



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Lesson Plan Session 2025- 2026 Class: 11th

**Subject  
Book**

**:PHYSICAL EDUCATION  
: RATNA SAGAR**

**Subject Coordinator**

Name: Mr. RAVI KUMAR

**Head of Department**

Name :Mr. DEEPAK KUMAR SINGH

Sign:

Sign:



# Sir Padampat Singhanian Education Centre

Kamla Nagar, Kanpur

## Yearly Syllabus/Planning overview

Session: 2025 - 2026

Subject: Physical Education

Class : 11th

No. of periods : 114

Month	Assessed in	Lesson/s to be covered (if partly covered, till where?)	Period Count
April	1 <sup>ST</sup> TEST HY Annual	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION CHAPTER -2: OLYMPISM	06
May	2nd TEST HY , Annual	CHAPTER -3: YOGA	13
July	HY Annual	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13
August	HY Annual	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	13
September	HY Annual	CHAPTER -6: TEST, MEASUREMENT & EVALUATION CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.	13
October	HY Annual	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	14
November	HY Annual	CHAPTER -9: PSYCHOLOGY & SPORTS CHAPTER -10: TRAINING & DOPING IN SPORTS	12
December	HY Annual	Revision	13
January	HY Annual	Revision	14
February	HY Annual	Revision	03

Subject coordinator: RVI

HOD: DSG



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Monthly lesson plan overview

Session: 2025 - 2026

From Date : 16/04/25

To Date

: 31/01/26

Subject : PHYSICAL EDUCATION

Class

: 11<sup>th</sup>

Book : RATNA SAGAR

No. of periods

: 12

Date/Week		Lesson/s to be covered in classroom	Period Count	Status (Yes/No) (Reason if No)	Principal's Sign
From	To				
16/4/25	2/5/25	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION CHAPTER -2: OLYMPISM VALUE EDU	06		
7/05/25	23/05/25	CHAPTER -3: YOGA	13		
28/05/25	04/07/25	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13		
09/07/25	18/07/25	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN	13		
23/07/25	01/08/25	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	13		
06/08/25	29/08/25	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE	14		
03/09/25	19/09/25	CHAPTER -6: TEST,MEASUREMENT & EVALUATION CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.	12		
24/09/25	10/10/25	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	13		
15/10/25	15/10/25	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS	14		
29/10/25	07/11/25	CHAPTER -9: PSYCHOLOGY & SPORTS CHAPTER -10: TRAINING & DOPING IN SPORTS	03		



# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 2025 - 2026

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK 1: 16/04/25 to 19/04/25</b>		<b>Period Count: 03</b>	
PD1	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD2	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD3	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
<b>WEEK 2: 23/04/25 to 25/04/25</b>			
		<b>Period Count: 3</b>	
PD1	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD2	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		
PD3	Chapter 1 CHANGING TRENDS AND CAREER IN PHYSICAL EDUCATION		

Subject coordinator

Supervisor

Principal/V. Principal



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 2025 - 20 26

Subject : PHYSICAL EDUCATION Class : 11th No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK 3: 30/4/25 to 02/05/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -2: OLYMPISM VALUE EDU		
PD2	CHAPTER -2: OLYMPISM VALUE EDU		
PD3	CHAPTER -2: OLYMPISM VALUE EDU		
<b>WEEK _4: 7/05/25 to 9/05/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -2: OLYMPISM VALUE EDU		
PD2	CHAPTER -2: OLYMPISM VALUE EDU		
PD3	CHAPTER -2: OLYMPISM VALUE EDU		



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _5: 14/05/25 to 16/05/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		
PD3	CHAPTER-YOGA		
<b>WEEK _6: 21/05/25 to 23/05/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		
PD3	CHAPTER-YOGA		



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 2025 - 2026

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _7: 28/05/25 to 30/05/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER-YOGA		
PD2	CHAPTER-YOGA		

PD3	CHAPTER-YOGA		
<p align="center"><b>WEEK _8: 27/6/25</b> <b>Period Count: 01</b></p>			
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		

<p align="center"><b>WEEK _9: 2/07/25 to 4/07/25</b> <b>Period Count:03</b></p>			
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

**Session: 20 25 - 20 26**

**Subject** : PHYSICAL EDUCATION **Class** : 11<sup>th</sup> **No. of periods** : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<p align="center"><b>WEEK _10: 09/07/25 to 11/07/25</b> <b>Period Count: 03</b></p>			
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
<p align="center"><b>WEEK _11: 16/07/25 to 18/07/25</b> <b>Period Count:03</b></p>			
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		

PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
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# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _12: 23/07/25 to 25/07/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD2	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
PD3	CHAPTER -4: PHYSICAL EDUCATION & SPORTS FOR CWSN		
<b>WEEK _13: 30/07/25 to 01/08/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



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Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _14: 06/08/25 to 8/08 /25</b>		<b>Period Count: 03</b>	



PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



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Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _15: 13/08/25 to 15/08/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
<b>WEEK _16: 20-/08/25 to 22/08/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		



# Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 3

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _17: 27/08/25 to 29/08/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD2	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
PD3	CHAPTER -5: PHYSICAL FITNESS , WELLNESS AND LIFE STYLE		
<b>WEEK _18: 3/09/25 to 05/09/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD2	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD3	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		



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Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _19: 10/09/25 to 12/09/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD2	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		

PD3	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
<b>WEEK _20: 17/09/25 to 19/09/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -6: TEST,MEASUREMENT & EVALUATION		
PD2	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD3	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		



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Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

**Subject** : PHYSICAL EDUCATION **Class** : 11<sup>th</sup> **No. of periods** : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _21: 24/09/25 to 26/09/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD2	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD3	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
<b>WEEK _22: 01/10/25 to 3/10/25</b>		<b>Period Count:03</b>	
PD1	Dussehra Vacation		
PD2	Dussehra Vacation		
PD3	Dussehra Vacation		



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## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _23: 8/10/25 to 10/10/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD2	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
PD3	CHAPTER -7: FOUNDEMENTAL OF ANATOMY ,PHYSIOLOGY IN SPORTS.		
<b>WEEK _24: 15/10/25 to 17/10/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



## Padampat Singhania Education Centre

Kamla Nagar, Kanpur

## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _25: 22/10/25 to 24/10/25</b>		<b>Period Count: 03</b>	
PD1	Diwali Holiday		
PD2	Diwali Holiday		
PD3	Diwali Holiday		

<b>WEEK _26: 29/10/25 to 31/10/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



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Kamla Nagar, Kanpur

## Weekly planning overview

**Session: 20 25 - 20 26**

**Subject : PHYSICAL EDUCATION Class : 11<sup>th</sup> No. of periods : 03**

<b>Period</b>	<b>Topic/s to be covered in classroom</b>	<b>Homework</b>	<b>Status (Yes/No) (Reason if No)</b>
<b>WEEK _27: 5/10/25 to 7/10/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD2	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		
PD3	CHAPTER -8: FOUNDEMENTAL OF KINESIOLOGY AND BIOMECHANICS IN SPORTS		



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## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION

Class : 11<sup>th</sup>

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _28: 12/11/25 to 14/11/25</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD2	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD3	CHAPTER -9: PSYCHOLOGY & SPORTS		
<b>WEEK _29: 19/11/25 to 21/11/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD2	CHAPTER -9: PSYCHOLOGY & SPORTS		
PD3	CHAPTER -9: PSYCHOLOGY & SPORTS		

# Sir Padampat Singhania Education Centre

Kamla Nagar, Kanpur



## Weekly planning overview

Session: 20 25 - 20 26

Subject : PHYSICAL EDUCATION

Class : 11<sup>th</sup>

No. of periods : 03

Period	Topic/s to be covered in classroom	Homework	Status (Yes/No) (Reason if No)
<b>WEEK _30: 26/11/25 to 28/11/26</b>		<b>Period Count: 03</b>	
PD1	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD2	CHAPTER -10: TRAINING & DOPING IN SPORTS		

PD3	CHAPTER -10: TRAINING & DOPING IN SPORTS		
<b>WEEK _31: 03/12/25 to 05/12/25</b>		<b>Period Count:03</b>	
PD1	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD2	CHAPTER -10: TRAINING & DOPING IN SPORTS		
PD3	CHAPTER -10: TRAINING & DOPING IN SPORTS		

<b>WEEK _32: 10/12/25 to 12/12/25</b>		<b>Period Count:03</b>	
PD1	Revision		
PD2	Revision		
PD3	Revision		

<b>WEEK _33: 17/12/25 to 19/12/25</b>		<b>Period Count:03</b>	
PD1	Revision		
PD2	Revision		
PD3	Revision		

<b>WEEK _34: 24/12/25 to 26/12/25</b>		<b>Period Count:03</b>	
PD1	Revision		
PD2	Revision		
PD3	Revision		

<b>WEEK _35: 31/12/25 to 07/01/26</b>			
	Winter Vacation		
	Winter Vacation		
	Winter Vacation		

**WEEK \_36: 8/1/26 to 09/01/26****Period Count:02**

PD1	Revision		
PD2	Revision		

**WEEK \_37: 14/1/26 to 16/01/26****Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

**WEEK \_38: 21/1/26 to 23/01/26****Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		

**WEEK \_39: 28/1/26 to 30/01/26****Period Count:03**

PD1	Revision		
PD2	Revision		
PD3	Revision		