



STUDY PLAN

Time: 6:00 PM to 7:00 PM Date Day Topic 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
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
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
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
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
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
History of Physical Education in the World_Class_1 Olympic Games_Class_1 Asian Games_Class_1
Olympic Games_Class_1 Asian Games_Class_1
Asian Games_Class_1
Commonwealth Cames Class 1
Commonweatur 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
Recorded Classes 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





	Physical Education By Monu Sir						
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					
16-0ct-25	Thursday	Levers_Class_1					
17-0ct-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					





31-Oct-25 Priday 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 Tuesday Potball_Class_1 11-Nov-25 Tuesday Potball_Class_1 12-Nov-25 Wednesday Hockey_Class_1 13-Nov-25 Wednesday Hockey_Class_1 13-Nov-25 Thursday Volleyball_Class_1 14-Nov-25 Friday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 19-Nov-25 Monday Kabaddi_Class_1 19-Nov-25 Monday Kabaddi_Class_1 19-Nov-25 Tuesday Kho-Kho_Class_1 19-Nov-25 Triday Boxing_Class_1 19-Nov-25 Triday Gymnastics_Class_1 20-Nov-25 Triday Gymnastics_Class_1 22-Nov-25 Monday Handball_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 Triday Gymnastics_Class_1 28-Nov-25 Triday Qualities and Responsibilities of a Good Coach and Official_Class_1 28-Nov-25 Tuesday Qualities and Responsibilities of a Good Coach and Official_Class_1 2-Dec-25 Tuesday Monthly Test 4_Class_1 4-Dec-25 Friday Load and Adaptation_Class_1 8-Dec-25 Friday Nowlay Meaning and Components of Physical Fitness_Class_1 8-Dec-25 Friday Periodization_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1		Physical Education By Monu Sir						
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 10-Nov-25 Friday Personal Hygiene_Class_1 10-Nov-25 Tuesday Football_Class_1 11-Nov-25 Tuesday Football_Class_1 12-Nov-25 Mednesday Hockey_Class_1 13-Nov-25 Tiday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 14-Nov-25 Monday Kabaddi_Class_1 16-Nov-25 Monday Kabaddi_Class_1 16-Nov-25 Tuesday Kho-Kho_Class_1 16-Nov-25 Tiday Basketball_Class_1 17-Nov-25 Monday Kabaddi_Class_1 18-Nov-25 Tiday Boxing_Class_1 19-Nov-25 Tiday Gymnastics_Class_1 19-Nov-25 Tiday Gymnastics_Class_1 20-Nov-25 Monday Handball_Class_1 24-Nov-25 Monday Handball_Class_1 25-Nov-25 Tidesday Badminton_Class_1 24-Nov-25 Monday Lawn Tennis_Class_1 25-Nov-25 Tidasday Badminton_Class_1 26-Nov-25 Tidasday Swimming_Class_1 27-Nov-25 Tidasday Meaning_Definition_and Principles of Sports Training_Class_1 28-Nov-25 Friday Qualities and Responsibilities of a Good Coach and Official_Class_1 3-Dec-25 Monday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Friday Load and Adaptation_Class_1 8-Dec-25 Friday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Friday Periodization_Class_1 8-Dec-25 Monday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Friday Periodization_Class_1 10-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	Time: 6:00 PM to 7:00 PM							
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 7-Nov-25 Friday Personal Hygiene_Class_1 10-Nov-25 Monday Athletics_Class_1 11-Nov-25 Tuesday Football_Class_1 11-Nov-25 Wednesday Hockey_Class_1 13-Nov-25 Friday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 17-Nov-25 Friday Basketball_Class_1 18-Nov-25 Tuesday Kho-Kho_Class_1 19-Nov-25 Wednesday Boxing_Class_1 20-Nov-25 Tuursday Gymnastics_Class_1 21-Nov-25 Tuesday Boxing_Class_1 22-Nov-25 Tuesday Badminton_Class_1 24-Nov-25 Tuesday Badminton_Class_1 25-Nov-25 Tuesday Badminton_Class_1 26-Nov-25 Thursday Gymnastics_Class_1 27-Nov-25 Tuesday Badminton_Class_1 28-Nov-25 Tuesday Badminton_Class_1 28-Nov-25 Tuesday Swimming_Class_1 29-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 Tuesday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Friday Periodization_Class_1 5-Dec-25 Friday Periodization_Class_1 6-Dec-25 Tuesday Periodization_Class_1	Date	Day	Topic					
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 11-Nov-25 Monday Athletics_Class_1 11-Nov-25 Tuesday Football_Class_1 13-Nov-25 Wednesday Hockey_Class_1 13-Nov-25 Thursday Volleyball_Class_1 14-Nov-25 Triday Basketball_Class_1 14-Nov-25 Tuesday Kho-Kho_Class_1 19-Nov-25 Tuesday Boxing_Class_1 19-Nov-25 Tuesday Boxing_Class_1 20-Nov-25 Tibursday Gymnastics_Class_1 21-Nov-25 Triday Cricket_Class_1 24-Nov-25 Tuesday Badminton_Class_1 25-Nov-25 Tuesday Badminton_Class_1 26-Nov-25 Tuesday Badminton_Class_1 26-Nov-25 Thursday Swimming_Class_1 27-Nov-25 Tuesday Badminton_Class_1 28-Nov-25 Triday Cricket_Class_1 4-Dec-25 Tuesday Meaning_Definition, and Principles of Sports Training_Class_1 2-Dec-25 Tuesday Monday Handball_Class_1 3-Dec-25 Wednesday Monthly Test 4_Class_1 4-Dec-25 Tuesday Monthly Test 4_Class_1 4-Dec-25 Thursday Meaning_Definition_and Principles of Sports Training_Class_1 4-Dec-25 Thursday Monthly Test 4_Class_1 4-Dec-25 Thursday Meaning_and Components of Physical Fitness_Class_1 5-Dec-25 Friday Neaning and Components of Physical Fitness_Class_1 5-Dec-25 Tuesday Periodization_Class_1 6-Dec-25 Tuesday Periodization_Class_1 7-Dec-25 Tuesday Periodization_Class_1	31-0ct-25	Friday	Dimensions of Health_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 11-Nov-25 Wednesday Hockey_Class_1 13-Nov-25 Thursday Volleyball_Class_1 14-Nov-25 Friday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 17-Nov-25 Tuesday Kho-Kho_Class_1 18-Nov-25 Tuesday Boxing_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 Friday Cricket_Class_1 25-Nov-25 Tuesday Badminton_Class_1 26-Nov-25 Thursday Badminton_Class_1 26-Nov-25 Thursday Swimming_Class_1 27-Nov-25 Thursday Swimming_Class_1 28-Nov-25 Thursday Qualities and Responsibilities of a Good Coach and Official_Class_1 2-Dec-25 Tuesday Meaning and Components of Physical Fitness_Class_1 4-Dec-25 Friday Load and Adaptation_Class_1 8-Dec-25 Tuesday Periodization_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Tuesday Meaning, Definition, and Importance of Test and Measurement_Class_1	3-Nov-25	Monday	Health Education: Meaning, Objective, Scope, Principles_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 Triday Basketball_Class_1 14-Nov-25 Friday Basketball_Class_1 16-Nov-25 Tuesday Kho-Kho_Class_1 19-Nov-25 Tuesday Kho-Kho_Class_1 20-Nov-25 Thursday Gymnastics_Class_1 21-Nov-25 Friday Cricket_Class_1 24-Nov-25 Friday Cricket_Class_1 24-Nov-25 Tuesday Badminton_Class_1 25-Nov-25 Tuesday Badminton_Class_1 26-Nov-25 Wednesday Lawn Tennis_Class_1 27-Nov-25 Friday Cricket_Class_1 1-Dec-25 Thursday Qualities and Responsibilities of a Good Coach and Official_Class_1 3-Dec-25 Thursday Meaning, Definition, and Principles of Physical Fitness_Class_1 4-Dec-25 Thursday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Tiesday Periodization_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Thursday Friday Neaning and Components of Physical Fitness_Class_1 1-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Thursday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	4-Nov-25	Tuesday	Monthly Test 3_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 Friday Cricket_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 Cyga_Class_1 1-Dec-25 Monday Meaning, Definition, and Principles of Sports Training_Class_1 2-Dec-25 Tuesday Monthly Test 4_Class_1 4-Dec-25 Friday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Tuesday Super Compensation_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Meaning Methods_Class_1 11-Dec-25 Thursday Meaning Methods_Class_1 11-Dec-25 Thursday Meaning Definition, and Importance of Test and Measurement_Class_1	5-Nov-25	Wednesday	Communicable Diseases and Treatment_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 18-Nov-25 Tuesday Boxing_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 Thursday Meaning and Components of Physical Fitness_Class_1 5-Dec-25 Friday Load and Adaptation_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	6-Nov-25	Thursday	Nutrition_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 Nonday Handball_Class_1 28-Nov-25 Tuesday Badminton_Class_1 29-Dec-25 Tuesday Qualities and Responsibilities of a Good Coach and Official_Class_1 3-Dec-25 Thursday Meaning and Components of Physical Fitness_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 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Periodization_Class_1 11-Dec-25 Thursday Meaning Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	7-Nov-25	Friday	Personal Hygiene_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 Thursday Qualities and Responsibilities of a Good Coach and Official_Class_1 3-Dec-25 Thursday Meaning and Components of Physical Fitness_Class_1 4-Dec-25 Friday Load and Adaptation_Class_1 8-Dec-25 Tuesday Periodization_Class_1 10-Dec-25 Tuesday Periodization_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	10-Nov-25	Monday	Athletics_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 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	11-Nov-25	Tuesday	Football_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 Thursday Meaning Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	12-Nov-25	Wednesday	Hockey_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 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	13-Nov-25	Thursday	Volleyball_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 10-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	14-Nov-25	Friday	Basketball_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	17-Nov-25	Monday	Kabaddi_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	18-Nov-25	Tuesday	Kho-Kho_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 Thursday Meaning Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	19-Nov-25	Wednesday	Boxing_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	20-Nov-25	Thursday	Gymnastics_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	21-Nov-25	Friday	Cricket_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	24-Nov-25	Monday	Handball_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	25-Nov-25	Tuesday	Badminton_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	26-Nov-25	Wednesday	Lawn Tennis_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	27-Nov-25	Thursday	Swimming_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	28-Nov-25	Friday	Yoga_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	1-Dec-25	Monday	Meaning, Definition, and Principles of Sports Training_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	2-Dec-25	Tuesday	Qualities and Responsibilities of a Good Coach and Official_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	3-Dec-25	Wednesday	Monthly Test 4_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	4-Dec-25	Thursday	Meaning and Components of Physical Fitness_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	5-Dec-25	Friday	Load and Adaptation_Class_1					
10-Dec-25 Wednesday Training Methods_Class_1 11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	8-Dec-25	Monday	Super Compensation_Class_1					
11-Dec-25 Thursday Meaning, Definition, and Importance of Test and Measurement_Class_1	9-Dec-25	Tuesday	Periodization_Class_1					
	10-Dec-25	Wednesday	Training Methods_Class_1					
12-Dec-25 Friday Criteria of a Good Test_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			

