

## GYAN GANGA EDUCATIONAL ACADEMY RAIPUR

### SPORTS CALENDAR 2024 - 25

MONTH	CLASS	GAMES
July	PP. I To PP. II A/B	Recreational games collecting ball race, cone ,relay,zig zag race ,throwing the bucket, pt , Zumba, aerobic exercises
	Every Saturday	
	I to II A/B	basketball dribbling, passing, kho-kho , Kabaddi recreational games
August	PP I TO PP II A/B	recreational games, race, 100m, 50 M, garden, musical race, ball balancing race
	I to II A/B	badminton,throwball, recreational games
	Every Saturday	pt , Zumba, aerobic exercises
September	PP I. TO. PP II A/B	recreational games, garden,bike racing
	I to. II. A/B	kho- kho , football recreational games
	Every Saturday	pt , Zumba, aerobic exercises
October	PP I TO PP II. A/B	recreational games Hurdle relay
	I To II A/B	volleyball, badminton, recreational games
	Every Saturday	pt , Zumba, aerobic exercises
November	pp I to pp II A/B	dodgeball , throwboll,
	I To II A/B	battrn relay , football, kho- kho , recreational games
	Every Saturday	pt , Zumba, aerobic exercises
December	pp I to pp II A/B	recreational games ice breaker game, drop the ball
	I To II A/B	100 m, 50 m, race , basketball, football recreational games
	Every Saturday	pt , Zumba, aerobic exercises
January	pp I to pp II A/B	garden, recreational games, multi drill, games
	I To II A/B	racing, kho- kho , basketball, drills recreational games, catch the boll , chain games
	Every Saturday	pt , Zumba, aerobic exercises

## **Event BasketBall**

MONTH	CLASS	GAMES <b>BASKETBALL FUNDAMENTALS</b>
July	3 to 8 <sup>th</sup>	(1) How to Hold The Ball:- Ball Holding  (2) Stance:-3 Type of Stance (Parallel, Four And Aft, Tow Hill Aliment)
August	3 to 8 <sup>th</sup>	(3)Dribbling  (4) Stopping:- Two Types of Stopping—one count Stop , Two Count Stop. (Drills Walking ,Jogging, Running) Without Ball& With Ball
September	3 to 8 <sup>th</sup>	(5) Pivoting:-Front Pivot/Back Pivot (turningDegree45 /90/135/180/225/360)
October	3 to 8 <sup>th</sup>	(6) Passing (ChestPass/OverheadPass/BouncePass/BaseballPass/Pushpass)  (MirrorFormation/TriangleFormation/CircleFormation/SquireFormation/FileFormation)
November	3 to 8 <sup>th</sup>	(7) LayupShot–OverHead/UnderHand  (8) Shooting:-SetShot/JumpShot  (9) Defense:-Individual/Team(Withball/WithoutBall)/Man2Men
December	3 to 8 <sup>th</sup>	Individual:- SemiMaximumposition/Retrit/Drop/Advance/Attack/DribbleGuardingPosition/ Reverse/Belly Up/Approach And Run  Team:-Zone
January	3 to 8 <sup>th</sup>	Man 2 Men

## CRICKET EVENT 2024-25

<b>MONTH</b>	<b>CLASS</b>	<b>GAMES</b>
<b>JULY</b>	<b>3<sup>RD</sup> TO 8TH</b>	CRICKET BASIC KNOWLEDGE, BATTING PRACTICE ,RECREATIONAL GAMES ,PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>AUGUST</b>	<b>3<sup>RD</sup> TO 8TH</b>	BOWLING PRACTICE,THROWING PRACTICE,RECREATIONAL GAMES ,PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>SEPTEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	BATTING PRACTICE IN NETS , RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>OCTOBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	HIGH CATCHING , LOW CATCHING , RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>NOVEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	BATTING SKILLS ,KEEPING PRACTICE, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>DECEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	FIELDING PRACTICE, BALLING IN NETS RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>JANUARY</b>	<b>3<sup>RD</sup> TO 8TH</b>	BATTING ,BOWLING,FIELDING SKILL PRACTICE, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>FEBRUARY</b>	<b>3<sup>RD</sup> TO 8TH</b>	MATCH PRACTICE,RECREATIONAL GAMES, PHYSICAL TRAINING(PT)

## FOOTBALL EVENT 2024-25

<b>MONTH</b>	<b>CLASS</b>	<b>GAMES</b>
<b>JULY</b>	<b>3<sup>RD</sup> TO 8TH</b>	PASSING DRILLS ,DRIBBLE,JIG JACK DRIBBLE ,LONG PASS ,RECREATIONAL GAMES ,PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>AUGUST</b>	<b>3<sup>RD</sup> TO 8TH</b>	PASSING DRILLS ,DRIBBLE,JIG JACK DRIBBLE ,RECREATIONAL GAMES ,PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>SEPTEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	HEADING ,LONG PASS, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>OCTOBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	SHOOTING,VOLLEY SHOOTING, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>NOVEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	HIGH DRIVE , LOW DRIVE, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>DECEMBER</b>	<b>3<sup>RD</sup> TO 8TH</b>	BODY FANT ,BALL ROLLING,DRIBBLE BETWEEN LEGS , RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>JANUARY</b>	<b>3<sup>RD</sup> TO 8TH</b>	CORNER HEADING , PLACING THE BALL,, RECREATIONAL GAMES, PHYSICAL TRAINING(PT)
	<b>EVERY SATURDAY</b>	PRATICE MATCH
<b>FEBRUARY</b>	<b>3<sup>RD</sup> TO 8TH</b>	ATTACKING AND DEFENSIVE DRILLS ,RECREATIONAL GAMES, PHYSICAL TRAINING(PT)