

PHYSICAL EDUCATION By Monu Sir

Time: 6:00 PM to 7:00 PM

Date	Day	Topic
19-Jan-26	Monday	Meaning and Definition of Physical Education_Class_1
20-Jan-26	Tuesday	Aim and Objectives of Physical Education_Class_1
21-Jan-26	Wednesday	Need and Importance of Physical Education_Class_1
22-Jan-26	Thursday	Biological Basis of Physical Education_Class_1
23-Jan-26	Friday	History of Physical Education in India_Class_1
27-Jan-26	Tuesday	History of Physical Education in the World_Class_1
28-Jan-26	Wednesday	Olympic Games_Class_1
29-Jan-26	Thursday	Asian Games_Class_1
30-Jan-26	Friday	Commonwealth Games_Class_1
2-Feb-26	Monday	Afro-Asian Games_Class_1
3-Feb-26	Tuesday	Important Sports Institutes of India_Class_1
4-Feb-26	Wednesday	Definition and Importance of Psychology_Class_1
5-Feb-26	Thursday	Definition of Learning_Class_1
6-Feb-26	Friday	Laws of Learning_Class_1
9-Feb-26	Monday	Transfer of Learning_Class_1
10-Feb-26	Tuesday	Principle of Learning_Class_1
11-Feb-26	Wednesday	Learning Curve_Class_1
12-Feb-26	Thursday	Developmental Characteristics_Class_1
13-Feb-26	Friday	Types of Intelligence_Class_1
16-Feb-26	Monday	Intelligence Quotient_Class_1
17-Feb-26	Tuesday	Monthly Test 1_Class_1
18-Feb-26	Wednesday	Theories of Intelligence_Class_1
19-Feb-26	Thursday	Definition and Types of Personality_Class_1
20-Feb-26	Friday	Types of Motivation_Class_1
23-Feb-26	Monday	Play Theory_Class_1
24-Feb-26	Tuesday	Meaning and Importance of Organisation and Supervision_Class_1
25-Feb-26	Wednesday	Budget_Class_1
26-Feb-26	Thursday	Principles of Management_Class_1
27-Feb-26	Friday	Leadership and its Types_Class_1

2-Mar-26	Monday	Types of Competition: Knockout, League, Combination, Challenge_Class_1
3-Mar-26	Tuesday	Intramural and Extramural Competition_Class_1
4-Mar-26	Wednesday	Definition, Aims and Objectives of Recreation_Class_1
5-Mar-26	Thursday	Definition, Aims and Objectives of Camp_Class_1
6-Mar-26	Friday	Types of Camp_Class_1
9-Mar-26	Monday	Meaning and Definition of Anatomy and Physiology_Class_1
10-Mar-26	Tuesday	Cell and Tissue_Class_1
11-Mar-26	Wednesday	Muscular System_Class_1
12-Mar-26	Thursday	Circulatory System_Class_1
13-Mar-26	Friday	Respiratory System_Class_1
16-Mar-26	Monday	Digestive System_Class_1
17-Mar-26	Tuesday	Excretory System_Class_1
18-Mar-26	Wednesday	Monthly Test 2_Class_1
19-Mar-26	Thursday	Nervous System_Class_1
20-Mar-26	Friday	Skeletal System_Class_1
23-Mar-26	Monday	Endocrine System_Class_1
24-Mar-26	Tuesday	Sense Organs_Class_1
25-Mar-26	Wednesday	Effect of Exercise on Different Systems_Class_1
26-Mar-26	Thursday	Meaning and Definition of Kinesiology_Class_1
27-Mar-26	Friday	Fundamental Movements in Body_Class_1
30-Mar-26	Monday	Structure and Types of Joint_Class_1
31-Mar-26	Tuesday	Newton's Laws of Motion_Class_1
1-Apr-26	Wednesday	Levers_Class_1
2-Apr-26	Thursday	Equilibrium_Class_1
3-Apr-26	Friday	Centre of Gravity_Class_1
6-Apr-26	Monday	Force, Axis and Planes_Class_1
7-Apr-26	Tuesday	Body Posture and Common Deformities_Class_1
8-Apr-26	Wednesday	Common Sports Injuries and Their Treatment_Class_1
9-Apr-26	Thursday	Therapeutic Modalities and Procedures_Class_1
10-Apr-26	Friday	Massage and Its Types_Class_1
13-Apr-26	Monday	Meaning and Definition of Health_Class_1
14-Apr-26	Tuesday	Health Education: Meaning, Objective, Scope, Principles_Class_1
15-Apr-26	Wednesday	Monthly Test 3_Class_1

16-Apr-26	Thursday	Communicable Diseases and Treatment_Class_1
17-Apr-26	Friday	Nutrition_Class_1
20-Apr-26	Monday	Personal Hygiene_Class_1
21-Apr-26	Tuesday	Athletics_Class_1
22-Apr-26	Wednesday	Football_Class_1