

PHYSICAL EDUCATION By Monu Sir

Time: 6:00 PM to 7:00 PM

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

13-Jan-26	Tuesday	Types of Competition: Knockout, League, Combination, Challenge_Class_1
14-Jan-26	Wednesday	Intramural and Extramural Competition_Class_1
15-Jan-26	Thursday	Definition, Aims and Objectives of Recreation_Class_1
16-Jan-26	Friday	Definition, Aims and Objectives of Camp_Class_1
19-Jan-26	Monday	Types of Camp_Class_1
20-Jan-26	Tuesday	Meaning and Definition of Anatomy and Physiology_Class_1
21-Jan-26	Wednesday	Cell and Tissue_Class_1
22-Jan-26	Thursday	Muscular System_Class_1
23-Jan-26	Friday	Circulatory System_Class_1
27-Jan-26	Tuesday	Respiratory System_Class_1
28-Jan-26	Wednesday	Digestive System_Class_1
29-Jan-26	Thursday	Excretory System_Class_1
30-Jan-26	Friday	Monthly Test 2_Class_1
2-Feb-26	Monday	Nervous System_Class_1
3-Feb-26	Tuesday	Skeletal System_Class_1
4-Feb-26	Wednesday	Endocrine System_Class_1
5-Feb-26	Thursday	Sense Organs_Class_1
6-Feb-26	Friday	Effect of Exercise on Different Systems_Class_1
9-Feb-26	Monday	Meaning and Definition of Kinesiology_Class_1
10-Feb-26	Tuesday	Fundamental Movements in Body_Class_1
11-Feb-26	Wednesday	Structure and Types of Joint_Class_1
12-Feb-26	Thursday	Newton's Laws of Motion_Class_1
13-Feb-26	Friday	Levers_Class_1
16-Feb-26	Monday	Equilibrium_Class_1
17-Feb-26	Tuesday	Centre of Gravity_Class_1
18-Feb-26	Wednesday	Force, Axis and Planes_Class_1
19-Feb-26	Thursday	Body Posture and Common Deformities_Class_1
20-Feb-26	Friday	Common Sports Injuries and Their Treatment_Class_1
23-Feb-26	Monday	Therapeutic Modalities and Procedures_Class_1
24-Feb-26	Tuesday	Massage and Its Types_Class_1
25-Feb-26	Wednesday	Meaning and Definition of Health_Class_1
26-Feb-26	Thursday	Health Education: Meaning, Objective, Scope, Principles_Class_1
27-Feb-26	Friday	Monthly Test 3_Class_1

2-Mar-26	Monday	Communicable Diseases and Treatment_Class_1
3-Mar-26	Tuesday	Nutrition_Class_1
4-Mar-26	Wednesday	Personal Hygiene_Class_1
5-Mar-26	Thursday	Athletics_Class_1
6-Mar-26	Friday	Football_Class_1
9-Mar-26	Monday	Hockey_Class_1
10-Mar-26	Tuesday	Volleyball_Class_1
11-Mar-26	Wednesday	Basketball_Class_1
12-Mar-26	Thursday	Kabaddi_Class_1
13-Mar-26	Friday	Kho-Kho_Class_1
16-Mar-26	Monday	Boxing_Class_1
17-Mar-26	Tuesday	Gymnastics_Class_1
18-Mar-26	Wednesday	Cricket_Class_1
19-Mar-26	Thursday	Handball_Class_1
20-Mar-26	Friday	Badminton_Class_1
23-Mar-26	Monday	Lawn Tennis_Class_1
24-Mar-26	Tuesday	Swimming_Class_1
25-Mar-26	Wednesday	Yoga_Class_1
26-Mar-26	Thursday	Meaning, Definition, and Principles of Sports Training_Class_1
27-Mar-26	Friday	Qualities and Responsibilities of a Good Coach and Official_Class_1