



विनय कौशलाभिव्यक्तिः
Humility Enhances Excellence

**JAYPEE PUBLIC SCHOOL
GREATER NOIDA SKATING
MONTHLY SYALLBUS**

| MONTHS | ACTIVITES | IMAGE | LEARNING OUTCOME |
|---------------|-----------------------------------|--|---|
| April | Basic -: jogging, running walking |  | Learning jogging walking running improves body balance |
| May | Hand movement, zig-zag , o-break |  | Learn basic hand movement increase speed , zig- zag helps in turing at sudden points , o-break helps while breaking |
| June | Maximum and Minimum body bend |  | Learn minimum body bend helps in short race and maximum body bend help in long race |
| July | Start and T-break |  | Learning start helps in shorts race to gain the momentum to run fast. And T- break helps in slow down the speed |



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|-----------|--------------------------|--|--|
| August | Single pushing |  | Learning single leg pushing helps in shorts race |
| September | Double leg pushing |  | Learning double leg pushing helps in long race |
| October | Short race and long race |  | In short race learn how to run fast in shorts distance In long race learn how to run in long distance |



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| November | Crossing |  | Learning crossing helps at the time of turning while doing speed race |
| December | C-break and crossing start |  | Learning C- break helps to stop at the time of emergency and crossing start helps to gain more speed at time of turning |
| Janurary | Revision of shorts race |  | |



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|----------|-----------------------|---|--|
| February | Revision of long race |  | |
| March | Relay race |  | |