

PHYSICAL EDUCATION By Monu Sir

Time: 6:00 PM to 7:00 PM

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

24-Apr-26	Friday	Types of Competition: Knockout, League, Combination, Challenge_Class_1
27-Apr-26	Monday	Intramural and Extramural Competition_Class_1
28-Apr-26	Tuesday	Definition, Aims and Objectives of Recreation_Class_1
29-Apr-26	Wednesday	Definition, Aims and Objectives of Camp_Class_1
30-Apr-26	Thursday	Types of Camp_Class_1
1-May-26	Friday	Meaning and Definition of Anatomy and Physiology_Class_1
4-May-26	Monday	Cell and Tissue_Class_1
5-May-26	Tuesday	Muscular System_Class_1
6-May-26	Wednesday	Circulatory System_Class_1
7-May-26	Thursday	Respiratory System_Class_1
8-May-26	Friday	Digestive System_Class_1
11-May-26	Monday	Excretory System_Class_1
12-May-26	Tuesday	Monthly Test 2_Class_1
13-May-26	Wednesday	Nervous System_Class_1
14-May-26	Thursday	Skeletal System_Class_1
15-May-26	Friday	Endocrine System_Class_1
18-May-26	Monday	Sense Organs_Class_1
19-May-26	Tuesday	Effect of Exercise on Different Systems_Class_1
20-May-26	Wednesday	Meaning and Definition of Kinesiology_Class_1
21-May-26	Thursday	Fundamental Movements in Body_Class_1
22-May-26	Friday	Structure and Types of Joint_Class_1
25-May-26	Monday	Newton's Laws of Motion_Class_1
26-May-26	Tuesday	Lever_Class_1
27-May-26	Wednesday	Equilibrium_Class_1
28-May-26	Thursday	Centre of Gravity_Class_1
29-May-26	Friday	Force, Axis and Planes_Class_1
1-Jun-26	Monday	Body Posture and Common Deformities_Class_1
2-Jun-26	Tuesday	Common Sports Injuries and Their Treatment_Class_1
3-Jun-26	Wednesday	Therapeutic Modalities and Procedures_Class_1
4-Jun-26	Thursday	Massage and Its Types_Class_1
5-Jun-26	Friday	Meaning and Definition of Health_Class_1
8-Jun-26	Monday	Health Education: Meaning, Objective, Scope, Principles_Class_1
9-Jun-26	Tuesday	Monthly Test 3_Class_1

10-Jun-26	Wednesday	Communicable Diseases and Treatment_Class_1
11-Jun-26	Thursday	Nutrition_Class_1
12-Jun-26	Friday	Personal Hygiene_Class_1
13-Jun-26	Saturday	Athletics_Class_1
14-Jun-26	Sunday	Football_Class_1