

Physical Education by Aditya Sir

Time: 7:00 PM to 8:00 PM

Date	Day	Topic
1-Sep-26	Tuesday	Orientation_Class_1
2-Sep-26	Wednesday	Definition, Aim & Objectives of Physical Education
3-Sep-26	Thursday	History of Physical Education – Pre-Independence Era
4-Sep-26	Friday	History of Physical Education – Post-Independence Era
7-Sep-26	Monday	Biological Foundation – Heredity & Environment
8-Sep-26	Tuesday	Classification of Personality – Kretschmer's Classification
9-Sep-26	Wednesday	Sheldon's Classification of Personality
10-Sep-26	Thursday	Sociological Foundation – Family, Society & School
11-Sep-26	Friday	Physical Education in Ancient Greece & Rome
14-Sep-26	Monday	Germany, Denmark, Sweden & Russia + Unit Revision
15-Sep-26	Tuesday	Guiding Principles of Health & Health Education
16-Sep-26	Wednesday	Balanced Diet & Nutrition
17-Sep-26	Thursday	Obesity – Causes, Effects & Management
18-Sep-26	Friday	First Aid – Meaning, Principles & Importance
21-Sep-26	Monday	First Aid – Sports Emergencies
22-Sep-26	Tuesday	Communicable Diseases – Causes
23-Sep-26	Wednesday	Communicable Diseases – Prevention
24-Sep-26	Thursday	School Health Programme & Personal Hygiene
25-Sep-26	Friday	Sports Injuries & Their Prevention
28-Sep-26	Monday	Postural Deformities – Causes & Prevention
29-Sep-26	Tuesday	Sports Medicine, Physiotherapy & Rehabilitation + Unit Revision
30-Sep-26	Wednesday	Meaning & Definition of Anatomy and Physiology
1-Oct-26	Thursday	Physiology of Respiration
5-Oct-26	Monday	Physiology of Blood Circulation
6-Oct-26	Tuesday	Physiology of Skeletal System
7-Oct-26	Wednesday	Physiology of Muscular System
8-Oct-26	Thursday	Physiology of Endocrine System
9-Oct-26	Friday	Physiology of Digestive System
12-Oct-26	Monday	Neurotransmission & Movement Mechanism
13-Oct-26	Tuesday	Ergogenic Aids & Doping
14-Oct-26	Wednesday	Factors Influencing Performance in Sports + Unit Test
15-Oct-26	Thursday	Meaning & Definition of Kinesiology & Biomechanics
16-Oct-26	Friday	Joints & Their Movements
19-Oct-26	Monday	Planes & Axes
20-Oct-26	Tuesday	Kinetics & Kinematics – Linear Movement
21-Oct-26	Wednesday	Kinetics & Kinematics – Angular Movement
22-Oct-26	Thursday	Muscular Analysis of Motor Movement
23-Oct-26	Friday	Laws of Motion

26-Oct-26	Monday	Principles of Equilibrium & Force
27-Oct-26	Tuesday	Muscular Analysis of Various Sports Activities
28-Oct-26	Wednesday	Running, Jumping, Throwing, Pulling & Pushing + Unit Test
29-Oct-26	Thursday	Meaning, Definition & Objectives
30-Oct-26	Friday	Learning Process – Theories & Laws of Learning
26-Oct-26	Monday	Transfer of Learning
27-Oct-26	Tuesday	Motivation – Internal & External
28-Oct-26	Wednesday	Psychological Factors Affecting Sports Performance
29-Oct-26	Thursday	Personality & Sports Performance
30-Oct-26	Friday	Leadership Qualities
2-Nov-26	Monday	Theories & Principles of Recreation
3-Nov-26	Tuesday	Recreation Programmes for Various Age Categories + Unit Test
4-Nov-26	Wednesday	Meaning, Definition, History, Aims & Objectives of Yoga
5-Nov-26	Thursday	Ashtanga Yoga – Meaning & Eight Limbs
12-Nov-26	Thursday	Asanas – Meaning, Definition & Types
13-Nov-26	Friday	Surya Namaskar – Procedure & Benefits
16-Nov-26	Monday	Pranayama – Types & Benefits
17-Nov-26	Tuesday	Shuddhi Kriyas – Neti, Dhauti, Basti etc.
18-Nov-26	Wednesday	Importance of Yoga in Daily Life + Practical/Unit Test
19-Nov-26	Thursday	Concept of Test, Measurement & Evaluation
20-Nov-26	Friday	Principles of Measurement & Evaluation
23-Nov-26	Monday	Skill Tests – Badminton & Basketball
24-Nov-26	Tuesday	Skill Tests – Hockey & Soccer
25-Nov-26	Wednesday	Skill Tests – Volleyball & Lawn Tennis
26-Nov-26	Thursday	Measurements in Athletics – Track & Field Events
27-Nov-26	Friday	Major/Minor Games, Rules & Regulations + Unit Test
30-Nov-26	Monday	Concept & Principles of Management
1-Dec-26	Tuesday	Organisation & Functions of Sports Bodies
2-Dec-26	Wednesday	Intramural & Extramural
3-Dec-26	Thursday	Management of Infrastructure & Equipment
4-Dec-26	Friday	Finance & Personnel Management
7-Dec-26	Monday	Principles of Teaching, Planning & Supervision + Unit Test
8-Dec-26	Tuesday	Principles of Sports Training
9-Dec-26	Wednesday	Training Modes & Periodization
10-Dec-26	Thursday	Training Methods & Specific Training Programmes
11-Dec-26	Friday	Technical & Tactical Preparation – Short & Long-Term Training
14-Dec-26	Monday	Sports Talent Identification + Unit Revision/Test
15-Dec-26	Tuesday	Media & Sports
16-Dec-26	Wednesday	Computer Application in Physical Education & Sports
17-Dec-26	Thursday	National Sports Awards
18-Dec-26	Friday	Nature, Scope & Types of Research
21-Dec-26	Monday	Methods of Research + Unit 10 Test

22-Dec-26	Tuesday	Unit 1–2 Revision
23-Dec-26	Wednesday	Unit 3–4 Revision
24-Dec-26	Thursday	Unit 5–6 Revision
25-Dec-26	Friday	Unit 7–8 Revision
28-Dec-26	Monday	Unit 9–10 Revision
29-Dec-26	Tuesday	Important Questions + MCQs
30-Dec-26	Wednesday	Full Syllabus Mock Test
31-Dec-26	Thursday	Mock Test Discussion + Doubt Class