

# PHYSICAL EDUCATION By Monu Sir & Aditya Sir

Time: 8:00 PM to 9:00 PM

Date	Day	Topic
25-May-26	Monday	Meaning and Definition of Physical Education_Class_1
26-May-26	Tuesday	Aim and Objectives of Physical Education_Class_1
27-May-26	Wednesday	Need and Importance of Physical Education_Class_1
28-May-26	Thursday	Biological Basis of Physical Education_Class_1
29-May-26	Friday	History of Physical Education in India_Class_1
1-Jun-26	Monday	History of Physical Education in the World_Class_1
2-Jun-26	Tuesday	Olympic Games_Class_1
3-Jun-26	Wednesday	Asian Games_Class_1
4-Jun-26	Thursday	Commonwealth Games_Class_1
5-Jun-26	Friday	Afro-Asian Games_Class_1
8-Jun-26	Monday	Important Sports Institutes of India_Class_1
9-Jun-26	Tuesday	Definition and Importance of Psychology_Class_1
10-Jun-26	Wednesday	Definition of Learning_Class_1
11-Jun-26	Thursday	Laws of Learning_Class_1
12-Jun-26	Friday	Transfer of Learning_Class_1
15-Jun-26	Monday	Principle of Learning_Class_1
16-Jun-26	Tuesday	Learning Curve_Class_1
17-Jun-26	Wednesday	Developmental Characteristics_Class_1
18-Jun-26	Thursday	Types of Intelligence_Class_1
19-Jun-26	Friday	Intelligence Quotient_Class_1
22-Jun-26	Monday	Monthly Test 1_Class_1
23-Jun-26	Tuesday	Theories of Intelligence_Class_1
24-Jun-26	Wednesday	Definition and Types of Personality_Class_1
25-Jun-26	Thursday	Types of Motivation_Class_1
26-Jun-26	Friday	Play Theory_Class_1
29-Jun-26	Monday	Meaning and Importance of Organisation and Supervision_Class_1
30-Jun-26	Tuesday	Budget_Class_1
1-Jul-26	Wednesday	Principles of Management_Class_1
2-Jul-26	Thursday	Leadership and its Types_Class_1
3-Jul-26	Friday	Types of Competition: Knockout, League, Combination, Challenge_Class_1
6-Jul-26	Monday	Intramural and Extramural Competition_Class_1
7-Jul-26	Tuesday	Definition, Aims and Objectives of Recreation_Class_1
8-Jul-26	Wednesday	Definition, Aims and Objectives of Camp_Class_1
9-Jul-26	Thursday	Types of Camp_Class_1
10-Jul-26	Friday	Meaning and Definition of Anatomy and Physiology_Class_1
13-Jul-26	Monday	Cell and Tissue_Class_1
14-Jul-26	Tuesday	Muscular System_Class_1
15-Jul-26	Wednesday	Circulatory System_Class_1
16-Jul-26	Thursday	Respiratory System_Class_1
17-Jul-26	Friday	Digestive System_Class_1
20-Jul-26	Monday	Excretory System_Class_1

21-Jul-26	Tuesday	Monthly Test 2_Class_1
22-Jul-26	Wednesday	Nervous System_Class_1
23-Jul-26	Thursday	Skeletal System_Class_1
24-Jul-26	Friday	Endocrine System_Class_1
27-Jul-26	Monday	Sense Organs_Class_1
28-Jul-26	Tuesday	Effect of Exercise on Different Systems_Class_1
29-Jul-26	Wednesday	Meaning and Definition of Kinesiology_Class_1
30-Jul-26	Thursday	Fundamental Movements in Body_Class_1
31-Jul-26	Friday	Structure and Types of Joint_Class_1
3-Aug-26	Monday	Newton's Laws of Motion_Class_1
4-Aug-26	Tuesday	Levers_Class_1
5-Aug-26	Wednesday	Equilibrium_Class_1
6-Aug-26	Thursday	Centre of Gravity_Class_1
7-Aug-26	Friday	Force, Axis and Planes_Class_1
10-Aug-26	Monday	Body Posture and Common Deformities_Class_1
11-Aug-26	Tuesday	Common Sports Injuries and Their Treatment_Class_1
12-Aug-26	Wednesday	Therapeutic Modalities and Procedures_Class_1
13-Aug-26	Thursday	Massage and Its Types_Class_1
14-Aug-26	Friday	Meaning and Definition of Health_Class_1
17-Aug-26	Monday	Health Education: Meaning, Objective, Scope, Principles_Class_1
18-Aug-26	Tuesday	Monthly Test 3_Class_1
19-Aug-26	Wednesday	Communicable Diseases and Treatment_Class_1
20-Aug-26	Thursday	Nutrition_Class_1
21-Aug-26	Friday	Personal Hygiene_Class_1
22-Aug-26	Saturday	Athletics_Class_1