game according to the rules
	i) Wheel chair bowling & cricket	Perfection in bowling using wheel chair & taught different rules of cricket.
	ii) Musical chair	Follow the music and development of activeness.
	i) To hit the target	Competition shall be held among the students Playing game according the rules
	ii) Table tennis	
2nd term	i) Carromboard	Development of fine motor skill and eye hand coordination
	ii) Power lifting	How to maintain balance while power lifting.
	i) Sack race	How to grip the sack and maintain balance while running.
	ii) Circle game	To manage the circle and play with ball
	i) Wheel chair race & Relay race	How to drive the wheel chair and balance keeping. How to hold the baton and transfer it to others
	ii) Basketball	Playing game according to the rules
	iii) Football	
3rd term	i) Tennis ball race	Attention development sitting behavior catching and throwing
	ii) Badminton	Rules following
	i) Throw ball & Cricket	Rules following
	Repeat all the games	
	Competition	



SYLLABUS OF PHYSICAL EDUCATION

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Class 9th and 10th

Note: The syllabus of 9th and 10th shall be conducted as per given syllabus of Board of intermediate and secondary education of respective regions, including both theory and practical.