

PHYSICAL EDUCATION By Monu Sir

Time: 6:00 PM to 7:00 PM

| Date | Day | Topic |
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| 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 |

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| 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 |

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| 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 |