



**THE ADVENT SCHOOL (2026-27)**  
**CLASS- VII | SUBJECT- PHYSICAL EDUCATION**  
**TERM WISE SYLLABUS**

**TERM-I**

**SYLLABUS FOR PRE-MID TERM ASSESSMENTS:**

- Introduction of physical education
- Basic exercise (warmup and stretching)
- Fundamental movements (Running, Jumping, balancing etc.)
- Fun Games/Minor Games)
- Health and Hygiene awareness
- PT

**TERM-II**

**SYLLABUS FOR MID TERM ASSESSMENTS:**

- Revision of Pre-Term Syllabus
- Physical fitness and components (Strength, speed, flexibility)
- Athletes Basics (Short race, Relay)
- Introduction of Team game ( Kho -Kho , Football , Kabaddi)
- Role of Simple games
- Drill and March Past Practice
- PT

**SYLLABUS FOR POST-MID TERM ASSESSMENTS:**

- Revision of Mid-Term Topics
- Skill Development (Throwing, Catching, Passing)
- Recreational Activities
- Practice Matching /Group Games
- Coordination And Balance Exercise

**SYLLABUS FOR FINAL ASSESSMENTS:**

**Full Syllabus Revision**

- Advance Skills And strategies strategies
- Athletes events (Race, Long jump, Shot -put higher classes)

- Team Games (Kabaddi, Volleyball, Basketball)
- Sports Ethics and Teamwork
- Viva (Oral Test):
- Annual Day Preparation and Performance

**PRINCIPAL**