

YEAR PLANNER 2019-20

Subject: Cricket

Principal:

| Month | Skill | Objectives & Specifications | Evalution |
|--------|------------------------------------|--|------------------------------------|
| June | fitness,game rules and regulation | Running for 3-4 minlong sprints, short sprints, body felxbilty, stretching exercises, felding position, typs of out, power play restriction. | Observation |
| July | Batting & basic rules of cricket | how to hold the bat, batting position, bacis of the game | Observation and Assessment - I |
| August | batting driling | front foot defence,back foot defenc, | Observation |
| Sept | types batting shots cricket | cover drive, on side drive, back foot punch | Observation and Assessment - II |
| Oct | bowling & cricket batting tips | how to hold the ball, runup, bowling action, jump, relise the ball, target practice & cover drive, on side drive, back foot punch | Observation |
| Nov | catches & felding & throw & bowlin | slip catchs, high catches, said ways catchs, ground felding | Observation and Assessment -III |
| Dec | cricket batting techniques | lofted shorts, cut shorts, pull shorts, | Observation |
| Jan | bowling & cricket batting tips | In swing techniques, out swing techniques, off spin, leg spin,cricket batting judging length | Observation and Assessment -IV |
| Feb | matches | running between the wickets, palcements in gap | Observation |

Academic Head:

P.D: