

## STUDY PLAN

### Physical Education By Monu Sir

Time: 6:00 PM to 7:00 PM

Date	Day	Topic
Recorded Classes		Meaning and Definition of Physical Education_Class_1
		Aim and Objectives of Physical Education_Class_1
		Need and Importance of Physical Education_Class_1
		Biological Basis of Physical Education_Class_1
		History of Physical Education in India_Class_1
		History of Physical Education in the World_Class_1
		Olympic Games_Class_1
		Asian Games_Class_1
		Commonwealth Games_Class_1
		Afro-Asian Games_Class_1
		Important Sports Institutes of India_Class_1
		Definition and Importance of Psychology_Class_1
		Definition of Learning_Class_1
		Laws of Learning_Class_1
		Transfer of Learning_Class_1
		Principle of Learning_Class_1
		Learning Curve_Class_1
		Developmental Characteristics_Class_1
		Types of Intelligence_Class_1
		Intelligence Quotient_Class_1
		Monthly Test 1_Class_1
		Theories of Intelligence_Class_1
		Definition and Types of Personality_Class_1
		Types of Motivation_Class_1
		Play Theory_Class_1
		Meaning and Importance of Organisation and Supervision_Class_1
		Budget_Class_1
		Principles of Management_Class_1
		Leadership and its Types_Class_1

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**Time: 6:00 PM to 7:00 PM**

Date	Day	Topic
		Types of Competition: Knockout, League, Combination, Challenge_Class_1
		Intramural and Extramural Competition_Class_1
		Definition, Aims and Objectives of Recreation_Class_1
		Definition, Aims and Objectives of Camp_Class_1
		Types of Camp_Class_1
		Meaning and Definition of Anatomy and Physiology_Class_1
		Cell and Tissue_Class_1
		Muscular System_Class_1
		Circulatory System_Class_1
		Respiratory System_Class_1
		Digestive System_Class_1
		Excretory System_Class_1
		Monthly Test 2_Class_1
		Nervous System_Class_1
		Skeletal System_Class_1
		Endocrine System_Class_1
		Sense Organs_Class_1
		Effect of Exercise on Different Systems_Class_1
		Meaning and Definition of Kinesiology_Class_1
		Fundamental Movements in Body_Class_1
		Structure and Types of Joint_Class_1
		Newton's Laws of Motion_Class_1
16-Oct-25	Thursday	Levers_Class_1
17-Oct-25	Friday	Equilibrium_Class_1
22-Oct-25	Wednesday	Centre of Gravity_Class_1
23-Oct-25	Thursday	Force, Axis and Planes_Class_1
24-Oct-25	Friday	Body Posture and Common Deformities_Class_1
27-Oct-25	Monday	Common Sports Injuries and Their Treatment_Class_1
28-Oct-25	Tuesday	Therapeutic Modalities and Procedures_Class_1
29-Oct-25	Wednesday	Massage and Its Types_Class_1
30-Oct-25	Thursday	Meaning and Definition of Health_Class_1

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**Time: 6:00 PM to 7:00 PM**

Date	Day	Topic
31-Oct-25	Friday	Dimensions of Health_Class_1
3-Nov-25	Monday	Health Education: Meaning, Objective, Scope, Principles_Class_1
4-Nov-25	Tuesday	Monthly Test 3_Class_1
5-Nov-25	Wednesday	Communicable Diseases and Treatment_Class_1
6-Nov-25	Thursday	Nutrition_Class_1
7-Nov-25	Friday	Personal Hygiene_Class_1
10-Nov-25	Monday	Athletics_Class_1
11-Nov-25	Tuesday	Football_Class_1
12-Nov-25	Wednesday	Hockey_Class_1
13-Nov-25	Thursday	Volleyball_Class_1
14-Nov-25	Friday	Basketball_Class_1
17-Nov-25	Monday	Kabaddi_Class_1
18-Nov-25	Tuesday	Kho-Kho_Class_1
19-Nov-25	Wednesday	Boxing_Class_1
20-Nov-25	Thursday	Gymnastics_Class_1
21-Nov-25	Friday	Cricket_Class_1
24-Nov-25	Monday	Handball_Class_1
25-Nov-25	Tuesday	Badminton_Class_1
26-Nov-25	Wednesday	Lawn Tennis_Class_1
27-Nov-25	Thursday	Swimming_Class_1
28-Nov-25	Friday	Yoga_Class_1
1-Dec-25	Monday	Meaning, Definition, and Principles of Sports Training_Class_1
2-Dec-25	Tuesday	Qualities and Responsibilities of a Good Coach and Official_Class_1
3-Dec-25	Wednesday	Monthly Test 4_Class_1
4-Dec-25	Thursday	Meaning and Components of Physical Fitness_Class_1
5-Dec-25	Friday	Load and Adaptation_Class_1
8-Dec-25	Monday	Super Compensation_Class_1
9-Dec-25	Tuesday	Periodization_Class_1
10-Dec-25	Wednesday	Training Methods_Class_1
11-Dec-25	Thursday	Meaning, Definition, and Importance of Test and Measurement_Class_1
12-Dec-25	Friday	Criteria of a Good Test_Class_1

**Physical Education By Monu Sir****Time: 6:00 PM to 7:00 PM**

Date	Day	Topic
15-Dec-25	Monday	AAPHER Test_Class_1
16-Dec-25	Tuesday	Harvard Step Test_Class_1
17-Dec-25	Wednesday	Soccer Skill Test_Class_1
18-Dec-25	Thursday	Hockey Skill Test_Class_1
19-Dec-25	Friday	Volleyball Skill Test_Class_1
22-Dec-25	Monday	Flexibility Test_Class_1

