

KLE ENGLISH MEDIUM SCHOOL

JULE SOLAPUR

Term- II Syllabus Split 2023-24

Grade- VI

SPORTS & GAMES

Month	Events	Value
October	<ul style="list-style-type: none">• General worm up• Information and practice of Kho-Kho game• Shot Put competition	<ul style="list-style-type: none">• Improve speed endurance and team spirit• Develop Explosive strength
November	<ul style="list-style-type: none">• Basic endurance games activity• Annual Sports Meet information and practice• 100 m. running race competition.	<ul style="list-style-type: none">• Develop endurance and team coordination• Develop anaerobic muscles
December	<ul style="list-style-type: none">• General worm up• Information and practice of Kho-Kho game• Long Jump Competition	<ul style="list-style-type: none">• Develop endurance• Improve team spirit• Improve explosive strength
January	<ul style="list-style-type: none">• Rural games – vitti-Dandu , Marbles, Ligori , Langadi etc• Stretching exercise in seating position• Cooling down team games	<ul style="list-style-type: none">• Social development• Develop flexibility• Team work
February	<ul style="list-style-type: none">• Volley ball information and skills practice• Dodge ball game	<ul style="list-style-type: none">• Skills of the game• Develop agility and flexibility