



The
Millennium[™]
School
Greater Noida (W)
Think Today. Change Tomorrow[™]

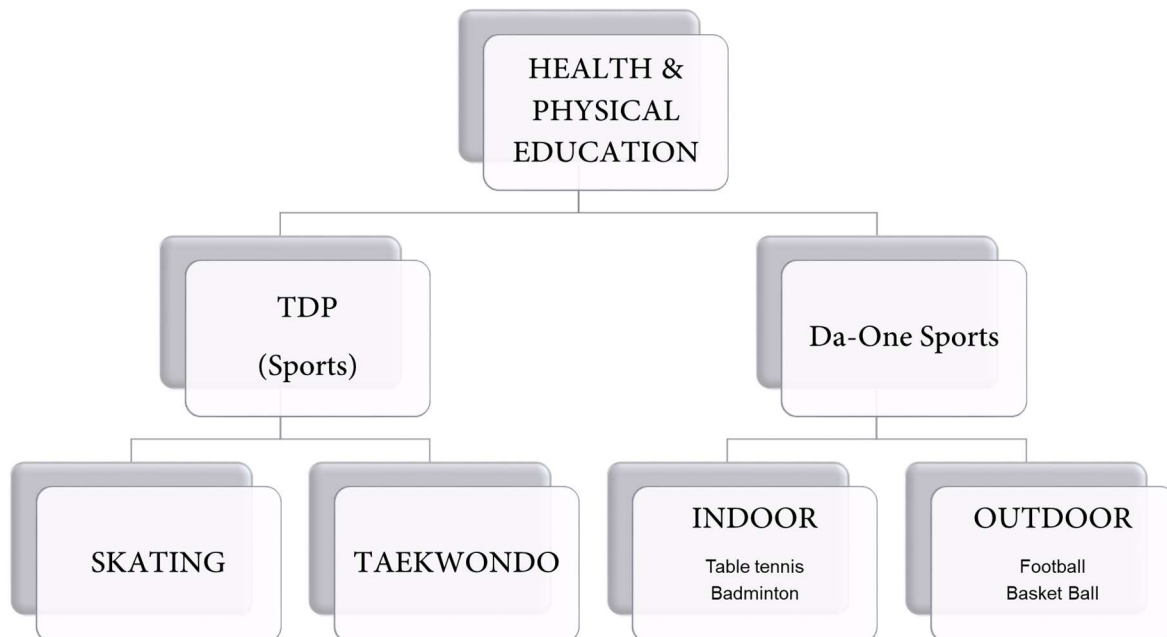
HEALTH & PHYSICAL EDUCATION
CURRICULUM
SESSION-2023-24

HEALTH & PHYSICAL EDUCATION CURRICULUM

At The Millennium School, we acknowledge the fundamental significance of physical education in nurturing well-rounded individuals. In accordance with CBSE guidelines, our curriculum seamlessly integrates a diverse array of physical activities alongside academic rigor. These activities act as catalysts for holistic development, fostering physical fitness, sportsmanship, teamwork, and critical thinking skills among students. From traditional sports to modern fitness regimes and outdoor adventures, our comprehensive approach to physical education ensures that every student can explore their interests and cultivate a well-rounded personality. Through these experiences, we aspire to empower our students to excel not only academically but also as physically fit and socially responsible individuals.

Physical education at TMS plays a pivotal role in fostering holistic development, promoting physical fitness, and enhancing overall well-being. Through various physical activities such as sports, yoga, athletics, and outdoor adventures, learners explore different facets of physical health and sharpen their motor skills. Engaging in diverse physical exercises not only promotes physical fitness but also instills values of discipline, perseverance, and resilience. Additionally, it fosters a sense of camaraderie and teamwork, as students learn to collaborate and compete in a healthy manner. By embracing physical activity as an integral part of their daily routine, students develop lifelong habits for maintaining a healthy lifestyle and overall well-being.

At The Millennium School Co-scholastic (Health and Physical Education) is considered Talent Development Program sports and is defined as follows-



SYLLABUS- HEALTH AND PHYSICAL EDUCATION

- SKATING

GRADE	DURATION	ACTIVITIES
Grade 3	April- May	Warm up Exercises, Basic knowledge of skating, how to do balancing walk on skates with full safety guards,
	July- Sep	Basic skills of Rolling. How to Roll in "V" shape. Body position and arms movements with safety guards.
	Oct- Dec	Warm up exercises, roll in "V" shape, basic skills of stopping like "T" breaks, 'V' breaks with full safety guards
	Jan- March	Warm up exercises, cross over practice in line, speed breaks practice with full safety guards.
Grade 4	April- May	Warm up exercise, Balancing walk on skates with safety guards. Taping with wheel lock for beginners.
	July- Sep	Warm up exercises, rolling in "V" shape, basic skills of stopping like "T" breaks, 'V' breaks with full safety guards
	Oct- Dec	Warm up exercises, practice of right turn and left turn with cones, Body weight transfer practice on skates.
	Jan- March	Speed racing practice, "duck walk" practice for start.
Grade 5	April- May	Warm up Exercises, Basic knowledge of skating, how to do balancing walk on skates with full safety guards
	July- Sep	Basic skills of Rolling. How to Roll in "V" shape. Body position and arms movements with safety guards.
	Oct- Dec	Warm up exercises, practice of right turn and left turn with cones, Body weight transfer practice on skates.
	Jan- March	Start practice and Speed practice with group and single.
Grade 6	April- May	Warm up exercise, Balancing walk on skates with safety guards. Taping with wheel lock for beginners.
	July- Sep	Basic skills of Rolling. How to Roll "V" shape. Body position and arms movements with safety guards.
	Oct- Dec	Warm up exercises, roll in "V" shape, basic skills of stopping like "T" breaks, 'V' breaks with full safety guards
	Jan- March	Warm up exercises, practice of right turn and left turn with cones, Body weight transfer practice on skates.
Grade 7	April- May	Warm up Exercises, Basic knowledge of skating, how to do balancing walk on skates with full safety guards
	July- Sep	Warm up exercises, roll in "V" shape, basic skills of stopping like "T" breaks, 'V' breaks with full safety guards
	Oct- Dec	How to do one leg push, push recovery with body position and arms movements with full safety guards
	Jan- March	Speed racing practice, "duck walk" practice for start.
Grade 8	April- May	Basic skills of Rolling. How to Roll "V" shape. Body position and arms movements with safety guards.

	July- Sep	Warm up exercises, roll in "V" shape, basic skills of stopping like "T" breaks, 'V' breaks with full safety guards
	Oct- Dec	How to do one leg push, push recovery with body position and arms movements with full safety guards
	Jan- March	Warm up exercises, cross over practice in circle with cones, and practice speed skating.

• TAEKWONDO

GRADE	DURATION	ACTIVITIES
Grade 3	April- May	Basic knowledge of Taekwondo & its rules and regulations. How to do Face punch, middle punch, and lower punch with warm up exercises.
	July- Sep	How to do Front Snape kick and Side Snap kick with warm up exercises
	Oct- Dec	Basic skills of turning kicks for face and middle kick with ped.
	Jan- March	How to do front snape kick, and side pracing kick with warm up Exercises.
Grade 4	April- May	Basic knowledge of Taekwondo & its rules and regulations. How to do Face punch, middle punch, and lower punch with warm up exercises.
	July- Sep	Basic skills of Kicks with all Punches
	Oct- Dec	Warm up exercises, Practice session of All punches, Front Snap kick and side snap kick with ped.
	Jan- March	How to do side pracing kick and back pracing kick with warm up exercises.
Grade 5	April- May	Basic knowledge of Taekwondo & its rules and regulations. How to do Face punch, middle punch, and lower punch with warm up exercises.
	July- Sep	How to do Front Snape kick and Side Snap kick with warm up exercises
	Oct- Dec	Basic skills of turning kicks for face and middle kick with ped.
	Jan- March	How to do front snape kick, and side pracing kick with warm up Exercises.
Grade 6	April- May	Basic knowledge of Taekwondo & its rules and regulations. How to do Face punch, middle punch, and lower punch with warm up exercises.
	July- Sep	How to do Front Snape kick and Side Snap kick with warm up exercises
	Oct- Dec	Basic skills of turning kicks for face and middle kick with ped.
	Jan- March	Basic skills of turning kicks for face and middle kick with ped.
Grade 7	April- May	Basic knowledge of Taekwondo & its rules and regulations. How to do Face punch, middle punch, and lower punch with warm up exercises.
	July- Sep	Warm up exercises, Practice session of All punches, Front Snap kick and side snap kick with ped.
	Oct- Dec	How to do side pracing kick and back pracing kick with warm up exercises.
	Jan- March	Belt test pattern (tulgi) with Warm up Exercises.
Grade 8	April- May	Basic skills of Kicks with all Punches

	July- Sep	Basic skills of turning kicks for face and middle kick with ped.
	Oct- Dec	Bouting session with Partner.
	Jan- March	Belt test pattern (tulgi) with Warm up Exercises.

- **GAMES**

GRADE	DURATION	ACTIVITIES
Grade 3	April- May	Warm up exercises, Practice session of Pt. no. 1 to 3.
	July- Sep	Warm up exercise, Ball Handling Skills-1 Hand and Eye Co-ordination. How to Slap ball.
	Oct- Dec	Basic knowledge of Football game, ground equipment (size of Football) basic skills of passing (first touch, double tap) with warm up exercises.
	Jan- March	Inter-passing of all types like- foot touch, double touch between two players with cool down exercises.
Grade 4	April- May	Warm up exercises, throw up and catch. Dribbling from Right hand.
	July- Sep	Warm up Exercises, Practice session of PT 1 to 8. Practice Right and left Turns.
	Oct- Dec	Inter-passing of all types like- foot touch, double touch between two players with cool down exercises.
	Jan- March	Countable match practice with warm up exercises.
Grade 5	April- May	Warm up Exercises, Practice session of PT 1 to 8. Practice Right and left Turns.
	July- Sep	Warm up exercises, Dribbling from left hand. Zig zag ball handling skills.
	Oct- Dec	Drills with ball running and continue to inter passing with warm up exercises.
	Jan- March	Countable match practice with warm up exercises.
Grade 6	April- May	Warm up exercises, practice session of PT 1 to 12. Practice of " About Turn"
	July- Sep	Warm up exercises, passing with run between two players. Hard touch passing in circle.
	Oct- Dec	basic skills of controlling - control with outside and inside foot with cool down exercises, kick strength exercises (long kick, corner kick)
	Jan- March	skills of shooting (practice how to shoot the ball shooting v/s goalkeeper)
Grade 7	April- May	Practice session of PT 1 to 14 with warm up exercises.
	July- Sep	Inter-passing of all types like- foot touch, double touch between two players with cool down exercises.
	Oct- Dec	Drills with ball running and continue to inter passing with warm up exercises.

	Jan- March	basic skills of controlling - control with outside and inside foot with cool down exercises, kick strength exercises (long kick, corner kick)
Grade 8	April- May	practice session of PT 1 to 14 with drum. Practice of about turn, right and left turn with drumbeats
	July- Sep	drills with ball running and continue to inter passing with warm up exercises.
	Oct- Dec	skills of shooting (practice how to shoot the ball shooting v/s goalkeeper)
	Jan- March	All football basic Skills with match practice