

Jindal Vidya Mandir.Vidyanagar.					
Annual Sports Details 2025-26					
Sl.no	Months	Grade	Events	Skills	Objective
1	June	I & II	50m Running race	Fun & Basic movements	<ul style="list-style-type: none">•Basic Running Form: Running with arms and legs moving naturally.•Fun Races: Short sprints with minimal competition focus.Balance & Coordination: Hopping, skipping, and small hurdle drills.•Starting Awareness: Simple commands like "Ready, Set, Go."•Basic Breathing: Teaching students to breathe naturally while running.
		III & IV	100m Running race	Fundqmentals of sprinting	<ul style="list-style-type: none">•Proper Running Posture: Slight forward lean, head up, and relaxed shoulders.•Arm Movement Practice: Swinging arms from hip to chest level for momentum.•Stride Development: Small acceleration drills focusing on controlled steps.•Short Sprint Practice: 20m-50m races with a focus on form.•Basic Warm-up Routines: Jogging, stretching, and light agility drills.
		V & VI	100m Running race	Introduction to Sprint Techniques	<ul style="list-style-type: none">•Crouch Start Basics: Learning how to start in a low stance for explosive speed.•Acceleration Drills: Practicing quick strides and pushing off with power.•Foot Placement Awareness: Running on the balls of the feet for better speed.•Reaction Time Exercises: Quick response to the start signal.•Sprint Coordination: Running in a straight line, focusing on stride rhythm.
		VII & VIII	100m Running race	Developing Sprint Mechanics	<ul style="list-style-type: none">•Proper Block Start (Optional): Using low or standing starts effectively.•Drive Phase Training: Staying low for the first few meters before standing tall.•Stride Length & Frequency Control: Finding a balance between long strides and quick steps.•Speed Endurance: 60m-80m sprints to sustain top speed.•Core Strength Work: Simple core exercises to improve running stability.
		IX & X	100m Running race	Intermediate Sprint Techniques	<ul style="list-style-type: none">•Refining Block Starts: Practicing efficient push-off and reaction time.•Maximum Velocity Running: Holding top speed without excessive strain.•Breathing Control: Exhaling during strides to maintain relaxation.•Arm Action Efficiency: Avoiding wasted motion for smoother sprinting.•Race Awareness: Understanding pacing and sprinting strategy.
		XI & XII	100m Running race	Advanced Sprint Training	<ul style="list-style-type: none">•Explosive Start Mastery: Using blocks (if available) and optimizing reaction time.•Fine-Tuning Sprint Mechanics: High-knee drills, plyometric exercises, and resisted sprints.•Strength & Power Training: Bodyweight and resistance exercises for stronger legs.•Speed Endurance & Sprint Repeats: 100m-150m sprint repetitions with minimal rest.•Mental Preparation & Race Tactics: Focus on psychology, relaxation, and finishing strong with a dip technique.

2	July	I & II	Weight ball throw	<p>1. Basic throwing mechanics.</p> <p>2. Coordination and strength</p> <p>3. Footwork and balance.</p> <p>4. Fun drills and games</p>	<p>1. Basic Throwing Mechanics</p> <ul style="list-style-type: none"> •Grip: Teach them to hold the ball with both hands first, then transition to one hand. •Stance: Feet shoulder-width apart, knees slightly bent. •Arm Motion: Swing the throwing arm back and then forward with a full extension. •Release: Let go of the ball at the right moment for maximum distance. <p>2. Coordination & Strength</p> <ul style="list-style-type: none"> •Overhead Throw: Helps build shoulder and arm strength. •Chest Pass: Builds pushing power and improves coordination. •Underhand Toss: Useful for control and accuracy in shorter distances. <p>3. Footwork & Balance</p> <ul style="list-style-type: none"> •Step & Throw: Encourage stepping forward with the opposite foot while throwing. •Jump & Throw: Introduces explosive power in a fun way. •Balancing Drills: Help with body stability before and after the throw.
		III & IV	Standing broad jump	<p>1. Jumping Mechanics.</p> <p>2. Strengths and power Development.</p> <p>3. Coordination and technique.</p> <p>4. Fun drills and games</p>	<p>1. Jumping mechanics</p> <ul style="list-style-type: none"> •Starting Position: Feet shoulder-width apart, knees slightly bent. •Arm Swing: Swing arms backward for momentum. •Explosive Takeoff: Push off with both feet at the same time. •Landing: Bend knees to absorb impact and maintain balance. <p>2. Strength & Power Development</p> <ul style="list-style-type: none"> •Squat Jumps: Builds leg strength. •Tuck Jumps: Improves knee drive and coordination. •Bounding: Helps in developing explosive push-off. <p>3. Coordination & Technique</p> <ul style="list-style-type: none"> •Arm-Leg Coordination: Swing arms forward to generate power. •Knee Drive: Bring knees up while in the air. •Soft Landing: Land on both feet with a slight bend in the knees. <p>4. Fun Drills & Games</p>
		V & VI	200m Running race, 4x100m Relay race	<p>200mtr Running race. 1. Acceleration and start. 2. Stride length and frequency. 3. Speed maintenance and endurance. 4x100Mtr Relay race. 1. Baton Exchange. 2. Running in lanes. 3. Acceleration before exchange</p>	<p>1. Jumping Over Cane: Improves power and confidence.</p> <p>200m Running Race</p> <p>1. Acceleration & Start – Quick reaction at the start with explosive push-off from the blocks/standing start.</p> <p>2. Stride Length & Frequency – Maintain long, controlled strides without overstriding, and keep a steady rhythm.</p> <p>3. Speed Maintenance & Endurance – Focus on maintaining pace in the last 50m using relaxed breathing and arm drive.</p> <p>4x100m Relay Race</p> <p>1. Baton Exchange – Use proper techniques like the upsweep, downsweep, or push-pass for smooth transitions.</p> <p>2. Running in Lanes – Maintain lane discipline and ensure proper positioning during the handoff.</p> <p>3. Acceleration Before Exchange – The receiving runner should start moving before the baton arrives to maintain momentum.</p>
		VII & VIII	400m Running race, 4x100m Relay race	<p>400mtr Running Race. 1. Pacing strategy. 2. Endurance and Speed maintenance. 3. Breathing and Relaxation. 4x100mtr Relay race. 1. Baton Handoff Technique. 2. Acceleration Zone Mastery. 3. Curve Running Technique</p>	<p>1. Pacing Strategy – Sprint the first 50-60m, maintain a steady rhythm in the middle, and push in the last 100m.</p> <p>2. Endurance & Speed Maintenance – Train with interval sprints (e.g., 200m fast + 200m moderate) to sustain speed.</p> <p>3. Breathing & Relaxation – Controlled breathing and relaxed arm movement help prevent early fatigue.</p> <p>4x100m Relay Race</p> <p>1. Baton Handoff Technique – Use the upsweep, downsweep, or push-pass for quick and smooth transitions.</p> <p>2. Acceleration Zone Mastery – The outgoing runner should start running before receiving the baton to maintain momentum.</p> <p>3. Curve Running Technique – The second and fourth runners should lean slightly into the curve for better speed control.</p>
		IX & X	Shot put, 4x100m Relay race	<p>Shot put. 1. Grip and stance 2. Power and Explosive push. 3. Balance and Follow through. 4x100Mtr Relay race 1. Baton exchange precision 2. Acceleration zone mastery. 3. Curve Running and lane control</p>	<p>Shot Put</p> <p>1. Grip & Stance – Hold the shot at the base of the fingers, keep the elbow high, and stand with feet shoulder-width apart.</p> <p>2. Power & Explosive Push – Use leg drive, hip rotation, and arm extension to generate maximum force.</p> <p>3. Balance & Follow-Through – Maintain stability after release, with a strong finish to maximize distance.</p> <p>4x100m Relay Race</p> <p>1. Baton Exchange Precision – Master the upsweep, downsweep, or push-pass technique for fast handovers.</p> <p>2. Acceleration Zone Mastery – Outgoing runner should build speed before receiving the baton for a smooth transition.</p> <p>3. Curve Running & Lane Control – The second and fourth runners must lean into the curve slightly for efficient running</p>
		XI & XII	Javelin throw, 4x100m Relay race	<p>Javelin throw. 1. Grip and hold. 2. Approach and Runup 3. Release and follow. 4x100Mtr Running race. 1. Baton Exchange Efficiency. 2. Acceleration and speed maintenance. 3. Curve Running and positioning</p>	<p>Javelin Throw</p> <p>1. Grip & Hold – Use the standard, Finnish, or American grip while keeping a relaxed yet firm hold on the javelin.</p> <p>2. Approach & Run-Up – Maintain controlled speed and rhythm in the approach to generate momentum.</p> <p>3. Release & Follow-Through – Ensure a high elbow, correct angle of release (30–36°), and full-body extension for maximum distance.</p> <p>4x100m Relay Race</p> <p>1. Baton Exchange Efficiency – Perfect the upsweep, downsweep, or push-pass technique for fast transitions.</p> <p>2. Acceleration & Speed Maintenance – Ensure smooth speed buildup before and after receiving the baton.</p> <p>3. Curve Running & Positioning – The second and fourth runners should lean slightly into the turn to maintain speed without drifting.</p>

3	August	I & II	Single leg hopping race	1. Balance and coordination. 2. Leg strength and endurance. 3. Arm swing for momentum	Single-Leg Hopping Race 1. Balance & Coordination – Teach kids to maintain body stability while hopping on one foot. 2. Leg Strength & Endurance – Develop power in the hopping leg through short-distance hops before increasing distance. 3. Arm Swing for Momentum – Encourage using arms to maintain rhythm and
		III & IV	Chess	1. Basic piece movement. 2. Check, checkmate and stalemate 3. Opening	1. Basic Piece Movement – Teach how each piece moves, captures, and their unique roles. 2. Check, Checkmate & Stalemate – Understanding the goal of the game and basic checkmating patterns. 3. Opening Principles – Control the center, develop pieces, and ensure king safety (castling).
		V & VI	Chess	1. Basic Tactics. 2. Pawn structure. 3. Common opening strategies	1. Basic Tactics – Learn pins, forks, skewers, and discovered attacks. 2. Pawn Structure & Endgames – Understanding pawn promotion, opposition, and basic king-pawn endgames. 3. Common Opening Strategies – Learn simple openings like the Italian Game or the Sicilian Defense.
		VII & VIII	Chess	1. Middle Game Tactics and Combinations. 2. Positional play.	1. Middle Game Tactics & Combinations – Learn advanced tactical themes and piece coordination. 2. Positional Play – Focus on controlling open files, outposts, and weak squares. 3. Endgame Mastery – King activity, opposition, and basic rook and pawn endgames.
		IX & X	Chess	1. Deep calculation and move order. 2. Opening repertoire development. 3. Advanced endgame play.	1. Deep Calculation & Move Order – Improve thinking depth with tactical puzzles and planning. 2. Opening Repertoire Development – Learn different variations and counter-strategies. 3. Advanced Endgame Play – Mastering techniques like Lucena & Philidor positions for rook endgames.
		XI & XII	Chess	1. Positional and strategic understanding. 2. Psychological and time management skills. 3. Game analysis and preparation.	1. Positional & Strategic Understanding – Analyzing weaknesses, pawn breaks, and prophylactic moves. 2. Psychological & Time Management Skills – Playing under time pressure and adapting to opponents' style. 3. Game Analysis & Preparation – Reviewing games, understanding grandmaster strategies, and preparing openings.
4	September	I & II	Tunal ball passing	1. Hand-eye Coordination. 2. Teamwork and Communication. 3. Speed and reaction time.	1. Hand-Eye Coordination – Teach kids to quickly pass the ball between their legs with accuracy. 2. Teamwork & Communication – Emphasize calling out names and coordinating smoothly with teammates. 3. Speed & Reaction Time – Encourage quick reflexes to pass and receive the ball efficiently without delays.
		III & IV	Kho-Kho relay	1. Fast & Agile running. 2. Perfect sitting and touching technique. 3. Team coordination & Awareness	1. Fast & Agile Running – Teach quick sprints and sudden changes in direction to maintain speed. 2. Perfect Sitting & Touching Technique – Ensure proper sitting posture and smooth hand touches for fast transitions. 3. Team Coordination & Awareness – Players should stay alert to anticipate their turn and react instantly.
		V & VI	Kho-Kho	1. Dodging & Evasion skills. 2. Perfect sitting & Chasing Technique. 3. Game awareness and communication.	1. Dodging & Evasion Skills – Teach quick side-steps, sudden direction changes, and fakes to avoid getting tagged. 2. Perfect Sitting & Chasing Technique – Ensure proper knee positioning, smooth hand touches, and efficient sprinting. 3. Game Awareness & Communication – Develop strategies, teamwork, and quick decision-making for better coordination.
		VII & VIII	Kho-Kho	1. Speed and agility. 2. Strategic chasing & Dodging. 3. Effective communication & Coordination.	1. Speed & Agility – Improve quick starts, sudden turns, and rapid sprints to chase or evade effectively. 2. Strategic Chasing & Dodging – Teach fakes, zigzag runs, and teamwork to outsmart opponents. 3. Effective Communication & Coordination – Develop signals and quick decision-making for smooth gameplay.
		IX & X	Kabaddi, Long jump	Kabaddi. 1. Raiding skills. 2. Defensive techniques. 3. Strength and endurance. long jump. 1. Approach run & Speed control. 2. Take off & Flight technique. 3. Landing mechanics.	Kabaddi 1. Raiding Skills – Develop footwork, hand touches, bonus line tactics, and breath control. 2. Defensive Techniques – Teach ankle holds, thigh holds, chain defense, and body positioning. 3. Strength & Endurance – Focus on core strength, agility drills, and reaction speed to sustain performance. Long Jump. 1. Approach Run & Speed Control – Maintain an optimal sprint with controlled strides for maximum takeoff power. 2. Takeoff & Flight Technique – Use the right foot for push-off, extend arms and legs for better lift, and stay balanced in the air. 3. Landing Mechanics – Ensure a soft, forward-leaning landing with bent knees to maximize jump
		XI & XII	Disc throw, Long jump	Disc throw. 1. Grip & Stance. 2. Rotation & Power generation. 3. Angle & Release technique. Long jump. 1. Sprint & Take off timing. 2. Flight phase techniques. 3. Landing *Follow through.	Disc throw 1. Grip & Stance – Hold the discus with fingers spread evenly and start with a balanced, shoulder-width stance. 2. Rotation & Power Generation – Use a smooth spinning motion, shift body weight correctly, and release with full arm extension. 3. Angle & Release Technique – Aim for a 35-40° release angle with a controlled follow-through for maximum distance. Long Jump 1. Sprint & Takeoff Timing – Maintain acceleration with controlled strides, hitting the board at the right moment. 2. Flight Phase Techniques – Use the hang or hitch-kick technique to stay balanced in the air. 3. Landing & Follow-Through – Extend legs forward, lean slightly, and keep knees bent to ensure a smooth and effective landing.

5	October	Grade I to XII -I term Exams			
5	November	I & II	Touch and Run	1.Speed and quick reflexes. 2. Directional Awareness. 3. Balance and coordination.	1. Speed & Quick Reflexes – Teach children to react fast and run immediately after touching. 2. Directional Awareness – Help them understand movement in different directions while avoiding obstacles. 3. Balance & Coordination – Encourage smooth running with proper foot placement and arm movement for stability.
		III & IV	4x100m Relay race	1.Baton passing technique. 2.Running form & Acceleration. 3.Team coordination	1. Baton Passing Technique – Teach the basic push-pass method for smooth transitions. 2. Running Form & Acceleration – Focus on proper sprinting posture and quick takeoff. 3. Team Coordination & Awareness – Ensure runners know when to start and how to time their exchanges.
		V & VI	Cricket	1.Batting stance &Grip. 2.Bowling technique. 3 Fielding skills. 4. Runnibg between the wickets.	1. Batting Stance & Grip – Teach the basic stance and how to hold the bat correctly for control and power. 2. Bowling Technique – Focus on proper arm action, body posture, and pacing for accurate deliveries. 3. Fielding Skills – Practice catching, ground fielding, and quick throwing techniques. 4. Running Between the Wickets – Improve quick decision-making and speed while running between the wickets.
		VII & VIII	Kabaddi	1.Raiding Techniques. 2.Defensive holds. 3. Footwork &Agility. 4. Breath control & Stamina	1. Raiding Techniques – Teach hand touches, toe touches, and bonus line strategies for effective scoring. 2. Defensive Holds – Focus on ankle holds, thigh holds, and waist grips to stop raiders. 3. Footwork & Agility – Train players for quick movement, sudden direction changes, and evasion tactics. 4. Breath Control & Stamina – Improve endurance and breath management for longer raids.
		IX & X	Disc throw, Javelin throw	Disc throw. 1. Grip holding Technique. . Rotation &Power transfer. 3. Relese & Follow-through. 4. Balance & Footwork. Javelin throw. 1.Grip and carrying technique. 2. Approach run & Speed control. 3.Throwing Angle and release. 4. follow through & Landing.	Discus Throw 1. Grip & Holding Technique – Teach the correct way to hold the discus with fingers spread and wrist firm. 2. Rotation & Power Transfer – Train proper spinning motion and weight transfer for maximum force. 3. Release & Follow-Through – Focus on the right angle (35-40°) and smooth arm extension for better distance. 4. Balance & Footwork – Develop stability during rotation and ensure a controlled release. Javelin Throw 1. Grip & Carrying Technique – Learn standard, Finnish, and American grips for a strong hold. 2. Approach Run & Speed Control – Maintain controlled speed for momentum before release. 3. Throwing Angle & Release – Aim for a 30-36° angle with full arm extension for maximum distance. 4. Follow-Through & Landing – Ensure a smooth finish to maintain balance after the throw.
		XI & XII	Football, Cricket	Football For boys. 1.Dribbling &Ball control. 2. Passing & Shooting accuracy. 3. Defensive &Attacking strategies. 4. Stamina & Agility. Cricket for girls. 1. Batting techniques and shot selection. 2.Bowling accuracy & variations. 3.Fielding and catching skills. 4.Match awareness and strategy.	For Football (Boys) 1. Dribbling & Ball Control – Improve close control, quick turns, and changes in direction. 2. Passing & Shooting Accuracy – Develop precision in short passes, long passes, and goal-scoring techniques. 3. Defensive & Attacking Strategies – Teach positioning, tackling, and teamwork for effective gameplay. 4. Stamina & Agility – Focus on endurance training and quick footwork drills. For Cricket (Girls) 1. Batting Technique & Shot Selection – Teach grip, stance, and correct shot execution. 2. Bowling Accuracy & Variations – Focus on line, length, and different bowling styles (spin, pace). 3. Fielding & Catching Skills – Improve reaction time, ground fielding, and high catches. 4. Match Awareness & Strategy – Develop decision-making skills, game awareness, and team coordination.

6	December	I & II	Selections and practice for annual sports	In December, selections for the Annual Sports events for Grades I and II will be conducted. The events include Weight Ball Throw, Single-Leg Hopping Race, Tunnel Ball Passing, Touch and Run, and the 50m Running Race. Students will be evaluated based on speed, coordination, technique, and endurance to ensure fair and competitive selections. Would you like a structured schedule for the selection process?	
		III & IV	2 Man ball passing	1.Hand & Eye Coordination. 2.Passig techniques. 3. Communication and timing.	1. Hand-Eye Coordination – Ensure accurate passing and catching by improving focus and control. 2. Passing Techniques – Teach chest passes, bounce passes, and overhead passes for effective ball movement. 3. Communication & Timing – Develop teamwork through verbal cues and synchronized passing.
		V & VI	Cricket	11.Batting Technique. 2.Bowling accuracy. 3.Fielding & Catching. 4.Running between wickets..	Cricket 1. Batting Technique – Teach grip, stance, and shot selection for better control and power. 2. Bowling Accuracy – Focus on line, length, and different bowling styles (pace, spin). 3. Fielding & Catching – Improve reaction time, ground fielding, and high catches. 4. Running Between Wickets – Train students on quick decision-making and sprinting between the wickets
		VII & VIII	Shot put, Long jump	Shot put. 1.Grip and holding technique. 2. Power and push technique. 3.Balance and footwork. 4.Angle and release control. Long jump. 1.Approach run and Acceleration. 2. Takeoff technique. 3.Flight mechanics. 4. Landing technique.	Shot Put 1. Grip & Holding Technique – Hold the shot properly against the neck with fingers spread for control. 2. Power & Push Technique – Use leg strength and explosive arm extension for maximum distance. 3. Balance & Footwork – Master stance, glide, or spin technique for stability and momentum. 4. Angle & Release Control – Aim for a 35-40° release angle with a smooth follow-through for better throw efficiency. Long Jump 1. Approach Run & Acceleration – Sprint with proper stride length and control to maximize takeoff power. 2. Takeoff Technique – Push off strongly from the board using the dominant foot to achieve optimal lift. 3. Flight Mechanics – Maintain body posture using the hang or hitch kick technique for a longer jump. 4. Landing Technique – Extend legs forward, bend knees, and lean slightly forward to maintain balance.
		IX & X	Football ,Cricket	Foot ball. 1.Dribbling &ball control. 2.Passing and shooting Accuracy. 3.Defensive and attacking strategies. 4.Stamina and Agility	Football (Boys) 1. Dribbling & Ball Control – Improve footwork, close control, and quick directional changes. 2. Passing & Shooting Accuracy – Develop short and long passing precision and goal-scoring techniques. 3. Defensive & Attacking Strategies – Teach positioning, tackling, and team coordination. 4. Stamina & Agility – Enhance endurance, speed, and reaction time through fitness drill. Cricket (Girls) 1. Batting Technique – Focus on stance, grip, and proper shot execution. 2. Bowling Accuracy & Variations – Teach line, length, and different styles like spin and pace. 3. Fielding & Catching – Improve ground fielding, reflexes, and catching techniques. 4. Match Awareness & Strategy – Develop game sense, decision-making, and teamwork.
		XI & XII	Kabaddi,Tug of war	Kabaddi (Boys). 1.Raiding techniques. 2.Defensive Holds. 3.Agility and Reflexes. 4. Breath control. Tug of war (Girls) 1 .Grip strength and Hand positioning. 2.Leg strength and Stance. 3.Team coordination and rhythm. 4.Balance and core strength.	Kabaddi (Boys) 1. Raiding Techniques – Master hand touches, toe touches, and bonus line strategies for effective scoring. 2. Defensive Holds – Train in ankle holds, thigh holds, and waist grips to stop raiders. 3. Agility & Reflexes – Develop quick movements, sudden direction changes, and dodging techniques. 4. Breath Control & Endurance – Improve stamina and lung capacity for sustained performance. Tug of War (Girls) 1. Grip Strength & Hand Positioning – Learn proper hand placement and a firm grip to hold the rope securely. 2. Leg Strength & Stance – Use a strong, wide stance with bent knees for maximum pulling power. 3. Team Coordination & Rhythm – Work on synchronized pulling to apply force effectively. 4. Balance & Core Strength – Strengthen the core and maintain stability to resist opposing force.
7	January	I To XII	Annual sports	In January, Annual Sports will be conducted for all introduced games across Grades I to XII. Events will include track and field competitions, team sports, and individual skill-based events. Students will showcase their abilities in various disciplines, emphasizing sportsmanship, teamwork, and athletic excellence. Selection criteria and training sessions will ensure a competitive and fair event.	
8	February	I to XII	Next year cbse games selections	The CBSE sports selections in February will provide students with an opportunity to showcase their skills and secure a place in the school teams for the next academic year. This process will help in building strong teams for upcoming inter-school competitions.	
9	March	I To XII	Term II Exams		