

**ARMY PUBLIC SCHOOL WELLINGTON
SPLIT UP SYLLABUS (2025-2026)**

KARATE

CLASSES: 3 to 5

Month	Topic	Sub-Topics	Activities
June	Warm-Up & Stance	Advanced warm-up drills Forward stance, Horse stance Body posture	Stance relay races Balance games Team warm-up routines
July	Punching & Striking	Jab, Cross, Uppercut Target focus Hand-eye coordination	Pad striking Pair drills Shadow boxing with rhythm
August	Blocking Drills	Inward block Outward block Reinforced block	Partner block drills React & block game
September	Kicking Techniques	Roundhouse kick Back kick Kick control	Kick target pads Kick-and-hold balance challenge
October	Combination Techniques	Punch + kick Block + strike Double combinations	Partner combination routines Drill circles
November	Self-Defense Moves	Escape from grab Use of voice Basic throws	Practice safe release Role play "stranger safety" situations
December	Agility & Speed Drills	Movement drills Reaction training Body coordination	Cone zig-zag drills Reaction time challenges
January	Kata Introduction	Basic Heian Kata Movements with rhythm Accuracy and focus	Kata practice with count Group demo preparation
February	Partner Sparring	Controlled contact Rules of sparring Respect & safety	Light sparring rounds Focus pad tag
March	Revision & Test	Review all moves Performance & evaluation	Karate performance test Group display for parents/school