

# Lesson Plan

## Detailed Planner of Physical Education

Month : April

Class:XI

<b>Topic</b>	Unit - 1 Changing trends & Career in physical Education Unit - 2 Olympic value education
<b>Concept &amp; Skills</b>	Introduction, Physical Education , Career options, Olympic value, Olympic Movement
<b>Learning Outcomes</b>	To Aware the Students Career options,Olympic Games Olympic Symbols,Motto,Flag,Oath and Anthem
<b>Instructional Tools &amp; References</b>	Black board and chalks.
<b>Pedagogy</b>	Lecture method and Demonstration of the all the fundamental skills of cricket and volleyball game.
<b>Activity / Assignment / Research</b>	Solved all questions related to the topic.

<b>Assessment</b>	Class test.
<b>Field Activicty</b>	Volleyball play field dimensions and all specific measurements.

## Detailed Planner of Physical Education

Month : May

Class:XI

<b>Topic</b>	Unit - 2 Olympism values Education Unit - 3 Yoga
<b>Concept &amp; Skills</b>	Introduction of Olympic, Yoga
<b>Learning Outcomes</b>	To Aware the Students about Olympic, Types and Importance of yoga
<b>Instructional Tools &amp; References</b>	Shows the slides of different asanas.
<b>Pedagogy</b>	Lecture method and Demonstration of the all the fundamental skills of cricket and volleyball game.
<b>Activity / Assignment / Research</b>	Solved all questions related to the topic.
<b>Assessment</b>	Class test.
<b>Field Activity</b>	Volleyball play field dimensions and all specific measurements.

# Academic Planner

## Detailed Planner of Physical Education

Month : july

Class:XI

<b>Topic</b>	Unit -4 Physical Education and sports for children with special Needs Unit - 5 Physical Fitness Wellness, and Lifestyle
<b>Concept &amp; Skills</b>	Fitnessskill to the children with special need, Fitness Wellness Lifestyle
<b>Learning Outcomes</b>	To aware about importance Wellness, Fitness Concept of Disability and Disorder.
<b>Instructional Tools &amp; References</b>	Black board and chalks.
<b>Pedagogy</b>	Lecture Method.
<b>Activity / Assignment / Research</b>	Solved all the questions related to the topic.
<b>Assessment</b>	Class test. Check the student's physical fitness and body balance. Knowledge about games.
<b>Field Activity</b>	General and specific warming up to all students.(Basketball, Cricket, Badminton, T.T, Volleyball, Football and Athletics)

# Detailed Planner of Physical Education

Month : August

Class -XI

<b>Topic</b>	Unit - 5 Physical Fitness Wellness and Lifestyle. Unit - 6 Test, Measurement & Evaluation .
<b>Concept &amp; Skills</b>	Knowledge of Fitness and Test and Importance.
<b>Learning Outcomes</b>	Learn about Test and measurement, Physical fitness tests.
<b>Instructional Tools &amp;References</b>	Blackboard and chalk. Show the slides of correct posture.
<b>Pedagogy</b>	Lecture method.
<b>Activity / Assignment /Research</b>	Solved all the questions related to the topic.
<b>Assessment</b>	Class test.
<b>Field Activity</b>	Tell the students about how to mark the track(Track eventsand field events)

## Detailed Planner of Physical Education

Month : September

Class-XI

<b>Topic</b>	Revision of units 1, 2, 3 ,4 & 5
<b>Concept &amp; Skills</b>	Aware about Career in Sports, Knowledge of Olympic about fitness skill & importance of yoga in human life.
<b>Learning Outcomes</b>	To aware about Career, Olympic games & healthy lifestyle, Yoga
<b>Instructional Tools &amp; References</b>	Black board and chalk. .
<b>Pedagogy</b>	Lecture method.
<b>Activity / Assignment / Research</b>	Solved all the quarries about the topic.
<b>Assessment</b>	Class test.
<b>Field Activity</b>	Tell the students about the rules and regulations of badminton game.

# Detailed Planner of Physical Education

Month : October

Class-XI

<b>Topic</b>	Unit - 6 Test and measurement in Evaluation. Unit - 7 Fundamentals of Anatomy, Physiology in Sports.
<b>Concept &amp; Skills</b>	Importance of test and measurement and Physiology in sports.
<b>Learning Outcomes</b>	Learn about Test and measurement, Physical fitness tests, Properties and Functions of Muscles
<b>Instructional Tools &amp; References</b>	Black board and chalk. Shows the slides to the students related to the topic.
<b>Pedagogy</b>	Lecture method.
<b>Activity / Assignment / Research</b>	Solved all the queries about the topic.
<b>Assessment</b>	Class test.
<b>Field Activity</b>	Tell the students about the rules and regulations of badminton game.

## Detailed Planner of Physical Education

Month : November

Class-XI

<b>Topic</b>	Unit - 8 Fundamentals of Kinesiology and Biomechanics in Sports Unit - 9 Psychology & Sports
<b>Concept &amp; Skills</b>	Define and Importance of Kinesiology and Biomechanics in sports Define psychology in Physical Education.
<b>Learning Outcomes</b>	Learn about sports Kinesiology and Biomechanics Introduction to Psychology
<b>Instructional Tools &amp; References</b>	Black board and chalk, Smart board.
<b>Pedagogy</b>	Lecture and Discussion Method.
<b>Activity / Assignment / Research</b>	Solved all the questions related to the topic.
<b>Assessment</b>	Class test.
<b>Field Activity</b>	Revision of the First six units for September Evaluation.



# Detailed Planner of Physical Education

Month : Dec Class-XI

<b>Topic</b>	<b>Unit - 10 Training &amp; Doping in sports</b>
<b>Concept &amp; Skills</b>	Understanding Warming & limbering Concept and principle of sports training
<b>,Learning Outcomes</b>	Training method of sports, also learn about how to improve physical fitness.
<b>Instructional Tools &amp; References</b>	Black board and chalk, Smart board.
<b>Pedagogy</b>	Lecture method and Demonstration method .
<b>Activity / Assignment / Research</b>	Solved the all questions related the topics.
<b>Assessment</b>	Class Test
<b>Field Activity</b>	Throwing and Jumping events Practice.

# Detailed Planner of Physical Education

Month : Jan

Class-XI

<b>Topic</b>	Revision of units 1, 2, 3 ,4,5,6,7& 8
<b>Concept &amp; Skills</b>	Aware about Career in sports Aware about fitness skill & importance of yoga in human life, test and measurements, First Aid PRICE.
<b>,Learning Outcomes</b>	To aware about Disability Etiquette ,Yoga, Importance Physical Education
<b>Instructional Tools &amp; References</b>	Black board and chalk, Smart board.
<b>Pedagogy</b>	Lecture method and Demonstration method .
<b>Activity / Assignment / Research</b>	Solved the all questions related the topics.
<b>Assessment</b>	Class Test
<b>Field Activity</b>	Throwing and Jumping events Practice.

# Detailed Planner of Physical Education

Month : FEB

Class-XI )

<b>Topic</b>	Revision of units 9 & 10
<b>Concept &amp; Skills</b>	Importance of Physiology, Adolescent Problems Concept of skill technique, Training Load.
<b>,Learning Outcomes</b>	Learn about adolescent problems ,Training load ,Warming up, Concept of Doping and Disadvantages
<b>Instructional Tools &amp; References</b>	Black board and chalk, Smart board.
<b>Pedagogy</b>	Lecture method and Demonstration method .
<b>Activity / Assignment / Research</b>	Solved the all questions related the topics.
<b>Assessment</b>	Class Test
<b>Field Activity</b>	Throwing and Jumping events Practice.